



Good News from ...

Soul Food Ministry

"The Word of God is true Soul Food"

~ Charles Fillmore

Freedom to Forgive

We may see what's happening, but that doesn't mean we know what is going on! Here is an example from a Florida newspaper story.

An elderly lady finished her shopping and upon returning to her car found four young men leaving in it. She dropped her bags, pulled out her gun and screamed, "Get out of the car! I've got a gun and I know how to use it!" The young men got out of the car and ran for their lives. Shaken, she put her bags in the back and got in the driver's seat. Still shaking, she couldn't get the key in the ignition. She took a deep breath to calm herself and tried again and again until she realized – this was not her car!

She found her car four or five spaces further down, put her bags in the car and drove straight to the police station. The policeman who took her statement laughed and pointed to the other end of the counter. There stood four shaken young men trying to convince a policeman that a tiny, white-haired old woman had hijacked their car.

They all saw what happened, but they didn't know what was going on. Often this happens to us when someone hurts us in some way. When we are feeling hurt, disappointed, betrayed or abused, we can see what happened but not know – at a deeper spiritual level – what was really going on. We have all experienced being hurt – the experience is universal. What we do in response to being hurt is not. And, we may not understand the importance of a forgiving response yet forgiving those who have hurt us is easier said than done. At those times its

good to remember something the "old folks" said, "Hurt is the teacher, wisdom is the lesson." The way we change hurt into wisdom is by seeing it from a higher, spiritual perspective which gives it new meaning. We can't change what happened but we can change what it means to us. That changes the story we are telling ourselves and moves us beyond what happened to – at a spiritual level – what is really going on.

An example of turning hurt into wisdom is found in the Hebrew scripture's story of Joseph and his brothers who, years earlier, had sold him into Egyptian slavery. The life of Egyptian slaves was short due to the harsh treatment in the hot desert sun. They thought he had died long ago, yet here he was alive and in a position to give serious payback. But Joseph had turned his hurt into wisdom and said, "And now, do not be distressed or angry with yourselves because you sold me here. You meant it for evil! God meant it for good!"

Joseph didn't confront his brothers with hurt and anger because he saw the deeper spiritual meaning in what happened to him. He saw the pattern of growth and unfoldment at work in his life. Through their actions that sent him to Egypt, he was where he needed to be to fulfill God's plan.

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What's the Story?

*Not only is there a voice talking in your head,
it's telling you a story!*

Our mind makes up stories to tell itself and the effect of these stories is more powerful than we may think. We build our consciousness and hence our worth through repeating our stories. Without awareness of the story, we take it to be true and get lost in the story. With awareness, we discover that our stories are more self-serving, one-sided, and untrue than we admit. Our stories are untrue in the sense that it is based on personal perception and all personal perception is incomplete. Our perception reflects our view of reality. Each of us owns “a piece” of reality and so do the others with whom we interact. Multiple views of reality are not competing, they just are. Differing points of view are not a question of right or wrong unless we incorrectly think everyone should see things as we do; or that our point of view is the only one that exists.

The litany of self-serving, one-sided and untrue stories we are telling ourselves, without awareness, are a huge part of the creative cause of the disease and challenges in our lives. We have all heard—to change our lives for the better we must change our thinking for the better. That means we must change the stories we are telling ourselves for the better.



Our inner work to make this change is not to get rid of the stories, but, to become aware and mindful of the stories and to question them:

- Is this story aligned with the truth or only true from **my** perspective?
- Is this story enhancing my ego by making me right and good while making others wrong?
- What is the truth about my relationship to this person and about the situation?

Then, based on **the truth**, tell yourself a new story! Tell yourself stories about the good God wills for you! A story that lets ideas of Truth dominate your conscious attention evoking feelings of joy, gratitude and appreciation.

The voice in your head is telling you a story. What story will it tell next?



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Sold as a household slave, he learned administrative skills that he would need, again to fulfill God's plan. He rose to be in charge of all of his owner's affairs and had learned all he could in that position. When his owner's wife's lie had him thrown into prison, it was an opportunity to continue to develop his administrative skills. In prison he met Pharaoh's servant who would, at the right time, bring Joseph to the attention of Pharaoh. That was God's plan—that he have the skills and consciousness that would save them all during an extended famine.

Had he stayed stuck in his hurt and pain, God could not have turned what happened to him into good. And so it is for us. We must grow in wisdom and consciousness from what happened to us for God to turn it into good. This wisdom and growth in consciousness comes when, through prayer and reflection, we see the spiritual pattern of lessons and blessings unfolding in our lives. Then we see even the hurt and pain served a spiritual purpose in our lives. That spiritual purpose is for us, as it was for Joseph, what's really going on.

And, like Joseph, we can give goodwill as good-intentions to those who had evil/error intentions towards us. This is being free to forgive! Our Unity definition of forgiveness is giving *good* for error received. The more deeply we see and learn the lesson the easier it becomes to receive the blessing of being free to forgive.

Guest Columnist: The Rev. Joyce Kramer, Minister
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Stop the “Poor” Thought & Talk

Media and news reports emphasize the negative economy; from the high cost of oil, to the loss of homes, and to many other forms of lack. Fear is generated, yet throughout the years we have weathered many such conditions and come through victoriously. The stronger one focuses on shortages, lack and negative predictions, the worse things become, for personal life and experiences will correspond to our thoughts and words.

These conditions are not new. Haggai the prophet some 500 years before the birth of Jesus reflected negative times. Perhaps these words speak to the plight of man today:

*“You have sown much and harvested little;
You eat but you never have enough;
You drink but you never have your fill,
You clothe yourself but no one is warm;
And he who earns wages, earns wages to
put them into a bag with holes.”*

Prosperity, or lack of it, begins within the belief system of man and is established firmly in man’s affairs, through thought and talk. When we act according to universal laws, we prosper; when out of accord with those laws, we experience lack. It is important that we cut out the “poor” thoughts and “poor” talk and focus our attention on God and His good that is ever available.

A change in our habits of thought and talk is essential should we not succumb to general beliefs in lack and limitation. Charles Fillmore wrote in the forward of his book, *Prosperity*, “It is perfectly logical to assume that a wise and competent creator would provide for the needs of his creation at their various stages of growth.”

The belief in the necessity for shortages and lack is a vicious belief and has found entrance into the human brain, and once it takes hold there, one is controlled by it.

**IT IS POSSIBLE TO DEAL WITH
THESE VICIOUS THOUGHTS AND BELIEFS
AND ACCEPT ABUNDANT GOOD IN
WHATEVER FORM IS NEEDED.**

- **Immediately stop thinking and talking about lack and limitations.** Entirely too much conversation deals with “poor” thoughts and talk. Each time we are thus involved, we utilize the law in order to bring about the very conditions that we don’t want. Man builds obstacles to prosperity through beliefs expressed through thoughts and words.
- **Recognize and affirm that God is the source.** Even though it seems that our prosperity comes from people, jobs, or inheritance, these are but the avenues through which God works to bring His good to us. Outer sources of good may change, but the availability of God’s provision for man does not change.
- **Tithe.** The free, loving giving of ten percent of your income is an act of worship and a spiritual necessity if one wants to prosper. The act of tithing assures one of abundant good in the form that is needed. One’s life will be abundantly enriched by fulfilling this spiritual law.
- **Use wisely what you have.** Be diligent with what you have. Many problems that we have today could have been avoided through intelligent spending habits, and through avoiding excessive credit purchases, which our society encourages us to do.
- **Keep your mind on what is constructive and good.** To keep the mind on problems, lack and limitation encourages such conditions to come into your life. Thoughts radiate energy that attracts to us that to which we give our attention. Remember, your mind is your instrument of destiny. Only you should give it direction. Words have molding power, so exercise care in what you say. **Follow these ideas and great will be your reward.**

Let us pray often:

“Thank you God for the lessons! Thank you God for the blessings!”

And we will be free to forgive.

Soul Food Unity Ministry

Our Mission

To promote Unity’s tradition of metaphysical and historical Bible study by providing Bible resource materials to Unity ministers, teachers and students.

Our Vision

Soul Food Unity Ministry aspires to be a Spiritual education center where the principles in the Bible are interpreted, modeled and taught in a relevant and practical way.

Our Identity Statement

Soul Food Unity Ministry is a link in the chain of the great spiritual educational movement that was begun by Jesus Christ.

We are bringing a bold new understanding of scripture that blends the best of biblical scholarship and metaphysical interpretation with practical concern for how it can be lived today!



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