



Good News from ...

Soul Food Unity Ministry

“The Word of God is true Soul Food”

~ Charles Fillmore

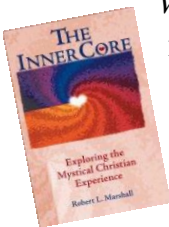
Volume I, Number 7

Shining the Light of Truth on Contemporary Issues

September, 2009

How to Use Truth

At Soul Food Unity Ministry, our focus this year is on demonstrating Truth principles in our life, body and affairs. It is our intention to use the spiritual power that is latent within each of us to bless, heal, and prosper ourselves and others. In so doing, we offer ourselves as living laboratories for the creation of the Kingdom of God on earth. To be a living laboratory we must move from *knowing the way to going the*



way. Bob Marshall points this out in his book, ***The Inner Core***. He writes that upon hearing the practices Myrtle Fillmore used to demonstrate healing of terminal tuberculosis, we must

not just think how wonderful for her but also think “*I want to do that too! I’m going to do what she did and stick with it until I get results in my body.*”

This is what Myrtle wrote about her experience in ***How to Let God Help You***, pages 125-126:

“Here is the key to my discovery. Life has to be guided by intelligence in making all forms. The same law works in my own body. Life is simply a form of energy and has to be guided and directed in our body by

our intelligence. How do we communicate intelligence? By thinking and talking, of course. Then it flashed upon me that I might talk to the life in every part of my body and have it do just what I wanted. I began to teach my body and got marvelous results ...

“I went to all the life centers of my body and spoke words of Truth to them, words of strength and power. I asked their forgiveness for the foolish, ignorant course that I had pursued in the past, when I called them weak, inefficient, and diseased. I did not become discouraged at their being slow to wake up, but kept right on, both silently and aloud, declaring the words of Truth, until the organs responded.”

Start talking to the life and intelligence in your body—sing words of Truth to it. **This is something to do, not just think about!** (Con’t. pg. 2)

In this issue:	page
How To Use Truth	1
Welcome Rev. Bill Wear, Jr.	2
Everything You Do & Nothin’ That You Did....	3
The Divine Law of Sowing and Reaping.....	4
Noah’s Ark	5
Our Mission, Vision & Identity Statement	5

Notice her admonition not to give up when our body is slow in responding. She's talking about real-life experience: her intent,

her process, and the obstacles. We can do what she did and experience healing in our body as she did in hers.

~ Sallye Taylor

Welcome Rev. Bill Wear, Jr.



I met Bill Wear, Jr. in 1985, during his first year at Unity's Ministerial School. Since 1986, Bill and I have become good friends and the board and I have invited him to become part of Soul Food Unity Ministry. After he graduated from Unity

School of Christianity, Bill and his wife Sheila started an interdenominational outreach ministry in Springfield, Missouri. That ministry, Recovery Fellowship Ministries, continues to help hundreds of families and children each year with programs and services in the areas of addiction intervention and recovery, social and life skills development and relationship improvement.

In addition to being a minister, Bill is an attorney and mediator, marriage and family therapist, a university professor, an author, a sports psychologist, an addiction interventionist, a blues musician and recording artist and a yoga and meditation instructor. Bill is a former PGA member and PGA Senior Tour Player and teaches golf in Springfield, Missouri and on the Kona Coast of the Big Island. He is also a national and international speaker, and has

been a presenter at hundreds of venues including the National Wellness Conference, the World Conference on Logo Therapy, the American Holistic Nurses Association Conference, the American Holistic Medical Association Conference, the International Conference of Family & Conciliation Courts, the American Association of Marriage & Family Therapists, the Pacific Social Science Institute and the 2009 World Congress of the International New Thought Alliance.

Bill's current focus is on THE RELATIONSHIP PROJECT. He believes that by helping adults become more successful in their relationships with each other, they will model better relationship behaviors for their children to witness and emulate. Bill's experiences as a divorce attorney, marriage and family therapist and minister have led him to conclude that most adults have not learned how to effectively communicate especially when dealing with conflict. Bill has developed a program that assists adults in learning how to consistently and permanently improve their relationship skills and create marriages that accelerate spiritual and psychological growth instead of impeding it.

~ Sallye Taylor

Everything You Do and Nothin' That You Did

*Well I sure take it with me wherever I go,
and you might like to see it but it never does
show;*

*Like a wind in the valley that never does
blow, like the grass in the back you never
did mow;*

*It's a black sky formin' on the ridge,
It's a woman waitin', standin' on the bridge,
It's the price that you pay for walkin' on the
ledge.*

*It's everything you do and nothin' that you
did.*

From **Black Sky** by Steve Cash of The Ozark
Mountain Daredevils

Have you noticed how rare it is to
find contentment or happiness in marriages
or other committed relationships?

Contentment and happiness seem to
remain out of reach even for those who seek
it the most. It also seems that most of us find
ourselves in the process of wanting to
improve something about ourselves or
wanting to improve something about our
circumstances—thinking that once we
achieve those improvements **THEN** we will
find more contentment and happiness. How
often do we hear the I'll be happy “later on”
excuses: “if I could only find the right job,
church, group, therapist, golf instructor,
etc., ... if I could only fit in my old jeans...,
if I could only have a child..., if my child
would find his/her own place to live..., if I
could go back to school and get that
degree...” **then I would be happy?** I have
heard and watched myself and many others
say and act upon these ideas, only to find no
more, and at times even less, contentment or
happiness even after achieving their goals.

The obstacles that keep us from
creating more happiness and contentment in
our relationships are the same obstacles that
keep us from experiencing more success,
enjoyment and fulfillment in other areas in
our lives. These same obstacles keep us from
getting along better with our children, our
parents or ourselves. These obstacles are the
same ones that keep us from experiencing
more peace and harmony in our lives by
keeping us **stuck** – stuck in the disabling
webs of ambivalence, procrastination,
perfectionism, fear, anger and guilt.

The mystery of our failed attempts at
improving the quality of our relationships and
finding more happiness and contentment in
our lives can be solved with 9 simple
words—9 words containing 30 letters: **we
can't stand it any better than it is.**

The reason our lives don't improve
consistently and permanently in the direction
of our dreams and the reason our
relationships and marriages end up crashing
and burning more often than not, is because
our self-concepts (ordinarily unconscious
self-concepts) will not allow us to stand more
success, more love or intimacy.

*Long before adulthood, our
capacity to stand success (or
become successful) was set at a
certain level based on the identity
patterns we established primarily
by watching our parents deal with
conflict and problem solving. For
the most part, these identity
patterns are unconscious, which
explains why we are not aware of
them. As we go through life we
(Con't. on page 4)*

unconsciously make sure that the amount of success we experience matches the capacity level that we set when we were children. (1)

When we reach our capacity for success or performance improvement established by our unconscious “deservability” identity patterns, we automatically stop any more success or improvement from showing up. Since the process of shutting down the creation of more success or improvement takes place on the unconscious level of awareness, we either give up or we fall back into another “I better trying something new” attempt at life or relationship improvement, which never leads to consistent and permanent improvement.

It's fairly simple -- until you change your consciousness and expand your capacity to experience and stand more success and improvement in your life and relationships,

you will not experience any more success or improvement in your life or relationships.

This condition is often found with couples in counseling. Husbands and wives are not any happier than they are because they can't stand to be any happier. Although they will ordinarily blame each other for the fact that their lives are unfulfilled, the fact is that their happiness meters are as high as they will go until they change their consciousness and expand their capacity to experience and stand more happiness.

The bottom line is this: the only way to change the nature of your life or the nature of your marriage or other relationships is to change the nature of your nature. Or putting it another way, the only way to change the nature of your life, or the nature of your marriage or the nature of your other relationships is to change **YOUR** consciousness.

~ Bill Wear, Jr.

(1) Wear, Bill, Golf Therapy, (Reprinted with permission from Insight Productions, P.O. Box 10826, Springfield, MO 65808) 2001, p. 18.



Working with the Divine Law of Sowing and Reaping

Is there an area in your life where negative reaping requires setting a new seed-cause in motion? Ask God for an understanding of what “cause” produced this specific result.

Pray, “*Infinite Intelligence, reveal to me the attitudes, words, and beliefs that are causing this situation.*” Expect an answer and one will be revealed.

When the answer is clear enough for you to put it in writing, write it down on paper. Don't invest a lot of energy in lamenting the

errors, simply see them as an area where new lessons in truth need to be learned.

Spend some time studying in the area where you need to expand your consciousness, i.e. study **healing** when dealing with a health challenge, **prosperity** when dealing with a financial challenge, etc.

In prayer and meditation, speak the *word of truth* that lifts you out of this limited level of awareness. Remember the teaching of Jesus Christ, “*And you shall know the Truth and the Truth will set you free.*”

A song by Carmen Moshier helps us to acknowledge and celebrate the attribute of the Divine Law of God...

We Make Our Own World

*We make our own world, wherever we are,
Our happiness is of our own making.
We make our own world, wherever we are,
Our happiness then is for the taking.*

*Our world goes with us as we talk and walk
along each day;*

*Our world can be a heaven or hell our
attitudes will say.*

*We make our own world, wherever we are;
Let's make it happy, let's live in beauty,
We make our own world, wherever we are.
Keep thinking happy, we'll make a new
world.*



***Everything I need to know about life I learned from
Noah's Ark***

1. Don't miss the boat
 2. Remember that we are all in the same boat
 3. Plan ahead. It wasn't raining when Noah built the Ark.
 4. Stay Fit. When you're 600 yrs. old, someone may ask you to do something really big.
 5. Don't listen to critics; just get on with the job that needs to be done.
 6. Build your future on high ground.
 7. For safety's sake, travel in pairs.
 8. Speed isn't always an advantage. The snails were on board with the cheetahs.
 9. When you're stressed, float awhile
 10. Remember, the Ark was built by amateurs; the Titanic by professionals.
 11. No matter the storm, when you are with God, there's always a rainbow waiting.
- Now, wasn't that nice? Pass it along and make someone else smile, too!



Editorial Staff
Managing Editor
Rev. Sallye Taylor
Co-Editors
Rev. Gloria-Lilly Holt
Rev. Bill Wear, Jr.
Copy Editor
Linda Miller

Visit our web site at
www.UnityTruthSeekers.com
Watch Sallye's class –
***The Bible on Money, Sex,
Power and Homosexuality***

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!

NOTE: If you would like to receive your copy of this newsletter by email, please send your request to l.miller1209@att.net and include your name and email address.

Soul Food Unity Ministry

Rev. Sallye Taylor, Rev. Gloria Lilly-Holt, & Rev. Bill Wear, Jr. Co-ministers
923 NE Woods Chapel Rd. #239
Lee's Summit, MO 64064