



## Welcome to Unity's Interactive Worship Service

**Today's Topic:**  
**Being Ageless and Happy**  
Power Point notes available at:  
[www.unityofbakersfield.org](http://www.unityofbakersfield.org)

### Being Ageless and Happy

Time, it can be our worst enemy or our best friend. As we get older, time has a way of speeding up. And many people the world over worry about getting older as time ticks away. Are you or someone you know one of them? As Henry David Thoreau once wrote, "The price of anything is the amount of life you exchange for it."

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Someone one said, "When we worry about time, our lives pay a heavy price in terms of lost years. When we're happy and take each tick of the clock in stride, we find we add years to our lives."

Dr. Baker studied the effects of time on his older patients. He noticed one man in his 90's that exhibited happiness, so he asked him what his secret was. This was his story:

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"When I was a young man I was head over heels in love with the sweetest girl that ever lived. I still am, and she still is. I have been married to her for thirty years, but she had one fault then, and she has it yet—she is always late.

One day she begged me to take her to a concert to hear her favorite singer. I promised her I would take her on one condition – that she would be ready a half-hour ahead of time.

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If she was not ready on time, we agreed I would tear up the tickets.

When I got to her home about twenty minutes before the time she agreed to be ready, her mother met me at the door and sadly shook her head. 'Nellie will never be ready in time. She just came in.' I walked the floor, and I watched the clock as the minutes dragged by, and I got more and more furious.

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Finally, when the half hour was up, I flung myself in a chair by the table and picked up a book. On the inside leaf of the cover were four little lines that changed my life:

*For every deed under the sun,  
there is a remedy or there is none.  
If there is one, seek till you find it,  
if there is none, never mind it.*

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I decided right there and then that there would never be a remedy for her tardiness and so I would just simply accept it. Then at that very moment I realized that I would start living is new found philosophy. Nothing ever took more misery out of my life than the awareness and acceptance that I won't worry over the things I couldn't change.

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Jesus and his take on worry:  
 “Look at the birds of the air:  
 They do not sow or reap or  
 gather into barns-and yet your  
 Heavenly Father feeds them.  
 Are you not much more  
 valuable than they? Who of you  
 by worrying can add a single  
 hour to his lifespan?” (Matt. 6:26-27)

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Someone once said, “Worry is a thin stream of fear trickling though the mind. If encourage, it cuts a channel into which all other thoughts are drained.”

Blogger, Jinny Ditzler wrote an article [Are You Aging or Ageless?](#) It touched on these two attitudes of mind that create happiness or unhappiness in our lives. She writes:

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Focusing on aging leads to a world of denial, pretence, fear, and self-absorption while an ageless approach can lead to a life of purpose, fulfillment, freedom, and happiness. Having tried both, I recommend the latter. When life is focused on aging here are some examples of the thoughts and behaviors common to this option:

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1. Worrying about how my age affects my chances of success;
2. Overwhelmed by projects and plans that don't really matter;
3. Too busy with my life to reach out to others;
4. So distracted I can't be still, let my mind rest, meditate;

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5. Concerned that life is short, but acting as if my life will last forever.

When life is focused on being ageless here are some examples of the thoughts and behaviors common to this option:

1. Taking more time for meditation and prayer each day;
2. Improving my ability to stop, get out of my head, and be present;

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3. Letting go of negative, judgmental, and unkind thoughts;
4. Catching myself in self-absorbed and pointless moments;
5. Focusing on being generous with the gifts I've been given. When I don't concentrate on how old and therefore irrelevant I am, I'm naturally drawn to giving to others.

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The more I forget my age, the more meaning my life has. As William James so wisely said: "Believe that life is worth living and your belief will help create the fact."

I believe the bottom line is that in your ageless heart you know you're here to contribute to the happiness and well-being of others. As Abraham Lincoln said so presciently: "And in the end, it's not the years in your life that count. It's the life in your years."

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Just as AAA takes the worry out of our journey on the roadway, here's another AAA that adds years to our life on our spiritual path:

#### **Awareness:**

- 1) You can't be all things to all people;
- 2) You can't do all things at once and do all things equally well;
- 3) You can't do all things better than everyone else, you just as human as anyone else;

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- 4) You must find out who you are and be that and then decide what you value most then do it.

#### **Acceptance**

- 1) Learn to accept your own uniqueness; "I say, 'You are gods; you are all children of the Most High.'" Psalm 82:6
- 2) Learn to set priorities and make decisions so that you can learn to live with your limitations;
- 3) Learn to respect yourself and the fact you are mortal as well as spiritual.

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**Acceding:** (Giving your consent or approval to your "Christhood")

- 1) Know that you are a wonderful, unique person, a one-of-a-kind event, and that it is your duty, your responsibility to be who you are and let "your light shine.
- 2) That life is not a problem to solve, but a gift to be cherished, so you too can say, "I am a radiant expression of my ageless, eternal self."

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