



**Welcome to Unity's Interactive  
Worship Service**

**Today's Topic: Who You Gonna Call?**

Power Point notes available at:

[www.unityofbakersfield.org](http://www.unityofbakersfield.org)

**Who You Gonna Call**

It was September of 1991 and the prayer room worker had just gotten off his night shift and headed home. Opening the front door he could hear the alarm going off to wake his daughter for school. He entered the kitchen and prepare breakfast for the both of them. As he cleared the table she finished packing up her backpack and headed for the car.

**Who You Gonna Call**

He drove her to the bus stop to await the bus that would take her to school and her friends. This was precious time for the both of them as they talked about her day and his night at work. On this morning she asked him about the booklet he always read from and why was there a phone number on the back of it. As he explained how people used it to call for prayers, she said, "Oh, I get it. It's God's phone number."

**Who You Gonna Call**



- G = God's
- H = Heavenly
- O = Omnipresence
- S = Swift &
- T = Transforming

**Who You Gonna Call**



- B = Breaks
- U = Up
- S = Stormy
- T = Terrible
- E = Experiences
- R = Rotten &
- S = Scary

**Who You Gonna Call**



- The storms in ones life, who you gonna call?
- S = Spiritual
  - I = Inspirational
  - L = Loving
  - E = Enduring
  - N = Nurturing
  - T = Tranquil

## Who You Gonna Call



U = Uplifting  
 N = Nourishing  
 I = Insightful  
 T = Transforming  
 Y = You

## Who You Gonna Call

There are many storms that happen in our lives. Storms caused by nature, storms caused by divorce, layoffs, unemployment, physical, emotional, or mental ill health. All these and more can cause us to feel the winds that blow hard against us and feel the destruction those winds can bring.

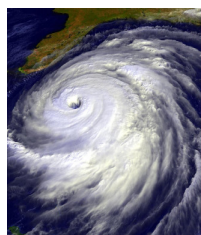
Then there is the eye of the storm where all is quiet and still. This is the God spot were we get to "Experience Yahweh's Essence."

## Who You Gonna Call

No matter where you are, you can connect with God any time you find yourself in a storm. Jesus taught that *"where two or more are gathered there I am also."* There is power in united prayer. There is a connectedness when you join in affirmative prayer with others.

Can we connect by ourselves? Sure we can and we do. We connect with God through our awareness of God during our prayer and meditation times.

## Who You Gonna Call



And yet, when we are in the mist of terrible and scary storms it's good to know that there are others ready and willing to help us get to the eye of the storm. And that help is a real phone call away, where a voice so soothing and reassuring helps us find comfort in experiencing the "eye" of the storm.

## Who You Gonna Call

The beauty of God's omnipresence and essence is that it's all around us and within us. So that means we are always in constant contract with God and God with us. And yet, we want to see and feel God in our life, not just a spiritual presence, but an actual physical presence. So here is some spiritual insight from Barbara Cage that can help realize how important each of us is to others around us in spite of the storms in our lives.

## Who You Gonna Call

Never Give Up Hope, by Barbara Cage:

"Life doesn't always give us the joys we want. We don't always get our hopes and dreams, and we don't always get our own way. But don't give up hope, because you can make a difference one situation and one person at a time.

Look for the beauty around you – in nature, in others, in yourself – and believe in the love of friends, family, and humankind.

### Who You Gonna Call

You can find love in a smile or a helping hand, in a thoughtful gesture or a kind word. It is all around, if you just look for it. Give love, for in giving it you will find the power in life along with the joy, happiness, patience, and understanding. Believe in the goodness of others and remember that anger and depression can be countered by love and hope. Even when you feel as though there isn't a lot you can do to change unhappiness or problems, you can always do a little – and a little at a time eventually makes a big difference.”

### Who You Gonna Call

To help us maintain our awareness that we are always connected to God, Unity teaches the Three R's: Recognize; Remember; and Rejoice.

Recognize that when you find yourself in a storm and facing the turbulent winds swirling around you, know that God is with you.

Remember that no matter what, you have the power to say, “Peace be still!” You have the power to connect directly with the source of your being to calm and still the winds.

### Who You Gonna Call

Rejoice in the fact that the essence of God can be found wherever you may be: in nature, the beauty of a mountain, the serenity of the sea, watching the birds of the air, children at play, the sweet smell of flowers, a stroll in the park. God is with you always your constant companion.

And when you need to hear a human voice to help calm storms, who you gonna call?

1-800-Now Pray (1-800-669-7729)

### Who You Gonna Call

As the Daily Word reminded us today: “Any earthly challenges are transformed by the divine presence within.” And it is through prayer and meditation that we access that divine presence.

Prayer is define as any activity that focuses our attention on the divine presence in our life and affairs. Unity uses affirmative prayer.

### Who You Gonna Call

Affirmative prayer consists of:

1. Having a conscious awareness & connection to the divine presence.
2. It is open-ended , allowing the highest possibilities.
3. It's about aligning ourselves with universal principles and holding the “High Watch” for others.
4. It's heart-felt and sincere, grateful and trusting.

### Who You Gonna Call

5. We state the need.
6. We become still - breathe and go to the heart.
7. We deny our belief that the condition has power over us.
8. We stay centered in the realization and consciousness awareness of the divine presence.
9. Give thanks in advance.