

**Welcome To
Unity of Bakersfield
Positive, Progressive, & Practical
Spirituality For Everyday Living**



For additional information about our Spirituality
For Life classes, workshops and activities log
onto www.unityofbakersfield.org

Hymn #144 – Now Are The Showers of Blessings

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Now are the showers of blessings sent by
the Father of love; Now is the time of
expressing bountiful gifts from above.

Showers of blessings, showers of blessings
in store; Windows of heaven are open,
showers of blessings outpour.

Hymn #144 – Now Are The Showers of Blessings



Now are the showers of blessings, meeting
our momentarily need; Now are the riches of
heaven, healing our hearts of all greed.

Showers of blessings, showers of blessings
in store; Windows of heaven are open,
showers of blessings outpour.

Hymn #144 – Now Are The Showers of Blessings



Bountiful measure fulfilling, pouring upon
us O Lord! Now are the showers of
blessings, promises made by Thy Word.

Showers of blessings, showers of blessings
in store; Windows of heaven are open,
showers of blessings outpour.

Church Blessing



Together Please:

This is God's house.

May we who come here not
only find out about God, but
find God.

Church Blessing



May there be beauty in this place, but especially may it be a place where men and women become aware of the beauty in themselves.

Church Blessing



May this be a place of worship.

May this be a place of instruction.

May this be a place of singing.

May this be a place of prayer.

Church Blessing



But for us who worship and take instruction and sing and pray, may this always be a place of inner stillness, where we may listen and hear when God speaks.

Church Blessing



May whoever ministers here minister in love. May whoever teaches here teach truth. May whoever serves here serve pleasantly.

Church Blessing



May everyone come into this house in expectation and go with thanksgiving, and may anyone who comes needing help go feeling blest.

Church Blessing



May this be such a house that
Jesus Christ, or any stranger,
would feel in it that He was
with friends. Amen.

One Power Affirmation



*There is only one presence
and one power in the
universe and in my life,
God the Good, Omnipotent.*

Lord's Prayer



Our Father, who art in heaven, hallowed be Thy name, Thy kingdom come, Thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts as we forgive our debtors. And leave us not in temptation, but deliver us from evil, for Thine is the kingdom and power and the glory, forever. Amen.

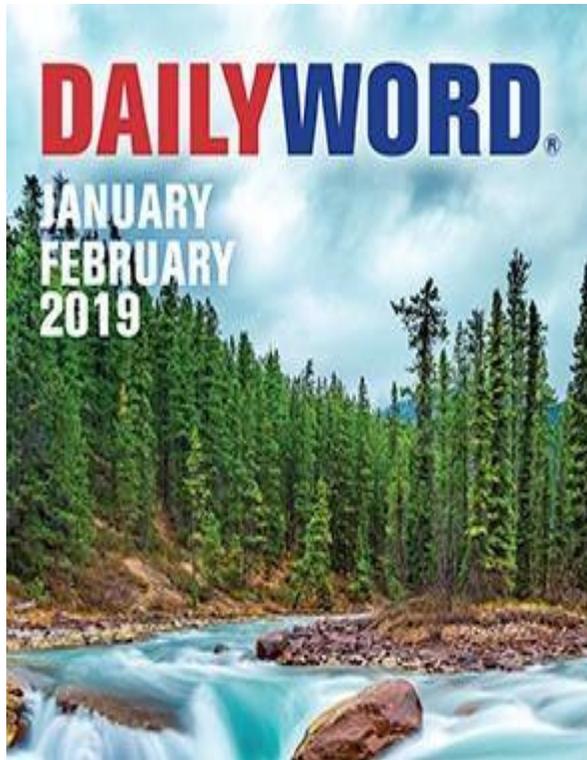
Surely the Presence



Surely the presence of the Lord is in this place, I can feel God's mighty power and God's grace. There's a holy hush around us, I see glory on each face. Surely the presence of the Lord is in this place.

Surely the presence of the Lord is in this place, I can feel God's mighty power and God's grace. I can hear the brush of angel's wings, I see glory on each face. Surely the presence of the Lord is in this place.

Daily Word Reading



GUIDANCE

*I have faith that I am
divinely guided.*

Healing Prayer



We are now in the presence of pure Being, and immersed in the Holy Spirit of life, love, and wisdom. We acknowledge Your presence and power, O blessed Spirit. We take a moment to remember this day our loved ones and friends as we release them into Your care and keeping. We affirm for all, O blessed Spirit that You are at work to reveal what needs to be revealed so that what needs to be healed is healed. Thank you, God.

Burning Bowl & Meditation

Dear Blessed Spirit,

Into Your hands I give the following to You. As I release and let go of all control I trust that divine order and harmony are at work to bring about the right and perfect blessing. I also affirm that my commitment to prayer is an act of faith as I claim that I have enough time, energy, wisdom and resources to accomplish what is mine to do. Through this act of faith I am now open to Your inflow of divine ideas, substance, life, and love. Thank you, God!



Welcome to Unity's Interactive Worship Service

**Today's Topic: Your Power Gage -
Part 2**

**Power Point notes available at:
www.unityofbakersfield.org**

Your Power Gage – Part 2

Last week my topic for discussion was about our belief system. That what you believe empowers you, or what you believe limits you. The good news is that what you believe is your choice. Today I want to us to look at one of ego's subtle tricks of keeping us from being divinely guided.

Guilt! So remember:

Power = Personal Overcoming With Engaging Resolve

Gage = God's Absolute Guidance Ensured (Because)

Gage = God Absolves Guilty Ego

Your Power Gage – Part 2



Ego is very good at using part of our moral compass called guilt to control our actions, our behaviors, all based on our belief system about guilt. The church has used guilt to control the masses and ego plays a big part in keeping it alive and well.

The underlying belief is this: “If you’re guilty then you must be punished.” Original sin states humankind is guilty, so they must be punished.

Your Power Gage – Part 2



Jesus never said one word about being punished because of Adam and Eve. In fact he told the people twice that it was the innocence of a child that gets them into heaven.

Your Power Gage – Part 2



And he said: “Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven.” (Matt 18:3)

Jesus said, “Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.” (Matt 19:14)

Your Power Gage – Part 2



And when they found the woman guilty of adultery and wanted to punish her, what did he do?

Your Power Gage – Part 2

Things are going to happen as we develop and grow in our role and our life. It's hard to believe but no one is perfect. As Jesus said, "He who is without sin..." Now there is nothing wrong in feeling guilty because of something we did or said when it goes against our moral compass. What we have to watch out for is ego's way of turning it into toxic guilt, the kind of guilt that keeps us from God and the divine guidance we need to overcome the toxic behavior it may cause because we believe we must be punished!

Your Power Gage – Part 2



Everyone at one time or another goes through moments of guilt. How many of us have been caught up feeling guilty because of a:

1. Feeling of responsibility for negative circumstances that have befallen yourself or others.
2. Feeling of regret for your real or imagined misdeeds, both past and present.
3. Sense of remorse for thoughts, feelings or attitudes that were or are negative, non-accepting or uncomplimentary concerning yourself or others.

Your Power Gage – Part 2



4. Feeling of obligation for not pleasing, not helping or not placating another.
5. Feeling of loss and shame for not having done or said something to someone who is no longer available to you.
6. Accepting of responsibility for someone else's misfortune or problem because it bothers you to see that person suffer.
7. Survivors guilt.

Your Power Gage – Part 2



Dealing with toxic guilt requires that we look at the inventory of beliefs we hold about guilt. Yes, we have a moral compass, but what kind of belief drives that compass? (Exp: Belief in the doctrine of original sin and the punishment of hell.) So, in order to understand how toxic guilt keeps us from having a loving relationship with God and the divine guidance that's available to us, we need to be honest with ourselves by asking and answering the following questions:

Your Power Gage – Part 2



1. What problem is currently troubling me?
2. Who is responsible for the problem?
3. Whose problem is it, really?
4. What did I do to make this problem worse for myself?
5. How much guilt do I feel about this problem?
6. How much does the guilt I experience exaggerate or exacerbate my problem?
7. If I felt no more guilt what would my problem look like then?

Your Power Gage – Part 2

Now keep in mind that guilt is ego's way of reminding you that you're a bad person for doing something bad, or creating the problem. This we know is not the truth! But when we were kids, we were told we were bad when bad things happened, what a guilt trip! That belief must be replaced. And while your doing that, watch out for the "remorse trip."

Remorse is when you feel bad about *what you did*. Guilt is when you feel bad about *who you are*.

Your Power Gage – Part 2



Here is some insight from the author David D. Burns Feeling Good: The New Mood Therapy:

“This concept of the “badness” of self is central to guilt. In its absence, your hurtful action might lead to a healthy feeling of remorse but not guilt. Remorse stems from the undistorted awareness that you have willfully and unnecessarily acted in a hurtful manner toward yourself or another person that violates your personal ethical standards.

Your Power Gage – Part 2



Remorse differs from guilt because there is no implication your transgression indicates you are inherently bad, evil, or immoral. To put it in a nutshell, remorse or regret are aimed at behavior, whereas guilt is targeted toward the ‘self.’”

Here are some tips on how to lessen the impact ego has on your feelings of guilt.

- 1. Stop magnifying:** Ask yourself if your self-punishment fits the crime. It probably doesn't.

Your Power Gage – Part 2

- 2. You are not your actions:** You're responsible for your actions but they don't make you a bad person.
- 3. Self-compassion:** Forgiving yourself makes you behave better. Thinking you're a bad person makes you act worse.
- 4. Apologize:** Say you're sorry for what they think you did wrong, not what you think you did wrong.
- 5. Ask “What can I learn from this?”:** Torturing yourself doesn't make you a better person. Learning does.

Your Power Gage – Part 2

So remember: Forgive yourself. Repair the damage. And move on. You're not a bad person. But you sometimes do bad things. Do you know what that makes you?

Human! So when you find yourself dealing with toxic guilt remember to use your power gage.

Power = Personal Overcoming With Engaging
Resolve

Gage = God's Absolute Guidance Ensured
(Because) Gage = God Absolves Guilty Ego

Offertory Blessing



**Divine love through me
blesses and multiplies all that
I have, all that I give, all that
I receive. Thank You, God!**

Children's Blessing Song

You are walking in the
light, in the light, in the
light. You are walking in
the light, in the light of
God. Repeat with We...

Unity Blessing



We love you, we bless you,
we appreciate you, and we
behold the Christ in you.

Peace Song

Let there be peace on earth and let it begin with me. Let there be peace on earth the peace that is meant to be. With God as Creator, family all are we. Let us walk with each other in perfect harmony. Let peace begin with me, let this be the moment now. With every step I take let this be my joyous vow: to take each moment and live each moment in peace eternally. Let there be peace on earth and let it begin with me.

Prayer of Protection



*The Light of God surrounds us;
The Love of God enfolds us;
The Power of God protects us;
The Presence of God watches over us;
Wherever we are God is;
And wherever God is, all is well!*