



Today's Lesson  
**Calling AAA**

Power Point notes available at:  
[www.unityofbakersfield.org](http://www.unityofbakersfield.org)

Calling AAA



When traveling the highways of life we'd like to do it as worry free as possible.

The creation of AAA gave travelers an almost worry free journey.

Calling AAA



Last week began 40 days of Lent when Christians the world over gave something up. The most requested item was "worry." So how can we do that, what steps can we take so that we don't worry so much?

Calling AAA



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The Master Teacher addressed worry this way: "You of little faith! "Do not worry, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?' "For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things before you even ask." Matthew 6:30-32

Calling AAA

What, Me Worry?



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."

## Calling AAA

What if there was a way we could travel the highways of life with less worry?

You're going along at a perfect pace, enjoying the experiences, sights, sounds, then bam—something happens to destroy your sense of peace. Who you going call?

## Spiritual AAA

## Call AAA

Spiritual AAA was created to help people with the worries of life. It is a program, that when used, will help reestablish a sense of peace and harmony in the lives of those who suffer from the highway debris of hurts, disappoints, despair.

Spiritual AAA helps the traveler on life's highway in three ways:

***1) Awareness 2) Acceptance 3) Ascending***

## Call AAA

The first thing Spiritual AAA does is allow us to become aware of things we have no control over. Using our awareness we lessen the amount of worry in our lives by realizing:

- You can't be all things to all people.
- You can't do all things at once.
- You can't do all things equally well.
- You can't do all things better than everyone else.

## Call AAA

You're just as human as anyone else.

You must find out who you are and be that.

You have to decide what you value most then do it.

You must learn that contrary to the myth—nobody is in a contest to be YOU. So why are you trying to be THEM?

## Call AAA

The next thing Spiritual AAA brings to you is the activity of acceptance. Once you're aware of what the road hazards are you learn to accept what you can and can't do.

- You learn to accept your own uniqueness.
- Learn to set priorities and make decisions.
- Learn to live with your limitations.
- Learn to respect yourself.
- You learn to accept the fact you are mortal as well as spiritual being.

## Call AAA

After utilizing the awareness and acceptance of Spiritual AAA you are now given the opportunity to ascend the road hazards that cause the worry on your travels through life.

In effect you are giving your consent and approval for your spiritual essence to do what is needed to help you ascend to a higher level of consciousness.

This is the "Christ in you, your hope of glory."

## Call AAA

You begin to know that you are a wonderful, unique person, child of God, of the universe. You are a one-of-a-kind historical event. That it is your duty, your responsibility to be who you are and let your light shine. That life is not a problem to solve, but a gift to be cherished, embraced, lived. That by trusting in your higher power you can ascend to a new understanding and awareness.

## Call AAA

This is how Spiritual AAA showed up for one person trying to deal with worry. Dr. Baker, was a one time White House physician and had this to say about worry: "The happiest man I ever knew lived in St. Louis. One day I asked him what the secret was to his happiness. He shared this story with me:"  
*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.*

## Call AAA

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

## Call AAA

*When I got to her home about twenty minutes before time, 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. Finally, when the half hour was up, I flung myself in a chair by the table and picked up a book.*

## Call AAA

*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.***  
*I decided right there and then that there would never be a remedy for her tardiness and so I would just simply accept it.*

## Call AAA

*Then at that very moment I realized that I would start living a 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. I was able to ascend, what I believed to be a problem, to a higher state of mind that found a solution.*  
**And you can too by Calling Spiritual AAA!**