



# The CHRISTIAN SCIENCE JOURNAL

For the weapons of our warfare are not carnal, but mighty through  
God to the pulling down of strong holds. —II Corinthians 10:4

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# Welcome - May 2026

By Jenny Sinatra

Dear Friend,

What do you think of when you hear the word *reconcile*? Maybe it reminds you of restoring a lost friendship. Or business owners might think about harmonizing income and expenses. The Bible speaks of being “reconciled” to God. But if God is our loving creator, how are we reconciled with Him?

Mary Baker Eddy, Discoverer of Christian Science, explains in *Science and Health with Key to the Scriptures*: “It was therefore Christ’s purpose to reconcile man to God, not God to man.... Even Christ cannot reconcile Truth to error, for Truth and error are irreconcilable” (p. 19).

Christ, proclaiming the timeless message of God’s goodness and love, is our advocate. Our lead article discusses the healing Christ in depth. And then, in “Led out of the whiteout,” there’s a particularly vivid illustration of the practical application of that message. When the author was alone on a snowy ski slope, stuck in wild weather, she radically relied on what spiritual sense was communicating, instead of giving in to fear and panic, and she found safety.

Lastly, our “Words of Significance” column on *theodicy* alludes to the fruitlessness of “trying to reconcile God’s justice with evil.” Amen to that.

As you apply the ideas in this issue, working and praying with joy and expectation, remember that Christ is always blessing us, always at work in our lives.

**Jenny Sinatra**, *Staff Editor*

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# Readers Respond

By Jane Highfield, Helen Dix, Kurt Arentsen, Steep Weiss, Charles Palenz

## **Nikki Paulk, “Healing: It’s not all up to you,” March 2026**

Thank you so much for this superb interview—so clear, so inspiring, so many beautiful healings, so many ideas to pray and work with. Nikki shared them in such a full and beautiful way.

## **Jane Highfield**

*Kenley, Surrey, England*

A wonderful, helpful, uplifting piece. Thank you so much. I have shared its inspiring ideas.

## **Helen Dix**

*Cape Town, Western Cape, South Africa*

## **The Christian Science Board of Directors, “Change in Editor of the Christian Science periodicals,” March 2026**

What a special privilege it is to subscribe to the periodicals. The editors and contributors bring so much healing and joy to this important arm of the church. I am so grateful for the seamlessness the publications provide during management changes.

## **Kurt Arentsen**

*Stevens Point, Wisconsin, US*

## **Linda Vara, “Good revealed—any place, any time,” March 2026**

Many can relate to this piece. Although I may not usually be scared to be out on a dark, lonely highway when everything is going fine, when something breaks down far from help all sorts of things could come into thought. What a nice example demonstrating and illustrating the effectiveness of trusting God’s care.

## **Steep Weiss**

*Carson City, Nevada, US*

## Lindsey Pagett, “An inspiring gift to The Mother Church,” February 2026

Thank you for sharing this account of survival. William B. Haines’s inspiration gained by the application of Christian Science under challenging circumstances shows that using what you already know is effective.

### Charles Palenz

*Camp Hill, Pennsylvania, US*

### Correction

In the April 2026 issue of the *Journal*, Robert Witney’s article, “Where Christ is found,” was missing part of a line, “... I awoke with freedom and energy and was able to fulfill my church duties.” The full paragraph should read:

While my physical condition didn’t immediately improve, my outlook brightened. No longer impressed by the reports of the material senses, I was sure I would be well—and soon! The next day I awoke with freedom and energy and was able to fulfill my church duties.

We regret this error, and it has been corrected online.

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## Never stuck: Following Christ always forwards healing

*By Abigail Mathieson Warrick*

“**Where you tend** a rose, my lad, a thistle cannot grow” (*The Secret Garden* by Frances Hodgson Burnett). What more beautiful rose could there be than life in Christ, the true idea of God, a rose so fragrant and perfect in purpose that it compels our full and most earnest attention, ultimately to the exclusion of all else? And following Christ, Truth, in our everyday life, nurturing every budding opportunity for good,

eliminates stagnation and all the other unwanted thistles of sin, disease, and death.

Instead of fretting over difficulties and fears, we can give our attention to spiritual harmony and cultivate grace, goodness, unselfishness, patience, and faith in Spirit. These are the natural fruits of forming our thoughts after Christ’s teachings, and they multiply in inspiration, peace, joy, safety, and healing. They lead to Truth—to what is perennial and strengthening. The choice to accept Christ Jesus as our Exemplar necessarily involves rejecting whatever is unlike Christ, refusing to give it food or space in our thought-garden.

Christian Science teaches unequivocally that God made all, so the true identity of everything is defined by Him and must express Him alone. Our limitless, irrepressible opportunity is to discover the kingdom of heaven within that Jesus spoke of, already designed and established by God. We could call it the divine rose within. It includes the inspired recognition that life is of God, so it is spiritual and eternal, not material and transitory as it appears to uninspired, unenlightened mortal sense.

Christ reveals that God is all good and that we, as His children, can and should trust only Him to feed us with inspiration and guide our progress. This trust is rigorous and vigorous. It demands integrity of thought and adherence to Truth—a faithfulness beyond the world’s concept or comprehension. And with this devotion comes endurance and “the peace of God, which passeth all understanding” (Philippians 4:7).

What a gift we have been honored to receive in the perfect and prodigious life of Christ Jesus. His example feeds our thoughts and desires with hope, strength, and gratitude to God. The inspiration from this gift of God is immeasurable. It has the capacity to dislodge and replace any sad, sick, or soulless sense of life with the beauty of holiness, devotion to Spirit, and to show forth health, freedom, peace—all that God eternally bestows on His cherished children.

When Nicodemus the Pharisee approached Jesus acknowledging he had come from God, Jesus replied, “Except a man be born again, he cannot see the kingdom of God” (John 3:3). This might seem a radical

form of growth. But to produce a rose, we need to start with a rose seed—i.e., we can't turn a thistle or mortal man into a rose. We entirely replace the mortal misperception with spiritual truth. To do this, the premise of our thinking and being must be reconceived spiritually. This repentance (rethinking) involves finding God as the only creator, and ourselves as His spiritual creation. We see life made new in our thinking by moving its base from matter and its discord and destruction, to Spirit and its goodness and health. Lifting our thought to God, Spirit, as a seeker of Truth, we are blessed with the knowledge that the answers to life's enigmas are entirely spiritual and comfortingly available.

Jesus' life stands as a beacon to guide us clearly to this spiritual sense of life, and lead us steadily to an understanding and active demonstration of Truth. It warns us not to rely on fallible physical sense, but on what God has indubitably shown is divine in origin and expression. Christ's promises, prophecies, and proofs in the Bible guide us to life, not death, and are so far beyond any human conception of goodness or God that they command our whole-hearted attention and awe.

A By-Law read every month in the Sunday services of Churches of Christ, Scientist, begins, "Neither animosity nor mere personal attachment should impel the motives or acts of the members of The Mother Church" (Mary Baker Eddy, *Manual of The Mother Church*, p. 40). This instructive rule draws attention to the fact that relinquishing attachment to a merely personal sense of ourselves and others is vital to our growth in emulating Christ.

Mrs. Eddy, who discovered and founded Christian Science, also writes that "ignorance of self is the most stubborn belief to overcome" (*The First Church of Christ, Scientist, and Miscellany*, p. 233). Resistance to healing can often be removed by sowing meekness, self-correction, self-denial, and deeds of mercy in place of pride, apathy, selfishness, and anger. Christ-informed self-examination uncovers and unties the myriad ways material, erroneous thoughts would creep into and tangle up our thinking. Through this process we gain humility. Our attachment to self-centered, man-made theories fades. And we are relieved of subtly

cherished self-righteousness, self-assertion, and self-certainty. Meekness may not be comfortable to a self-satisfied personal ego, but it brings healing winds of freshness and freedom to the seeking heart and tender affections that crave a purer atmosphere and calmer consciousness.

Some time ago I experienced an uncomfortable recurring physical condition that did not immediately yield despite my conscientious prayers. I received help at brief times from a Christian Science practitioner, and there were times when I thought the condition was healed, but it kept resurfacing. It didn't restrict me from pursuing my normal activities, but it made them more taxing and often kept me awake at night.

I was more disheartened that the condition kept returning than by the physical discomfort, even though the latter was severe at times. But I resolved to stick with my prayers because I felt the physical discomfort was a manifestation of my deeper disturbance about what appeared to be a proliferation of beguiling and oppressive belief systems in the world.

One night, feeling deeply discouraged, I turned my thought more intently to God and His Christ to counter the mental pull toward feelings of defeat. And what came to mind was Jesus' beautiful example of overcoming every conceivable obstacle in his path. This message felt like a gentle, sweet friend encouraging me to rejoice in God's goodness and love, to completely pledge my heart and soul to reflecting this love, and let this be my healing prayer. I gave the physical symptoms no more consideration. As I stilled my thought resolutely and steadfastly, a wonderful peace gently dawned, and I saw there was no self-projected mortal "me" struggling to know God—there was only God and what He knew me to be.

Old fears dropped away, unresolved questions were clearly answered, purer thoughts replaced ones that I could now see were provoked or prejudiced. I learned to more consistently and insistently turn away from thoughts that centered around myself and what I was doing or feeling, and to more naturally and completely turn to what God is knowing, seeing, and doing each day. This reformed my thinking, and I felt made new.

The physical condition completely faded from my experience.

Going forward, a promise from the Christian Science textbook encouraged me to continue my healing focus on the rose of life in Christ—on knowing God: “The purification of sense and self is a proof of progress” (Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 324). Nothing can stop this divine growth, and healing is its natural and inevitable fruit. Listening for and implementing God’s will, we plant ourselves in Christ, the ideal Truth, and no mental space is left for weeds of fear to seed themselves. Whether our growth is fast or slow, we have chosen to work in God’s garden, where only good can grow.

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## Hope restored in a Reading Room

By Gretchen Newby

**When I arrived** to serve at the Christian Science Reading Room, I was surprised to find a fellow church member already on duty. My first thought was that I could leave and run errands since the shift was covered. But my next thought was that I’m never in the wrong place.

As Mary Baker Eddy, the Discoverer of Christian Science, asserts in *Science and Health with Key to the Scriptures*, “Under divine Providence there can be no accidents, since there is no room for imperfection in perfection” (p. 424). So, even though our dual presence seemed to be the result of an accident, a scheduling mix-up, I decided it was right to stay and serve with my fellow worker.

I’d intended to spend the afternoon praying for the Reading Room and our community. However, I wasn’t feeling inspired. I was facing home repair challenges that seemed unrelenting and at times unsolvable. Concern about them was affecting my

health, sometimes causing severe headaches and other physical discomfort. I was beginning to feel that selling my home would be the only way to relieve a crushing sense of responsibility.

I was also feeling disheartened about my branch Church of Christ, Scientist. It was tempting to accept such discouraging thoughts as “No one ever visits our Reading Room” or “People are too busy to participate in church.” While I strived to push these doubts out of thought, a sense of futility was encroaching on my church work.

I asked my fellow worker if we could pray together about the Reading Room and church. She recommended that we begin with expectation, and she shared how an expectancy of good resulted in fruitage when she’d worked in the Reading Room in the past. She reminded me that serving in the Reading Room is not so much about opening the doors, but about opening our thought.

*Science and Health* states, “When the destination is desirable, expectation speeds our progress” (p. 426). My coworker shared that she begins each day by asking God to send her those she can help with healing. I saw how this prayer ushers in blessings and also puts the responsibility on God—not on us. God governs, guides, and leads each of us to what we most need.

We identified erroneous suggestions—barriers in thought—that would impede entrance into our church or Reading Room. We worked to find the counter facts to the false claims of mortal sense—and to replace those claims with divine Truth. For example, to refute the belief that society no longer values church attendance, we affirmed that good is eternal and timelessly attractive. Divine Truth—as well as the desire for Truth and the effectiveness of it—could not be diminished or fade due to passing time.

As we prayed together, I began to see how a limited sense of God’s allness precludes fruition. But one concern was still nagging at me: Our church members had previously discussed closing our branch or merging with another church. Confessing my fear to my coworker, I asked her, “What if we lose our church?”

She replied, “Church is ‘the structure of Truth and Love’ (*Science and Health*, p. 583). And Truth can’t be lost.” Mrs. Eddy confirms this when she says, “The true concept is never lost” (*Science and Health*, p. 87).

Then my coworker shared a dramatic healing a family member had experienced through this coworker’s steadfast prayer and refusal to give in to the belief that any situation is beyond God’s healing power. As I listened, I realized that in many ways I’d allowed the material senses to determine my reality. I’d accepted that my home was irreparable or unsalvageable. I’d toyed with the idea of selling my house—giving up and agreeing to defeat. However, my coworker’s faith inspired me and alerted me to trust Jesus’ promise in the Bible, “With God all things are possible” (Matthew 19:26).

I recognized the need to stop focusing on the material picture, verdicts, and limitations—and turn instead to divine Truth and Love. Then I heard a clear angel message: “You do not have to be burdened. You have a choice.” As those words resonated in my thinking, I pondered my choice. I could continue believing that there were unsolvable problems and that I had to suffer with the burden of false responsibility, or I could get such thoughts out of the way and trust divine Love. I immediately made the choice to trust God and felt the concerns melt away. I felt free for the first time in many weeks.

By the time my coworker and I reached the end of our shift, I was brimming over with gratitude for God’s goodness. When I was leaving, I sat in my car for a moment to cherish all the ideas we’d shared, and I realized that my time in the Reading Room had restored my hope. What a gift! And wasn’t that the expected result of visiting a Reading Room? Restored hope—and healing. My coworker later shared that our time together had restored hope for her as well. God’s Word blesses all.

As I drove home, I could see that my house and all the systems in it were under God’s care. I stopped looking at my home as a never-ending fix-it project. Instead, I viewed home as an idea of Mind—infinite, orderly,

useful, and complete. I trusted the harmony of God’s government.

Within a few days, the main house problem was resolved, and other repairs happened quickly. I felt renewed energy, and my joy increased as I relied on God. I should also mention that the headaches and other physical discomfort stopped the moment I understood that I didn’t need to feel burdened. In addition, our dear branch church voted not to merge, close, or move—and now we are growing.

I’m grateful for this fruitage, but even more grateful for an inspired afternoon in the Reading Room that restored hope. My coworker and I continue to serve in the Reading Room every week. We look forward to praying together, praising God, and sharing healing truths that bless our church and community. I used to accept that our Reading Room lacked activity, but now I see it as a place full of divine Truth, hope, progress, and faith.

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## Led out of the whiteout

By Elizabeth Crecelius Schwartz

**Once, while newly** exploring a ski area alone amid a snowstorm, I ventured to the mountain’s summit and found myself engulfed in a complete whiteout. Disoriented, I had no clue which was the right way to go downhill or where the ski lift was, and with no other skiers in sight, panic set in. I felt unable to think logically or intelligently.

You may have experienced occasions like this when it feels as though you’ve lost control of your thoughts and a solution is elusive. At such times, is there a way to regain our mental equilibrium and move forward?

When considering this question, there’s a statement in the Christian Science textbook, *Science and Health with Key to the Scriptures* by Mary Baker Eddy, that carries immense weight: “The divine understanding reigns, is

*all*, and there is no other consciousness” (p. 536). At its core, it’s a restatement of the bold declaration in the book of Isaiah of God’s allness and supremacy: “I am the Lord, and there is none else” (45:5). Christian Science teaches that Mind is a synonym for God, indicating that Mind, or God, is the sole source of understanding and reason—the only consciousness that exists.

Reconciling this powerful assertion with the erroneous perspective of the material senses—namely, what *appears* to be the reality—is impossible. These senses may insist we are experiencing a turbulent state of mind, or uncontainable fear that attempts to silence rational thought. Or perhaps intense pain that prevents us from praying as we would like. Yet Scripture tells us there is but one God, one Mind, and therefore one harmonious consciousness.

Given this fundamental truth, it stands to reason that the belief in any other consciousness, or mind, must be an illusion, a dream of the material senses—not the reality of existence. Jesus exposed the fallacy of this mortal dream when he spoke of his inseparability from the one consciousness, or Mind: “I and my Father are one,” he declared (John 10:30). In other words, “I am at one with God, divine Love, infinite Mind. Whatever divine Mind is knowing, I know, and there is no other Mind.” As God’s reflection or idea, each one of us is at one with this Mind, or true consciousness.

Our present and only state of consciousness is the cognizance of spiritual reality. The belief in another reality—the erroneous concept of a mind or consciousness apart from God that can fear, panic, or feel pain, requires a dreamer. But there is no dream, and no dreamer, in the consciousness of divine Love. In the allness of God, there is no alternate reality, no confused mind, or misperception of what is real and true. Mrs. Eddy states, “The dream has no reality, no intelligence, no mind; therefore the dreamer and dream are one, for neither is true nor real” (*Science and Health*, p. 530).

Refusing to be a dreamer caught in a flawed mortal dream of life in matter, and claiming no other Mind but God, brings our human experience in line with the harmony of divine Life, or the spiritual reality.

When I became disoriented on that ski slope amid the whiteout, the idea that came to me was that statement from *Science and Health*, “The divine understanding reigns, is *all*, and there is no other consciousness.” I claimed that this consciousness was my own, a consciousness that could not be perplexed, confused, flummoxed, or panicked. The only veritable “event” going on right then was the consciousness that I was, and only ever could be, in the presence of divine Love.

I reminded myself that even on those snowy slopes, I was safe in the kingdom of heaven, the harmony of divine Love, the only place I ever could be. I could never be abandoned by Love’s care. I was the expression of divine intelligence, the reflection of peace and calm, therefore I had dominion over the hypnotic state of panic and fear. There never is a dreamer to dream of panic and confusion. There is no place in God’s allness for a dreamer.

A wave of peace washed over me, and a thought emerged: *Stand still and patiently wait.*

After I listened in stillness for some minutes, some snowboarders passed by who appeared to know the way down the slope. I instantly followed them for a short distance until they disappeared in the whiteout. I waited quietly again until more snowboarders passed me. Continuing like this, I was eventually able to make my way down the mountain.

Experiences like this, as difficult as they may seem, are invitations to demonstrate our dominion over the belief that we have a mind apart from God, a consciousness bound by the confines of the material senses. The truth is, man is the awake, alert, aware idea of divine Mind—conscious only of what this Mind is thinking. We express, right here, right now, what this one consciousness is knowing and continually revealing to us.

# Why practice Christian Science?

By Evan Mehlenbacher

**My wife and I** are camping at a state park in Montana on the banks of the Missouri River, enjoying beautiful views. A neighboring camper walks over to our site and strikes up a friendly conversation. He soon learns that I am a Christian Science practitioner, practicing spiritual healing. He lights up like a beacon. “I practice spiritual healing,” he declares with great enthusiasm. He wants to know more about my faith. “Why do you practice Christian Science?” he asks. “What is special about its teachings?”

“I love to practice Christian Science because it teaches me that I live in a universe of Spirit rather than matter,” I am eager to tell him. To my surprise, he sweeps his hand over the landscape and says with glee, “I agree—that matter is not reality. There is much more.” But he wonders what Christian Science teaches about matter, considering how real it appears.

“It’s all about perspective,” I reply. I share with him that matter is a finite view of infinite Spirit—that accepting matter’s existence is like looking out over the horizon and seeing an end point. Yet you know there are lands and seas beyond what the eye perceives. The same rule applies to understanding the universe. Matter is a shortsighted view of what exists in the Mind of God as infinite spiritual substance.

You can write the number 7 on a piece of paper, but the substance of that number is not ink on paper. It’s an idea in the Mind of God, which is the realm of Spirit. The symbol on paper will disintegrate. But the idea it expressed lasts forever.

The same lesson applies to all of God’s universe. It is not material. It is spiritual, and to understand it, we must see beyond what physical sense ignorantly reports as finite matter to what spiritual sense sees as infinite Spirit. As we look beyond the temporal to the eternal, we see that there is only the eternal. There is no finite realm of matter. There is only God’s universe of infinite Spirit.

I share how Christ Jesus was the master at seeing beyond matter to Spirit. Faced with thousands of hungry people to feed, Jesus tells his disciples to feed them. They don’t see how this is possible. The physical senses see a limited quantity of food. Jesus sees the unlimited abundance of Spirit. Soon, what appears to be a shortage of fish and bread is actually a massive quantity of food that feeds everyone, with leftovers.

To Jesus’ spiritual sense of things, there is no lack. He practiced the rule of looking beyond matter—with its lack, limitation, sin, sickness, death—to Spirit throughout his healing ministry, finding health where others saw disease, life where others saw death. He expected his followers to do the same.

To my inquirer’s keen interest, I explain how Christian Science sees beyond the deceptive appearance of matter to the reality of Spirit. Mary Baker Eddy, the Discoverer of Christian Science, writes, “Reality is spiritual, harmonious, immutable, immortal, divine, eternal” (*Science and Health with Key to the Scriptures*, p. 335). Reality is not destructible or temporal. It’s immortal Spirit. It is more than the physical senses can take in. It does not diminish, disintegrate, age, decay, or vanish as material things do. God’s reality lasts forever. As we keep our mental eye on the realities of Spirit, and seek them with all our heart, a material sense of things diminishes like views in the rearview mirror of a car speeding down a highway. A finite view of the universe yields to the infinite. Problems that look real to material sense vanish in spiritual sense. Healing happens.

I share a few physical healings in brief with this man to illustrate how this happens. One healing I can explain further here happened some years ago, after my wife was hit by a sudden illness that looked life-threatening. She suddenly collapsed into my arms, motionless. There was no breath, no pulse. I feared the worst. After a few moments of panic, I calmed down, remembering what Christian Science teaches about looking beyond the evidence of the material senses. As Jesus instructed, “Judge not according to the appearance, but judge righteous judgment” (John 7:24). I needed to “judge” her rightly—to see her the way God sees her, from a spiritual point of view.

As I prayed to see her as a spiritual being living her eternal life in God, I found comfort. I knew that nothing had changed between her and God, that she was the same spiritual child of God that she'd always been. I knew that God was her Life, so her Life was as safe and sound then as ever. I found peace in my prayers and was confident in their truth, but after 15 minutes or so, I noticed her body growing cold in my arms.

Refusing to accept loss as an option, I re-appealed to God for help. I was answered by this question: "Do you believe what you're praying—do you believe she is well even though the material senses say otherwise?" As I pondered my answer, I realized that I was still looking at matter for evidence of her status, and if I continued checking the body, trying to find her there, I might very well lose sight of her, because the substance of her being was not there, any more than the substance of the number 7 exists on a piece of paper. I was reminded that the individuality of my wife lies in Spirit, not in matter, and in Spirit is where I find her alive and well. There was no other place to look. I answered the critical question with confidence: "I do believe my wife is spiritual, and that she's okay, no matter what the material senses report to me."

As I relinquished a physical concept of her and saw her wholly in Spirit, the most glorious view of life in Spirit was unleashed before me. The sensation of a physical body in my arms faded. I was seeing her as a creation of God thriving in Spirit. My thought soared and sang in the heights of heaven, where there was celestial light all around. Any hint of fear vanished. I felt transcendent peace.

A few minutes later, there was a twitch in my wife's wrist, which brought my attention back to the body. My heart leaped for joy as I realized that an alignment was taking place between what I was seeing spiritually and what I was experiencing humanly. The finite was yielding to the infinite. My wife fully recovered. Thirteen years later, we are happy and thriving together.

Later, when my wife and I talked about the event, I was fascinated to hear that she had been thinking and reasoning with spiritual truth while I was doing the

same. She knew a trouble needed to be healed, but she was not worried about her life. She was living and would continue to live, she knew without doubt.

Her comments reassured me about what Christian Science teaches regarding reality and how to experience spiritual healing: You can't trust physical sense, for the material senses entertain a view lacking in what exists in God's universe, the universe of infinite Spirit. When I thought my wife was gone, she was not gone. She was living in Spirit as always. From the point of view of Life, God, nothing had changed for her. It was my perspective that changed.

As I explained to my new friend, there are many reasons to practice Christian Science, but one of the most important is its explanation of reality. Spirit is reality. Matter is not. Experience proves that what appears to be matter, along with all the limitations associated with it, fades into its native nothingness as the realities of Spirit are understood and accepted.

Mrs. Eddy writes about this yielding of what seems material to the spiritual, "To the material sense, everything is matter; but spiritualize human thought, and our convictions change: for spiritual sense takes in new views, in which nature becomes Spirit; and Spirit is God, and God is good" (*Miscellaneous Writings 1883–1896*, pp. 217–218). In God's universe of infinite Spirit, there is no matter to find. What we call matter is fiction, ignorance of Spirit. Spirit is the sum and substance of all existence.

I tell my eager neighbor that there is a book explaining how to see past the constricted views of matter to the infinite possibilities of Spirit—*Science and Health with Key to the Scriptures* by Mary Baker Eddy. It's the textbook of Christian Science, I explain.

"Study this book with the Bible and your practice of spiritual healing will be blessed," I assure him. "It will teach you how to heal like Christ Jesus taught his followers to heal."

A wide smile appears on his face as he embraces the book I give him. I express gratitude for our healthy

conversation on a subject dear to both of us, and we part with an abundance of goodwill toward one another.

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## The close-up view of a spiritual perspective

By *María Isabel Camejo Sánchez*

Originally published in Spanish

**Recently, on one** of my regular commutes, I saw a tall building in the distance, and it seemed that a huge cloud was sitting on the top floor like a hat. However, as I approached and passed in front of it, I saw that was merely an optical illusion, for the cloud was actually very far away. I now had a clearer perspective of the building, which stood so magnificently.

This made me think about our daily experiences. At times we may feel as if we have a great mental cloud hanging over us, preventing us from seeing clearly or from feeling the sunlight of Truth and Life, God, that is always shining. We may have the impression that this great cloud—disappointment, sadness, loneliness, illness, discouragement, etc.—is hovering over us as if it were our reality. We believe that the situation that overwhelms us is a real part of our experience.

But in reality, we are not hostages to the deceptions of a material mentality which, like the cloud, prevent us from seeing the sun. Mary Baker Eddy, the Discoverer and Founder of Christian Science, writes in *Science and Health with Key to the Scriptures*, “Delusion, sin, disease, and death arise from the false testimony of material sense, which, from a supposed standpoint outside the focal distance of infinite Spirit, presents an inverted image of Mind and substance with everything turned upside down” (p. 301).

We can therefore deduce that any vision removed from spiritual reality does not allow us to see what is truly happening. However, by facing the situation with the close-up look of a spiritual perspective, we are enabled

to see what is true every moment, and are led to the resolution of the challenges that arise by understanding the harmony, omnipotence, and goodness of God, governing all perpetually.

The Master, Christ Jesus, without exception viewed things from the standpoint that all reality comes from God, and in this way resolved every discordant situation that presented itself to him, demonstrating the dominion of spiritual power over physical conditions, “healing all manner of sickness and all manner of disease” (Matthew 4:23). His parable of the prodigal son points out God’s infinite mercy, but also illustrates that we are truly always close to our Father-Mother God. Mrs. Eddy, referring to God as Mind, explains it this way: “The immanent sense of Mind-power enhances the glory of Mind. Nearness, not distance, lends enchantment to this view” (*Science and Health*, p. 209).

A recent experience brought out the need for this spiritual perspective. It made me feel close to our Father-Mother God and perceive more of the reality of my being. I had taken a fall, and one of my feet had bent in such a way that I felt intense pain. Over the next couple of days, through dedicated prayer, I experienced some relief and was able to complete my household chores. But then the pain returned with greater intensity, and I was unable to walk normally.

Previously, during the time when I was working, I had been legally required to obtain medical certification whenever I had to miss work for an incident or an illness. But now, being retired, I was grateful to feel free to treat this case solely and exclusively through scientific prayer.

I remembered this quote from *Science and Health*: “Christian Science is always the most skilful surgeon, but surgery is the branch of its healing which will be last acknowledged. However, it is but just to say that the author has already in her possession well-authenticated records of the cure, by herself and her students through mental surgery alone, of broken bones, dislocated joints, and spinal vertebræ” (p. 402).

I asked for help from a Christian Science practitioner, someone who devotes their full time to helping others

solely through prayer—with an absolutely spiritual outlook. The practitioner and I spoke about God’s love and goodness, which were described in that week’s Bible Lesson from the *Christian Science Quarterly*. Delving deeper into its study, I gained new insight into Peter’s raising of Dorcas (see Acts 9:36–41). It seemed to me that this marvelous demonstration of God’s power was accomplished in seven remarkable and powerful steps.

Peter was determined to go forward with a firm spiritual perspective, as he had learned from his Teacher, Christ Jesus. First: He made all the mourners leave, as Jesus had done before raising Jairus’ daughter. Second: He knelt down and prayed. Third: He gave Dorcas a firm command: “Arise.” Fourth: Dorcas opened her eyes and saw Peter. Fifth: Dorcas sat up. Sixth: Peter gave her his hand and lifted her up. Seventh: He presented Dorcas alive to everyone.

What profound and surprising joy everyone must have felt upon seeing Dorcas completely recovered! And what profound gratitude to God Peter must have felt when he saw his prayer answered, showing the wonderful power of Christ, Truth!

I then considered how to relate this story to my experience, and concluded that to put these steps into practice, I had to, First: Cast out negative thoughts and suggestions that did not come from God. Second: Mentally kneel in humility and pray to God. Third: Give the firm command to trust God without reservation, and trust the support of the prayerful help I had requested. Fourth: Open my spiritual vision so as to recognize God’s presence and power—spiritual reality. Fifth: Arise, overcoming the suggestion that a falsehood could keep me inert. Sixth: Feel the divine hand lifting me out of any discordant situation, elevating my thoughts to see the spiritual reality.

Seventh: Show forth and praise, with joy, gratitude, and humility, the work of God, in accordance with Christ Jesus’ instruction, “Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven” (Matthew 5:16).

With these uplifting ideas, that Sunday I attended church and carried out my usual duties, with some difficulty. That afternoon I rested, thinking about the

inspiring service we had enjoyed, and specifically the passage I had studied during the week.

Suddenly, I felt ineffable joy. I felt satisfied and happy, with a strong conviction that all was well and that as a spiritual being, I had never actually experienced a discordant condition. I had awakened from a hypnotic dream—a false perspective.

I felt the presence of God strengthening me. I got out of bed and stepped firmly onto the floor, feeling no pain and no difficulty.

Once again, I had the confirmation that when we approach challenges from the spiritual perspective of nearness to our Father-Mother God, we are guided step by step not only to healing but also to understanding more of the perfection of our being and the spiritual origin of creation. As *Science and Health* assures us, “Each successive stage of experience unfolds new views of divine goodness and love” (p. 66).

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## This is God’s day

*By Randal Craft*

**We all have** choices to make every day, and one of those is how we’re going to think about the day. It’s easy to accept the general concept of day as one of a total of 365 periods of 24 hours that make up a year. But through my study of Christian Science, I’ve learned how important it is to ask ourselves, Do we accept the world’s view of things, or take a higher, spiritual perspective?

I’ve come to see that we can’t have it both ways, because then we are in effect saying that spiritual and material reality exist at the same time. Christian Science reveals that this is impossible, since God, infinite Spirit, creates all, and His creation is wholly spiritual. In the words of the Bible, “Doth a fountain send forth at the same place sweet water and bitter? Can the fig tree, my brethren, bear olive berries? either a vine, figs? so can no fountain both yield salt water and fresh” (James 3:11, 12).

So, we need to choose whether we accept a material or spiritual view of what constitutes our day. Christ Jesus and Mary Baker Eddy understood that because God is all-powerful and ever present, the spiritual sense of all things is the real sense. And, as our acceptance of this fact replaces a limited, material view of reality, we can find it very natural to experience the power of God in our day.

In spiritual reality, there are no time limits to the day. I find that Mrs. Eddy's definition of *day* from the Glossary of the Christian Science textbook enables me to see this more clearly: "The irradiance of Life; light, the spiritual idea of Truth and Love.

"'And the evening and the morning were the first day.' (Genesis i. 5.) The objects of time and sense disappear in the illumination of spiritual understanding, and Mind measures time according to the good that is unfolded. This unfolding is God's day, and 'there shall be no night there'" (*Science and Health with Key to the Scriptures*, p. 584).

In Christian Science, the true sense of day is the very expression of God, Life. It is experiencing spiritual being itself, a sense of light without any darkness—without mortal, material beliefs of any kind. *Science and Health* states, "Divine Science, the Word of God, saith to the darkness upon the face of error, 'God is All-in-all,' and the light of ever-present Love illumines the universe" (p. 503).

So there is neither any sense of time nor a time continuum, no limits in God's eternal day. And we must therefore look beyond the familiar system of 24 hours in a day and the accumulation of those days into weeks, months, and years. In God, we have only the present. Mrs. Eddy conveys a clear perception that God's day can only convey a sense of now, without any time factors at all, when she states, "We own no past, no future, we possess only *now*" (*The First Church of Christ, Scientist, and Miscellany*, p. 12).

Quite a remarkable statement! And because we truly have no past, we have no history in matter—a powerful rebuttal to the belief or suggestion that something

discordant happened in the past and we must now go through the effects of that experience.

I had an opportunity to prove this when I twisted one of my ankles and could not put any weight on it without pain. As I considered the incident from a spiritual perspective, this thought came to me: "It never happened, because I have never fallen out of God's love and ever-present care."

I recalled a passage in *Science and Health* that advises us to refute an accident: "Declare that you are not hurt and understand the reason why, and you will find the ensuing good effects to be in exact proportion to your disbelief in physics, and your fidelity to divine metaphysics, confidence in God as All, which the Scriptures declare Him to be" (p. 397).

I prayerfully affirmed that, as God's perfect, spiritual offspring, I was not subject to any supposed material laws based on beliefs about cause and effect in matter. I knew that God is the only cause, so all effects originate in God and are harmonious and good.

The pain immediately subsided, and my foot was back to normal right away. I was so grateful for the immediacy of God's power over this belief of accident, and I went about my normal activities. However, later that afternoon my foot suddenly became painful, almost as if the accident had just happened again. I knew this was just a suggestion of mortal mind, the false belief in a mind apart from God. I thought, "How ridiculous that the body is claiming to have a memory of that supposed event, when it never happened in the first place. What a lie is that!"

Refusing to believe that I was subject to any kind of history in matter, I prayed to see that matter has no intelligence to recall some supposed event, because intelligence and memory belong to God, not to matter. Mrs. Eddy explains, "Matter is not intelligent, and thus able to evolve or create itself: it is the very opposite of Spirit, intelligent, self-creative, and infinite Mind" (*Miscellaneous Writings 1883-1896*, p. 26).

And so, this healing was not limited by a sense of time; it was unlimited because God's goodness exists *now*. Mind's manifestation of health in us does not take time.

We can experience health right away. I continued to refute the material picture along these lines until the false evidence disappeared, and my foot was back to normal that same day.

We must be alert to the temptation to live our lives according to a matter-based model of time. Mrs. Eddy knew how important it is to move thought beyond time-based measurements into spiritual perception. There may be plans we have put in place for our day, and yet we can still maintain a sense of the day belonging to God and be willing to yield to His will.

Here are some thoughts that have come to me as I've prayed at the beginning of my day. I have affirmed, "This is Your day, dear God," and asked, "What do You have in Mind for me?" In addressing a challenge or problem that I have been dealing with, I have asserted, "Not another day in matter with this issue." However it comes to us to pray, I have learned how important it is to acknowledge that it is God's day in spiritual reality, not my own day in material unreality, with my human will in charge.

For example, I had been starting each day by prayerfully listening for God's guidance, and one day I had a simple yet meaningful experience proving that God guides our steps during His day. I was returning home from an appointment and felt led to take a different route than I normally would have. The intuition became a bit clearer—to head to a Christian Science Reading Room on the west side of town. When I arrived, I came across an individual there who had been trying to find a ride to the upcoming annual meeting of a Reading Room jointly maintained by several churches in the area. I was planning to attend the meeting and was able to offer the person a ride.

I have learned through a number of experiences like this to trust spiritual intuitions. I knew the direction was coming from God because I had been acknowledging each day as God's day and listening for His guidance.

We can experience God's day in many ways. The key point to keep in mind is that when we acknowledge it is God's day, we open the way in thought for God's control

of every aspect of our lives. And that is reason for much gratitude and joy, as this hymn describes:

This is the day the Lord hath made;  
Be glad, give thanks, rejoice;  
Stand in His presence, unafraid,  
In praise lift up your voice.  
All perfect gifts are from above,  
And all our blessings show  
The amplitude of God's dear love  
Which every heart may know.  
(Laura Lee Randall, *Christian Science Hymnal*, No. 342, © CSBD)

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## The scientific meaning of theodicy

By Mark Hendrickson

**Theodicy comes from** the Greek words for *God* and *justice*. One definition of *theodicy* is "the question of how God can exist when there is evil in the world, or a good reason or explanation for this" (*Cambridge Advanced Learner's Dictionary & Thesaurus*).

Common answers to this question start with the supposed reality of evil and reason backward in seeking a cause for evil. But trying to reconcile God's justice with evil only obscures that justice. It is Genesis 2 thinking—the erroneous belief that God created both good and evil. Right reasoning starts from the premise given in Genesis 1: "And God saw every thing that he had made, and, behold, it was very good" (verse 31).

In the book of Job, Eliphaz, Bildad, and Zophar all attempted to explain why God was allowing Job to suffer. Then Elihu arrives and declares the scientific truth: "Far be it from God, that he should do wickedness" (Job 34:10). Grasping at last the infinitude of God's goodness, Job was healed.

In her sole usage of *theodicy* in her published writings, Mary Baker Eddy gives us its true, scientific sense: “Christian Science goes to the bottom of mental action, and reveals the theodicy which indicates the rightness of all divine action, as the emanation of divine Mind, and the consequent wrongness of the opposite so-called action,—evil, occultism, necromancy, mesmerism, animal magnetism, hypnotism” (*Science and Health with Key to the Scriptures*, p. 104). Infinite good, zero evil: That is God’s justice.

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## Equality: The prodigal and his brother

By Kelly Byquist

While he was a great way off,  
his father began to run.  
The prodigal had returned,  
and father united with son.

When his brother heard the news,  
the sound of celebration,  
he refused to enter his father’s house,  
perhaps giving this explanation:

“My purity is unsurpassed,  
my obedience outstanding,  
my fidelity to truth unmatched;  
why isn’t my father applauding?”

“My life is exemplary.  
I’ve never made a mistake.  
Don’t I deserve recognition  
for never taking a break?”

His father, full of compassion,  
shared a lesson about Love:  
“All that I have is thine,” he said,  
for all is from above.

Divine Love is not uneven,

favoring one over another.  
Love is a power and a grace,  
loving all as Father-Mother.

Divine Love is not absent,  
forgetful of your prayer.  
Love is all-knowing and all-seeing,  
ever present and everywhere.

Divine Love is not abstract  
or available to a few.  
To love another as yourself  
is to love as God loves you.

To love your brother and sister  
with deep, Christly affection,  
begins with seeing yourself  
as Love’s complete reflection.

To love is Christian practice,  
imparted by the Holy Ghost.  
We have Love, and we express it  
to those who need it most.

Our Father loves all.  
One brotherhood are we!  
No one is greater, no one is less—  
pure, perfect equality.

—Kelly Byquist

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## Child’s earache healed

By Todd Hollenberg

**One Fourth of July**, shortly after arriving at a family pool party, my then ten-year-old son told me his ear hurt. I’d experienced and known of many Christian Science healings, so it was natural for me to find a quiet place and pray for him. Our children know that we never expect them to ignore or just tough out a problem.

Our son wanted to stay at the party, and he eagerly joined others in the pool. During the party and dinner

he didn't mention or show signs of any discomfort. But later that night when we were home and getting ready for bed, he said his ear was really hurting and itchy. My wife is not a Christian Scientist, and I defer to her about how to address our children's health needs. She agreed that I should pray for him, and we did our best to make sure he was comfortable.

At first he was restless and said he dreaded a long night. I told him I'd go into the next room and pray for him, but he wanted me to stay with him, so of course I did. It was getting late, and I was feeling worn out from the holiday activities, but I kneeled down next to him, rested against his bed, and started to pray.

I did not feel like praying. I wanted to lie down and fall asleep. But as I bowed my head and did my best to reach out to God, the burdensome sense that my weary self had to come up with a healing thought was replaced by a feeling of assurance that God would lead me in prayer. Then an idea a Christian Science practitioner had once shared with me came strongly to thought. She'd told me that I reflect the fatherhood of God. And this reflection includes a deep trust in God.

That night I needed a deep trust in God to contend with the fear I was feeling. As I prayed to accept the truth that God, Love, was present and governing, this fact began to feel so real to me that I realized I did have that deep trust in God, and my son had it, too. And I understood that that feeling was God-given.

I think this experience was like what Mary Baker Eddy describes in her poem "Christ My Refuge":

And o'er earth's troubled, angry sea  
I see Christ walk,  
And come to me, and tenderly,  
Divinely talk.  
(*Poems*, p. 12)

As I continued in prayer, I was receiving the divine sense that God is completely at peace and at ease in His consciousness of the total goodness and mercifulness of His infinite being, and that everyone reflects that same consciousness. God was enabling me to feel assured that because God is not afraid, my son and I, as His

reflection, were also not afraid. My weariness vanished, and I continued in prayer for some time. My son fell into a peaceful sleep.

The next day he was perfectly happy and comfortable. When later asked about his ear, he responded, "Huh? Oh yeah, my ear is fine." It's been two years since this healing, and he has not had any recurrence of an earache.

I'm grateful and encouraged to learn that healing comes not because we make it happen through some power of our own, but because of omnipotent Mind's action in human consciousness.

**Todd Hollenberg**

*Lafayette, California, US*

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## Being "in the Healing Zone"

*By Diana Paul*

**When Violet Hay** writes, "I climb, with joy, the heights of Mind, / To soar o'er time and space," it brings to my thought the lightness and bliss, or spiritual state of consciousness, where time, space, and matter are unknown. Mrs. Hay's poem was set to music as a hymn, and it ends,

Till time and space and fear are naught  
My quest shall never cease,  
Thy presence ever goes with me  
And Thou dost give me peace.  
(*Christian Science Hymnal*, No. 136, © CSBD)

Because a trained athlete has practiced her skills so many times, she often doesn't have to think about the next shot or move. She simply knows what to do and does it. Time and space are not a factor. In sports, this is called being "in the zone." Mrs. Hay's words, to me, describe what we could call "the healing zone."

Jesus obviously practiced prayer. When he was in the garden of Gethsemane just before his crucifixion, the Bible says he was watching and praying. Watching and praying is communing with God. His labor in the garden must have supported him through the crucifixion and resurrection. The entire time, Jesus was safe in the arms of divine Love, even though to human view it appeared quite the opposite. As God's children we are safe in this divine Love too. In fact, it is impossible to be anywhere else, since God is absolutely everywhere. Being conscious of divine Love is, to me, being "in the healing zone."

I've experienced many healings in Christian Science—including of broken bones, a tumor, and skin cancer—but I had two very different healings which I feel happened because I was in the healing zone (conscious of dwelling in divine Love) before what appeared to be a calamity.

In Northern California, after one of the times when we had experienced years of drought, when the rains finally came, my husband and I were excited to go see a waterfall. The day was hot and the hike was long. We scrambled up a steep and rocky mountainside and were rewarded by seeing a full, multitiered waterfall.

On the way down, we decided to take a different, less steep route even though it meant we would have to hike a mile or so uphill on the road to reach our car. This seemed safer than trying to navigate downhill on slippery rocks.

The trail back wound through meadows and forests with wildlife, flowers, and amazing views at every turn. We didn't want to be hiking in the dark, so after a while, my more athletic husband offered to go ahead, get the car, and meet me at the trail's end. I agreed, thinking how nice it was of him. Also, I was pleased that he trusted I would be safe even though it looked as though there would be no other hikers on this trail. So off he went. I was feeling very close to God, thankful for my husband, Life, and the beauty around me.

The trail was narrow. To my left was the mountain and on my right a steep ravine. I moved quickly, and to avoid some muddy water in the middle of the trail, I stepped

onto the trail's gravelly edge, but then I slipped and plunged headfirst down the steep ravine.

In the nanosecond of mid-flight, it felt as if time had stopped. I wasn't afraid. I knew that I was in God's hands and remember thinking, "I've never fallen headfirst before. How unusual." Before I landed came another thought, a sweet sense that divine Love was there to catch me.

My head hit a tree trunk, which stopped the fall. I was clearly upside down, with my feet above my head toward the trail and my head facing the stream far below. My hair was completely tangled and stuck in the forest debris. Even in that stuck and upside-down position, my thoughts were squarely on God. I didn't feel hurt or in pain. I felt Love's presence.

It seemed like a very long time before I was able to move my head even a little. I kept asking God to guide me. Over and over I prayed, "'In the name of Jesus Christ of Nazareth,' show me what to do next."

Once I could move my head, I was able to see one small tree trunk and then another just above me. By grabbing on to them, I could slowly work my feet down and my head up. Increasingly I was able to right myself. Every thought was a prayer, every move a triumph. Love had caught me and so, on hands and knees, I was able to crawl back up to the trail. Then my husband and I arrived at the same time at the bottom of the trail. I was very relieved and full of sheer joy. There was just a little duff in my hair, which my husband removed.

About thirty years earlier, I had had another experience when I was prayerfully in the healing zone. We had a houseguest from France who was not a Christian Scientist. One morning she and I were casually sharing experiences from our own spiritual practices. I mentioned that Christian Science had "found me," healed me, and taught me about God as Life and Love.

Later that afternoon I was still thinking about our conversation. It put me in a profound state of gratitude that permeated my whole being. I was in the kitchen singing hymns and thanking God for my family and feeling the exhilarating presence of divine Love.

A large popcorn pot was heating on the stove. When it was very hot, I got ready to pour in the oil. But unbeknownst to me, there was probably a little water in the measuring cup I used for the oil. I emptied the cup into the pot, and the liquid immediately splashed back in my face. I was stunned. But given the blissful state I was in, nothing harmful or untoward could reach my consciousness. I still felt close to God. I was still happy. I still felt a sense of well-being, and I felt no pain. Nothing interrupted the feeling of being in this “zone” where accidents are unknown and Love governs all.

Our houseguest came into the kitchen, looked at me, and asked, “What happened?” My face was burned, one eye area was swollen, and yet I was smiling and happy. It must have seemed strange to her.

When my husband came home from work, he saw my red face. I smiled and told him I was praying; he said, “I’ll join you.” Just his saying that filled me with immense gratitude for his steadfast love and practice of Christian Science.

Some days later the swelling and a blister, which had covered my entire forehead, were negligible. Our houseguest said, “I just witnessed a Christian Science healing, didn’t I?” I replied that yes, she had. We all saw that in the end it was as if I hadn’t been touched. My face and eye were normal again. Only a good feeling remains. I can still picture our kitchen, what I was wearing, and how happy I was singing hymns and communing with God.

In both healings, I believe that shock and pain were preempted by an elevated consciousness. This is experiencing the kingdom of heaven. There is no doubt, fear, or inharmony in the kingdom. I was indisputably in God’s hands at all times—as we all are, despite what the appearances sometimes seem to be. “The healing zone” actually is the reality of being, where “time and space and fear are naught,” and never can exist.

**Diana Paul**

*Sebastopol, California, US*

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## God: Our source of peace

*By David Agudelo*

Adapted from a testimony originally published in Spanish

**When I was** a child, I was diagnosed with leukemia. My father was a Christian Scientist; my mother was not. But when I was twelve years old and the doctors said there was nothing else they could do for me, my mother, grandparents, and I all started studying Christian Science with my father.

Many health challenges associated with this disease arose, but they were resolved one by one through our study of Christian Science. Attacks of cramps became less severe until finally, when I was about sixteen, I had one last episode. That night was a long struggle, like Jacob’s (see Genesis 32:24–30). My parents did everything they could to make me comfortable, but most importantly, they read to me from the Bible and the Christian Science textbook, *Science and Health with Key to the Scriptures* by Mary Baker Eddy. This gave us comfort and assurance, and we all prayed. One thing I remember them reading was this from the textbook: “There is no pain in Truth, and no truth in pain” (p. 113).

Finally I fell asleep, and when I woke in the morning, I felt refreshed—as if I had woken up from a bad dream. I never again experienced cramps or any other symptoms of the disease. I was completely healed.

I was also healed of some personality challenges. For example, I used to be extremely shy. But when I graduated from high school, I was given an honorable mention as the school’s most sociable person. I was also physically aggressive, getting into fistfights. After a fight I’d initiated where about thirty people hit me in retaliation, my father asked, “How do you want to resolve this?” At his suggestion I decided to start thinking about the spiritual qualities of the people who had hit me, and to change what I thought about them. After that, I felt capable of solving problems without aggressiveness and I no longer fought with anyone.

As a young adult, I found myself frequently involved in car accidents. Then my dad encouraged me to start praying from the standpoint that God is all. He recommended that I pray every time I was driving, understanding that there is only one Mind, God, that guides our driving. So, whenever I saw someone going fast, instead of thinking that they were going to crash into me, I began to know we were all protected by God. Or, if I saw someone driving slowly, I didn't criticize them, but rather knew that they were a capable idea of God. As I did this, the accidents ended.

At university I failed my first and second semesters. Again with my dad's help, I began to pray to understand my divine identity. I saw that I was not a disaster as a student, but an idea of God. I started to want to develop in my studies. I successfully completed my degree and later added a specialization.

I have one more proof of God's power to share. A coworker of mine was very difficult—arrogant, bad-tempered, and belligerent. Rather than react, I began to pray to understand that she was a daughter of God. It was difficult, but I continued to pray with that truth.

On a day we were both to make presentations to our managers, I was very sure of my trust in God. We had been told that the people who would be watching our presentation were people with a lot of knowledge and stature. I knew there is only one intelligence—God, the one Mind who governs everyone. I felt calm, knowing that I was not going to be facing different minds, but only one Mind, and that divine intelligence would prevail.

When my coworker started presenting, they asked her very difficult questions. She kind of froze up, and I had a fleeting thought to be happy about it. Instead, I started blessing her, knowing she was capable and intelligent. She managed to get things back on track, and her part of the meeting ended without any major setbacks. When it was my turn to present, I felt God's presence and saw the people in the room as children of God. Afterward, the managers felt my presentation was so impactful they invited me to give it to the entire institution.

When the time came for that, the table felt like one of those King Arthur tables, with many knights or people

of nobility. I felt as if I didn't belong there. But when I began, I felt a divine support, and an inner voice told me, "This is your place, and you have a right to great things." I felt very much in the presence of God. All the work that had been done was successful, and I was able to complete the project in total harmony.

Many joys and many blessings came after this, including my beautiful family—a wife and two children. My coworker and I even became good friends.

Christian Science is truly the "pearl of great price." Because of it I can begin to comprehend the totality of God, understanding that since God is All-in-all, there is no place for chaos, disease, or any other discord. These false beliefs may seem to be great, yet when we shift our perspective correctly, they disappear into nothingness.

**David Agudelo**

*Bogotá, Colombia*

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## Protected from injury and wasps after falling from horse

*By Wanda Grenville Hill*

**I want to** share an experience that has proved transformative for me. I am convinced that the outcome of safety and protection was the result of much prayer and study on a regular basis during a period of change involving selling my business and relocating my home. The experience gave me a foundation of absolute confidence in God and greater awareness of my oneness with Him, who is my Life.

I had just acquired a new horse at my new home, having sold my equestrian business a short time previously. This lovely horse was proving to be a real joy to ride, and I had offered to give a young, inexperienced neighbor a short lesson on him. Not having a riding ring or

enclosed area, we had arranged to meet in an adjacent field, where this girl could safely be led around.

I arrived at the field before my neighbor and was quietly riding this beautiful horse at a walk on a loose rein, when suddenly he reared up and then careened off up my driveway while I landed in the middle of a wasps' nest. Unknowingly, I had let my horse step right into a nest in the ground, and both of us were covered with very upset little wasps!

Immediately, this verse from a hymn came straight into my thought:

When through fiery trials thy pathway shall lie,  
My grace, all sufficient, shall be thy supply;  
The flame shall not hurt thee; I only design  
Thy dross to consume and thy gold to refine.  
(*Christian Science Hymnal*, No. 123)

I could feel the wasps swarming under my clothes as I walked quickly up my driveway. A passage from the previous week's Bible Lesson from the *Christian Science Quarterly* also came into thought. In Acts, Paul and others were shipwrecked on the island of Melita, where the local people received them kindly, but when Paul was putting sticks of wood on a fire they had built, "there came a viper out of the heat, and fastened on his hand." However, Paul shook the viper off into the fire "and felt no harm" (see Acts 28:1-5).

How grateful I am for these two wonderful angel messages that came to me, immediately assuring me of my total safety and oneness with God.

As I went upstairs, removing my clothes, more wasps flew out, and it was several minutes before I felt there were none left on me. After redressing, I asked a family member to look for my horse on foot while I took my car to search for him. Shortly after, I realized where he might be, and as it turned out, some dear friends had already found him right there—in his stable. It appeared he had been stung all along one side of his body, but he was safe and eating hay—a sign that he was untroubled.

With the angel messages I had received still resonating in my consciousness, I showered and carried on with my day. There was a large number of pink spots all over my body, but there was absolutely no pain or swelling.

That night I was challenged by extreme itching. I prayed and worked to regain that wonderful sense of protection that had filled my consciousness that afternoon, and to realize that I was seeing and experiencing only my oneness with God, good. After a number of hours holding to this assurance and feeling there was no more I could humanly do but rest in God's allness, I fell asleep.

The following day the intense itching had greatly lessened, and it was not long before the whole experience faded from my thought.

This healing and protection included a further element to be grateful for. The little girl who was to ride my horse was a beginner and lacked confidence. What a wonderful protection for her that she was not riding when that family of wasps was so rudely disturbed.

In thinking back on this experience—the protection not only from the wasps but also from injury from the fall off the horse—this hymn with words by Mary Baker Eddy comes into my thought:

Love is our refuge; only with mine eye  
Can I behold the snare, the pit, the fall:  
His habitation high is here, and nigh,  
His arm encircles me, and mine, and all.  
(*Christian Science Hymnal*, No. 207)

### **Wanda Grenville Hill**

*Dawlish, Devon, England*

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# Hair loss reversed

By Diane Sheth

**Several years ago**, soon after an illness from which I was healed through prayer, I began experiencing some hair loss. I recalled something Christ Jesus told his disciples that shows the depth of God's care for us, even the hairs of our head. He said, "Are not two sparrows sold for a farthing? and one of them shall not fall on the ground without your Father. But the very hairs of your head are all numbered. Fear ye not therefore, ye are of more value than many sparrows" (Matthew 10:29-31).

Although I wasn't fearful, I noticed that more hair than usual was coming out when I shampooed, and much more when I brushed my hair. My normally abundant hair was quickly thinning, and when I returned to my hairdresser for a haircut, she mentioned her concern. I continued to pray.

One evening, as I reached out to God wholeheartedly, the second verse of a familiar hymn came to mind:

The fullness of His blessing  
Encompasseth our way;  
The fullness of His promise  
Crowns every dawning day;  
The fullness of His glory  
Is shining from above,  
While more and more we learn to know  
The fullness of His love.  
(Frances Ridley Havergal, *Christian Science Hymnal*, No. 65, adapt., © CSBD)

These words, emphasizing *fullness*, kept coming to thought. Fullness is the opposite of diminishment and loss, which have no cause in God, divine Mind, who created and maintains us. Mary Baker Eddy writes in *Science and Health with Key to the Scriptures*: "The divine Mind that made man maintains His own image and likeness.... All that really exists is the divine Mind and its idea, and in this Mind the entire being is found harmonious and eternal" (p. 151).

It became so clear to me that there is only one cause and there can be no effect from any other cause. And I knew

immediately that I was healed. With utter joy and relief, I went to bed and slept peacefully.

The next morning, when I brushed my hair, all was well.

At my next haircut, my hairdresser told me that I had new growth throughout. I resumed getting haircuts about every five weeks and my hairdresser commented that I had "hair and to spare."

I cherish the memory of numerous strangers also noticing the fullness of my hair and telling me, "I love your hair," or that I had "beautiful" hair. And to this day it remains full and healthy.

This was powerful and further proof to me of God's care for every one of us. Thank you, God.

**Diane Sheth**

*Pewaukee, Wisconsin, US*

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## Liberated from pain by Love

By Reesa Jones-Colmaire

"**Love is the liberator**," Mary Baker Eddy states in *Science and Health with Key to the Scriptures* (p. 225). This liberating function of God, who is divine Love, taught me about how Love operates in our experience, and the result was that I felt God's tender, caring presence and was freed from a painful pinched nerve.

As I was winding down one evening, I started to feel a twinge in my neck and back, which continued to get worse through the night. As a student of Christian Science, I've found prayer—a humble listening for God's view of things—to be reliable for healing in times of need. But this time I was finding it hard to pray because I couldn't find a position to sit in that was free of pain.

I started by recognizing that this pain wasn't my own thinking. Christian Science teaches that Love is a synonym for God, so Love is the All-in-all, infinitely and eternally. It also teaches that "man is the likeness of God, pure and eternal, having that Mind which was also in Christ" (*Science and Health*, p. 467). This is our true spiritual selfhood. Pain reflects neither Love nor the presence of Christ, the true idea of Love, so the pain could only be a suggestion that I didn't have to accept.

Since I wasn't seeing progress, I called a Christian Science practitioner for prayerful support. Over several days, I kept clinging to what was true about me as God's image and likeness instead of to the suggestion of pain. This required mental discipline. But there was a turning point.

One night, the most comfortable thing I could do was just pace because the situation seemed to keep getting worse. As I was pacing, I considered several ideas from one of Mrs. Eddy's hymns in the *Christian Science Hymnal*, titled "Christ My Refuge" (No. 253). These ideas began to liberate my thought from believing that pain was part of my being.

The hymn begins,

O'er waiting harpstrings of the mind  
There sweeps a strain,  
Low, sad, and sweet, whose measures bind  
The power of pain.

I recognized that Christ's presence was sweeping over my thought and actively binding the power of pain. I couldn't be constrained or weighed down by pain because, as the hymn also says, "His unveiled, sweet mercies show / Life's burdens light." The presence of Christ in my thinking was leading me to God's nature as divine Love, and I was understanding my inseparability from Love. Christ's healing message from Love was reducing the claim of pain to nothing by showing me that my experience is not laden with burdens. That isn't the nature of God and thus is not the nature of man as the image and likeness of God. God shows us that the only action in thought or experience is Love, not pain.

With this deeper understanding of God's nature, the intensifying pain stopped progressing, and the

situation shifted toward freedom of movement, which was completely restored over the next 48 hours.

As I reflected on this experience, it occurred to me that my worst enemy in this situation had been the thought that I wasn't lovable and worthy of care and tenderness from others. The absolute sense of divine Love that had liberated my thinking from the claims of pain had also been operating in practical ways in my day-to-day living. Caring for myself had required help from my spouse, who expressed generous tenderness and selflessness in addressing my needs. I had needed flexibility at work on deadlines and my colleagues were kind, caring, and supportive. I could actually see and feel these tangible examples of my oneness with Love that was there the whole time.

God, Love, patiently elucidated to me that She is always revealing my inseparability from Her nature as Love, liberating me from anything that would claim otherwise.

**Reesa Jones-Colmaire**  
*Sherman Oaks, California, US*

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## The Bible's healing message for readers today

*By Patti Faulkner*

**I've learned that** no matter what comes up in my life, I can turn to the Bible for an answer. Discovering that the inspiration drawn from its passages and stories provides a solution for everyone and everything is one of the things I love most about the study of Christian Science. In fact, Mary Baker Eddy states that the first tenet of Christian Science is, "As adherents of Truth, we take the inspired Word of the Bible as our sufficient guide to eternal Life" (*Science and Health with Key to the Scriptures*, p. 497).

When a problem arises, sometimes a well-loved story or passage from the Bible comes immediately to thought. Other times, I'm led in other ways to an unfamiliar Bible story that beautifully meets my needs.

It was one of those unfamiliar stories that came to my aid years ago when I worked as a computer programmer. At the time, to be competitive, my employer had begun hiring new university graduates at a much higher salary. This was frustrating for those of us who had already worked there a few years and were now being paid less than new hires. There was a lot of complaining and morale was low. And though I knew it wasn't helpful, I too became annoyed.

I can't recall just how it happened, but I was effortlessly led, in a way I attribute to God's prompting, to read one of Christ Jesus' less familiar parables about an employer who hires laborers to work in his vineyard for a penny a day (see Matthew 20:1–15). He continues to hire laborers throughout the day, promising to pay them whatever is fair. At the end of the day, much to the dismay of the laborers hired first, in the early morning, he pays *all* of them a penny.

The parable's parallel to my experience was obvious. I was one of those workers hired in the morning, whining about the injustice, and the employer's response to them applied to me, too. He basically said that he was not being unfair; he had paid them what he had promised and they didn't need to concern themselves with what the new hires were paid. This parable made it crystal clear that I needed to stop fretting about what others were earning.

Another passage, this one more familiar to me, helped me do this. Quoting Isaiah 55:1, where the prophet writes of buying milk and wine without money or price, *Science and Health* explains: "Love is impartial and universal in its adaptation and bestowals. It is the open fount which cries, 'Ho, every one that thirsteth, come ye to the waters'" (p. 13).

Recognizing God as the source of all good and the loving, generous, and impartial employer of us all, I relinquished the fear that there was a limited pot of good to go around. I knew my company had been just in

its treatment of me, and that my needs were being met and would continue to be, and that was enough.

Shortly afterward, the company announced retroactive pay increases for the rest of us, likely in the works for some time. Of course, I was grateful for this adjustment, but even more so that I was already at peace. And over the many years since, this has been a touchstone experience for me, reassuring me that the Bible isn't some antiquated history book, irrelevant to our lives today.

Later on, while delving more deeply into the parable, I read in a Bible commentary that one reason Jesus told the story was to illustrate that although the Jews served God first, the Gentiles who came later would have equal privileges or standing in the kingdom of heaven (see *Matthew Henry's Commentary on the Whole Bible*, p. 1714). The lesson is that no one is less worthy of God's abundant goodness than another.

This parable was told shortly after Peter had asked what he and the other disciples would receive for following Jesus, which indicates the story was a response to the idea that rewards would be based on a person's seniority. Just as its healing message addressed the needs of Jesus' listeners in his day, the inspired Word meets the needs of receptive hearts in every era. Even though written many centuries ago in distant lands, the Bible's lessons are timeless and its messages enduring and universal—and always fresh, because every time we read them we're at a different place in our experience or understanding.

We can turn to the Bible for guidance, just as we might a close friend. Whether we're reading it for the first time or the umpteenth time, it has an inspired message for each one of us that uplifts and heals.

# Listening to God, on the ranch and everywhere

By Judy Jarrett

**God's power and** presence have been proved by my family for over 100 years. I grew up in the 1940s on a ranch, where we raised all of our food. I rode on a horse with my dad before I could walk and was helping round up cattle by the time I was seven. There were lots of opportunities on the ranch to rely on God's loving direction.

We moved to an apartment in town when I was school age, returning to the ranch whenever possible. I enjoyed going to a Christian Science Sunday School and learning more about my Father-Mother God and being His image and likeness—spiritual, not material. My study of Christian Science and my ranch experience helped me in my future employment. I was often the only woman on my company's staff and was able to work jobs equal to the men. This was unusual in the 1950s and '60s, but by turning to God and listening for His direction, I was recommended for several jobs at different times.

This idea from Proverbs provided me with wonderful direction: "Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths" (3:5, 6).

And this passage from *Science and Health with Key to the Scriptures* by Mary Baker Eddy has been an inspiration to me: "Love inspires, illumines, designates, and leads the way. Right motives give pinions to thought, and strength and freedom to speech and action. Love is priestess at the altar of Truth. Wait patiently for divine Love to move upon the waters of mortal mind, and form the perfect concept. Patience must 'have her perfect work'" (p. 454).

I am grateful to have had many healings over the years, some that were immediate and some that took time. At times I have turned to a Christian Science practitioner for support. Every healing is a mental growing time of seeing through false suggestions in thought and realizing our identity as God's child,

completely spiritual, not a material body needing repair.

One challenge to demonstrating healing, as I see it, is that we have to get "our way" out of the way, put God first, and really listen to our all-knowing Father-Mother God. This often shows us solutions we haven't considered before, which are far better than we could have outlined.

I am also grateful to have experienced safe travel, even around the world and in war zones, and for loving relationships, including enjoying over 46 years with my husband, by constantly turning to God and using and proving Christian Science in my daily life.

In one instance, while traveling for work, I was able to see God's intelligence right at hand. Early one morning, I got into my rental car outside my hotel to head for an airport in another city, and the car wouldn't start. I asked out loud, "OK, God, what do I do?" Then I heard a voice that told me to raise the hood of the car and open the air vent. I raised the hood, took off the cover of the air vent, looked at it, replaced the cover, got into the car, and it started. I made my flight in time and was in awe. I would never have thought to do what I had been directed to do!

It's been essential to our family to rely on God, realizing our oneness with Him as stated in Genesis 1: "So God created man in his own image, in the image of God created he him; male and female created he them.... And God saw every thing that he had made, and, behold, it was very good" (27, 31). Now, since I live over 150 miles from a Christian Science church, I go on the internet to listen to and sing along with The Mother Church's Sunday and Wednesday services. And I love to feel that I am a part of a global congregation during those services.

Christian Science is indeed a provable, practical Science, and I am thankful for continuing progress. Every day and every obstacle we encounter is an

opportunity to grow in our understanding of our oneness with God and listen for His direction.

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## Guided to find a lost item

By Catherine de Jocas

**Last spring my** family helped my mother move from her home into a senior residence. We rented a large cube van, and the move went off without a hitch. However, the next day my husband noticed that one of his rings, a gold family heirloom bearing his ancestral crest, was missing. This ring had been bequeathed to him by his father, who had passed several months earlier, and my husband had had the ring properly resized when he'd received it. He was devastated it was gone—and I felt guilty because he seemed to have lost it while helping my family.

The first comforting thought that came to me, which I shared with my husband, was that the ring was a symbol of God's love for him. And since divine Love is always present and active, the love the ring represented could never be lost. In the Christian Science textbook, *Science and Health with Key to the Scriptures*, Mary Baker Eddy writes, "Metaphysics resolves things into thoughts, and exchanges the objects of sense for the ideas of Soul" (p. 269).

It was tempting to beg God to just return the ring to my husband, or even to tell me where it was, as if God knows the whereabouts of lost material objects. But divine Mind, God, knows only Spirit—Himself—and knows that all aspects of His being are intact. *Science and Health* points out: "Who would stand before a blackboard, and pray the principle of mathematics to solve the problem? The rule is already established, and it is our task to work out the solution. Shall we ask the divine Principle of all goodness to do His own work? His work is done, and we have only to avail ourselves of God's rule in order to receive His blessing, which enables us to work out our own salvation" (p. 3). So I

set about understanding the true nature of God and His spiritual idea.

When I found myself thinking about how unfair it was for my husband to be penalized for doing a good deed, I reasoned that such an injustice could not happen in God's kingdom. *Science and Health* assures us on page 385, "Whatever it is your duty to do, you can do without harm to yourself." The marginal heading for this citation reads, "Honest toil has no penalty." This confirmed that my husband could not pay any penalty for the good he had done helping my family on moving day.

I ended up going to the rental truck company to inquire if someone had found a ring in the truck we had used the previous weekend. The owner reached up to a shelf and handed me the ring. I was overwhelmed with gratitude and hugged him. I was so touched by the honesty of the person who had apparently found the ring in the store parking lot and turned it in. He would take no money as a reward.

The cherry on top was when my husband returned that same day to the jeweler who had initially sized the ring to get an insert to further tighten the ring on his finger. My husband told him the story of the ring and its return, and how his faith in humanity had been restored because of the honesty of everyone connected to this saga. The jeweler fixed the ring for my husband at no charge—a double portion of pure good.

No pleading, no scouring, no ruminating, no frantic mental machinations. Simple, scientific prayer and God's hand at the wheel reunited the ring and its owner.

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## Our God-guided purpose

By Robert Pennamon

**I first learned** of Christian Science from my mother. She often shared her healing of a severe spinal injury in

her childhood. It had been medically predicted that she would never walk again or have any children.

But then my grandmother met a Christian Science practitioner, an individual who provides metaphysical treatment through prayer for those who request it, at a branch Church of Christ, Scientist, where my grandmother played the piano. She told the practitioner about my mom's condition and asked for treatment. The practitioner agreed. My grandmother began taking my mom to Sunday School, and one day during Sunday School class, my mom joyfully stood up out of her wheelchair and confidently walked. And I'm one of three blessed children my mom went on to have!

Yearly, my mom read through *Science and Health with Key to the Scriptures* by the Discoverer and Founder of Christian Science, Mary Baker Eddy. And she subscribed to the Christian Science periodicals. When I left home for college, my mom slipped issues of the *Christian Science Sentinel* into my suitcase—a magazine that includes practical and inspiring articles and testimonies of healing.

Soon I began to see this biblical promise in action: “And we know that all things work together for good to them that love God, to them who are the called according to his purpose” (Romans 8:28).

One day I was walking through the student center, when two students stopped me and shared several issues of the *Sentinel* and a copy of *The Christian Science Monitor*. Then they invited me to attend the weekly meetings of their Christian Science organization (CSO), held in a church near our campus. I attended, and afterward I was given copies of the Bible and *Science and Health*, as well as the current *Christian Science Quarterly*, so that I could study the weekly Bible Lesson.

I made an effort to read the Lesson that evening. Several times during my reading, it felt as if angel messages—thoughts from God—were guiding me in this cheerful introduction to our pastor, the Bible and *Science and Health*.

I was learning that to make fearless spiritual progress, we must trust and listen to what God is revealing to us. The loving outreach and support of the CSO, together

with my active participation, helped me to practice Christian Science and make it my own.

The college's CSO advisor shared with me that Christian Science is the law of God, good, which is the “pearl of great price,” because it heals. The purpose of our spiritual work is to glorify God and to be a witness reflecting His perfect work, which is always in harmonious operation.

I joined my university CSO and became a member of The First Church of Christ, Scientist, in Boston. I took Christian Science Primary class instruction, which is an in-depth course on spiritually healing ourselves and others, taught by an authorized teacher. This strengthened my understanding and practice of Christian Science.

This experience showed me that God never takes us halfway in our journey. Through God's guidance, I find perpetual purpose in serving the Cause of Christian Science. We can joyfully yield our thoughts to God, Truth, and follow where He leads us.

For example, before I retired from my work at a small college, I had spent over two decades doing community service projects with Christian Science students. I helped provide them with opportunities to get out of their comfort zones, overcome fears, be an active presence in our global community, and discover real purpose in their practice of Christian Science.

In God's unfolding good for all mankind, He provides each of us with harmonious and concrete examples of Principle in action. Every moment, God is revealing to us, His spiritual reflection, our true purpose. As we ceaselessly pray to love more and listen for His guidance, we will move forward with grace and gratitude.

I find inspiration and strength in these lines from a hymn in the *Christian Science Hymnal*: “His mighty purpose ripens fast, / Unfolding every hour” (William Cowper, adapt., No. 399).

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# God's kingdom—our holy ground

By Lori Beatty

**Have you ever** wondered about the gospel, or good news, of God's kingdom that Christ Jesus preached? I wanted to know more about this good news because I noticed that when Jesus taught and preached about the kingdom of God, all types of healing followed.

In my Christian Science study, I began to really pay attention to what was being said in the Bible and in the writings of Mary Baker Eddy about the kingdom of God, or the kingdom of heaven, and particularly what she said in the textbook of Christian Science, *Science and Health with Key to the Scriptures*. As I did this, I started to understand more of what Jesus meant when he told the Pharisees, "The kingdom of God never comes by watching for it. Men cannot say, 'Look, here it is,' or 'there it is,' for the kingdom of God is inside you" (Luke 17:20, 21, J. B. Phillips, *The New Testament in Modern English*). This kingdom, or holy ground, is not just a future hope or a symbolic idea—it is a present reality, and we can experience it now.

I realized that every moment where the awareness of God's law reigns within me, I am standing on holy ground, and God's government is operating in my life, here and now. In the Bible, we read that God says, "I will put my law in their inward parts, and write it in their hearts; and will be their God, and they shall be my people" (Jeremiah 31:33). As I really put into practice what I was learning, I began to feel and see results—I experienced wonderful opportunities to stand on holy ground and witness God's law.

One day a neighbor came to ask if my husband and I had seen her dog. He had wandered away from their house, and they couldn't find him. He was an older dog and could not see well. We live by a highway, and the neighbor's house is on the other side of it. I told her I had not seen the dog, but my husband and I would be on the

lookout for him. I could see that my neighbor was very afraid.

I closed the door, got quiet, and asked myself: Am I going to believe that any spiritual idea of God, such as this dog, could ever be out of God's presence, control, or influence? Or am I going to stand on holy ground, knowing that God's full and effective reign is right here, right now, governing every spiritual idea? I affirmed God's presence and power, and that He was lovingly caring for all creation. I affirmed that God, being all-knowing, knew exactly where the dog was, and nothing could hide or obstruct the pathway to him.

The dog was not found for a couple of days. But I continued praying to know that we all are always in God's kingdom. Then one day my husband was out walking on our land, and he noticed movement on a grassy island in the middle of the creek. When he went to check it out, he found the dog on the island, safe and unharmed. We and our neighbor were so grateful. The whole experience was proof of God's power in action.

Another time, my husband decided to do a small, controlled brush fire to clear an area of our property. I was in my study, involved in my daily prayerful work, when I heard my husband knocking on my window and urgently asking me to come help him. I went outside immediately and saw quite a bit of smoke down the hill, more than there should have been. The fire was slowly climbing the hill toward our house. My husband asked me to stay at the top of the hill and spray water on the fire with a spray wand while he went to gather some hoses and work from the bottom.

I listened for spiritual direction and mentally planted myself, my husband, our home, and the whole situation on holy ground. This thought from *Science and Health* came to me: "Adhesion, cohesion, and attraction are properties of Mind. They belong to divine Principle, and support the equipoise of that thought-force, which launched the earth in its orbit and said to the proud wave, 'Thus far and no farther'" (p. 124).

I knew the fire could stop right where it was and not move up any farther. Home represents beauty, life, goodness, inspiration, and understanding—qualities of

God, which are permanent and complete, and cannot be consumed.

There was not a lot of water coming out of the wand, but I continued to listen to God. Another thought came that I should slowly go back and forth over and over in the same area where I was standing. It was early spring and the grass had not grown very tall yet. Any time I saw grass blades light up, I doused them. Our neighbors had seen the smoke and headed over with hoses to help. But by the time my husband had gathered hoses and the neighbors had gotten there, the fire was mostly out. What was still burning at the bottom of the hill was then quickly extinguished.

Later, my husband described what he had seen from the bottom of the hill while I was working at the top, and it amazed him. Apparently, the flames were being doused with very few drops of water. The fire never moved farther up the hill, and the flames just went out.

As I continue to put into practice what I have learned of the kingdom of God and its operation, I experience more and more moments of standing on holy ground. *Science and Health* says: “Let unselfishness, goodness, mercy, justice, health, holiness, love—the kingdom of heaven—reign within us, and sin, disease, and death will diminish until they finally disappear” (p. 248).

The promise of God’s reign and rule is fulfilled, and all can experience God’s power and presence in every aspect of our lives.

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## Not sunburned—sun-blessed

By Kate Mullane Robertson

**Midsummer days in** Colorado can be particularly hot and dry. And although late afternoon storms offer respite, it’s usually only for a few minutes, then it’s back to bluebird skies and bright sun.

Many flowers—columbine, Russian sage, and my favorites, poppies—thrive here.

One day years ago, the skin on my shoulders was particularly tender from a long day in the sun. But as I watched a lovely poppy swaying in the breeze, I saw what would alter my perception of the sun’s effects forever.

There was the most delicate flower in the garden, reaching her face toward the sun. It was a hot, sunny day, but she wasn’t turning away or trying to hide in the shade of a neighboring flower’s shadow. She was actually seeking the sun.

Her delicate, pale peach petals were not singed or brittle from the heat. In fact, they were even more beautiful. More lovely. How were my shoulders any different?

This passage from Psalms came to me: “The sun shall not smite thee by day, nor the moon by night” (121:6). I felt its promise. We are all made of the same spiritual substance. Mary Baker Eddy writes in *Science and Health with Key to the Scriptures*, “The divine Mind maintains all identities, from a blade of grass to a star, as distinct and eternal” (p. 70). And, “All is Spirit and spiritual” (p. 331). There is only the substance of Spirit, beautiful and good.

*Science and Health* also says, “All nature teaches God’s love to man” (p. 326). I let that beautiful poppy instruct me. If she could stand in the bright sun, hour after hour, without her delicate petals being burned, so could I.

Suddenly it seemed laughable that light could be harmful, pain-inducing, or destructive. The stinging in my shoulders vanished completely. I was free.

The sun, “the symbol of Soul governing man” (*Science and Health*, p. 595), cannot injure us, just as it did not harm the delicate petals of the poppy I observed in the garden.

We cannot be sunburned, only sun-blessed.

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# The book that has blessed generations of my family

By Christine Jenks Herlinger Driessen

**In celebration** of the recent 150th anniversary of the publication of *Science and Health with Key to the Scriptures* by Mary Baker Eddy, a textbook beloved by my family for many generations, I am inspired to share the following story.

It's the story of a woman from Mrs. Eddy's era whose discovery of this textbook had a profound impact on our family. This woman ran a boarding house sometime between 1900 and 1910. A sixteen-year-old girl asked to rent one of the rooms and soon got a job to pay for it. The young girl's name was Pearl, and she was my grandmother. As my grandmother told it, she had lost her father and mother when only twelve years old, and she and her younger siblings were each sent off to live with relatives, separating the family.

This was devastating for my grandmother because she dearly loved her two-year-old brother and could only see him once a week. The disappointments kept coming. Although my grandmother was hoping to go to college, the relatives she was sent to live with treated her like a servant. When she reached sixteen, they said she had to leave and make her own way in the world.

So, it was to this woman's boarding house she came. The woman was very sweet and loving, and was always studying two books, one of which was the Bible. This made my teenage grandmother very angry. "You are so naive!" she said to her one day. "You read those two books all the time and you think the world is such a happy place. You should put them down and go out into the world to see what it is really like. It is not a happy place at all!"

The woman who ran the boarding house was not upset. She knew the value of these two books, the Bible and *Science and Health*, as they represent the dual, impersonal pastor of The Church of Christ, Scientist. She said to my grandmother, "There is a Bible by your bed. Have you

ever read it?" Well, that made my grandmother even angrier. "I don't want to hear about a God who would allow my parents to die," she declared, and then left in a huff.

That night when my grandmother returned home from work, there on her bed was a copy of *Science and Health*. My grandmother picked it up and began flipping from back to front, looking for things to criticize. Then she began reading the first chapter, titled "Prayer." Before finishing the chapter, she burst into tears. She had found her real Father and Mother. It was God, whose will for us is life, not death. Moreover, God loved her dearly and was always with her and caring for her. She had never lost the care and love of this Parent and was not alone.

My grandmother Pearl soon met a young man at work who also had a copy of *Science and Health*, and their study of this book eventually led them to marry. Her husband became a banker and they became a prominent family in their small town. Although my grandmother never got to go to college, her study of *Science and Health* and Mrs. Eddy's other writings gave her a solid education.

Then came the stock market crash of 1929. They lost everything. My grandfather was a very honest man but was given a one-year prison sentence after helping a bank customer pay her bills by temporarily moving money from one account to another. Since he was so respected in town, he was given work in the prison office, which he undertook wearing a suit with a small inmate number on his coat. However, when he was released, he felt so humiliated by his mistake he could not bring himself to return home.

My grandmother, by this time, had three children, no job, no college education, and no husband to support her. Many women who found themselves in this situation during the Great Depression were on the street and their children ended up in orphanages. But my grandmother had learned from her study of Christian Science that God is our source of supply. As she prayed for guidance, she was led to take a humble day job, which meant her children were on their own during the day. But she had learned that God was always with them.

By this time my mother had become a rebellious teenager, full of anger, resentment, and self-pity. My grandmother had told her not to hang around with friends after school but to go directly home and do her homework. But one day my grandmother returned home early and spotted my mother riding around town with her friends, seated on the folded-down top of a convertible. My mother jumped off, ran to a friend's home, and then called her mother to say she was studying and would be home soon. But she was sure her mother had seen her, so she put together an alibi she thought might work.

However, my grandmother said nothing to her when she came home. The next day, and the following, my mother was sure she would get a lecture and was ready with her alibi. Still my grandmother said nothing. Finally my mother said, "I know you think I was disobedient and lied to you." But all my grandmother said was, "Oh sweetheart, I knew that I could not be mesmerized into believing you could be mesmerized!"

My grandmother never attached the lie of dishonesty, disobedience, or discouragement to my mother. Reading *Science and Health* had taught her to see everyone, including her daughter, as the reflection of God, naturally expressing the Godlike qualities of integrity, receptivity to Truth, and obedience. My mother later said it was a turning point for her. She began listening to her mother more and yearning to know God better.

When my mother expressed the desire to go to college but there was no money, my grandmother shared some ideas from the textbook about God being the source of infinite supply and divine Love meeting every human need. My mother was accepted at a community college in another town and they put an ad in that town's paper asking for room and board for her in exchange for childcare.

Following days of no response, my mother was despondent. But my grandmother had absolute confidence that divine Love already had an answer. She asked my mother if her suitcase was packed, since classes were to begin the next day. My mother was skeptical, but she nevertheless packed her suitcase.

"What do we do now?" she then asked angrily. "We pray and rejoice in Love's unfailing care," my grandmother answered.

Shortly after, the phone rang. It was a relative who lived in that college town and offered to have my mother live with their family. "We can pick her up right now. Is her bag packed?" the relative asked. "Of course," my grandmother gratefully responded.

My grandmother Pearl's powerful prayers for her family were based entirely on the understanding of God's omnipotent, ever-present love she had gained from her study of *Science and Health*—and they included her husband, who finally returned home after ten years and reunited with the whole family. My mother went on to college and graduate school, and then to a lifetime of service as a Christian Science practitioner, teacher, and international lecturer, sharing *Science and Health* with people all over the world.

The unselfed love of that woman who ran the boarding house—her absolute confidence in the ability of *Science and Health* to comfort and strengthen this teenager, my grandmother, in spite of her initial rejection of the book—ended up blessing so many. From her gift to my grandmother, and from my grandmother's strong confidence in and proof of the truths contained in our textbook, eight members of our family have committed to the full-time healing practice of Christian Science. And it all began with Mary Baker Eddy's unwavering trust in, and commitment to, God's revelation of the promised Comforter, and her selfless desire to share this revelation of Truth with the world.

**Christine Jenks Herlinger Driessen**  
*Princeton, New Jersey, US*

# Monthly updates: May 2026

## Updates to ChristianScience.com: Designed to respond to the newcomer's questions about Christian Science

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Helping the public gain a clear and accurate understanding of what Christian Science is (and isn't) is a task close to many of our hearts. For those of us who have experienced how this precious Science brings healing into our lives, it's natural to hope others see and feel such healing, too. Christianscience.com was recently updated to better respond to the questions a newcomer might have about Christian Science—and then guide them to resources that will help them learn more.

The updates speak specifically to the needs of today's online audiences with clarity, warmth, and relevance, better supporting “the understanding and demonstration of divine Truth, Life, and Love” (Mary Baker Eddy, *Manual of The Mother Church*, p. 19).

Here's what you'll find:

**Easy to share:** The site is designed as a resource you can confidently share with friends, family, neighbors—anyone who has questions about Christian Science.

**A first step in their journey:** Christianscience.com can better serve as an inviting introduction, online, for those seeking to learn more about Christian Science and its teachings.

**Friendly, updated language:** Content has been updated to talk about Christian Science in a way that is approachable and responsive to the questions people are asking today.

**Tested with newcomers:** The new site was user-tested with individuals who are not Christian Scientists, ensuring it is helpful to those exploring Christian Science for the first time.

**Clearer navigation:** The updated website offers a contemporary look and feel with simpler navigation to easily guide users to the resources they are seeking.

**Member resources:** All resources previously available to members remain accessible—just organized more intuitively.

### Redirects for connecting links:

Please note that some website and YouTube links have recently changed as part of this update and a YouTube channel update. We kindly ask all branches, Christian Science Reading Rooms, Christian Science practitioners, and Christian Science teachers to:

Review and update any links on your website(s) that point to christianscience.com

Review and update any links on your website(s) that direct to Church-owned YouTube content

As a movement, Christian Scientists are uniquely positioned around the world and in their communities to share Christian Science. We trust the updates to christianscience.com will both support your work and reach newcomers searching for accurate information about Christian Science online.

## Annual Meeting 2026

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The Annual Meeting of The Mother Church, The First Church of Christ, Scientist, in Boston, is coming up on Monday, June 8. This family gathering serves as a wonderful opportunity for members of The Mother Church to come together to hear reports from Church officers and inspiring reports from the Field. “These assemblies shall be for listening to the reports of Treasurer, Clerk, and Committees, and general reports from the Field” (*Manual of The Mother Church*, p. 56).

Annual Meeting will be held at 1:00 p.m. ET (Boston time) in The Mother Church extension. Whether you are planning to attend in person or online, there will be simultaneous interpretation in French, German, Portuguese, and Spanish. Language-specific earbuds will be available at the Hospitality Center when entering the portico. Those joining online will find the

links for specific languages on the Annual Meeting web page ([christianscience.com/annual-meeting](http://christianscience.com/annual-meeting)). The initial rebroadcast of the meeting will be in English, with other languages coming later.

## New Bible Collection on JSH-Online.com

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How can we understand Christ Jesus' transfiguration—and find its significance for us today? In this collection, writers share their inspiration.

“Exploring the Bible” collections are posted monthly to encourage deep engagement with the Scriptures. Each digital collection is composed of specially chosen articles that focus on the spiritual inspiration Mary Baker Eddy urges on Bible students.

Check out this new collection of articles on Christ Jesus' transfiguration at [jsh.christianscience.com/collections](http://jsh.christianscience.com/collections).

See more content from the Living Church sections in this magazine and in the *Christian Science Sentinel*. [journal.christianscience.com/living-church](http://journal.christianscience.com/living-church)

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## Are tenderness and power mutually exclusive?

By Tony Lobl

**Through studying and** practicing Christian Science, we find that prioritizing our love for divine Love, God, brings out in us the spiritual riches of Christly qualities. These include a more tender temperament. That temperament is, in turn, a gift we bring to all our relationships—with friends, fellow church members, family, or even those we perceive as enemies that we are endeavoring to love as Jesus taught.

Being tender is also a gift we bring to ourselves. In a description of the fruits of the spiritualized

thinking Christian Science brings about, Mary Baker Eddy writes: “A little more grace, a motive made pure, a few truths tenderly told, a heart softened, a character subdued, a life consecrated, would restore the right action of the mental mechanism, and make manifest the movement of body and soul in accord with God” (*Miscellaneous Writings 1883–1896*, p. 354).

To be “in accord with God” is to be in accord with our all-harmonious, all-joyful, all-loving Father-Mother, undivorced from either Principle's authoritative power or Love's healing compassion and affection. Yes, God is all-powerful. Yet the Scriptures frequently refer to God's tenderness. The Psalms praise God's tender mercies, for example (see Psalms 145:9). And in her main text on Christian Science, *Science and Health with Key to the Scriptures*, Mrs. Eddy identifies the relation between these two special qualities: “Tenderness accompanies all the might imparted by Spirit” (p. 514).

The “all” in that statement tells us both tenderness and authority are forever present in God. That fact is exemplified in the life and works of Jesus, the highest human expression of God's infinite spiritual nature. In a fraught situation where the scribes and Pharisees were pressing him as to whether he would condone the stoning of a woman accused of immoral behavior, the godliness Jesus expressed *powerfully* turned away the self-righteous accusers while *tenderly* comforting the woman and pointing her to a better path (see John 8:1–11).

Jesus was showing us the loving and authoritative healing power inherent in us all. When the divine authority of Christ, the true idea of God and of our spiritual reflection of God, touches hearts, others feel for themselves the tenderness of God's love for them. You can see a snapshot of this in a healing Mary Baker Eddy recalled having when still a girl, after she had come down with a fever in reaction to the Calvinistic doctrine of a chosen few being saved and everyone else damned as sinners, which deeply troubled her.

In this experience, her mother's tender spiritual encouragement was transformative. Mrs. Eddy wrote: “My mother, as she bathed my burning temples, bade me lean on God's love, which would give me rest, if I

went to Him in prayer, as I was wont to do, seeking His guidance. I prayed; and a soft glow of ineffable joy came over me. The fever was gone, and I rose and dressed myself, in a normal condition of health.... The physician marvelled; and the ‘horrible decree’ of predestination—as John Calvin rightly called his own tenet—forever lost its power over me” (*Retrospection and Introspection*, pp. 13–14).

In light of this experience of a mother’s love inspiring a shift in thought that brought healing to the body, we can see how the purity and tenderness of Love, God, is not weakness, but power. Divine Love, lived as Love expressed, unveils the authority of divine Truth, God, over all that would seem to contradict Love. The expression of this healing power may not always *feel* tender to thought that is holding fast to an error that Christ is rebuking. But eventual relinquishment of the error brings to light the tender motive behind the firm rebuke.

In many cultures and religious denominations, strength is attributed to men, and tenderness to women. Yet as God’s spiritual image, we each include both. So every man, as every woman, reflects “the patient, tender, and true, the One ‘altogether lovely’” (*Science and Health*, p. 3). And every woman, as every man, “manifests God’s attributes and power, even as the human likeness thrown upon the mirror, repeats the color, form, and action of the person in front of the mirror” (*Science and Health*, p. 301).

To accept and act on this fullness of the blessing of being God’s image, it’s helpful to take the Bible’s advice to “catch all the foxes, those little foxes, before they ruin the vineyard of love” (Song of Solomon 2:15, New Living Translation). The “little foxes” include any outlook that lacks balance in either direction, such as timidity or arrogance, an overbearing sympathy or a heartless stolidity. Anything that forgoes either the tenderness or strength of God, Love, pulls our thought away from our true nature as God’s spiritual expression and hides the blessings that our genuine reflection of God brings to ourselves and others.

Such mental and behavioral detours fall away as we listen for and heed Christ, voicing to us God’s

message that we each reflect all the sacred, healing, loving qualities of God that constitute our spiritual identity, at-one with God. Then where we see power without tenderness, we can decry and prayerfully deny that unspiritual view, recognizing its unreality. With the authority of Christ, Truth, we can affirm that the mutually inclusive power and tenderness of God’s almightiness is present. And if we see a tenderness at the mercy of aggression, we can rise in the strength of Spirit to affirm the impossibility of attributes of God competing with one another rather than complementing each other. If tenderness accompanies all Spirit’s might, then surely Spirit’s might must accompany and support every spiritual touch of tenderness.

The mighty, tender touch of Christ is so needed today to restore harmony in individual and international relations. Wherever hearts are struggling individually and collectively, seemingly without an exit ramp, we can bring the gift of rest and resolution by better embodying the powerful tenderness and tender power of God’s loving authority.

**Tony Lobl**  
*Deputy Editor*

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