



CHRISTIAN SCIENCE Sentinel

What I say unto you I say unto all, watch. — Jesus

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Why praying for yourself isn't selfish

Larissa Snorek

On the subject of praying for oneself, Mary Baker Eddy once told a student, “The more work you do for yourself, the less work you need to do for your patients.” When the student pressed her about exactly how much time she should spend doing this, her response was, “Three hours!” (see *We Knew Mary Baker Eddy*, Expanded Edition, Volume I, p. 456).

Many of us might not feel like we have three hours to pray for ourselves. It can be hard enough just to pray for those we care about and for world events, so praying for ourselves might be low on our list. And while Eddy encouraged Christian Scientists to pray daily for themselves, she didn't usually give a particular time frame. But the spirit of her words remains paramount to anyone desiring to grow spiritually.

There's an adage that we can't pour from an empty cup. There are many examples of the prophets in Bible times pausing to pray for themselves—not to withdraw from service but to be replenished for it. Following their example, praying for ourselves isn't self-absorption. It fortifies us to contribute even more. When we feel depleted—too tired or overwhelmed to even know where to begin—those are precisely the moments to pause, mentally step back, and feel God's presence, which renews and strengthens us.

One of the most important ways to understand God in Christian Science is as pure, unwavering divine Love. Because God is Love, man, as the offspring and reflection of Love, expresses care, compassion, and spiritual unity. When we affirm these qualities for ourselves in prayer, this rejects self-doubt, self-condemnation, and the inner critic that would subtly fixate on flaws and mistakes or call into question our worthiness.

Christian Science identifies these as errors of thinking, and giving them attention—such as in an effort to “fix” ourselves—gives them undue power. Instead, we can recognize God as Truth and Love, and our identity as the

expression of God, and this reveals our spiritual poise and brings clarity of thought and action. Errors fall away and are replaced by a clear sense of our spiritual nature, reflective of all the goodness of God. We act from calm, rather than urgency.

Praying for ourselves puts us in tune with what God is continuously doing—expressing “in man the infinite idea forever developing itself, broadening and rising higher and higher from a boundless basis” (Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 258). God, as divine Mind, continuously transmits pure, perfect ideas through divine Science, “which corrects error with truth and demands spiritual thoughts, divine concepts, to the end that they may produce harmonious results” (*Science and Health*, p. 259). Prayer that deepens our conception of ourselves as God's expression and of God as absolute Truth and Love reveals the eternal reality of man. It shows man as a wholly spiritual being, needing no improvement. And this practice of Christian prayer goes out and blesses.

The biblical example of Deborah, who was both a judge and a prophetess (see Judges 4), shows us this. Her discernment came from listening to God. While the Bible doesn't record any extended prayers from her (though it does attribute to her a beautiful song of gratitude to God), her prophetic clarity reveals her devotion to God.

Deborah doesn't rush into action or make decisions from outside impulses. She follows the direction of her unity with divine Love. She speaks with the authority she has discerned; her leadership flows from a sense of inner spiritual strength, not personal willfulness. At a time of national unrest and fear, Deborah's inspired outlook and guidance become a refuge for others. Her commitment to prayer allows wise, steady leadership in chaotic situations.

It may not matter so much what exactly we say when we pray, just that we make time to commune with God and understand and feel our purely spiritual nature and unity with divine Love. Not doing this is like going without water. We start to feel spiritually dried up. But as we pray, daily, divine goodness becomes bigger in thought and the fears, strains, and burdens we may be

feeling grow less. We begin to see more clearly how mortally based concepts of life are false and cannot stand. They are put off as Christ, the influence of the Divine in human consciousness, fills our thinking with the peace of Love's authority. And the peace we feel spreads beyond us, contributing to more peace in the world.

In a letter written in 1899, Mary Baker Eddy said, "Begin at home ... labor for your own sanctification, spirituality, health, holiness. I find that in proportion as I do this for myself, the whole world feels it" (*Mary Baker Eddy: Christian Healer*, Amplified Edition, pp. 238–239). As we believe more in spiritual power than in material resistance, we feel deeply, spiritually nourished. And, we become more effective helpers—and healers.

Larissa Snorek, Associate Editor

Struggling to remember?

Because God knows, we know.

Deborah Huebsch

Sometimes it seems as though it's hard to remember details. Like, "What's his name?" or, "What was I about to do?" In our whirlwind lives, with so much going on, it appears that our memory can sometimes fail us. Is this something we need to accept as an inevitability?

Actually, no. This magazine has published many verified testimonies of cases where memory problems and other mental health issues have been healed through prayer. Here's a look at some of the spiritual facts behind healings such as these.

To start with, we have the example of Jesus, who showed us the nature of God as all-knowing by discerning what other people were thinking. Jesus never claimed this discernment as his own, but instead explained, "I and my Father are one" (John 10:30). In other words, he identified the source of all his abilities as divine.

This might seem like a high bar, but Jesus showed that this is true for all of us—and what's possible as a result. And the more we understand God as the source of all of our abilities, the more we're likewise able to know whatever we need to know.

In the study of Christian Science, we learn about the nature of God as divine Mind. Mind is described in Mary Baker Eddy's book *Science and Health with Key to the Scriptures* as "all-knowing" (p. 7). So basically, Mind knows everything—the little things as well as the big ones. God is infinite; therefore, the knowing of Mind is infinite—it's all there is. There is not a separate mind called "brain" that can know or not know things, remember or forget them.

We also learn in Christian Science that we are God's creation. We are the very expression of God's all-good nature. We are the emanation, the outflow, of Mind. Therefore, because God knows, we know.

The concept of remembering implies a past that needs to be recalled in the present. However, there is no past to Mind, because in Mind there is only the ever-present now. The activity of knowing indicates what's happening now, forever in the present. There is nothing to remember because everything is known at every moment.

So how does this relate to being able to recall details? The bottom line here is a question of how we're identifying ourselves. Sometimes it seems as though we have a separate mind from God, one that has a limited capacity to retain information. However, recognizing that we are the very outcome of Mind puts us in perfect alignment to be conscious of what Mind knows.

I've started to immediately refuse to believe it when the thought comes that I can't remember this or that. I've learned that in these moments, trying hard to recall something actually gets in the way of hearing what I need to hear from God. Instead, I've started to make it a habit to get mentally still, open my thought, and trust. This approach has worked best for me. I remind myself that because Mind is infinite, and I reflect Mind, I can know what I need to know.

So if, for example, I slip up in remembering somebody's name, I pause and remind myself that the divine Mind is all-knowing. And because that's true, and I am included in Mind, I can know what I need to know. The information doesn't always come immediately, but it does come. And as I continue to make this a spiritual practice, it gets easier. I feel much more in tune with Mind's unfoldment of needed information.

There are lots of terms floating around that imply a loss of mental acuity: *brain fog*, *pregnancy brain*, *senior moments*, and so on. They might seem innocuous, but they don't correspond to the spiritual fact of the allness of Mind.

We don't have a mind to lose, be diminished, or decline. Since there is just one Mind, and Mind is infinite, where could something be lost? Allness is All, without the possibility for anything to go anywhere. Where could something go outside of All? The creator, Mind, and Mind's spiritual creation, us, are one. Therefore, there is no separation between Mind and its idea, us. There is no possibility of a separate mind or a separation of minds. One isn't divisible.

Science and Health defines *man* spiritually as "God's spiritual idea" (p. 115) and then references Webster's dictionary definition of *idea* as, in part, "the immediate object of understanding." To know that we are the immediate object of understanding gives us confidence that what we call memory is actually part of God's ever-active knowing. So we can expect to know instantly what is needed.

What an awesome privilege to recognize that since we are Mind's expression, our mental capacities are unlimited. There is no possibility of absent-mindedness, confusion, memory loss, or "senior moments." Each of us can expect an ever-increasing apprehension of all-knowing Mind, and instead, have Mind-moments!

Atonement

The Bible's first chapter, Genesis 1, comprehensively details God's all-good spiritual creation and man created in God's image and likeness. But Genesis 2 and 3 propose its opposite—man shaped from dust and disposed to sin. Based on this narrative, humanity is widely designated a race of sinners separated from God. A materially based concept of atonement springs from this assumption.

Texts about atoning for sin and finding reconciliation with God fill Hebrew Scripture. A psalmist writes, for instance, "Create in me a clean heart, O God; and renew a right spirit within me" (Psalms 51:10). And the prophet Isaiah pleads, "Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the Lord, and he will have mercy upon him; and to our God, for he will abundantly pardon" (Isaiah 55:7). Sacrificial ceremonies were instituted to show repentance and seek forgiveness for sin.

With the advent of Christ Jesus, however, man's sinless nature becomes clear—and atonement, rather than assuming sinfulness and ritualizing material sacrifices, celebrates oneness with God, good. Even when people identify themselves and others as wrongdoers, God's mercy and love are preeminently shown in sending His Son, in Jesus' supreme sacrifice on the cross, and in his resurrection and ascension out of all mortality.

Bible scholar Mary Baker Eddy, who discovered Christian Science, explains: "Divine Love spans the dark passage of sin, disease, and death with Christ's righteousness—the atonement of Christ, whereby good destroys evil—and the victory over self, sin, disease, and death, is won . . ." (*Message to The Mother Church for 1901*, p. 10).

For more on this topic, see "Atonement—cherishing our oneness with God" by Shirley Paulson.

Lessons from my friend Hagar

I felt a strong but peaceful mental nudge to look at the experiences of Hagar in the Bible.

Kim Kilduff

Years ago, I was writing software to control and monitor a hardware system that was being built by the company I worked for and would be used on a military mission. I was part of a very capable team, and I put together a solid software package. But to complete my part of the system, I needed specific information that was in a developer manual. (This was shortly before all of this would become available via the internet.)

I informed the project manager multiple times that I needed this manual and asked that he order it. His repeated response was to ask if the software was completed yet and to remind me that we had a deadline that could not be moved. As I waited for the information I needed to complete my task, our working relationship devolved into one of annoyance and disrespect, and we both worried that the project wouldn't be finished on time.

While this was happening, I felt a strong but peaceful mental nudge to look at the experiences of Hagar in the Bible. I remembered the account of her and her son, Ishmael, being sent into the desert with only a bottle of water. When the bottle was empty, God directed her to a well so she could refill it, and she and her son survived (see Genesis 21:9–19). I was familiar with this story, but didn't see a connection to my situation. Yet the nudge to look at her story continued.

Looking again, I read about an earlier time in Hagar's life—a part of her story that was unfamiliar to me (see Genesis 16:1–13). As the servant, or slave, of Abram's wife, Sarai, who had been unable to have a child, she was given to Abram to conceive and bear a child on Sarai's behalf. As a foreigner in servitude, she had few, if any, rights. But she did have the ability to become

a mother, something that Sarai didn't seem to have, perhaps leaving Sarai feeling deficient as a woman.

While pregnant, Hagar openly despised Sarai, who treated her harshly in response. Hagar then ran away. On her journey, she stopped at a fountain of water, and what the Bible describes as “an angel of the Lord” found her there. Speaking to her by name, the angel asked Hagar where she'd come from and where she was going. When she acknowledged that she had fled from her mistress, he replied with what must have sounded like the worst possible counsel: “Return to thy mistress, and submit thyself under her hands.”

As I read that she obeyed the angel and returned to serving Sarai, I could see how difficult it must have been to go back to this situation, where she'd behaved badly and was now probably seen as unlikable and difficult. Yet she did it. She went back and submitted herself to her mistress.

Thinking about my own situation, I suddenly understood how huge it had been for Hagar to do this. And a sense of love for this woman swept over me. I recognized her humility and courage as she obediently went back and did better, right where it seemed so difficult and painful. I knew that this was the example I needed to see.

I, too, went back—and did better with my project manager. I stopped expressing annoyance and was kind and patient. Very quickly, the manual I'd been requesting appeared on my desk. I finished the software on time, and the mission was successful.

As I continued to think about Hagar and what she must have been doing during her time in service to Sarai, my appreciation for her grew. I felt that in those years, she may have been learning many lessons in grace, patience, and forgiveness in order to remain in the household and not react in anger or frustration. She may have been learning to do better and to listen for and obey the voice of God. And years later, when she and Ishmael were sent into the desert with just one bottle of water, rather than this becoming a death sentence, she heard the voice of God and found water.

We read little more about Hagar and Ishmael, but they continued to live, indicating that they must have found not only water but also food and a home. The Bible narrative doesn't say, but I like to think of her as no longer a servant but a free and independent woman, able to raise her son and see him thrive. The Bible does indicate that Ishmael became an archer, married, and had many children.

I like to think of the two accounts of Hagar's experience recorded in the Bible as parts of a whole, connected by a humble willingness to learn the lessons of divine Love on a daily basis.

Mary Baker Eddy writes about Abraham (the name God later gave to Abram) in *Science and Health with Key to the Scriptures*: "This patriarch illustrated the purpose of Love to create trust in good, and showed the life-preserving power of spiritual understanding" (p. 579). While many of Abraham's experiences were very visible as he dealt with kings and nations—and to this day he is recognized by Jews, Christians, and Muslims as an honored forebear—this statement could, to a degree, also describe the life and progress of Hagar. She, too, was led to trust God, good, in the details of her life. She had her own glimpses of spiritual understanding and is someone whose example we can honor.

While God met Hagar's basic human needs of water, food, and shelter for her and her son, He first met her need for humility, patience, courage, persistence, and so on. And these qualities eventually opened her path to a new life and the fulfillment of God's promise to make of her son "a great nation."

All of us encounter times when life seems difficult and relationships hard. Whether we face a demanding or overly judgmental boss; a family member who needs us to sit patiently with them; a service provider that seems unable (or unwilling) to solve a problem; or criticisms, micro-aggressions, or injustice from any source, we can remember Hagar. We can embrace the spiritual qualities she likely learned as she served Sarai and Abram.

Eddy writes, "What we most need is the prayer of fervent desire for growth in grace, expressed in patience, meekness, love, and good deeds" (*Science and*

Health, p. 4). Important lessons are learned in seemingly small and inconsequential moments as well as during the big ones. Such lessons lead us to trust in good as Hagar did, so that we can say of God, as she did: "You are the God who sees me," and, "I have now seen the One who sees me" (Genesis 16:13, New International Version).

A new beginning, a new identity

Miguel De Castro

Originally published in Portuguese

In the Bible we find accounts of people who experienced a transformation that marked a new beginning, including a change of name. For instance, God called Abram to leave his homeland and journey to a new place that he would be shown. God said, "I will make of thee a great nation, and I will bless thee, and make thy name great" (Genesis 12:2).

Abram obeyed, and God not only gave him a son in his old age but also changed his name to Abraham and made him, as promised, "a father of many nations" (Genesis 17:5).

Later, Abraham's grandson Jacob was commanded by God to return to his homeland. Dreading a confrontation with the brother he had fled from many years earlier, he wrestled with an angel in the night and refused to let go until the angel blessed him. At daybreak the angel declared, "Thy name shall be called no more Jacob, but Israel: for as a prince hast thou power with God and with men, and hast prevailed" (Genesis 32:28).

In another instance, Saul of Tarsus was on his way to Damascus to arrest Christians, when he was suddenly enveloped by a light from heaven and heard a voice saying, "Saul, Saul, why persecutest thou me?" (Acts 9:4). He soon experienced a radical conversion and

became a follower of Christ. Taking the new name of Paul, he went from persecuting Christians to preaching the gospel.

What brought about these remarkable transformations? All three men caught a clear glimpse of God as the supreme power who is just and good, and who loves, guides, and cares for everyone. Jacob said of his experience, “I have seen God face to face, and my life is preserved” (Genesis 32:30). A shift in perspective lifted each one above previous mistaken views, and the change was so profound that it awakened them to a new sense of identity and purpose. You could say that they experienced a rebirth.

Can such a change take place today? I know it can, because it happened to me.

When I was a young adult, I used to blame others, especially my father, for my failures and problems. But as I matured, I saw that I needed to take responsibility for my actions and their consequences. It was up to me, not someone else, to determine and pursue my objectives, based on what I truly valued.

With this understanding, I began to make wiser choices and my life took a much better direction. I also became more spiritually receptive, and when I was invited to attend a testimony meeting at a branch Church of Christ, Scientist, I accepted. I found the practical aspect of the testimonies especially interesting. It was clear to me that I could find healing too if I put into practice the same spiritual truths the testifiers shared. The integrity and discipline that this requires appealed to me, and I soon began studying Christian Science.

At the time, I was smoking, which I regarded as a pleasure. But one night while reading the Bible and *Science and Health with Key to the Scriptures* by Mary Baker Eddy, I thought, “Christian Science and smoking don’t go together!” This bad habit didn’t feel compatible with what I was learning about man as created by God. I put out my cigarette, and the false sense of pleasure dissolved immediately along with the smoke. I once briefly took up smoking again, but since I no longer felt pleasure in it, I soon stopped for good.

I had been attending a church of another denomination, and on Sunday mornings I would go first to that church and then attend the service at the Christian Science church. But I so appreciated what I was learning in my study of Christian Science that I soon decided to stay with Science exclusively.

I remember feeling very touched by Jesus’ Sermon on the Mount, especially his instruction to “seek ye first the kingdom of God, and his righteousness” (Matthew 6:33). I also took to heart this statement from *Science and Health*: “Know thyself, and God will supply the wisdom and the occasion for a victory over evil” (p. 571).

Through reading Mrs. Eddy’s writings, I began to know God as Spirit and myself as the reflection of God—spiritual, perfect, and pure. I learned that seeking the kingdom of God means nurturing in our consciousness qualities like patience, peace, purity, and humility.

As my sense of spiritual purpose developed, I was led to an activity that became a milestone for me in choosing a profession. A friend invited me to teach typing courses at a national institution that offered professional training. I liked teaching a lot, and then I was invited to teach Portuguese classes. After that I felt inspired to pursue an undergraduate degree in literature and eventually became a college professor.

Before encountering Christian Science, I had no thought of marrying and starting a family. But my growing understanding of God as I am, the only Ego, helped me see how important it is to let go of a limited, human ego and outlining. This transformed my thinking and opened the way for forming sound relationships on an unselfish basis.

I wanted a partner who was sincere and trustworthy and would accompany me to church. When I met a woman who expressed these qualities, she was the one asking if she could attend church with me! Our relationship unfolded naturally, and we married and built a family while supporting each other’s spiritual growth.

Jesus once said, “Except a man be born again, he cannot see the kingdom of God” (John 3:3). What does it mean to be born again? It is the awakening to the truth that

we are expressions, or ideas, of the divine Mind, made in the image and likeness of God.

Although I didn't change my name after learning of my true selfhood like the individuals in the Bible, I felt like a new person. Gaining a new sense of purpose is possible for everyone. Like Abraham, Israel, and Paul, we can say yes to the new, spiritual sense of ourselves and accept it with humility and gratitude.

God is here

Fredrick Ferguson

No need to search,
don't have to wait,
immediate access just as we are
presently, exactly as God sees us.
In this moment,
God is here.

In Love's presence,
no doubt, no fear,
as a clear blue sky—
no clouds there.

Dear Father-Mother,
You keep us in Your sight
as transparencies for Truth,
naturally shining with Your light.

The good we pray for and expect
God to do
is done.

Not just one healing, but two!

Phoebe Fogarty

For the better part of this past school year, I was often sick.

It wasn't anything too serious, but discomfort in the form of congestion and related issues began to interfere with my everyday life. I had never experienced anything like this before and felt led to turn to prayer. My parents were aware of what I was going through, and although I didn't ask them to pray for me, my mom is always very supportive of healing through prayer. So I knew she was supporting my progress during this time.

Though I had decided to pray, I wasn't quite sure where to begin. I attend Christian Science Sunday School each week, so I began collecting notes I'd taken during our conversations in class as well as citations from the Bible and from *Science and Health with Key to the Scriptures* by Mary Baker Eddy that stood out to me. By the end of the school year, I had a full list of helpful ideas on my notes app.

I prayed with the idea from the Bible that God is the only cause and creator, and that God, who is Spirit, creates and animates all that is real and good, including me.

One Bible verse that really resonated with me during this time comes at the end of a passage describing God's goodness to His creation and says, "Whoever is wise will observe these things, And they will understand the lovingkindness of the Lord" (Psalms 107:43, New King James Version). To me, this means that if you look for the good, you can find it in every part of life because God is good and is Life itself. After reading this, I focused on observing the good things around me and expressing gratitude for them because I knew they were expressions of God's love.

As I continued going to Sunday School and praying with these ideas, I began to see improvement. But I still wanted complete healing.

Then one day, I heard something on the Christian Science Daily Lift podcast that resonated with me. The general idea of the episode was that a physical issue points to something we haven't addressed mentally, since everything we deal with is a thought that's being expressed in an outward form. I realized that I had been focused only on a physical resolution, when what I really needed to pray about was a mistaken thought.

This insight invigorated me. I realized that, rather than trying to fix a physical condition, I needed to correct whatever thought was behind it, which I knew would happen as I learned more about God.

Soon after, I headed off to a camp for Christian Scientists. I was excited to go because, for me, camp is a great place to learn new ideas about God, and I knew my summer would be full of spiritual uplift and inspiration.

About a week and a half into camp, during a camp testimony meeting—an hour-long church meeting with opportunities to share healings—I was thinking about a testimony I might share. That was when I realized I had been healed: My sinuses were clear, and I wasn't coughing anymore. All the discomfort was gone. I was so happy and grateful to God.

I also noticed that another long-standing issue had been resolved, too. For a couple of years leading up to this, I'd had eczema. As I mentally retraced my steps, I realized that when I'd first started praying about feeling ill, the discoloration and skin dryness from the eczema had disappeared. I hadn't prayed about the eczema, but the spiritual uplift in my thoughts had met all my needs.

I learned a lot about myself and God through this experience, and I'm so grateful for both these healings.

Get set!

Madora Kibbe

Most of us know these six little words: "On your mark, get set, go!" They're what runners hear at a track meet before a race begins. And swimmers hear something similar at a competition. First, get in your starting position, and last, begin running or dive into the pool. But what about that middle part, getting set?

"Get set" is the part that I love the most. Especially when the race I have to run isn't in gym class. (I'm not much of a runner!) For me, it could be something like cooking a meal, or even praying. It could be almost anything. Taking that moment to "get set" is doing what the textbook on Christian Science, which is called *Science and Health with Key to the Scriptures*, tells us to do. It says, "... pause,—wait on God ..." (Mary Baker Eddy, p. 323).

What are we waiting on God for? Good ideas, healing ideas. Ideas about how good God is and how capable, strong, and intelligent we are, because we are God's children. When we "get set," our "go-ing" is always so much happier and easier—and without detours!

Most of us like the "go" part of "ready, set, go." Sometimes pausing can seem hard to do. Even boring! But even Jesus had to "get set." The Bible tells us that before he gave the Sermon on the Mount, this is what happened: "Seeing the multitudes, he went up into a mountain: and when he was set, his disciples came unto him" (Matthew 5:1).

Jesus was never in a hurry. Never flustered or under pressure. He was always ready to pause and wait on God.

We can do that, too. I knew a little boy whose mom used to sing him a hymn from the *Christian Science Hymnal* every night at bedtime. But he wouldn't let her start until he was ready to hear the hymn. He would say, "Not yet!" while he got comfortable and then got his thoughts quiet. Only then would he say, "Ready, set, go!" (Sometimes he got the order wrong and said, "Ready, go, set!") He understood, without being told, the importance of getting set.

Do you ever worry about solving a math problem or learning a new skill in your favorite sport? Or knowing how to respond if someone says something that isn't nice? If or when you feel that way, that's a very good time to stop and get set—to remember that God is with you always, telling you not only what to do but also how to do it.

Weekly updates: April 13, 2026

Annual Meeting 2026

This year's Annual Meeting of The Mother Church is just over two months away. We hope you will join us in Boston or online on Monday, June 8. As a reminder, registration is open at christianscience.com/am26registration.

Events will include church services, Sunday School, a hymn sing on Sunday, June 7, and Annual Meeting on Monday, June 8. All events are offered in person in Boston and online, except the Sunday evening church service will be in person only.

You can learn more about Annual Meeting at christianscience.com/annualmeeting.

IN CASE YOU MISSED IT

New Bible Collections on JSH-Online.com

Easter has long had deep meaning for countless spiritual thinkers inspired by Christ Jesus' resurrection. Read how its message resonates in unique ways with ten different writers in the most recent "Exploring

the Bible" article collection. Find all the collections at jsh.christianscience.com/collections.

Stomach pain healed

Brett Schaberg

One night, I began to experience an odd and uncomfortable feeling in my stomach, which at first just seemed ridiculous to me. As the night went on, though, the ache persisted and grew worse. I continued my nighttime routine and made my way to bed, and as I lay there, the pain intensified, and I felt it would overwhelm me.

As a Christian Scientist, I knew this pain could not be the reality it seemed to be. I saw it as an utter farce. This meant to me that as God's child, made in His perfect image and likeness, I could experience no such *dis-ease*; therefore, I could overcome its seeming reality with statements of spiritual truth. My mental arguments were not bringing relief, however, and I felt that my efforts might be too meager.

I got out of bed and went into the bathroom. As I continued to pray, I thought of the Lord's Prayer given to mankind by our Master, Christ Jesus, and "the scientific statement of being," given in the Christian Science textbook, *Science and Health with Key to the Scriptures*, written by the Discoverer and Founder of Christian Science, Mary Baker Eddy (p. 468).

I declared these healing words out loud: "There is no life, truth, intelligence, nor substance in matter." As soon as I spoke this—the first line of "the scientific statement of being"—and considered deeply what these words meant, the pain began to subside. By the time I had finished repeating the full statement, my God-given freedom was dawning in my thought and uplifting my physical condition out of pain and into peace.

I proceeded to say aloud the Lord's Prayer, which begins: "Our Father which art in heaven, Hallowed be

thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven” (Matthew 6:9, 10). God’s kingdom come, and His will done! The comfort that washed over me with the truth of these powerful words was immediate. I prayed aloud both of these God-given messages a number of times, and soon I was able to rise, return to my bed, and fall sound asleep.

Mrs. Eddy writes, “The Lord’s Prayer, understood in its spiritual sense, and given its spiritual version, can never be repeated too often for the benefit of all who, having ears, hear and understand” (*Christian Healing*, pp. 15–16). I had just read this counsel of our Leader’s the night before this incident occurred. Hearing—spiritually understanding—the Lord’s Prayer benefited me greatly in this instantaneous healing.

I thank God for this rich blessing and cannot express in words my gratitude for the Bible and *Science and Health*, which together reveal God as our Father-Mother and all of us as His beloved children. As *Science and Health* says, “So far as the scientific statement as to man is understood, it can be proved and will bring to light the true reflection of God—the real man, or the *new man* (as St. Paul has it)” (p. 300).

Brett Schaberg

Glendale, California, US

Generations of Christian Science healing

Bonny Laver

My grandmother was introduced to Christian Science when she needed healing of a hernia. She was healed as she read *Science and Health with Key to the Scriptures* by Mary Baker Eddy. Her understanding of Christian Science and of her unbroken relationship to God grew, and she relied on Christian Science for many decades.

As a young girl, my mother was enrolled in Christian Science Sunday School and later became a dedicated student of Christian Science. She had many healings through applying the spiritual truths taught by Christ Jesus and elucidated in Christian Science. My dad also attended Christian Science Sunday School during his formative years, learning how to put into practice what we learn in the Bible and the Christian Science textbook.

As Mrs. Eddy says in *Science and Health*, “The entire education of children should be such as to form habits of obedience to the moral and spiritual law, with which the child can meet and master the belief in so-called physical laws, a belief which breeds disease” (p. 62). *Science and Health* also says: “Parents should teach their children at the earliest possible period the truths of health and holiness. . . .

“Jesus loved little children because of their freedom from wrong and their receptiveness of right” (p. 236).

I’m grateful to have been brought up in a Christian Science household, where I saw the truth of its teachings in action and experienced the healing efficacy of Christian Science treatment. I’ve had many healings and proofs of God’s care. For instance, as a youngster, I was healed of warts on my hands through the prayers of a Christian Science practitioner. He asked me to pray with this passage: “Jesus beheld in Science the perfect man, who appeared to him where sinning mortal man appears to mortals. In this perfect man the Saviour saw God’s own likeness, and this correct view of man healed the sick” (*Science and Health*, pp. 476–477).

When my sister and I were in elementary school, we were both diagnosed with whooping cough and had to stay home from school. Each day, we read a section or two of the weekly Bible Lesson from the *Christian Science Quarterly* together, discussing our ever-present perfection as God’s children. We also read the biography *A Child’s Life of Mary Baker Eddy* by Ella H. Hay.

It was wintertime, and we had just received roller skates for Christmas, and I remember spending much of our time in the basement of our house, going round and round on the concrete floor. We were able to do this because we didn’t feel sick during this time. It was as

though the malady never actually touched us. We were able to eat and sleep normally and enjoy the happy activity of skating. Within a short time, we were healed and back at school.

Fast-forward a couple of decades, and one of my sons arrived home from school showing symptoms of chickenpox. I contacted a Christian Science practitioner to ask for Christian Science treatment. I was grateful that right then and there, we could turn assuredly to this Science and know that this child had never been separated from his Father-Mother God or lost his perfection as God's, Spirit's, creation.

The next morning, our other son had the same symptoms, so my husband and I and the practitioner redoubled our prayerful efforts. It was a long weekend, which gave us a wonderful opportunity to persistently affirm the uninterrupted health and wholeness of both boys and bear witness to the power of this statement: "Truth handles the most malignant contagion with perfect assurance" (*Science and Health*, p. 176). By the end of the weekend, the children were symptom-free and able to return to school.

I am grateful to be a student of Christian Science and to fully trust God's omnipotent care.

Bonny Laver

Mesa, Arizona, US

Cat healed of medically diagnosed condition

Virginia McNamee Pendleton

Our family is grateful for a quick and convincing healing early last year of our cat, Comet. We adopted him eight years ago when he was about two. One evening, we noticed several large drops of blood on the floor and realized it was coming from our sweet kitty. We also noticed that Comet stayed in his bed and was

not his usual playful self. We cleaned the floor and began praying for him.

Something I've turned to many times with success when praying for animals is this statement on page 514 of *Science and Health with Key to the Scriptures* by Mary Baker Eddy: "All of God's creatures, moving in the harmony of Science, are harmless, useful, indestructible." I read it aloud to our cat and knew he was listening.

My husband and I continued praying as we headed to bed. But the next morning the signs of the problem were worse, and, alarmed, we took Comet to a local veterinarian. The vet diagnosed the condition as a urinary tract infection and possible gallstones. She prescribed two different initial medications and wanted to perform a medical test the next day in order to prescribe a third medication.

A few hours after we returned home with Comet, my husband had to fly out of state for a business trip. After initially feeling apprehensive that all the care was to fall on me, I rejected that thought as erroneous—because I knew God creates and cares for the health and well-being of all His creatures, including Comet, and that God would guide me to know how to care for him.

When the time came to give our cat the first two medicines, it felt like I was at a crossroads. I could either follow the prescription, or I could rely wholly and completely on prayer for healing. I recalled the testimony of my great-grandfather William E. Schoolfield published in the April 28, 1945, issue of the *Christian Science Sentinel*, in which he stated: "I was now faced with the great decision which comes to everyone sooner or later, namely, 'Shall I trust God or medicine?' Divine Love was present and guided me to trust God. Within a very few minutes the healing came; all pain left, and it has never returned."

I prayed to know which path to take. Straightaway, the thought came very clearly to trust God wholly. I listened and felt at peace. Before I retired to bed, it came to me to look up healings of pets on the Christian Science website JSH-Online.com.

I found a testimony titled “Divine Love heals pet” by Tonia Benoist with contributions from Lindsay Bryan, published in the February 10, 2025, issue of the Sentinel. The cat in the testimony was healed through prayer of what seemed to be a similar condition, and it had been confirmed by a vet.

Other inspirational points in the testimony included the author’s statements: “I recognized that the cat, as a creation of God, included purity and innocence. It became clearer to me that the purpose of animals is to express the qualities of divine Love, such as joy, vitality, harmony, wholeness, and perfection.” I loved the idea that our cat’s God-created purpose was to express qualities of vibrant life and health, not debilitating disease.

While cherishing that idea, I went to bed feeling peaceful. In the morning, Comet had perked up to his usual active, sociable, playful self. There was no more sign of the condition, thus, no need for a medical test or the prescription of a third medication. This healing occurred about a year ago now, and the problem has not recurred.

Virginia McNamee Pendleton

Tulsa, Oklahoma, US

Letters & Conversations

Rosie Lloyd-Mckinlay, Jill Lilford, Patricio Ricardo Kelly, Judith Cordray

> **Russ Gerber, “Is it more important to be right or to do right?” March 23, 2026**

I love the reminder to “seek holy thoughts” (Mary Baker Eddy, *Poems*, p. 6), and that we can change our course when needed. As we listen for God’s direction, we

can expect an inspiring response. This article is very relevant.

Rosie Lloyd-Mckinlay, *Selby, Victoria, Australia*

To forgive a loved one is easy, but to forget an aggression seems harder. This article makes me realize that I need always to love. Then there is no need to forget, but just to remember that we are all God’s children and can only love.

Jill Lilford, *George East, Western Cape, South Africa*

> **Joe Gariano, “Sturdier investing—in financial endeavors, and in life,” March 16, 2026**

This is a valuable article, and contains well-thought ideas.

Patricio Ricardo Kelly, *Málaga, Andalusia, Spain*

> **Tony Lobl, “Ours today: ‘Plenty of employment,’ ” February 16, 2026**

Thank you for this powerful editorial regarding our true employment. This spiritual work goes out and blesses the world!

Judith Cordray, *Reno, Nevada, US*

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