



# CHRISTIAN SCIENCE Sentinel

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

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# When the World Cup comes to town

*Tony Lobl*

As **spring transitions** into summer in North America, the 2026 World Cup will be contested in Canada, Mexico, and the United States. In the cities hosting this globally anticipated football (soccer) event, there are Christian Science Reading Rooms and churches ready to welcome the worldwide array of visiting fans.

That includes The First Church of Christ, Scientist, in Boston, where we're geared up to greet these visitors with open arms and loving hearts. We're also embracing this event with heartfelt prayer that quietly acknowledges that God's attributes—from love to authority, from kindness to firmness—are already present and all-powerful, wherever needed, to bring out the best in any occasion.

Looking for the expression of these attributes in the people and activity around us can make a difference over the coming weeks, both for fans and for those who are either excited or reluctant to be hosting them.

## A fan's prayer

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Prayer and sports can be a tricky combination. Those of us cheering for a particular team might be tempted to pray for victory. But would God, universal Love, ever favor one person or group over another, just because of the fervency of our prayer? Love cannot do that, and doesn't need to. All of God's good is freely given to everyone, always.

But prayer does help us bring out that good in our lives. Prayer opens our hearts to the myriad qualities we each inherently reflect as sons and daughters of God, Spirit, created in God's image—qualities such as humility, fidelity, forgiveness, and love. Any of us can pray to better express such qualities, so that we are the best we can be in our work and family life and in contributing to the wider community.

When we yield to God's direction as to how to do this in any right endeavor, we glorify God by becoming more

of a transparency for Spirit's nature, for all to see. And we feel the uplift that being this clearer transparency brings to our activities in more inspired decision-making and better behavior, whether we are beavering away at the office or watching sports stars performing on the world stage. And we can know that what we hear and heed in prayer as spiritually true doesn't just apply to us. What's spiritually true for one is spiritually true for all.

In particular, when watching sports, as we listen for Christ—the true idea of what God is and creates—we discern that the qualities all reflect as God's wholly spiritual image include stamina, resilience, discipline, courage, precision, and so on. And we can expect these qualities to find expression in both individual flair and the unselfish love that lets go of self-centeredness to serve a greater whole. So, even as we are audibly rooting for our team, we can bring a healing thought to every match, mentally cheering the truth of everyone's spiritual identity and God-given talents, just as it's natural to do in all our activities.

## Hosting prayer

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In welcoming visiting fans and players, our recognition of God's qualities contributes to the unity and safety of this global occasion. Prayer in Christian Science starts by recognizing the reality of God as ever present, all-powerful, and all-knowing. That's what Jesus' healings proved. He knew that the harmony God's omnipresence, omnipotence, and omniscience creates and maintains is the only reality, and he demonstrated this by healing others.

As hosts, we too can bear witness to the reality of spiritual harmony and its source, the divine Mind. In every event, whether local or global, we can look to this infinite Mind, God, to provide the ideas, insights, and intuitions that refute the existence of "error"—the invalid belief in a presence, power, or knowledge apart from God's—that would claim to disrupt our consciousness and experience of harmony. We can look to Love to bring to light the underlying spiritual bond that binds all God's children—each one equally cherished—in unity. We can look to divine Principle to assert order, secure safety, and empower those

charged with these responsibilities to be rightly guided in fulfilling their roles.

Every recognition that Spirit's harmony is the reality will bring better outcomes for everyone, from the heartiest fans of "the beautiful game" to those most wary of opening their city to spectators. *Science and Health with Key to the Scriptures* by Mary Baker Eddy says, "In the scientific relation of God to man, we find that whatever blesses one blesses all, as Jesus showed with the loaves and the fishes,—Spirit, not matter, being the source of supply" (p. 206). We can look to see this all-embracing spiritual blessedness proved where the matches are played and for the billions watching around the world.

## Victories we can all celebrate

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Ultimately, just one national team will lift this year's World Cup trophy, and, like you—if you're a soccer fan—I'm hoping, but not praying, that my team wins. (Go, England!)

But there will be victories along the way we can all cheer, if we are seeking to see God's qualities expressed: sportsmanship winning out over gamesmanship on the pitch; good manners winning out over rowdy behavior off the pitch; fans seeing beyond rivalry to appreciate excellence in the opposing team.

Whether or not we're football fans, we can rejoice in the world coming together to laud the timeless spiritual attributes that will make up the best of this year's World Cup tournament.

**Tony Lobl, Deputy Editor**

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## Where do we really live?

Christian Science shows us that we can't get outside of God's infinite realm.

*Alison J. Hughes*

There's an app you can get on your smartphone called What3words. It divides the earth's surface into small squares, each having a unique address that consists of three words. It's designed to pinpoint your location within ten feet (three meters), even in open spaces, such as parks or mountains.

Although the words for every square on the globe are already assigned by the app, it got me thinking about what three words I'd use to sum up where so many people live today. Is it a place of "chaos and confusion," of "discord and violence"? It certainly appears that way from events and rhetoric filling the media and from the political divisiveness and wars happening in many parts of the globe.

But Christian Science teaches that we can look beneath the surface appearance of things, as Christ Jesus did, to find the deeper, God-established facts. Jesus often used a three-word term to indicate where we all live right now: the "kingdom of heaven" or "kingdom of God."

What do we know about this kingdom? Jesus told his followers and others, "The kingdom of heaven is at hand" (Matthew 4:17) and "The kingdom of God is within you" (Luke 17:21). He also promised, "Fear not, little flock; for it is your Father's good pleasure to give you the kingdom" (Luke 12:32).

Mary Baker Eddy thought deeply about this spiritual realm. In the Glossary of her main work, *Science and Health with Key to the Scriptures*, she defines *Kingdom of Heaven* as "the reign of harmony in divine Science; the realm of unerring, eternal, and omnipotent Mind; the atmosphere of Spirit, where Soul is supreme" (p. 590). The Glossary's definition of *heaven* includes "harmony; the reign of Spirit; government by divine Principle" (p. 587).

This makes it clear that to find true harmony and peace, we need to understand God's absolute government

of His creation. And the names for God used in those definitions—Mind, Spirit, Soul, Principle—help us do that because they indicate that God’s nature is expressed as integrity, precision, wisdom, wholeness, and so on.

Living with this understanding of God’s harmonious government and allowing it to reign in our thoughts, we naturally come to see and acknowledge the presence of God, good, in our experience. We can be sure that whenever we recognize and express God-derived qualities such as kindness, honesty, and joy in our day, right there the kingdom of heaven is being manifested “at hand.” So wherever you go, you have this kingdom “within you”!

OK, but what do we do about the evil we see going on in the world, such as famine and violence? How does that square with living in the kingdom of heaven?

Christian Science shows us that God, who is divine Love, doesn’t play favorites. No one is excluded from His care. In our prayers for the world, we can look beyond what’s going on in the human scene and affirm that each individual expression of infinite Spirit is cherished by God and that this never changes.

In a letter to early Christians, Paul lists various evils, including violence, that can make us think we’re alone and vulnerable. But his reassuring message is that no matter what we’re facing, none of these things can ever “separate us from the love of God” (see Romans 8:35, 37–39).

And Paul wasn’t saying that glibly. The Bible tells us he was stoned, beaten, and imprisoned at various times, but proved again and again that what he’d written was the reality. He’d found that consciousness of divinely bestowed harmony that is the kingdom of heaven, bringing not only comfort but rescue. And that can be the basis of our prayers for the world today.

When we find ourselves distressed about local or world situations or events, our concerns and fears stem from the misconception that what we perceive with the physical senses is what actually *is*. But Jesus urges us to consider God’s perspective. God made all that truly exists, and He defines the nature of what He creates.

Right where we see a material world in turmoil, God’s kingdom is expressing the divine nature as spiritual and good, excluding any element of evil. As the Bible puts it, “God is light, and in him is no darkness at all” (I John 1:5).

Jesus came to show us that we can overturn the darkness, no matter how real it seems. He called evil a lie (see John 8:44) because he knew that God made only good. And a lie can’t deceive us when we know the truth. Accepting the true, spiritual view reverses fear and harm, as Paul proved. And I have experienced this as well.

One time, I was traveling at night on a train where you couldn’t walk through to the next compartment. The only other passenger in that car was a man who had boarded the train just before it left the station. He started telling me what he thought of women traveling on their own. Then he sat down by me and said he was going to assault me.

I couldn’t get away from him—but I could pray. I reached out to God to feel His presence and His reign of harmony, to see and acknowledge the kingdom of heaven at hand. I remembered those verses from Paul’s letter to the Romans and affirmed that nothing could separate me from God’s great love.

The big “aha” moment was when I realized that not only was I inseparable from divine Love, but so was that man. I didn’t answer him but just kept praying with this new inspiration that he couldn’t be separated from the integrity and purity of God. As my fear drained away, the man suddenly stopped talking and moved back to another seat. He was responding to the real, God-given love and integrity that I was affirming. At the next station, a group of people got into the train car, and the rest of my journey was undisturbed.

What happened? I’d realized that it wasn’t about trying to change a bad situation to a good one. Rather, I saw that God was already present and governing both of us. We both bore witness to the spiritual fact that the kingdom of heaven—God’s own view of His all-good creation—is at hand.

Christian Science shows us that we can't get outside of God's infinite realm. So no matter where we find ourselves, we can pivot from the false perception that evil is there to the reality that God, good, is the only presence and power. As we do this, we can pinpoint our real location more accurately than any three words in an app! We are forever in the kingdom of heaven.

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## A true view of Ego brings healing

God never mandated sickness for His image and likeness.

*Reece Schaberg*

**Who has an ego problem?** This question came to mind some months ago. It was a time of year when the suggestion that seasonal symptoms of sickness are valid and inevitable can seem particularly strong, causing us to accept the possibility that we can experience anything other than perfect health and perfect harmony with our Father-Mother, God, good.

In praying about this, I knew that Truth, God, was on my side. As a student of Christian Science, I knew so well man's exemption from such claims. God had never mandated sickness for His image and likeness, and I could not be fooled into feeling the effects of what was simply an unreal suggestion coming to thought.

This confidence in the ever-presence of God, Love, has been a sure foundation for me through many years. The Bible, as our "chart of life" (Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 24), has plenty to say on the subject. For instance, after an experience proving to him the absolute might of the one God, Babylonian king Nebuchadnezzar declared, "How great are his signs! and how mighty are his wonders! his kingdom is an everlasting kingdom, and his dominion is from generation to generation" (Daniel

4:3). That same recognition brings comfort, joy, health, and harmony today, just as it did in ancient times.

Then why was I feeling a subtle suggestion of symptoms that I had not experienced in many years? Hadn't I been praying for myself daily and studying the inspiring truths in the weekly Bible Lessons from the *Christian Science Quarterly*? Perhaps there was some new concept that I needed to grasp.

It was about this time that I was reminded of some words about ego in *Science and Health*. Mrs. Eddy speaks about ego several times in her writings, and with the example that follows, I was in for a great lesson. Speaking of God as Soul and Mind, she writes: "Man is the reflection of Soul. He is the direct opposite of material sensation, and there is but one Ego. We run into error when we divide Soul into souls, multiply Mind into minds and suppose error to be mind, then mind to be in matter and matter to be a lawgiver, unintelligence to act like intelligence, and mortality to be the matrix of immortality" (pp. 249–250).

Here was my turning point! While I had gladly been declaring *my* freedom as a child of God, I had failed to wrap all of humanity in the same healing Love by seeing them embraced in the same atmosphere of Soul. I had to guard against any belief, however small, proposing that an ego of my own was welcome to know health but that others might still suffer. Didn't Christ Jesus show us that there was one universal source of good when he said to a young man, "Why callest thou me good? there is none good but one, that is, God" (Matthew 19:17)? His was a full understanding that *all* are complete and perfect individual expressions of the one Ego, God, not that goodness was only for him or a select few.

This unfoldment of Truth invigorated my study and freed me from the symptoms I'd been experiencing. Correction of my thought to the understanding that the blessings from the one Ego are not an exclusive gift but are freely given to all humanity ensured my own continued expression of life and health, and I was healed.

There can be no “ego problem” or conflicting egos when we remember that in Truth, there is only one God, one Ego.

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## A World Cup welcome

*Leide Lessa*

“Our church is built on the divine Principle, Love,” Mary Baker Eddy, Founder of The Church of Christ, Scientist, explains in *Science and Health with Key to the Scriptures* (p. 35). As I was thinking about the many avenues we have in our churches for demonstrating God’s love for all mankind, one example came to mind.

Every four years, soccer fans around the world look forward with great anticipation to the FIFA World Cup soccer tournament, the most-watched sporting event globally. This summer, the tournament will be held in stadiums across the United States, Mexico, and Canada.

In 2014, this massive event was hosted by Brazil. Christian Scientists around Brazil, including members of First Church of Christ, Scientist, Rio de Janeiro, saw it as a great opportunity to pray in support of the tournament and consider how their churches and Christian Science Reading Rooms could best welcome the thousands of visitors who would be coming. First Church, Rio, also wanted to support the many police officers who would be deployed by the federal government to ensure the community’s safety during these events.

The Rio church members had done this before for the 2007 Pan American Games. But the World Cup was a much bigger event, and soccer is the most popular sport in Brazil. The initial expectation was for about six hundred thousand visitors, but around one million visitors ended up attending the games in several cities across the country over a period of about four weeks. Seven of the games, including the final, were scheduled to be played in Rio, in Maracanã, the largest stadium in Brazil, which is just half a block from the church. I

myself had been living and working outside my native country for several years, but what a great experience it was for me to return to Brazil for the final game and closing ceremony.

On game days, the streets around the stadium were closed, and only law enforcement and those with tickets or who lived and worked there were allowed to circulate in the area. The church members decided to offer the church to the police officers as a place to rest, use the restrooms, have food and other refreshments (donated by volunteers), and even watch the games during their breaks—and, of course, to learn something about Christian Science, if they wished.

Christian Science literature was available in the church’s Reading Room, which was moved from the back to the front part of the church for this event. Literature included the “dual and impersonal pastor, the Bible, and ‘Science and Health with Key to the Scriptures’” (Mary Baker Eddy, *Miscellaneous Writings 1883–1896*, p. 322) of the Church of Christ, Scientist—the two books central to our faith—as well as copies of *The Herald of Christian Science* in Portuguese. These were available for people to read or take with them. One officer liked what he was reading in *Science and Health* so much that he squeezed the book inside the back of his bulletproof vest and said, “That is my real protection.”

The final game and ceremony were scheduled for a Sunday, so the church members made an exception that week and held their Sunday service on Saturday. The next morning, the streets around the stadium were closed to traffic for the big day. But those of us volunteering were able to open the church to the officers patrolling the area, who had to work many hours and had no other place to rest. Some of them came from far away and from humble families. The officers I spoke with had never heard of Christian Science and had good questions about it.

An interaction I had with a female officer comes to mind. When I saw her in the church, she was suffering, her body bent over in pain because of menstrual cramps. I immediately felt the need to mentally embrace her in God’s love and to show appreciation for her work in protecting the community.

She asked me if I or the church had any aspirin. I explained to her why we didn't—that the members of our church practice spiritual healing, without the aid of drugs, and that I had been healed for good of menstrual cramps when I understood that God is not just a loving God but Love itself. I assured her that healing was possible for her as well. As God is our Father-Mother, we are Her children. As a Mother, God never stops loving and protecting us. Each month, women are reminded that we express the motherhood of God in qualities such as tenderness and strength, and we cannot be punished for that. It's a privilege to express these spiritual qualities and, therefore, unnatural to suffer for them.

The officer and I talked for a few more minutes about the love God had for her. Then I asked her if we could pray silently for a few moments. She could pray in whatever way she felt inspired to. When I finished, I said, "Amen," and invited her to rest and continue thinking more about our conversation. She gave me a beautiful smile and said she was already feeling much better. She rested a little bit more and thanked me. She seemed to be feeling her normal self later on when she went back to her duties.

That Sunday was, for me, unforgettable.

During the many soccer matches in Rio, the church members had many interesting and fruitful exchanges with the public. Each one was unique. Afterward, the church received thank-you letters from some of the officers and even their parents.

The way the church in Rio responded, opening its doors to law enforcement officers, embracing all in the light of divine Truth and Love—and healing—illustrates to me what Mrs. Eddy envisioned for her Church: a Church that proves its utility by meeting the needs of its community and healing unconditionally all who come to it. Everyone is deserving of God's healing love and care.

**Leide Lessa**

*Weston, Florida, US*

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## Nehemiah's triumph

**Trusted servant** of a Persian monarch, Nehemiah may have seemed an unlikely choice to galvanize a demoralized people into rebuilding the ruined wall of their capital city. Having heard about Jerusalem's devastation, this Hebrew man cherished a vision of restoration and renewal. His staunch commitment to the one God impelled him to undertake a task that could have seemed impossible (see Nehemiah 1–6).

Throughout his quest, Nehemiah relied on prayer to God for direction. Secretly surveying the damage before openly charging the people to begin rebuilding, Nehemiah was unfailingly guided by divine wisdom. This wisdom was perhaps clearest in the face of determined enemy opposition. Agents from three nations virtually surrounded the site, using mockery, intimidation, and deception to try to stop the work. Nehemiah exposed their stratagems and firmly denied these foes any civil, legal, or religious rights in the city.

Persistently calling on God and encouraging the workers, Nehemiah saw the entire project completed in 52 days. As for his adversaries, the account declares, "When all our enemies heard thereof, . . . they were much cast down in their own eyes: for they perceived that this work was wrought of our God."

Christian pioneer Mary Baker Eddy offers this spiritual guidance for defeating evil: "At all times and under all circumstances, overcome evil with good. . . . Clad in the panoply of Love, human hatred cannot reach you. The cement of a higher humanity will unite all interests in the one divinity" (*Science and Health with Key to the Scriptures*, p. 571).

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For more on this topic, see “Evil: ‘No portion, nor right, nor memorial’” by Carolyn E. Holte.

for distribution, is available at [christianscience.com/brochure](http://christianscience.com/brochure).

We look forward to joining with you in sharing the healing message of this brochure with newcomers and interested seekers.

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## Weekly updates: June 8 & 15, 2026

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### New “Sports and prayer” Digital Collection

Prompted by this summer’s FIFA World Cup, a new collection of articles related to sports has been posted on JSH-Online.com. The “Sports and Prayer” digital collection explores how Christian Science can be applied to various aspects of athletics—such as performance, talent, sportsmanship, and competition—and includes a host of inspiring healings of sports injuries. Explore the collection and study the metaphysical ideas at [jsh.christianscience.com/collections](http://jsh.christianscience.com/collections) and share them with your teammates and fellow church members.

#### IN CASE YOU MISSED IT

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### New “What is Christian Science?” brochure available

We are pleased to announce the release of a new “What is Christian Science?” brochure. With an updated text, a refreshed design, and a new QR code linked to [christianscience.com](http://christianscience.com), this new brochure expresses the timeless healing message of Christian Science in a way that speaks to hearts hungering for a higher understanding of God and man.

The new brochure is available in English, French, German, Portuguese, and Spanish. Branch churches can now order printed copies of this brochure through the online store or by calling 800-877-8400 (Canada/US) or 1-515-362-7463. A digital copy of the brochure, which Reading Rooms are free to print locally

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

Helping the public gain a clear and accurate understanding of what Christian Science is (and isn’t) is a task close to the hearts of many of us. Christianscience.com was recently updated to better respond to the questions a newcomer might have about Christian Science—and to 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).

Check out the full announcement in the Living Church section of the April 27, 2026, *Sentinel* to explore what’s new.

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## Prayer in sports: What’s it all about?

*Katherine Blair*

**This past year was** the most difficult I’ve ever experienced.

Junior year in high school is known for being exhausting, and that was definitely the case for me. But one thing that’s always lifted me out of a challenging time has been soccer. After a very rough season of cross

country in the fall, I was eager to start the spring soccer season.

Since I hadn't been playing year-round club soccer as I had in the past, I expected to be a little rusty. At first, when I made varsity again, it seemed like no time had passed. But after the first few weeks, my confidence quickly plummeted.

My coaches were constantly yelling at me, and I came back from games upset that my performance wasn't good enough. I worried that because I had sacrificed club soccer for my six Advanced Placement classes, I wasn't good enough anymore, and my starting spot on the field would be taken by someone else.

This may seem like a small thing, but it chipped away at my confidence. At that point, soccer was the one thing that had always made me happy, and the thought of it being taken away crushed me. I've learned in Christian Science Sunday School that God created us and that we express Him in everything we do. So I kept telling myself that my God-given ability could not be lost or interfered with. But I was still worried.

I also knew that I could not be penalized for leaving club soccer—a decision my family and I had prayed about and felt right about. I knew I couldn't regress, because God does not regress, and as His image and likeness (see Genesis 1:26, 27), I can only keep moving forward and getting better.

While I knew these thoughts I was praying with were true, I wasn't showing any progress on the soccer field. My fears kept overriding the good thoughts.

One day, my team and I were excited to play one of our biggest rivals, whom we had lost to the year before. Before every game, I find a quiet place and reread some articles from the Christian Science magazines that I have found helpful. I knew that I could apply the spiritual truths in these articles to my soccer performance, and they always reassured me that God was right by my side.

That day, as I opened a book containing a selection of these articles to a random page, I wanted to understand how the thoughts shared there could help me succeed

on the field, or at least help me understand why I wasn't succeeding. This statement explaining my relation to divine Love and Principle—God—stood out to me: "As the reflection of divine Love, [the real man] is eternally calm and fearless. And being the idea of immutable Principle, he is orderly and accurate, ever expressing its perfect control" (Milton Simon, "Right assimilation," *Sentinel*, June 18, 1960).

I have always wanted to have one of those moments where I feel so close to God that all my problems and worries fade away, and I experienced it that very moment. I understood that I have dominion on the field, since my abilities are not self-made but gifted by God. This thought was powerful to me because I wasn't just reading the words and trying to make them apply to me. I felt that God was speaking directly to me. I felt so peaceful, calm, and loved. Although I felt I had never heard God's voice before, I knew He was speaking to me through those words on that page. I felt His presence with me more strongly than ever. I wasn't trying to pray in order to play well during my game, either. I was praying to feel closer to God.

Usually, when I'd prayed before games, it was because I thought it would help me play better. But based on what I was experiencing in this moment, I realized that prayer was about so much more. I felt so confident that God was there and that all space was filled by Love.

Before I knew it, I was on the field ready to play. And I now played with more freedom, because feeling close to God means feeling more confident in my ability to express God's qualities, which are all good and include power, strength, tenacity, composure, and intelligence. At the 39th minute, from outside the 18-yard box I scored the most incredible goal in the top right corner of the net, breaking a tied score. We won!

From that point forward, my season only got better. I played in our undefeated season as well as the state championship game, where we were victorious. I was so grateful for the whole experience.

I've also learned two valuable lessons. First, having a perfect, trial-free life doesn't get you anywhere. We may have difficult moments, but through them all, God

is guiding and loving us, and that helps our trust in Him grow. As a result, we overcome these difficult moments.

Second, I was skeptical about whether it is possible to feel the kind of closeness to God that is truly tangible, but that feeling does exist! I may have experienced it only once so far, but it is something I will never forget. And I'm sure I will experience it again. I am so grateful for God and my ability to grow with Him as my guide, caretaker, and friend.

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## You're not the exception

*Julia Schuck*

**For a long time**, I thought the inspiring ideas I'd been hearing in Christian Science Sunday School were great, but probably didn't all apply to me.

Like, I could accept that I expressed God in some ways, but I didn't think I expressed God in other ways. For example, I'd learned from reading the Bible that we are created in God's image and that everything He made was very good. It's a nice idea—and, sure, I felt I was a good person and moderately good at using my talents. But when I looked at myself, I wasn't convinced that all of God's qualities—like beauty, grace, and radiance—were really there.

Sometimes, in Christian Science, we talk about spiritual perfection—the spiritual law that because God, Spirit, is perfect, we, as His spiritual reflection, are also perfect. I definitely didn't think this applied to me. I couldn't have felt further from perfection if I tried.

But I'm learning through my study of Christian Science that I am not the exception, because if there were exceptions to a scientific law, it wouldn't be a law.

A few years ago, I had an experience where I learned this in a way I'll never forget. It started when I realized I was shedding more hair than usual. This made me nervous because I'd already dealt with hair loss when I struggled

with an eating disorder. (You can hear that healing here, on the May 6, 2024, *Sentinel Watch* program titled “Why I left Christian Science—and why I came back.”) I felt I was rewinding to that time in my life when I'd felt terrible about myself. And I was worried that my naturally thin, fine hair would become even thinner. To put it plainly, I feared I was going to get uglier.

I decided to contact a Christian Science practitioner to pray with me, since I've had many healings in Christian Science. I knew I could speak to this practitioner without embarrassment or fear of judgment.

We talked about thinking less about the word *perfection* and focusing more on the idea that I was wholly good. I wasn't convinced that this would do anything to stop me from losing hair at a rapid rate. But I thought I could give thinking of myself as included in God's law a try. And being included in God's law meant that I must express beauty—not because I had shampoo-commercial hair, but because I reflect God, good, and that includes every good quality.

I also thought about a sentence that a friend shared with me from a book by Mary Baker Eddy called *Retrospection and Introspection*. It says, “Science is the prism of Truth, which divides its rays and brings out the hues of Deity” (p. 35). This image helped me see that God is our source, and though we each bring out the hues of loveliness in our own way, we are the complete expression of that loveliness, including every “color.”

I thought about these ideas as I washed my hair, focusing on what I was learning rather than on the fear that I would lose more clumps of hair in the shower. After I got out, I wrapped my hair in a towel and sat down, really feeling loved by God and maintained by divine Love, including every hair on my head. God couldn't be God if there could be anything wrong with His good and perfect creation. I was not left out of God's love or the completeness of what He made.

After a few minutes, when I felt totally at peace, I unwrapped my hair from the towel to find that I was, in fact, *not* bald. When I messaged the practitioner this exact thought, we laughed at the silliness of it. And we could laugh about it because I had a firmer

understanding of my relation to God as His wholly loved, completely beautiful reflection—no exceptions.

The shedding immediately slowed to a normal level and has stayed that way ever since. In fact, my hair is the healthiest and thickest it's ever been. But what I learned—that I'm not left out of good or lacking any of God's qualities—has become the most valuable part of this healing. Realizing that I wasn't the exception to God's law and that I express God as completely as everyone else has helped me in so many other areas of my life, too.

You're not the exception to God's law, either. You are, in fact, the expression of God's law—wholly good and loved.

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## The facts of light

*Kit Cornell Kurtz*

Christ Jesus told us,  
"I am the light of the world."<sup>1</sup>

Jesus dealt in facts.  
With light, all things grow  
from seed warmed in soil  
to branches  
reaching heavenward.

Life is light,  
and Christ's light  
revealed eternal life—  
God as Life,  
expressed in man.

So, *you* know,  
when Jesus said,  
"You are the light of the world,"<sup>2</sup>  
he dealt in fact.  
You are reflected power,  
Life's reflection—  
shining forth  
the grace and love

that show God's  
goodness,  
alive and blooming,  
here and now.

Let your light shine!

1 John 8:12

2 Matthew 5:14, Common English Bible

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## Under pressure? Pray!

*Sara Hoagland Hunter*

Originally published in the September 17, 2001, Sentinel

**They'd been told they** would need a miracle to win even one victory. But here were Abby and her teammates, on the last day of the select invitational soccer tournament, in double overtime against the top-seeded team.

It had all come down to a shootout. Five players from each team lined up to take their turns shooting the ball at the net. Abby waited for her turn. She would be the last girl to kick. Her other teammates were yelling and shouting at each shot and miss.

Abby realized that to be able to kick at all, she needed to quiet her thoughts. But she knew that she didn't have to leave the field or shush people before she could get quiet. She'd found out that even in the middle of all the noise and excitement, she could get quiet if she prayed.

First, she thought about a verse in a poem that always made her feel peaceful. The words are from a poem by Mary Baker Eddy called "Mother's Evening Prayer":

O gentle presence, peace and joy and power;  
O Life divine, that owns each waiting hour,  
Thou Love that guards the nestling's faltering flight!  
Keep Thou my child on upward wing tonight.

(*Christian Science Hymnal*, No. 207)

Abby was so busy praying that she didn't feel tense. Her next prayer was one of her favorites, a simple one called the "Daily Prayer": "'Thy kingdom come;' let the reign of divine Truth, Life, and Love be established in me, and rule out of me all sin; and may Thy Word enrich the affections of all mankind, and govern them!" (Mary Baker Eddy, *Manual of The Mother Church*, p. 41).

As she stepped up to kick, Abby felt calm. She kicked the ball right into the top left corner of the net. Her friends and teammates broke out into cheering and screaming. They raced onto the field, shouting and hugging each other. It wasn't until then that she realized she'd broken a tie to win the game. Abby said later she never thought about the whole game depending on her kick. She was just praying to reflect God.

Later the same week Abby prayed in this new way that she had learned at the game to help her study for final exams. Each time she started feeling afraid or overwhelmed, she thought about what had happened on the soccer field. There, when she'd been under a lot of pressure, she'd quieted her thoughts by praying. She could do the same thing when she had to take a grammar or math exam. And she did!

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## Persistent prayer dissolves lump

*Tamie Kanata*

**They say, "When it rains, it pours."** This is how I felt a decade ago when a painful, hard lump appeared on my neck during a period of major upheaval in my life. Around the same time, the job I had landed only a few months earlier was terminated, and I had to move out of my apartment. A few years before that I had moved from one state to another in the United States, and it had required a lot of adjustments on my part.

When the lump first appeared, I thought it would soon go away. However, it didn't recede or disappear but grew to the point where I could no longer turn my neck or lie on my back in bed. I wondered what was happening, and many times, I was in tears.

At the time, I was struggling to gain a clear sense of my individuality because of the many changes in my life. In the midst of losing a job and my apartment and dealing with this health challenge, I felt I was losing a part of my free, joyous nature. Over the following months, I called on different Christian Science practitioners for treatment. I was grateful for their prayers, which helped bring forward the eventual healing.

I was on my mental knees, praying. I'd had many healings since being introduced to Christian Science at a Christian Science lecture years ago while a graduate student in the US. I knew that a better understanding of God and my relation to Him would reveal my health as intact and unailing and restore my natural joy. The desire to understand God and who I am as His child was so strong, and that desire anchored and sustained me during those difficult days.

I often turned to the Bible, where I found comfort in Psalm 46, which says: "God is our refuge and strength, a very present help in trouble. Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea . . . There is a river, the streams whereof shall make glad the city of God, the holy place of the tabernacles of the most High. God is in the midst of her; she shall not be moved: God shall help her, and that right early" (verses 1, 2, 4, 5). Through prayer, I came to understand that the kingdom of God is indeed within me and that my God-given health, joy, purity, and innocence are forever intact and cannot be taken from me.

I also found helpful an article on JSH-Online.com titled "Organic disease healed by Mind" (Rev. G. A. Kratzer, *Sentinel*, March 27, 1909). It expands on the non-intelligence of matter by pointing out that "it cannot rearrange itself, whether in masses or in molecular relations. It cannot carry out any program." The author goes on to reference the mental nature of disease, writing that "if erroneous mentality or false sense

rearranges, in belief, the particles of so-called matter in the human body, so as to produce a change of structure known as an abnormal growth or a disease, then the application of true mentality, the right idea, or the truth” should be able to heal it.

The specificity of the metaphysical ideas in the article was so reassuring. They spoke to me about divine Truth in such concrete terms and with so much authority.

However, my physical condition was not improving. One morning, when I did not feel I could go on any longer in this condition, I called another Christian Science practitioner and asked for treatment. We talked only briefly, but later that same day, the lump started draining. Since the area needed bandaging, I asked a Christian Science nurse, a friend of mine, to come to my home and apply a bandage. I was so grateful for her gentleness, her willingness to help, and her clear metaphysical thought, which helped support the healing.

This all began in September, and that December, when I returned to my home country for a visit, my family and friends did not notice anything. My neck was back to normal. The healing was complete and has been permanent. Today, there is no scar or mark—only smooth, fresh skin.

What I learned can be summed up by the following statement by Mary Baker Eddy, the Discoverer of Christian Science, which uses Life and Spirit as synonyms for God: “Life is inorganic, infinite Spirit; if Life, or Spirit, were organic, disorganization would destroy Spirit and annihilate man” (*Miscellaneous Writings 1883–1896*, p. 56). This helps me understand that Life is spiritual, incorporeal, and eternal—not structural or organized matter. All true being is in God, Spirit, Life, and therefore cannot be harmed, modified, or distorted.

These truths have strengthened my study and practice of Christian Science and lifted my understanding of God and His creation into a whole new realm of liberty, where I am able to demonstrate my God-given joy and harmony.

**Tamie Kanata**

*Tokyo, Japan*

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## A return of strength

*Dan Ziskind*

**Last year, I had** a surprise turnaround of something I hadn’t considered a problem. For several years, when brushing my teeth, I’d sit in a chair in front of the sink instead of standing. I began doing this when standing seemed to take more effort than before, and I thought, “Why stand when I can sit?”

But one day, as I was getting ready to brush my teeth, I felt no need to sit down. I realized that my normal strength had returned, and I thought, “Why sit when I can stand?”

I attribute this improvement to two activities I’d been doing over the previous six months. One was to listen to an audio recording of pages 244–249 of *Science and Health with Key to the Scriptures* by Mary Baker Eddy. These pages are in the chapter “Footsteps of Truth” and address “the error of thinking that we are growing old” (p. 245).

A couple of statements from these pages were especially helpful: “. . . decrepitude is not according to law, nor is it a necessity of nature, but an illusion” (p. 245), and “Except for the error of measuring and limiting all that is good and beautiful, man would enjoy more than threescore years and ten and still maintain his vigor, freshness, and promise” (p. 246).

I had also been studying and praying with citations from the Bible that talk about strength, such as “Be strong and of a good courage, fear not . . . for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee” (Deuteronomy 31:6).

In particular, I was inspired by the account of Peter healing a lame man lying by the Temple and asking for alms. It says that Peter “took him by the right hand,

and lifted him up: and immediately his feet and ankle bones received strength” (Acts 3:7). I also took to heart this statement in the book of Revelation: “I heard a loud voice saying in heaven, Now is come salvation, and strength, and the kingdom of our God, and the power of his Christ” (12:10). Finally, I found this promise in *Science and Health* encouraging: “. . . one cannot suffer as the result of any labor of love, but grows stronger because of it” (p. 387).

Because God is the source of all good, I knew that He is always giving me the strength I need and that I am receptive to it. I reasoned that, as the image and likeness of God (see Genesis 1), I am fully capable and that every good deed I do contributes to my reservoir of strength.

I am very grateful for this welcome return of strength resulting from my regular study and practice of Christian Science. It reinforces my understanding that staying close to God brings spiritual growth and blessings.

**Dan Ziskind**

*Ballwin, Missouri, US*

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## Wounded hand quickly healed

*Orlirio Perez Rojas*

Originally published in Spanish

In First John 4:16 we read, “And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him.” In addition to these ideas, an example from the Gospel of John has also inspired me to tell about a healing experience I had. In John 9, Jesus and his disciples encountered a man blind from birth, and the disciples asked the Master who had sinned—the blind man or his parents. Jesus replied, “Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him.” To me, this says that we can

see everything that happens to us as an opportunity to express God’s glory and witness His power.

I thank God for the teachings of Christian Science. Without them, the experience I am about to relate would have been very different.

I live in Matanzas, Cuba, and I go into town every day to see if the ration of bread that the government gives us is available. On one such trip I saw a broken toilet bowl along the wayside. I noticed it contained water, a potential breeding ground for mosquitoes. I got off my bike and picked up the bowl to smash it, but immediately felt a very sharp pain in my left hand. When I looked at my hand, I saw a deep cut.

I quickly grabbed a leaf and placed it over the wound to staunch the bleeding. I continued on to the store, and, when I put the leaf to the side to take out my documents and my money, the blood began to flow copiously. In that moment, I grabbed the leaf again and placed it over the wound, and the bleeding stopped. Some caring friends who witnessed this advised me to have medical treatment. But thanks to God, and to what I had learned and understood of Christian Science, the only thing within my consciousness was what spiritual sense was affirming—the eternal reality of Mind, God. I started to see myself as an expression of God, reflecting perfection and harmony.

I continued to do the work I had planned for that day. That evening, I noticed that there was a wound that was a bit red and inflamed. I washed it with soap and prayed again, affirming only spiritual truths in consciousness.

The next morning there was no inflammation, no redness, and no pain. Then it occurred to me that if it hadn’t been for knowing my spiritual identity in Christian Science, I would most likely have gone to the medical clinic to have the wound stitched, where they might have prescribed anti-inflammatories and antibiotics, and it would have taken days for the wound to heal.

My thoughts had been focused on one single idea—seeing myself spiritually, without any trace of a wound—and within just a few hours only a small line remained on my hand. This experience was, once again,

another opportunity to practice Christian Science, discovered and founded by our Leader, Mary Baker Eddy, and to give thanks to God.

**Orlirio Perez Rojas**

*Marti, Matanzas, Cuba*

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## Torn ligament healed

*José Mario Fariña*

Originally published in the November 4, 2024, Sentinel

**When I was younger**, I played many sports, including professional soccer in the major leagues in my country. One day in a training session that was attended by the most famous soccer team in Argentina, a team I had the possibility of being recruited by, I suffered a leg injury. The doctors diagnosed it as a torn ligament, and it prevented me from playing sports and walking easily.

The kinesiologist who treated me told me that I would need to have surgery if I wanted to continue playing, but I refused the operation. I felt disillusioned by the medical field because I was told that my recovery following the operation would take a long time. The possibility of playing again seemed distant. I had to give up soccer, and I continued to have trouble walking for some time.

Later, I became acquainted with Christian Science and began attending services at a branch Church of Christ, Scientist, and visiting different Christian Science Reading Rooms in the area. It was in a Reading Room that I first found the magazine *The Herald of Christian Science* and read about someone who had experienced a similar injury and been restored through prayer. I also began reading the Bible and the Christian Science textbook, *Science and Health with Key to the Scriptures* by Mary Baker Eddy, the Discoverer of Christian Science. I would read for hours in the Reading Room, and I always felt better.

Some of the ideas I prayed with during this time remain engraved in my heart. One was from *Science and Health* and was also displayed on a wall in the church auditorium: “Divine Love always has met and always will meet every human need” (p. 494). This was very meaningful to me. When I read it, I knew that God, divine Love, was hearing me. I understood that I wasn’t alone and that I would be able to overcome the physical challenge. This gave me an unbroken faith.

Another helpful idea was this one from the Bible: “There is no fear in love; but perfect love casteth out fear” (I John 4:18). This was very helpful because I was feeling fearful—of not being able to walk normally again, of the possibility of needing surgery to recover, and so on. But Love destroyed those fears.

Within a short time, I was able to walk without difficulty and even run! And I returned to playing soccer. I was so happy and grateful, and I give a lot of credit to the Christian Science Reading Room. It was the place where I found inspiration and healing.

Christian Science gave me the spiritual understanding of God as Love, the one governing, infinite Mind of all, and this resulted not only in physical healing but in greater harmony in my relationships, both at home and at my job.

**José Mario Fariña**

*Buenos Aires, Argentina*

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## Letters & Conversations

*Kathi Riley, Kurt Arentsen, Lois Nobles*

## > Jeff Patzlaff, “His arm encircles me, and mine, and all,” May 18, 2026

In dealing with a family problem, I had been praying most of the weekend and the following morning. As I was eating my lunch and scanning emails, I saw one from JSH-Online.com. I opened it, saw this article, and knew immediately that God was sending me the comfort I needed and that there was no need to be upset. God was helping me see that we would get through this and that I need have no fear. I am so very grateful for Mary Baker Eddy’s discovery of Christian Science and for knowing how to listen for the “still small voice” of God (I Kings 19:12) for help and comfort. Thanks so much for this article.

**Kathi Riley**, *Sacramento, California, US*

What a powerfully moving and enlightening article. To find the spiritual truth in such a setting is absolute divine inspiration.

**Kurt Arentsen**, *Stevens Point, Wisconsin, US*

## > Fenna Corry, “Can you pass this road test?” April 27, 2026

What a wonderful analogy! The questions and answers are so relevant to our study and practice of Christian Science. All can consider these points, with better study and practice—and driving—as a result. I loved this article.

**Lois Nobles**, *Medford, Oregon, US*

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EDITORIAL & WEB SUPPORT: KRISTA KLAVA

DESIGN: AARON CRANFORD

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CONTACT US

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### ARTICLE & TESTIMONY SUBMISSIONS:

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210 MASSACHUSETTS AVE. P03-10  
BOSTON, MA 02115 USA

LETTERS TO THE EDITOR: SENTINEL@CSPS.COM

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## CONTACT US

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