



# The CHRISTIAN SCIENCE JOURNAL

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

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*By Lisa Rennie Sytsma*

# Welcome - April 2026

By Lisa Rennie Sytsma,

Dear Friend,

No time is a bad time to deepen our hope and faith in our loving Father-Mother, God. But the Easter season in particular invites us to remember the tremendous good that came out of the world's attempt to bury Jesus and his message. Right when it appeared that evil had succeeded in overcoming all of the good he had taught and demonstrated, Jesus emerged victorious over death itself. Christ, the true idea of God, Life, had proven once and for all that good is ultimately, always, the victor over evil.

Mary Baker Eddy, the Founder of Christian Science, wrote, "[Jesus'] three days' work in the sepulchre set the seal of eternity on time" (*Science and Health with Key to the Scriptures*, p. 44). His resurrection assures us that God's promise of salvation is real and present. Jesus is our Way-shower. The feature article in this issue discusses the importance of understanding this and allowing his teachings, as explained by Christian Science, to show us the way to health and harmony. So many blessings flow from following Jesus as we work out the challenges that face us. As articles in this issue point out, those blessings include discovering what brings about real transformative healing, seeing our eternally unbroken relationship to God, and overcoming a limited sense of life and health.

As we remember Jesus' sacrifice and triumph at the Easter season, let's not forget what it means for us. Let's let that story resurrect our hope and our love and our dedication, too.

**Lisa Rennie Sytsma**, *Editor*

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# Readers Respond

By Kurt Arentsen, Nancy Grefe, Gatwiri Isaac, Judi Lindsey, Dilys Bell

## **Janet Clements, "The problem-solving power of Principle," March 2026**

The statement in this article, "Contagion is spread not by physical contact but by mental consent," is a powerful example of turning conflict with error from a material challenge to a mental challenge, where the battle is won.

**Kurt Arentsen**

*Stevens Point, Wisconsin, US*

## **Paul Shankwiler, "The flesh profiteth nothing," March 2026**

This is a wonderful article. The healing and the metaphysical explanation for how it was accomplished can certainly be a help to many readers, including me. Thank you ever so much.

**Nancy Grefe**

*Attleboro, Massachusetts, US*

## **Brian Webster, "Healing at church: Do we have that expectation?," February 2026**

Thank you so much for your work. My heart delighted in this article. I have also experienced several healings in church.

As I read, this statement caught my attention: "When the needy find their way into our churches, do they also find the healing they're yearning for?" And I recalled some years back on a Sunday, we received a visitor who was visiting a nearby town. She searched for the nearest Christian Science church and was happy that our church was so close. After the service she thanked us and said she so cherished being at a Christian Science church service at that moment.

**Gatwiri Isaac**

*Nanyuki, Kenya*

**Seth Johnson, “Christian Science and athletics,”  
January 2026**

I almost skipped this because I thought it wouldn't pertain to me. Even though I had been a track coach, I was now retired and enjoying other pursuits.

But I did read it and started applying the spiritual qualities the author mentioned, not to sports, but to my artistic endeavors. It was very illuminating to see how these qualities, such as inspiration, motivation, sharing, and humility, were qualities an artist needs as well.

Thank you for our periodicals, which always contain such inspiring gems of wisdom.

**Judi Lindsey**

*Candia, New Hampshire, US*

**Reesa Jones, “Illness healed while traveling abroad,”  
January 2026**

Thank you for sharing this uplifting testimony. I love the idea that we are a “body of thought, not a body of matter.” I will be pondering this and see where it leads me.

**Dilys Bell**

*London, England*

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## Finding and following “the way”

*By John Tyler*

**John's Gospel** gives a detailed account of Jesus' last supper with his students. Jesus was clearly preparing them for the life-changing experiences of the next few days—his crucifixion and resurrection.

John reassures us that Jesus loved his students dearly. With great patience Jesus explained the true nature

of his relationship to these students. He approved of them calling him “Lord” and “Master.” But there was an additional aspect to their relationship that Jesus wanted them to understand. He was “the way.” He demonstrated the kind of prayer and love and life that he expected his students to practice.

Following the last supper before his crucifixion, he modeled this love by the most extreme form of humility imaginable—washing the feet of each of his students. He explained, “For I have given you an example, that ye should do as I have done to you” (John 13:15).

Next, in Jesus' showing of “the way,” he gave them a new commandment: “That ye love one another.” Not just any kind of love, but “as I have loved you, that ye also love one another” (John 13:34).

This was familiar teaching territory for Jesus and his students. But that evening Jesus wanted his students to understand that he was modeling the moral, spiritual, godly path he wanted them to take: total humility; pure spiritual love; and above all a consciousness of their individual relationship to God, the Father.

Jesus said, “In my Father's house are many mansions: . . . I go to prepare a place for you. . . . And whither I go ye know, and the way ye know” (see John 14:1–11). Thomas—not mentally the swiftest of Jesus' students!—asked, “Lord, we know not whither thou goest; and how can we know the way?”

In response, Jesus patiently explained, “I am the way, the truth, and the life: no man cometh unto the Father, but by me. If ye had known me, ye should have known my Father also: and from henceforth ye know him, and have seen him.”

Hearing this, Philip broke in to ask Jesus to “shew us the Father.” This request provoked the most plaintive of Jesus' responses: “Have I been so long time with you, and yet hast thou not known me, Philip? he that hath seen me hath seen the Father.”

Central to Jesus' teaching was understanding the absolute unity of man and God. You could even say this is the keystone of Jesus' teachings. It was doubtless for

this reason that Jesus was so disappointed that Philip had not grasped this basic concept.

Jesus came back to this idea just a few moments later, describing his oneness with God in these words: “Believe me that I am in the Father, and the Father in me.”

It was a challenge for Jesus, as it is for us, to put into words the full meaning of that unity of man with God. Mary Baker Eddy, the Discoverer and Founder of Christian Science, uses a variety of metaphors to help us better understand the oneness that we all have with God. She writes, “As a drop of water is one with the ocean, a ray of light one with the sun, even so God and man, Father and son, are one in being” (*Science and Health with Key to the Scriptures*, p. 361).

Perhaps the idea she uses most frequently to illustrate this key relationship is that of reflection. She says, “As the reflection of yourself appears in the mirror, so you, being spiritual, are the reflection of God” (*Science and Health*, p. 516). She also describes this relationship as Mind and its idea—man as the idea of God, the idea of divine Mind.

What a perfect way of articulating the essence of this relationship we each have to God! Philip, looking (mentally) at Jesus, should have been able to see God. He was looking directly at God’s, divine Mind’s, perfect idea or reflection. It was as simple as that.

Simple, but not easy. The physical senses keep spewing out false information about the supposed material nature of those with whom we come into contact. Those messages from the physical senses can be an enormous distraction. Mrs. Eddy explains that it was Jesus’ ability not to be distracted by these senses which enabled him to heal, and this ability also enables us to heal. She puts it very succinctly: “Jesus beheld in Science the perfect man, who appeared to him where sinning mortal man appears to mortals” (*Science and Health*, pp. 476–477). We too, as conscientious students of Jesus, can learn how to see God’s own likeness in ourselves (an excellent place to start) and in others.

Shortly after I became interested in Christian Science, I had an opportunity to test this healing method on

myself. For physical education at my school, I was taking fencing lessons. One day, while I was fooling around maskless, my eye was injured by a foil. I couldn’t see out of it and was afraid I was going to lose my sight in that eye permanently.

But I was a student of Jesus. For me Jesus was “the way.” Could prayer bring my consciousness of myself to the level where Jesus expected his students to have it? Would I have seen the Father while looking at Jesus, as he expected of his students?

One thing I knew was that the Glossary definition of *God* in the Christian Science textbook describes Him as “all-seeing” (*Science and Health*, p. 587). I felt I could pray as Jesus had, to be conscious of myself as being in the Father, inseparable from that all-seeing activity of God. I also prayed to see the Father in me, expressing that divine quality of vision without impediment.

That evening I began seeing shapes with that eye. Inspired by this progress, I prayed most of the night. I prayed especially to understand more concretely the nature of my relationship to God. That was what Jesus had underlined in his healing ministry.

At dawn I was able to see the sunrise clearly with both eyes.

Over the years I have come to appreciate more and more Jesus’ gentle but firm self-identification as “the way.” In the next few verses in John’s Gospel, Jesus spoke of a “Comforter” which he would ask God to send to abide with the disciples—and us—forever. *Science and Health* reveals this Comforter to be Divine Science. Thus we have in this Science an even more specific mapping out of our pathway. It enables us to see our unity with God with such clarity that we see His own image when we see ourselves as He made us. And it’s a way which includes the total humility, profound selfless love, indestructible spiritual vision, and countless other attributes which characterized Christ Jesus—the Messiah, or Savior. As his students, we are committing ourselves to following in the Way.

## The thought that heals

By Curtis Wahlberg

**What is it** that brings about real, transformative healing? The Bible sheds useful light. The book of Luke speaks of a woman who had spent everything she had on doctors, but no material means had been able to help her (see 8:43–48). In humility, she touched the hem of Jesus’ clothes and was healed instantly. The Bible reports that, despite his being thronged by a large crowd, he felt her individual touch, saying, “I perceive that virtue is gone out of me.” When she told him of her healing, he replied, “Daughter, be of good comfort: thy faith hath made thee whole.”

This story indicates that what enabled Jesus’ healing works wasn’t a material substance or something that had its source in the brain or body. His healings flowed from something divine—a spiritual power that comes to humanity. This point was crucial for the Discoverer of Christian Science, Mary Baker Eddy, who identified that which brings about real healing as Christ, which she defined as “the divine manifestation of God, which comes to the flesh to destroy incarnate error” (*Science and Health with Key to the Scriptures*, p. 583).

She herself found that it is never something material that enables transformative healing—that is, healing that not only releases us from a problem but uplifts us morally and spiritually as well. A pill can’t make us a new person. Matter cannot make us less material and limited. Similarly, a mentality constrained by matter-based thinking cannot heal, at least not permanently, because of its limits and material basis. Mortal thought or something going on in a brain is not actual Mind or intelligence. It’s just a partial or distorted sense, a limited or matter-based sense, of what’s really going on.

All the energy, force, consciousness, or power to enable living is of God, divine Mind, which is the only real Mind. The need in healing is to see more of this Mind at work in us. And it’s entirely natural for us to see this,

because in reality we are the very expression of Mind—Mind’s image and likeness, as the Bible points out in Genesis 1:26.

As a newborn, one of our kids had an umbilical hernia. It’s a condition believed to typically correct itself, and in our case, everything in fact did normalize. But nonetheless, I had been very prayerful about the situation. I wanted to be willing to see God bring any help we might need.

In retrospect, I realize that in my prayers I was finding more willingness not to be satisfied with a matter-based experience but instead to hunger to see more of the Life that is God. And apparently I was opening my thought to additional healing, because something else happened. I myself when a newborn had also had an umbilical hernia. In that case, surgery addressed it but left me with a belly button that kind of protruded. Now, following my prayers to see God at work in the situation with my child, I began to feel tweaks in my belly button area, until one day I noticed things felt and looked normal.

My spiritual hunger had opened me to good effects that had previously eluded me. I hadn’t of myself thought anything that would have enabled those effects. Game-changing healing is not something the human mind triggers; rather, it opens up to such healing, or gets out of the way of it, in order to experience more of the Life that is divine. Eddy explains: “There is not sufficient spiritual power in the human thought to heal the sick or the sinful. Through the divine energies alone one must either get out of himself and into God so far that his consciousness is the reflection of the divine, or he must, through argument and the human consciousness of both evil and good, overcome evil” (*Miscellaneous Writings 1883–1896*, p. 352). So while our human thoughts don’t heal, what we do with them is significant in the equation of healing.

If you have ever been to the beach on a day when the waves are strong, you may have spent some time sitting at the water’s edge and letting the waves splash over you and pleasantly cool you off. To feel more of the water’s effect, you need to go deeper. In looking for healing, we might think of ourselves as not just staying

ready for waves of spiritual thought to splash onto us to bring a better sense, but taking the plunge into that consciousness. Spiritual hunger, humility, and faith position us not only near but in those healing waters of Truth.

And when we feel the need for more, we can go deeper with prayerful affirmations that remind us of God's good, wholly spiritual nature and of our true being as God's expression. And this prayer should also include denial of the mortal lie about us, the lie that we have as part of us that which is unlike or opposed to God, Spirit, including fear, doubts, sickness, limits of any sort. We maintain these affirmations of the spiritual truth of God and the universe, and deny God's unlikeness, until we feel His reality. Then we hear Christ assuring us, not only of our freedom from evil, but of everyone else's freedom, too, including those for whom we are praying.

Healing very often requires a serious effort of affirming spiritual Truth and denying a troubled sense of life, but it's only for the purpose of opening thought to receive something of the divine Mind that actually heals. It's not the argument that wipes out sin and disease. The ever-present waters of Spirit do that.

Jesus and, in following him, Eddy showed that instantaneous healing, without the argument, is possible when our consciousness is immersed in perfect Love, God. She explains, "Remember that the letter and mental argument are only human auxiliaries to aid in bringing thought into accord with the spirit of Truth and Love, which heals the sick and the sinner" (*Science and Health*, pp. 454–455).

We need to take these steps into the water, be immersed in divine Love. Humbly devoting ourselves to bringing thought into accord with the divine Mind, we find health. We also come to see and understand more clearly whatever else we need to realize spiritually in order to experience God and His creation. When we cultivate this receptivity, we hear the right ideas that enable us to navigate and rise above the wild terrain in front of humanity today and make the best choices for, and experience healing in, our lives, our churches, and our dear world.

Perhaps right now we need the argument, the affirmations and denials, to get thought to where we can feel and know the inspiration. But we shouldn't get so caught up in the arguing that we forget to listen for the inspiration God is pouring out every moment! He has already created us well, and we're healed when we see that. Truly, the divine Mind is doing it all, and we are reflecting that good action.

Oh, come, divine Mind, come!

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## Be renewed

*By Chris Jones*

**When my son** was young, he and I would often play a game on car trips of spotting the newest license plate on the road. We had figured out the sequence of plate numbers, so it wasn't difficult to determine the relative age of each plate. When I purchased a car a few years later, my son and I marveled at how my new license plate number was among the very latest, but not for long. Within just a few weeks we started noticing cars with even newer plates. Over time, not only did my license plate continue to age, but so did my car, requiring more and more repairs.

It can be tempting to view our lives in a similar way. When we're young, the world seems new and vibrant, and our experience is punctuated by constant adventure and growth. But as we advance in years we may be tempted to feel stagnant, tired, or more set in our ways compared with our younger selves. This may lead us to conclude that we're at least partly physical, mortal, limited, and that over time we simply wear out, much like a car.

Such a perspective presumes that we're grounded and operating wholly within a material universe, where only things we can see, hear, touch, etc., are real, and where everything eventually fades, disappears, or wears away—even things we consider timeless, such as mountains or stars. In such a universe, human

beings might realistically expect to exist only for a limited period of time, with death being our inevitable conclusion.

But there is another way to view life, a spiritual perspective, where consciousness determines experience—divine consciousness. This spiritual universe is filled not with things, but with God's unlimited ideas. We perceive and appreciate these ideas through our spiritual sense, not our physical senses. Mary Baker Eddy, the Discoverer of Christian Science, writes, "Spiritual sense, contradicting the material senses, involves intuition, hope, faith, understanding, fruition, reality" (*Science and Health with Key to the Scriptures*, p. 298). Because God creates this universe, everything in it is perfect, immutable, harmonious, eternal. Nothing ever grows old, diminishes, or wears out—including us.

These two views of existence, the material and the spiritual perception, are diametrically opposed and irreconcilable, so only one can be true. The Christian Science textbook helps us determine which one it is: "Metaphysics resolves things into thoughts, and exchanges the objects of sense for the ideas of Soul.

"These ideas are perfectly real and tangible to spiritual consciousness, and they have this advantage over the objects and thoughts of material sense,—they are good and eternal" (*Science and Health*, p. 269).

Elsewhere *Science and Health* says: "How true it is that whatever is learned through material sense must be lost because such so-called knowledge is reversed by the spiritual facts of being in Science. That which material sense calls intangible, is found to be substance. What to material sense seems substance, becomes nothingness, as the sense-dream vanishes and reality appears" (p. 312).

This would suggest that every true phenomenon or experience is and must be spiritual. This applies to us. As God's children we're not mortal, physical beings, born into an earthly existence in which we live for a brief time only to later succumb to disease, accident, or decrepitude. We're immortal ideas of God, who have existed and will exist forever in His infinite Mind.

So when life starts to feel material or limited, stale or routine, what can we do to reclaim this awareness of our true spiritual status?

A favorite psalm includes the line, "Create in me a clean heart, O God; and renew a right spirit within me" (Psalms 51:10). Merriam-webster.com defines *renew* as "to make like new : restore to freshness, vigor, or perfection." This implies that our "right spirit" or divine essence has always been within us, and needs only to be remembered or revived in our thought. We don't have to somehow create a divine identity for ourselves, or morph from a material being into a spiritual one. We need only open our thought, with our spiritual sense, to what has been true all along: that we are and ever have been wholly spiritual and immortal. And with this mental restoration comes a revitalization of our experience—our hopes, our relationships, our body, our abilities, and our supply.

Worldly thought generally resists this spiritual perspective, and would try to discourage us from recognizing our true spiritual selfhood, insisting instead that we're mortal and physical. This is the nature of what Christian Science terms *error* or *animal magnetism*—negations or untruthful suggestions about our real being. To counter these lies, we must regularly remind ourselves of the truths of divine Truth, God. We do this by spiritualizing our thought—consciously turning away from persistent but false material images presented to us daily, and immersing our attention in the fullness and freshness of Christ, God's idea. As the Apostle Paul counsels, "And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God" (Romans 12:2).

While there are no set formulas, no substitutes for receiving God's fresh inspiration, there are three general steps I often find helpful when resetting my thinking. First, I renew my awareness of and adoration for God. He isn't merely great or mighty; He is supreme. There is nothing—anywhere, ever, no matter what—other than God and His creation. So, when I notice worldly cares or concerns overshadowing my thinking, I deliberately turn my attention back to God, divine Spirit, reaffirming His allness and perfection.

Second, I recognize and rejoice in my sonship with God. Not only is He the only presence and power in the universe, God is also our Father-Mother, the divine Parent from whom flows all being, harmony, and goodness. God doesn't just give life; He *is* our Life. The Bible puts it this way: "For in him we live, and move, and have our being" (Acts 17:28). Everything we have, everything we are, stems from God and is in God, and this fact assures us that we're every bit as spiritual, eternal, and perfect as He is.

Lastly, I surrender myself to God. Once I've reaffirmed God's omnipotence and my indissoluble link to Him, yielding to His will usually isn't difficult, though it needs to be done humbly, sincerely, and absolutely. This mental submission ushers in peaceful, tender, secure feelings and inspirations—the love and grace of God, felt deep within our heart, restoring our sense of unity, wholeness, and harmony.

My wife and I married later in life, and as such never really gave much thought to having children. But as we continued to progress spiritually, we sensed a stagnation and selfishness in lives centered solely around each other. So we bought a dog, signed up for more church committees, and volunteered in the community. Still, something seemed missing.

As we prayed about this, the specific idea of having our own children dawned on each of us, but we dismissed it out of hand because we assumed we were too old. Then we recalled the Bible story of Abraham and Sarah, who were "old and well stricken in age" when God announced that Sarah would bear Abraham a son, saying, "Is any thing too hard for the Lord?" (Genesis 18:11, 14).

This expanded our thinking beyond our material limitations, and within two months my wife was pregnant. With our son's birth came an incredible sense of renewal, fulfillment, and joy—which we likely would never have known had we not been receptive to God's infinite potential, and open to realizing this right way forward for us.

Beside the marginal heading "Re-newed selfhood" in *Science and Health*, Eddy writes: "Let us feel the divine energy of Spirit, bringing us into newness of life and

recognizing no mortal nor material power as able to destroy. Let us rejoice that we are subject to the divine 'powers that be.' Such is the true Science of being. Any other theory of Life, or God, is delusive and mythological" (p. 249).

As the prophet Isaiah puts it, "They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint" (Isaiah 40:31). Each moment brings opportunities to rejuvenate and spiritualize our thinking, uncovering new ways to let God inspire, strengthen, and lead us forward.

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## "Bridgeless division"

*By David Martin*

**It might appear** that life is a series of bridges linking experiences of good as well as disturbing events. We might ask ourselves, At what point did this experience begin and why? Where is this experience taking me, and when will it end? On the surface, these occurrences all seem a normal part of the human story. However, there is a deeper, truthful record above the material picture—a record of the continuity of good.

This record is spiritual, revealing our consistent, ongoing connection to unfolding good—the good that is God, Spirit, free of gaps, lapses, and discords.

The biblical story of Joseph at first glance appears as a series of linked gaps, beginning with betrayal by his brothers that led to slavery, false accusation, and imprisonment. It seemed he'd been torn from a supportive relationship with a father that deeply loved him. However, looking deeper at Joseph's spiritual journey, an encouraging record emerges. At each turn, he found his God-given purpose and experienced God's care for him.

Rather than being defined by a story of past maltreatment or a dread of future suffering, he

continually pressed on in service to God and eventually was able to bless so many people through spiritual insight, wisdom, and obedience to God's direction. Joseph found an unbroken continuity in his relation to God, good, and this resulted in the opportunity to provide food to many, including his brothers, during seven years of dearth and famine. Unexpectedly reunited with his brothers when in a position of power, Joseph didn't exact revenge but told them, "God sent me before you to preserve you a posterity in the earth, and to save your lives by a great deliverance" (Genesis 45:7).

Christian Science teaches that God, good, is Principle, a solid foundation or Rock on which we are secure. This fixed Principle defines and holds man (each one of us in our true spiritual selfhood) as His reflected image and likeness. And since God is all good, this permanent relationship of God to His reflection, man, has been and will forever be consistently good, with no lapses or breaks in this unity.

Christ Jesus clearly proved that his and others' identities were inextricably united with the Father. He said, "I and my Father are one" (John 10:30) and "Verily, verily, I say unto you, Before Abraham was, I am" (John 8:58). This oneness was not limited by a beginning (birth) or an ending (death). The resurrection of Jesus proved the continuity of man's unity with divine Life, God, forever expressed in the continuity of good. Understanding this, we are provided with a "great deliverance" from limiting links to the past or fear of the future.

Mary Baker Eddy, the Founder of Christian Science, experienced many disruptions in her life prior to discovering Christian Science. Later she was able to declare, "The divine Science of man is woven into one web of consistency without seam or rent" (*Science and Health with Key to the Scriptures*, p. 242). Despite the early loss of loved ones, chronic illness, and other hardships, she found in Spirit the continuity of good, expressed in man's consistent relationship to God as the purely spiritual offspring of divine Love and Life, and healing was the result.

We can follow in our Leader's steps to understand the firm basis underpinning the continuity of good in our

lives. Daily we can understand more of our unbroken relationship to God, and see that we have never lived in a fractured life with phased stops and starts, erratic beginnings and endings. Through Christian Science we can prove that our ability to overcome these mortal lies is secure under divine Principle's law, and see these lies cease to hold sway in our experience. We can see that we have the freedom to live the continuity of good and experience joy, progress, and healing.

It may seem a stretch to see that God's goodness has continuously been unfolding, despite human setbacks, in our lives just as it was in Joseph's and Mrs. Eddy's lives. However, our spiritual desire to seek the understanding of God enlightens our journey and gives us strength to persist. We need not resign ourselves to a chain of events and memories, some sweet and some bitter.

As we grow in our understanding of God through our study of Christian Science, we begin to see that our real history is actually a seamless unfolding of our real spiritual nature. This spiritual nature is the reflection of God, Mind—His image and likeness. Because God's goodness never lapses, His reflection is the consistent expression of all of God's qualities. We discover there is no connecting bridge between our true selfhood and the mortal dream of life in matter. Next to the marginal heading "Bridgeless division" in *Science and Health*, Mrs. Eddy writes, "There is no bridge across the gulf which divides two such opposite conditions as the spiritual, or incorporeal, and the physical, or corporeal" (p. 74).

I had an experience that illustrates these points. My family was preparing for a vacation in a few weeks and we had many things to do before leaving. One of my tasks was to climb a tall ladder and clean out the roof gutters. To speed up the process, I decided to use a backpack leaf blower to clean the leaves out of them. At one point as I was high up on the ladder, the weight of the blower threw me off-balance and the ladder slipped out from under me.

Falling off the ladder, I landed on the concrete patio and my head slammed against an exterior wall of our house. My wife heard the crash, came quickly, and immediately started firmly and loudly speaking truths

about God's infinite, surrounding care. I went in and out of consciousness, but heard most of her strong statements of truth. With her help, I was able to stand and go into the house, where she bandaged the gash on my head.

Over the next weeks, I listened for and affirmed in prayer how untouched I was, that my true life in God had never fallen outside His omnipresence. I saw myself entirely separate from a fall, a mistake, or a moment of separation from Love's embrace. With this truth clearly discerned, and the wound on my head having healed quickly, I felt free to go on the vacation with my family.

Although I was no longer in pain, there were other challenges, including mental confusion and panic attacks. When I was tempted to rehearse the event in thought, I would declare, "The great I am [God] was, is, and will forever be my intact source of consciousness, where I move as His image and likeness in perfect alignment, order, clarity, and wholeness." I clung to this truth from *Science and Health*: "The temporal and unreal never touch the eternal and real. The mutable and imperfect never touch the immutable and perfect. The inharmonious and self-destructive never touch the harmonious and self-existent" (p. 300).

With this truth came the realization that my true identity was intact and untouched, free from a condemning link to the past or to a present abnormality. That was the moment when I saw in *Science and Health* the marginal heading "Bridgeless division." I saw that there was a division, but not between God and His loved child. The division was only between the false, lying record and the true record, which is of the forever-whole condition of our real nature. Therefore, there could never be a bridge between my true spiritual identity and a lie of material history. The panic attacks and mental confusion faded as I persisted in knowing these true facts of my life in divine Love and Spirit.

The divine law of Love replaces false history with the comforting truth that we were, are, and forever will be God's free expression, without a link to a mortal, material past. *Science and Health* explains, "Divine Science reveals the eternal chain of existence as uninterrupted and wholly spiritual; yet this can be

realized only as the false sense of being disappears" (p. 172). This "eternal chain" characterizes our true spiritual identity now, and is forever intact.

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## Rules for understanding and healing

By Lynn Gray Jackson

**During the spring**, some bird species become territorial. Mistaking the reflection of themselves in a window for another bird, they believe they see a rival and attack it. But they are attacking their own reflection—a phantom rival. This "rival" does not exist; the bird only believes that it does.

We may ask ourselves, "Do I have a phantom enemy or threat—a false belief, an illusion, something I believe to be existent in my life but that is not real?" If so, wouldn't wakening from this false belief to see reality—our perfect relation to God—bring healing?

Christian Science teaches that God, infinite good, holds man in perfect harmony with Himself through divine law. God's all-powerful presence encompasses all space. So, there is no place for sin, disease, or discord to occupy. If they seem to be present, we can waken from these phantoms, or illusions, by receiving a clearer understanding of God's ever-good, ever-powerful presence expressing itself in each one of us.

The basis of a Christian Scientist's approach to healing is found in the Bible and *Science and Health with Key to the Scriptures* by Mary Baker Eddy. She explains that one reason her textbook is valuable is because "it gave the first rules for demonstrating this Science." She also notes that "this book has done more for teacher and student, for healer and patient, than has been accomplished by other books" (*Science and Health*, pp. 456–457). So, our healing work can begin in a very practical way by following the rules set forth in these two books. Together they are considered the Pastor of

Christian Science, which is available 24/7. In them we find the rules that are needed to uplift thought to God, good, and gain the spiritual understanding that brings healing.

Here's just one such rule: *Science and Health* states, "To grasp the reality and order of being in its Science, you must begin by reckoning God as the divine Principle of all that really is" (p. 275).

To understand spiritual reality, then, we start with our Father-Mother God, who, as divine Principle, creates, maintains, and sustains us. Starting with Principle, we learn of the total inseparability of God and man. Understanding this order of being—God as the one great cause and man as His effect—enables us to spiritually acknowledge man's innate perfection. And it simultaneously denies imperfection. Learning, unlike our bird friend, that the enemy truly is a phantom, a misconception of reality, never a fact of being, we see it is not a real entity to attack and destroy.

Seeking and finding scientific spiritual understanding reveals spiritual reality. This naturally leads to demonstration, to healing. Misconceptions of reality are then dissolved as we see the reality of God's creation. Any misperception of man's true being can be destroyed, because it was never real.

Here's a rule for demonstration from Scripture: St. Paul writes, "Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?" (I Corinthians 6:19). This statement points to the reality that the true body of man, the reflection of God, is sacred and pure. The law of God, the Holy Ghost, operates in and through man, governing every function and activity of the body. This divine law, or Holy Ghost, is within each one's consciousness and there is no other law that governs. This gives a clear understanding of the scientific fact that body is truly the temple of divine law.

This may be rephrased, "Know that your body is the temple of the Holy Ghost," making it a rule of knowing or understanding the scientific fact that as God's image and likeness, our true body belongs to God. God causes it—like all that expresses Him—to be pure, innocent, uncontaminated. Any misconception of

body, or of God's image, is eliminated by gaining the true conception of man as God's immediate expression.

Another rule comes from Isaiah: "Precept must be upon precept, precept upon precept; line upon line, line upon line; here a little, and there a little" (28:10). To me, this is a rule that comforts us as we pray to gain deeper insight into man's relation to God. It teaches us two things: 1) Be patient with yourself; and 2) The learning and practicing of the rules of Science must be correct, in line with divine Principle, whether we are gaining quickly or slowly in our spiritual understanding.

Learning and practicing the rules that the Bible and our Leader's writings teach guides us from sense to Soul, from the belief of life in matter to health, bliss, and harmony in God.

Recently, one of our dogs was hit by a truck, breaking a toe on his paw. In a separate incident he had apparently gotten into a fight with an unknown animal and been badly bitten, which caused a lot of bleeding. To top it off, he suddenly experienced some severe digestive issues. The picture looked grim.

My family has witnessed wonderful healings with animals over the years, so it was natural for us to rely on Christian Science for healing in this case, too. In praying for this loved pet, I turned to God to understand more clearly the dog's relation to Him. Because he is God's creation, I knew that no mortal accident could interrupt our pet's spiritual perfection in God. I also spiritually understood that whatever had bitten him was in reality also an idea or creation of God and that one idea of God could not harm another. And I acknowledged and affirmed that our dog's natural functions are God-governed, God-sustained, and God-maintained.

I held to this line of prayer, and the dog was completely healed within five or six days. He was energetic, eating well, running, and pulling at the leash once again! The next week, in order to fulfill state law requiring a vaccination for him, I took him to the vet. It wasn't necessary to discuss the previous week's issues, as the dog was whole and well. However, in examining our pet, the vet noted the toe and paw were perfectly aligned and healthy. He also commented about the bite wounds and

said that whatever had happened, the dog was now just fine. The digestive difficulties had cleared up as well, and he was eating like himself again.

David writes in Psalms 119:73, “Thy hands have made me and fashioned me.” Understanding this, and making it “the basis of thought and demonstration,” is foundational to practicing Christian Science. As Mrs. Eddy writes, “The Christlike understanding of scientific being and divine healing includes a perfect Principle and idea,—perfect God and perfect man,—as the basis of thought and demonstration” (*Science and Health*, p. 259). Whatever the phantom or false belief may seem to be, we can waken from the mistaken claim of separation from God, good, and spiritually understand our innate, God-given perfection and wholeness. The rules found throughout the Pastor of Christian Science lead us, help us, and heal us.

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## We have no enemies

By *Mónica B. Esefer Passaglia*

**I was at** an airport in Central America, waiting to board an international flight, when a group of mostly men wearing clothing unfamiliar in that area and speaking in languages that I did not understand arrived at the gate. Airline staff allowed them to board the plane first, disregarding the boarding order. The other passengers looked upset. I worried we might be in some kind of danger and felt a little animosity. So I started to pray, recognizing God’s presence and government in this situation. I held on to the thought that we are all good and innocent members of God’s family.

Once on board, I was seated next to one of the individuals I had seen earlier. I continued praying until I felt God’s presence and love. Soon, a flight attendant gave us immigration forms to fill out. The young man sitting next to me asked me in basic English to help him with the form. He told me that they were a group of refugees fleeing wars in Africa and Europe. They

had been traveling for several days. He said he looked forward to reaching a place where he could live safely. I tried to comfort him and started to help him and other refugees with their forms. And I prayed with all my heart to recognize that everybody there could feel God’s infinite love and comfort.

Later, examining what had happened through the lens of Christian Science, I realized that fear and ignorance had tempted me to accept a stereotyped view of people I thought might potentially be enemies. This false sense was a denial of God’s presence, love, and power. But the divine influence of Christ, Truth, changed my perspective.

God fills all space and always cares for us. He is our Father-Mother, immutable Love, infinite Spirit, and we all are part of His spiritual and innocent creation. We’re each and all the expression of this invariable divine Love. There cannot be enemies in God’s family!

Christ Jesus taught that we all have one Father, God—not a physical person but the one divine presence that is everywhere. Through Jesus’ deep and pure understanding of and love for God and humanity, he healed, reformed, and fed multitudes. He overcame the hatred of his enemies with love—love that sees in others God’s image and likeness as the only reality of their being. He taught his followers to love their enemies in this way, to forgive and to heal. No evil plot could prevent Jesus from fulfilling his divine mission. He conquered death and the grave through his understanding of the all-power of God, divine Love, good, and the powerlessness and unreality of evil.

The perception that we have enemies is a false view, the world’s perspective. It is a collective illusion, a mesmeric fire of enmity, that can be dissipated by understanding more about God’s nature and our relationship to Him. In the fullness of infinite Love there is no room for hate. When we turn Godward in prayer, His love and power dissolve fear and open our eyes to what is real.

Mary Baker Eddy, the Discoverer of Christian Science, explains the importance of loving our enemies according to Jesus’ teachings. In her article “Love Your Enemies,” she writes, “Simply count your enemy to be

that which defiles, defaces, and dethrones the Christ-image that you should reflect” (*Miscellaneous Writings 1883–1896*, p. 8).

Reflecting the “Christ-image,” we find our true, spiritual identity, the reality of our being. Loving everyone, including people who don’t appear to think as we think, who treat us aggressively, or who seem to be trying to harm us, is natural to us. Our true, spiritual being, as an expression of divine Love, innately reflects the Christ-image. Knowing this purifies our thoughts, feelings, and actions step by step.

The story of Jacob and Esau in the Bible illustrates this. The rivalry between these twin brothers eventually caused Jacob to flee from Esau, who had threatened to kill him. On his way to take refuge with his uncle, Laban, God appeared to Jacob in a dream and assured him that He would bless him and his descendants. Jacob later married, had many children and possessions, and eventually got into a dispute with Laban.

But Jacob’s problem was not that his brother or uncle had disputes with him, making it feel as though they were enemies. Jacob’s problem was the duplicity of his own mentality—how he saw and related to God and to others. This false material sense was Jacob’s enemy—“that which defiles, defaces, and dethrones the Christ-image” that he was created to reflect.

Guided by God to return home, he struggled mentally to overcome this enemy until he changed his view. Mrs. Eddy writes, “Jacob was *alone*, wrestling with error,—struggling with a mortal sense of life, substance, and intelligence as existent in matter with its false pleasures and pains,—when an angel, a message from Truth and Love, appeared to him and smote the sinew, or strength, of his error, till he saw its unreality; and Truth, being thereby understood, gave him spiritual strength in this Peniel of divine Science” (*Science and Health with Key to the Scriptures*, p. 308).

This angelic influence awakened Jacob to the spiritual sense of life, substance, and intelligence in God, infinite Spirit, immutable Love, where there is no limitation, luck, or discord. When Jacob met Esau there was only

forgiveness and affection expressed on both sides, and they were reconciled.

This spiritual sense of life, substance, and intelligence reveals that these qualities are unlimited and have their source in God, divine Spirit. Each one of us is an individualized and unique expression of infinite Love, Spirit, Life itself. We don’t need to covet or steal someone else’s substance. We need to awake to this spiritual recognition of Life where all is harmony and unity and we’re all satisfied.

When we see the Christ-image reflected by ourselves and others, we feel safe under His control. We see others in their true light, being able to discern and love the Christlike qualities that God expresses in us all. Correcting my own views and thoughts has harmonized my family life, friendships, and professional relationships. The all-powerful spiritual reality of Life, God, frees us from hatred and division.

In turning to God, we discover that we have no enemies. We can choose to be freed from fear, distrust, and hatred so as not to add fuel to the fire of enmity. Instead we can extinguish it by exercising meekness, forgiveness, and brotherly love. This brings peace to our relationships and makes us not only feel, but be, safe.

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## A parent’s prayer: “What is my job?”

By Sue Patterson

**God is our** Father-Mother, our children’s Father-Mother, and our grandchildren’s Father-Mother. I always understood that to be true. And yet, I liked the idea of being a mother even before I had children. So I wondered, “If God is the one Father-Mother, then what is my job? Are parents some kind of fill-in for God?”

Of course, as parents know, there is love and work involved in parenting. But how can we be loving and

involved parents and yet wholeheartedly and joyfully accept God as the Father-Mother of everyone? This has been a lifelong opportunity and sometimes a struggle for me to understand.

Recently, in prayer I listened to get a clearer sense of God as our Father-Mother, and I found guidance in the Lord's Prayer, which begins, "Our Father which art in heaven" (Matthew 6:9). *Science and Health with Key to the Scriptures* by Mary Baker Eddy gives us this spiritual sense of that line: "Our Father-Mother God, all-harmonious" (p. 16).

This time, rather than praying that I *should* understand this, I let go of *my* part in parenting and tucked myself into the enjoyment of being cared for by *our* magnificent, glorious, loving Father-Mother God. Our divine Parent is ever on the job, 24/7, and Her power and love will always be superior to my efforts, however sincere. How safe it is for all in my family and everyone's family to yield to God, who is really the only one in charge.

Unsurprisingly, as the result of my prayer, there was a big uplift in my thought, including a tremendous sense of relief about parenting, and I was able to let go of a lot of worry as I carried out my natural parental responsibilities. I found that prayer is yielding to the precious truth that there is one Father-Mother God, who is caring for us all completely.

I'm still praying to understand this more fully, but this recent adjustment in my thinking has been so impactful and helpful, and I continue to be blessed by these ideas every day. Thank you, Father-Mother God. I am so grateful.

as when the world awakes  
and the dawn breaks.

All is light.

Earth rotates on its axis  
without fail.

Light spreads across  
oceans and continents—  
everywhere.

Just imagine:

Your life—totally brightened with divine light,  
no room for darkness.

God's love fills all space.

"The light of ever-present Love illumines the  
universe."<sup>1</sup>

This light is glowing, beautiful, alive.

Without fail.

Liken the sunrise  
to the light of God.

His light, as the dawn,  
is without fail.

"The spiritual idea, Christ, dwells forever  
in the bosom of the Father, God,

from which it illumines heaven and earth."<sup>2</sup>

The unseen becomes the seen,  
revealed by God

in Christly radiance.

—Elsa Dardie S. Dunlap

1 Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 503

2 *Science and Health*, p. 334

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## INTERLUDE

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# Imagine

By Elsa Dardie S. Dunlap

Imagine total illumination

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## TESTIMONIES OF HEALING

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# Freed from Incapacity

By Douglas Eastman

**About six years** ago I found myself unable to put any weight on one of my legs. I phoned the Visiting

Christian Science Nurse Service in our community and asked if I could borrow a pair of crutches. I was told yes, but only if I was working with a Christian Science practitioner. I gladly enlisted the services of a practitioner, and a Christian Science nurse brought over the crutches and adjusted them for me. I thought this would be “a walk in the park.” However, the next day I could not put any weight on either foot. I felt drained of all energy and just wanted to lie in bed. The desire to eat left me. My bedroom was dark and gloomy. Still, I thought this would surely pass quickly.

After a couple of days in bed, I realized I needed further help. So, I phoned the Christian Science Visiting Nurse Service again and asked if someone could come over to help with my immediate needs. Two Christian Science nurses stopped by, evaluated the situation, and asked how often I would like them to come to assist me. I told them that I had no idea, having never before been in this kind of situation. They suggested that they should come every day, and I readily agreed.

After about three days of their visits, I realized that once the Christian Science nurse appeared in my bedroom, all darkness and gloominess vanished instantly. I thought to myself, “Buddy, if you want to be healed, you’d better get with the program!”

The practitioner lovingly conveyed to me that we were prayer partners. In other words, she had her work to do, and I had mine. She asked that I phone her every day. While we both expected this healing to be quick, the problem lingered for some time.

Among the first things I learned was that if one held to the light of Truth consistently and persistently, eventually even deeply ingrained material beliefs would break up and dissolve, and healing would follow. I thought, “Of course, this is what is going on.”

In the beginning I was alarmed at the swelling of my knees and ankles. But then it occurred to me that I was looking at the wrong thing. I decided instead to give my attention to the spiritual facts, and then, the material picture looked to me like a cartoon and I was able to laugh at it!

For the next four months I lay in bed digesting everything the practitioner sent my way—testimonies of healing, *Christian Science Sentinel* Radio programs, *Sentinel* Watch audio podcasts, hymns, and most importantly and consistently, ideas from the weekly Bible Lessons published in the *Christian Science Quarterly*. But because of the pain, I had trouble sleeping at night.

About the fourth or fifth month, around midnight, I cried out to God, “Father, please help me—I am so discouraged!” Instantly, the song “His eye is on the sparrow” started singing in my heart. It was most comforting, and I thanked God. “But what about this pain?!” I demanded. A passage from that week’s Bible Lesson came to mind: “Become conscious for a single moment that Life and intelligence are purely spiritual,—neither in nor of matter,—and the body will then utter no complaints” (Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 14).

I’d read that numerous times over the years, but this time I asked God to show me how to “become conscious” of that truth. I waited expectantly, earnestly, and in about a minute all pain left me and for the first time that night I was able to sleep.

After about an hour, though, I was awakened by the pain. I sat up in bed and repeated the process of asking God to show me how. Again, I became silent, listening with expectancy. The pain left once again and I fell asleep. This happened three or four times that night.

Finally, in desperation, I queried aloud, “When will this healing be permanent?” The “still, small voice” replied, “The permanence will come. You get to be obedient. You are exercising and developing spiritual muscle.” That satisfied me.

The next morning while contemplating the events of the night before, I thought to myself, “Of course, this is Christ speaking to human consciousness in a way that I can understand.” I thought about vocal development—how daily practicing a set of graduated and progressive vocal exercises develops maximum freedom, quality, and range in the human voice. I knew that my daily prayers were developing spiritual “muscle” and that

they would bring freedom. Within a month I was free from all pain.

The Christian Science nurses were so skilled, so patient, so loving. I gradually progressed from lying in bed, to being able to sit in a recliner, to being able to go to the bathroom and shower with help. This experience taught me the value of Christian Science nurses and practitioners working in tandem.

My employer was most understanding. I left work in late April and returned to work in a wheelchair in October. By the first of the year I could walk freely. I continued to pray to know that the healing was complete and permanent. And it has been so.

### **Douglas Eastman**

*Laguna Hills, California, US*

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## **Crisis of faith healed**

*By Steven Wennerstrom*

**Prayer has resolved** many problems for me and my family over the years. Some have included times that felt like dark hours before the dawn. Because many people experience this, I'd like to share this testimony of persistence during a low period for those who may now be in such a situation.

Several years ago, in late January a series of unfortunate circumstances occurred within a period of about six weeks. But I had been thinking a great deal about the four fundamental propositions of Christian Science in *Science and Health with Key to the Scriptures* by Mary Baker Eddy:

1. God is All-in-all.
2. God is good. Good is Mind.
3. God, Spirit, being all, nothing is matter.
4. Life, God, omnipotent good, deny death, evil, sin, disease. — Disease, sin, evil, death, deny good, omnipotent God, Life.

(p. 113)

My efforts to understand these important concepts were put to a test.

It began with needing repairs on my car and therefore having to share my wife's car with her, at some inconvenience to us both. Then, a family member was evicted from a college apartment on a ridiculous charge, and another called requesting help to cover real estate debts he was trying to resolve without filing for bankruptcy. In addition, the people who had bought our former house in another city and to whom we had loaned our equity in the house through a second mortgage would not make their mortgage payments. And an extended family member, whom we had done our best to help overcome an addiction, dropped out of a rehabilitation center and disappeared.

Then one day at work, my wife received a complaint from the mother of one of her students. The mother insisted on pressing charges. I also felt pulled into greater needs with church board work and my job.

All of these issues were concerning, but not overwhelming—until the Christian Science practitioner who had been praying for me about a health condition that had persisted for some time passed on suddenly. This was a real blow to my confidence.

Nevertheless, I could not ignore the many healings, including of physical challenges, I'd experienced. I looked to the book of Job for encouragement. Despite his many severe trials, his faith in God was rewarded and his health and life restored. It illustrated the four fundamental points of Christian Science I'd been studying, and reminded me how understanding God as Life brings out the ultimate powerlessness of anything evil or dark.

I continued to pray daily, sometimes many times each day, to overcome the issues facing me and my family and for increased faith. I did not accept the belief that we live in a world where God is not in full control, and where God withholds answers to prayers to do His will, thus damning His children to failure. Job's ultimate answer to "why" became my answer also: "I know that

You can do everything, and that no purpose of Yours can be withheld from You” (Job 42:2, New King James Version).

When my health began to fail, and a family member called one night requesting prayer for the same symptoms, I accepted the request. In the morning, he called to say that he was well and going to work. I too felt somewhat better. I thanked God for the opportunity to pray and for answering our prayers.

Through humble prayer and perseverance, and a greater realization that there is no death because God is All and there is no matter because God is Spirit, my crisis of faith passed. I found myself moving from a faith based on trusting my welfare to others to faith based on trustworthiness, working out my own salvation with a growing spiritual understanding, and confiding all to God, as Christian Science teaches (see *Science and Health*, p. 23).

After two months of persistent prayer, my wife was exonerated of the claim made against her. My health returned fully to normal. The car repairs were finally completed. All of the family and financial problems were eventually resolved in various ways over time. And a greater conviction of the immortality of spiritual life has had the additional benefit of allowing me to maintain my poise when I think of loved ones who have passed on and when stories of tragedies are in the news.

I remain extremely grateful for the many instances of healing through prayer as taught in Christian Science and for learning a bit more that God is All and very good.

**Steven Wennerstrom**

*Heathrow, FLORIDA, US*

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## Breath and strength restored

*By Consuela Sand*

**About ten years** ago I started having some respiratory problems. They weren't showstoppers at first, but I would be out of breath just from running a short distance to catch a bus. I also had a cough that my work colleagues pointed out "didn't sound good at all."

As a lifelong student of Christian Science, I see now how things might have been different earlier on if I'd prayed more diligently about these problems instead of just pushing through them.

One night before going to bed, I suddenly found myself struggling to breathe. I lay down on the bed and reached out to God with all my heart. It's the first time I had ever felt afraid I might die. The omnipotent heart of divine Love did indeed answer my prayer of extremity, and after what seemed like a very long minute or two, I could breathe again. But this badly frightened me. The next day I did not go to work but spent the day in quiet prayer.

Over the next few months there were two more incidents when I could not catch my breath. The next time it happened, I quickly called a Christian Science practitioner for prayerful help and felt immediate relief. The last time occurred about a month later and was the most severe. I once again prayed and was finally able to breathe normally. But this time I felt so depleted and weak that I couldn't even get out of bed the next day.

I was scheduled that day to take an all-day train ride to visit some friends for a week. I rescheduled my train ticket for two days later. One might ask why, right after such a frightening health episode, I would decide to go ahead with this trip. It was because I knew from a lifetime of healings in Christian Science that God never created disease or suffering. As His beloved child, I could expect to be well and stay well.

By the time I left for the trip, I felt my full strength return. I had a wonderful week of vigorous

snowshoeing. Neither the breathing problem nor the cough ever returned. I was permanently healed.

Through deeper prayer and study of Christian Science over the next few years, I began to see that during these frightening experiences I had been feeling that certain circumstances and disappointments had been crushing the life out of me. Mary Baker Eddy's words from *Science and Health with Key to the Scriptures* were tremendously helpful: "Would existence without personal friends be to you a blank? Then the time will come when you will be solitary, left without sympathy; but this seeming vacuum is already filled with divine Love. When this hour of development comes, even if you cling to a sense of personal joys, spiritual Love will force you to accept what best promotes your growth" (p. 266).

I began to spiritually reason that my life could never be crushed with sorrow or unhappiness, because God is my life and always has been. This "seeming vacuum" of disappointments was never real. As a child of God, I reflect joy, purpose, and health. I could never be cut off from these holy qualities, because I could never be separated from God, the source of all good.

The Christ, the true idea of God voicing good, which Jesus proved so fully, lifted me up and restored me. I saw many adjustments to my life that revealed more health, happiness, and opportunity than I had ever seen before. And I continue to see this day by day. I am so grateful for this healing on so many levels.

Hymn 195 in the *Christian Science Hymnal* expresses my deep gratitude for the Christ Science and its ever-practical demonstrability:

Not what I am, O Lord, but what Thou art;  
That, that alone can be my soul's true rest;  
Thy love, not mine, bids fear and doubt depart,  
And stills the tumult of my troubled breast.

Girt with the love of God, on every side,  
I breathe that love as heaven's own healing air;  
I work and pray, and follow still my guide,  
And fear no foe, escaping every snare.

'Tis what I know of Thee, my Lord and God,  
That fills my soul with peace, my lips with song;

Thou art my health, my joy, my staff, my rod;  
I lean on Thee, in weakness I am strong.

(Horatius Bonar, alt.)

**Consuela Sand**  
*Arlington, Virginia, US*

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## "God's puppy"

*By Paul D. White*

**Many years of** relying exclusively on Christian Science treatment for healing have given my wife and me a firm foundation of faith in the healing efficacy of Christian Science. That faith was severely tested some years ago when our precious dog, Rocket, began struggling with an aggressive unidentified health issue.

My wife and I immediately gave him prayerful Christian Science treatment, but to our dismay, Rocket's situation continued to worsen. We had a brief, serious discussion about what to do next. My wife felt strongly that we should take him to a veterinarian, and I supported her in her desire to do that. The vet gave Rocket some medication in her office and sent my wife home with a prescription. But after two days, despite continuing with the medication, there was no improvement, and Rocket's situation seemed life-threatening.

We decided to dispose of the medication and instead, contact an experienced Christian Science practitioner to provide prayerful treatment for Rocket. My wife and I sat on the floor of my home office, with Rocket in my wife's lap, as light rays beamed through the windows. The practitioner confidently shared over speakerphone some battle-tested Bible-based truths regarding several key metaphysical points:

- Rocket was not our puppy, but God's. As such, he was inseparable from God's ceaseless, loving care. God protects *all* of His creation, with no exceptions.

• Whatever the medical diagnosis of Rocket's problem was, this outward appearance of an illness did not belong to him. Rocket's entire being consisted only of the indestructible spiritual qualities of God that he reflected.

• Rocket did not need to be "fixed." He was, right at that moment, the perfect creation of God that he'd always been.

What followed was one of the most holy moments I've ever known.

The impact of these spiritual truths was immediate. An indescribable sense of God's peace and presence settled over the room. Rocket's lethargy ceased and was replaced by his natural sense of joy and energy. Within minutes, he resumed his normal dog-type activities, and my wife and I resumed our normal activities.

Years later, my wife and I are still in awe of this full and permanent healing we observed. Our gratitude for not only the practitioner who helped us, but Christian Science practitioners throughout the world, is immeasurable. The power of God to heal and save, as taught in Christian Science, is a blessing-in-waiting for our entire world, just needing to be claimed.

**Paul D. White**

*Reno, Nevada, US*

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## Full recovery from foot injury

*By Nancy Drescher*

I was opening a door to my office to get some fresh air. I had opened the same door for 21 years but had never tripped over the threshold in the process before. This time was a first! I landed hard on my side.

A colleague witnessed the incident and asked whether I was OK. I said I was and figured I would just walk it off. I

thought the foot that had twisted beneath me would be fine and said to myself, "There are no accidents." This is based on a statement from page 424 of *Science and Health with Key to the Scriptures* by Mary Baker Eddy: "Accidents are unknown to God, or immortal Mind, and we must leave the mortal basis of belief and unite with the one Mind, in order to change the notion of chance to the proper sense of God's unerring direction and thus bring out harmony."

"Under divine Providence there can be no accidents, since there is no room for imperfection in perfection."

I have relied on Christian Science for healing for many years and planned to rely on it in this situation as well. I prayed to understand that nothing had touched my perfect being, which is spiritual.

When I got home, I couldn't put any weight on the foot. I hobbled into the house, then used an old cane to help me get around. Soon I called a Christian Science practitioner, and she agreed to support me through prayer. I felt the important thing was to realize that nothing harmful could touch me as a spiritual idea of God.

I stayed home from work the rest of the week so I could spend time reading *Science and Health*. I wanted to really study the weekly Bible Lesson from the *Christian Science Quarterly* and spend quiet time with God. And I kept in touch with the practitioner, who shared encouraging ideas with me daily.

When walking didn't seem to be getting any easier for me, a family member suggested I have the foot x-rayed. But I realized if I did that, I'd have to contend with two reports on what was happening to me physically—my own experience and the X-ray. I wanted to focus on what the spiritual reality of the situation was. I knew I needed to stop replaying what had happened in my head like some bad movie, and start understanding my spiritual nature, which had never been touched, damaged, or changed in any way.

Although I was still struggling to find complete healing, I decided I should be back at work the following week instead of giving in to the temptation to sit on the couch any longer. I felt metaphysically supported and clear

that it was time to take a stand to do what I would normally be doing.

My husband and I had airline tickets for a trip in a few weeks that would involve walking several miles each day. I continued to pray, knowing I would be healed and that the best way toward healing was to continue to deny that I live in a material body that can feel pain or be disabled. I had to learn my being is instead in Spirit, and to “walk with Love along the way” (Minnie M. H. Ayers, *Christian Science Hymnal*, No. 139).

The more clearly I thought about these spiritual truths, the less temptation there was to look at the foot for progress. And I diligently prayed to stop replaying the incident in my head. I had complete trust that I would be fully healed.

By the third week, I was walking more freely, and I worked daily to see that the only power was God and that man is made in God’s image and likeness, as the first chapter of Genesis affirms. I needed to follow this directive: “Declare that you are not hurt and understand the reason why, and you will find the ensuing good effects to be in exact proportion to your disbelief in physics, and your fidelity to divine metaphysics, confidence in God as All, which the Scriptures declare Him to be” (*Science and Health*, p. 397).

I don’t think I’ve ever been so grateful to walk through an airport with complete freedom as I was during that trip. The foot was completely healed, and we were able to walk many miles each day.

This healing experience is one of many that I’ve had as a student of Christian Science, and I am so grateful that we have the tools to handle each situation. This was a reminder that we are truly spiritual and not made of matter that we’re trying to improve, change, or make better. I was grateful to see my outlook change from focusing on the physical to seeking a fuller understanding of man as a spiritual idea.

This experience was a good reminder to get a clearer view of myself and others.

**Nancy Drescher**

*White Plains, New York, US*

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## “A divine afflatus”

*By Karen Neff*

**In a sermon** about Christ Jesus, Mary Baker Eddy said, “The monument whose finger points upward, commemorates the earthly life of a martyr; but this is not all of the philanthropist, hero, and Christian. The Truth he has taught and spoken lives, and moves in our midst a divine afflatus” (*Miscellaneous Writings 1883–1896*, p. 166).

In Latin, *afflatus* means “a breathing on” (dictionary.com). In English, it can signify sudden inspiration communicated by the divine presence. This inspiration occurs when we are moved by the Holy Ghost.

In *Retrospection and Introspection*, Mrs. Eddy writes of her own afflatus experience in discovering Christian Science: “My heart bent low before the omnipotence of Spirit, and a tint of humility, soft as the heart of a moonbeam, mantled the earth.... Frozen fountains were unsealed. Erudite systems of philosophy and religion melted, for Love unveiled the healing promise and potency of a present spiritual *afflatus*” (p. 31).

Through this divine action, one’s thought is stirred, lifted, and impelled to new heights of spiritual understanding—even overwhelmed by Love. This experience is a holy event to be cherished. And it can happen at any time, spontaneously, with instantaneous healing as the result. When a divine afflatus floods human consciousness, it frees us from bondage and suffering.

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## Where Christ is found

By Robert Witney

**Imagine Mary, Jesus’** mother, witnessing her son’s crucifixion. While this would surely be agonizing for any mother, Mary might have recalled an experience from Jesus’ childhood which would have reassured her that he was not so easily lost to her, or to the world.

The Gospel of Luke tells us of an occasion in Jesus’ youth that foreshadowed his ultimate victory and the fulfillment of his holy mission. When he was twelve years old, he traveled with his parents in a caravan of relatives, friends, and acquaintances to Jerusalem to celebrate the Passover. After journeying toward home a full day following the feast, his parents discovered Jesus wasn’t with them. Turning back to the city, they searched for him and eventually found him the third day in the Temple, in conversation with the doctors of Jewish law. When his parents scolded him for scaring them, he responded, “How is it that ye sought me? wist ye not that I must be about my Father’s business?” (Luke 2:49).

As Christ Jesus traveled to Jerusalem at the end of his ministry, crowds confirmed his identity as the promised Messiah with shouts of “Blessed be the King that cometh in the name of the Lord: peace in heaven, and glory in the highest” (Luke 19:38). Soon after, he was unjustly put on trial for insurrection, condemned to crucifixion, killed and buried, with a large stone blocking the entrance to his tomb. Now, about two decades after his boyhood journey to Jerusalem, it appeared that Mary had once again lost her son there around the time of Passover. But three days after his burial Jesus would reappear, as he had prophesied, this time having overcome death.

I sometimes feel as though I too have lost sight of the Christ—not Jesus, the transformative figure in human history who lived thousands of years ago, but the healing and saving power he manifested. The biblical story of Jesus’ mother reassures me that, just as Mary never truly lost Jesus, the incorporeal Christ, Truth, can

never be lost to the seeking heart. Mary Baker Eddy writes in *Science and Health with Key to the Scriptures*: “The advent of Jesus of Nazareth marked the first century of the Christian era, but the Christ is without beginning of years or end of days. Throughout all generations both before and after the Christian era, the Christ, as the spiritual idea,—the reflection of God,—has come with some measure of power and grace to all prepared to receive Christ, Truth” (p. 333).

This was illustrated to me on one occasion recently when I was bedridden with symptoms of flu. The next day I had several duties to fulfill as Second Reader of my church, and I felt pressure to have a quick healing so I could be there. It could be said that in these difficult moments I felt very much separated from Christ. I was discouraged by the symptoms, or report of the material senses suggesting I wouldn’t be able to do my work.

I soon realized that I didn’t need to fix anything, I just needed a shift in perspective. Like Jesus’ parents when he was twelve, I was looking for Christ in “Jerusalem,” which is defined in the Glossary of *Science and Health* in part as “mortal belief and knowledge obtained from the five corporeal senses” (p. 589). I knew that attempting to find truth in these senses is like trying to find the daylight of the sun in a pile of mud at nighttime. You’ll spend a lot of time digging around, and no amount of human effort will yield your desired result.

After three days, Jesus’ parents eventually found Jesus in the Temple. One definition of *temple* in *Science and Health* is “the idea of Life, substance, and intelligence; the superstructure of Truth; the shrine of Love” (p. 595). As we look to this “idea”—this temple—for an understanding of God and man, we find Christ. *Science and Health* describes the simplicity of this mental work: “The real man being linked by Science to his Maker, mortals need only turn from sin and lose sight of mortal selfhood to find Christ, the real man and his relation to God, and to recognize the divine sonship” (p. 316).

I decided to listen to the Bible Lesson from the *Christian Science Quarterly* and cherish what the selections that week from our pastor, the Bible and *Science and Health*, were telling me about my true being. These weekly

Lessons bring out our oneness with God, and man's being as spiritual, the perfect reflection of the Father.

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

Christian Science explains that physical healing is not miraculous but “the sign of Immanuel, or ‘God with us,’—a divine influence ever present in human consciousness” (*Science and Health*, p. xi). If we ever feel separated from God, from divine Love, we can begin looking in the right direction. As we do, we find that not only is Christ ever present but ever active, working for us, ceaselessly—defending us, protecting us, maintaining us, healing us—always about the Father's business.

Jesus' disciples caught a glimpse of the eternal Christ following his resurrection and ascension. The Gospel of Luke ends with this enduring image: “And they worshipped him, and returned to Jerusalem with great joy: and were continually in the temple, praising and blessing God” (24:52, 53).

Let us emulate the disciples' example by abiding continually in the temple—“the superstructure of Truth.” As we do, our experience will be uplifted from the Jerusalem of the material senses to the New Jerusalem described in the book of Revelation, and defined in *Science and Health* as “divine Science; the spiritual facts and harmony of the universe; the kingdom of heaven, or reign of harmony” (p. 592). We can never lose sight of Christ there!

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## Glory in the garden

By Judith Hardy Olson

**It was the** Monday of Easter week and I was reading the Bible Lesson from the *Christian Science Quarterly*. I

knew that week's Lesson would naturally include select verses from the Gospels about Christ Jesus' crucifixion and resurrection. But I hadn't gotten to that section of the Lesson yet. I was still reading about Jesus' agonizing experience in the garden of Gethsemane the night before his crucifixion.

Then I came to this related passage in *Science and Health with Key to the Scriptures* by Mary Baker Eddy: “During his night of gloom and glory in the garden, Jesus realized the utter error of a belief in any possible material intelligence” (pp. 47–48). I didn't get past the words “During his night of gloom and glory in the garden.” Stopping right there, I blurted out, “Glory? Where was any glory in that garden?” All I saw was sorrow, suffering, and disciple-dereliction. So, I set out to find the glory.

What happened that night in the garden is described in three of the four Gospels—Matthew, Mark, and Luke. After finishing the Lesson, I decided to read all three accounts. They tell us that, knowing what was to come, Jesus asked his heavenly Father to spare him the crucifixion but then humbly prayed, “Not my will, but thine, be done.” According to the Gospel of Luke, at that moment of self-surrender “there appeared an angel unto him from heaven, strengthening him” (22:43).

“That's it!” I said to myself. “That was the glory in the garden.” Although we're not told what the angel's message was, we know it gave Jesus the strength to go forward.

What this said to me was that no matter how hopeless or desperate things can seem, nothing can halt, hide, or hinder God's comforting, sustaining, healing Truth. When accepted, it meets the human need in tangible ways. This God-sent message is the Christ—the unstoppable, unceasing, unfailing, healing Truth that comes to human consciousness to heal the sick and sinning. It had to have reassured Jesus that God's will is always only good, and that his victory over a material sense of life, and therefore the grave, was certain.

A week or so later, the profundity of this insight came to my rescue. It was a Sunday afternoon. My husband had just left on a five-day business trip, when our six-year-old son fell headfirst over the handlebars of his bike

onto his forehead on the sidewalk. I was unable to reach any of the three Christian Science practitioners I called at that moment to give our son specific metaphysical treatment, so I prayed for him myself.

Though the picture looked alarming, not for a second did I feel helpless, thanks to this glorious view of Jesus' Gethsemane experience. My thought was full of spiritual light and trust in God's tender care.

While I cleaned the wound, my son and I sang a favorite hymn that speaks of God's comfort and care for His children. The words of the hymn are by Mary Baker Eddy, the Discoverer of Christian Science, and it begins,

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)

What spoke to my heart of hearts was the line, "Thou Love that guards the nestling's faltering flight! / Keep Thou my child on upward wing tonight." "Today," I sang. That was my fervent prayer. I felt God's encircling arms, and I'm sure my son did, too.

Just before dinner he took a brief nap. Right after, our next-door neighbor, a medical nurse, dropped by. She said she'd seen the accident from her front window, and apologized for not being able to come sooner. She added that she was surprised but glad to see our son doing so well, considering the "concussion." I thanked her for her care. As she left, she warned of possible dire aftereffects.

However, there were none, and the wound healed quickly.

## Fearless flying

By Carla Simpson-Webb-Dardamanis

**Many years ago**, my career in fashion retail required many airline flights to visit stores, vendors, and factories worldwide. On one of my earliest flights, the plane was hit with lightning and lost power. We plunged sharply before the power recovered. Thankfully there was no further issue and harmony was restored. However, my fear was so great that I didn't feel I could get on my connecting flight. I actually had thoughts that I would have to just live in that location!

Realizing that was not a reasonable thought, I called a Christian Science practitioner, and we began praying to understand God's continuous government of good, His law of harmony, and His love for His idea, man. I spent the time on that next flight thinking about Mary Baker Eddy's poem "Mother's Evening Prayer." I found so much comfort in the ideas in that poem, and it has become my favorite source of inspiration in the 35 years since that incident, especially when flying.

The poem begins, "O gentle presence, peace and joy and power" (*Poems*, p. 4). That combination—gentle presence, peace, joy, and power—is characterized as belonging to God. It doesn't occur in any material sphere. It so perfectly represented God's total government that I could rely on to meet every need.

The poem goes on, "O Life divine, that owns each waiting hour." That gave wings to further inspiration and uplift. It isn't human luck or a plane that owns each hour; it is God who owns all. Continuing, the poem says, "Thou Love that guards the nestling's faltering flight! / Keep Thou my child on upward wing tonight." It is always powerful to acknowledge God, divine Love, guarding the flight and all others in the sky.

My next flight that day went perfectly, without incident. More important, I had found strength from my prayer. If I couldn't tolerate flying, I would have had to abandon my career, and that was sobering. From that point on, I never got on a flight without the prayerful inspiration of that poem. I recognized how important it was to stay "at my post," praying for each flight. Prayer

is never a burden—it is a joy of inspiration that brings harmony to our thoughts.

Several months later I was on a flight with a work group on a stormy night. Another passenger was under the influence of alcohol. She quite loudly kept announcing to everyone that we were going to die due to the storms. The flight attendants could not quiet her down.

As the plane departed, I turned to talk to her and provide some comfort. I shared that there was a divine presence, and we would be safe. We talked about how that presence of God would be guiding the pilots to make smart decisions. We ended up talking for the whole two-hour flight, and she remained calm. She no longer appeared intoxicated, and she and the flight attendants expressed gratitude for the help I was able to provide.

My coworkers later commented on how rough the flight had been. I was quietly surprised. I had not felt any disturbance on the flight, and I realized that because I had been focused on helping my fellow passenger feel safe, fear had not at any point entered my thought. I rejoiced to know that my healing of the fear of flying was complete.

I was again grateful for the earlier lesson to pray while flying, regardless of any specific alert, when I was on a flight from the West Coast of the United States through Tokyo to Hong Kong. It was a beautiful day with clear weather. However, as the flight got underway, I felt tension in the crew—something I've learned to recognize from all of my travels—and they were not relaxed for the whole flight. I stayed in prayer the whole way, about 12 hours.

As we neared Tokyo, the pilot came on to inform us that there was a problem with the landing gear. We would need to do a belly landing with the plane. When we made the turn for the Tokyo airport, we would see the runway foamed to prepare for such a landing and lined with emergency vehicles. The passengers were completely silent as everyone processed this information. I now knew why I had been in prayer and was so grateful to have obeyed. I wasn't panicked and knew that prayer prepared the way for harmony.

We were in the crash position when the pilot began the descent. A couple of minutes later we heard a joyful shout from the pilot: "We have landing gear!" There were cheers throughout the plane. We were diverted to a different runway and made a normal landing—in fact, it was one of the smoothest landings I have ever experienced. Even the pilots seemed amazed. Airport staff, clapping for us and shedding tears of joy, greeted us when we disembarked on the jetway.

I am grateful that in Christian Science we find a practical, reliable understanding of God and His love for us. And I will be forever grateful to Mary Baker Eddy for her dedicated work in bringing this Science to us. It is an amazing blessing to be able to lean on spiritual healing for all our needs.

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## Weathering the storm

*By Glenn Williams*

**My wife and I** purchased a haven of serenity: a charming property rich with woods opening onto a vista of marshlands off a river. Within nine months, however, that serenity was disrupted by a series of weather events. In the first two, water surrounded our house, filling the crawl space halfway up. The third, a massive storm, brought so much rain over a nearby ocean bay that it backed up the river near our property for miles.

The wind and rain persisted for days while the water kept rising. When water began seeping through the floorboards in the house, we desperately stacked furniture so it wouldn't all get ruined. We were awake most of the night, monitoring the water level and pondering the uncertainties involved in evacuating.

As we prepared to abandon the house, I stood on the deck and with great conviction said to the storm, "Thus far and no farther." I recognized this as part of a statement from *Science and Health with Key to the Scriptures* by Mary Baker Eddy: "Adhesion, cohesion,

and attraction are properties of Mind. They belong to divine Principle, and support the equipoise of that thought-force, which launched the earth in its orbit and said to the proud wave, "Thus far and no farther" (p. 124). Although it appeared futile amid the approaching water, I felt compelled to stand up to the claim that there could be any force greater than God.

By morning, we knew it was time to go. That's when a phone call came. A dear friend from church had felt the sudden inspiration to call, and we described our situation. Without hesitation, she said to grab the cats and move into her home. My wife and I, carrying our cats, waded out of the house through thigh-high water.

That night, I broke down with exhaustion and concern about what we might find upon our return home. But my wife and I continued to pray, and by the next day, our thinking about the situation had changed. We woke up grateful for our friend's generosity and knowing that we were completely in God's care.

Words from the *Christian Science Hymnal* resonated in my mind:

Father, we Thy loving children  
Lift our hearts in joy today,  
Knowing well that Thou wilt keep us  
Ever in Thy blessed way.  
(Elizabeth C. Adams, No. 58, © CSBD)

As we started every morning by turning to our Father-Mother God for guidance, we saw the proof of these words.

Within 48 hours, the wind and rising water had ceased, allowing us to walk through our house. While some debris clean-up was needed around the property, it appeared that the water inside the house had risen no higher than when we had left. A home restoration company we contacted showed up the next day with dryers and fans, and they removed the wet carpeting. And a claim adjuster from our insurance company responded within a day and was kind and helpful.

This manner of cooperation and kindness continued throughout the clean-up process, and we continued to begin each day with gratitude for all the blessings and

to know that each day would reveal even more of God's grace. *Science and Health* says, "Patience must 'have her perfect work'" (p. 454). Patience is not about waiting for a material solution, but rather about remaining confident that God's work is already complete.

We stayed with our friend a few weeks while a group of church and work friends helped us empty the house of furniture to aid the drying process and floor replacement (and they later kindly returned to put it all back).

Because we lived in a designated wetland, we worked amiably with our national disaster response service and the state and county officials when we decided to take precaution by raising the house nearly four feet. This work would take several months, so our employer arranged for us (including the cats) to stay in an area near to where we worked. This allowed us to walk to work each morning, enjoying the local ambiance. Even the significant bank loan we secured to raise the house was shortly paid off.

When we encounter storms—any challenges that threaten to disturb our spiritual peace and harmony—we can hold steadfastly to the recognition that nothing but good can ever derive from ever-present Love. Destruction, danger, and panic lose their foothold as we recognize the good, loving actions happening around us, which all have their source in God, good.

We read in *Science and Health*, "The poor suffering heart needs its rightful nutriment, such as peace, patience in tribulation, and a priceless sense of the dear Father's loving-kindness" (pp. 365–366). At times, we may feel that this "rightful nutriment" of spiritual qualities isn't what is needed when a catastrophic event has caused loss and devastation. But it assures us of our spiritual well-being, which is untouched by physical conditions.

Christ Jesus taught his followers: "The kingdom of God is within you" (Luke 17:21). Therefore, eternal life and harmony are ours now, and we are always—at every moment and in every way—supported by divine Love.

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# The power of “littles”

By Elizabeth Ragsdale

**Some time ago** the Christian Science Bible Lesson was full of “littles”—a little while, a little city, a little leaven, a little book. It came to me that understanding the power of “littles” can help us face big challenges. Here’s what I understood from reading that Lesson:

1. In a little while Lebanon would be “turned into a fruitful field” (Isaiah 29:17). Similarly, we don’t have to wait a long while for big blessings to come from our prayerful sowing.

2. A “little city” is delivered by the wisdom of one “poor wise man” (see Ecclesiastes 9:14, 15). Even though each individual is only a count of one, their inspired thought can protect all whom that thought rests on.

3. “A little leaven leaveneth the whole lump” (I Corinthians 5:6). Even just a little spiritualization of thought can lighten up a big batch of problems.

4. A sick woman touches only the border of Jesus’ garment and is healed (see Luke 8:43–48). We don’t have to understand the whole fabric of Christian Science yet. Reaching out to understand even a little of Christ, Truth, has a healing effect.

5. In *Science and Health with Key to the Scriptures*, Mary Baker Eddy explains, “Become conscious for a single moment that Life and intelligence are purely spiritual,—neither in nor of matter,—and the body will then utter no complaints” (p. 14). We all have little moments to affirm spiritual reality and see it manifested in our health.

6. The mighty angel in Revelation 10 has a “little book” open for all to understand. What power this single book—*Science and Health*—has had in transforming lives!

We’ve probably all had experiences of realizing the great power of some God-impelled thought or action that might be considered little. Here’s one of mine.

Years ago I was working on a graduate degree at a university that had much higher standards than I had experienced in my previous education. After working long and hard on my thesis, I seemed to hit a brick wall and felt I couldn’t finish the degree.

Then came the divine message to work on this paper just a little every day, even if it was never accepted. The healing occurred before the thesis was completed, as my resistance to the work was quickly gone. And more important than getting my degree (which I did) was the ability to identify myself as God sees me—one who obeys God and reliably finishes what one has started.

The value of recognizing the power of “littles” applies especially to praying about long-standing problems. It can be tempting to think, “I’ve prayed about this countless times with no results. Why bother again?”

That’s when I find it helpful to remember healings like my completed thesis, and to affirm that not one moment of our spiritual work is too little to have a healing effect.

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# Church attendance contributes to healing

By David Furbush

**I had two** major physical challenges in 2022. Both were healed through Christian Science. The first challenge had to do with mobility and intense pain in one leg. The temptation was to hide out at home and stay in the “closet of prayer.” This included the thought that I could not attend church in person because walking, sitting, and riding in the car were extremely uncomfortable. Even though our church had an online option, I resisted participating in this way. I truly felt there was no better healing environment than being there in church. And I felt a tremendous level of support from fellow branch church members.

The second sentence in the definition of *Church* in the Christian Science textbook, *Science and Health with Key to the Scriptures* by Mary Baker Eddy, was so meaningful to me: “The Church is that institution, which affords proof of its utility and is found elevating the race, rousing the dormant understanding from material beliefs to the apprehension of spiritual ideas and the demonstration of divine Science, thereby casting out devils, or error, and healing the sick” (p. 583).

I was clearly looking for proof of Christian Science practice. I was ready for my thoughts to be elevated to acknowledge my always present perfection. I desperately wanted any dormant understanding roused. I longed for the apprehension of spiritual ideas. And I knew that the work being done by my Christian Science practitioner and me was for the demonstration of divine Science that heals the sick. How could I not be in church? Soon, the pain and limited mobility dissolved and I was healed.

Here’s the second challenge that was successfully faced down that year. One Wednesday that summer I was mowing the lawn, when I had a weird sensation in my face on the left side. I didn’t think much about it and finished my task. When I came into the house to shower, however, the picture in the mirror was bizarre and frightening—the left side of my face was no longer symmetrical but droopy and nonresponsive.

When I called a Christian Science practitioner for assistance, I was assured of my perfection as a child of God. This passage from *Science and Health* was very helpful: “Corporeal sense, or error, may seem to hide Truth, health, harmony, and Science, as the mist obscures the sun or the mountain; but Science, the sunshine of Truth, will melt away the shadow and reveal the celestial peaks” (p. 299).

It was many weeks before there were outward signs of progress. But despite the challenges I had with eating, drinking, and talking, I was undeterred. I knew that “only through radical reliance on Truth can scientific healing power be realized” (*Science and Health*, p. 167). And I wasn’t going to give in! I wrestled down the false claims that Christian Science doesn’t heal; that, well, maybe Christian Science heals, but it won’t heal me;

that I don’t know enough or am not worthy enough to be healed; and that I wasn’t praying enough, “doing it right,” and so forth.

I continued working with the practitioner, expressing patience the best I could and making sure I wasn’t using matter as my yardstick for measuring progress. I was convinced that, as *Science and Health* states: “There is but one way to heaven, harmony, and Christ in divine Science shows us this way. It is to know no other reality—to have no other consciousness of life—than good, God and His reflection, and to rise superior to the so-called pain and pleasure of the senses” (p. 242).

This particular physical challenge presented another, much more subtle argument against going to church. This time it wasn’t about pain but, since I looked a little bit like the Joker character from one of the Batman movies, I needed to get over feeling self-conscious! As I more clearly saw myself as the child of God, I knew there was no better place on earth for me than at church. I reasoned that my fellow church members would also see me as the child of God and not fixate on my appearance.

During this time I reread *Science and Health* and made great progress with rereading Mrs. Eddy’s Prose Works. The breakthrough came (in thought but not yet in body) about two weeks later, when I read our Leader’s words on page 4 of the Christian Science textbook: “What we most need is the prayer of fervent desire for growth in grace, expressed in patience, meekness, love, and good deeds.”

I reasoned that if that’s what I most needed, then I better get to work on it. I thought through what “growth in grace” meant to me and looked up the meaning of *patience* and *meekness*. I realized that I expressed these qualities and I certainly lived my life to embody love and good deeds. And I looked forward to further spiritual growth along these lines.

The next morning there was more symmetry in my face. I could eat without dribbling food. There were clearly outward signs of progress, and the progress continued for the next four days. With each day my face and my

smile returned closer and closer to normal, until I was fully healed.

I didn't miss attending a Sunday service or a Wednesday evening testimony meeting during this time. I can only speak from the heart and say that I believe my fidelity to attending church in person was a major factor in both healings. I learned not to let discomfort or self-consciousness get in the way of proving what we are encouraged to demonstrate in that wonderful definition of *Church*. My gratitude is beyond expression.

### **David Furbush**

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## **Resist “error of every sort”**

*By Roberta Brooke*

**Whatever foe we** might be facing, whether it be ill health, accident, or financial difficulty, we can stand firm against evil if we understand that God, good, is the only power. The Bible assures us: “Submit yourselves therefore to God. Resist the devil, and he will flee from you” (James 4:7).

I was only five years old when there was an incident that required me to resist evil—and quickly. My mother had begun the serious study of Christian Science and had enrolled me in the Sunday School of our local branch Church of Christ, Scientist. There I was learning about God as divine Love, and I naturally embraced the idea of trusting in His goodness.

One day, as I got out of the car, the door shut on my fingers and I was unable to free myself. Despite the pain and fear, I began repeating out loud a truth I'd learned in Sunday School: “Good is my God, and my God is good” (Mary Baker Eddy, *Miscellaneous Writings 1883–1896*, p. 206). Over and over, I insisted on this truth. It just welled up within me and was bursting out!

Of course, my mother was quick to come to my aid and let me loose. I'm sure she was praying for me too, because the results were immediate. The pain left, and there was no evidence of injury to my fingers.

Looking back, what I most remember was the confidence I felt in God's love and tender care. I trusted Him without hesitation and knew that He was protecting me. Even today I can still feel that comforting oneness with God.

This experience taught me how turning immediately to God brings quick results. My insistence on the spiritual fact of God's omnipotent goodness completely shut out the false suggestion of accident and injury. And once this lie had gone from my thought, the effects of it were gone too.

In *Science and Health with Key to the Scriptures*, Mrs. Eddy states: “Resist evil—error of every sort—and it will flee from you. Error is opposed to Life. We can, and ultimately shall, so rise as to avail ourselves in every direction of the supremacy of Truth over error, Life over death, and good over evil, and this growth will go on until we arrive at the fulness of God's idea, and no more fear that we shall be sick and die” (p. 406).

Attuned to the truth of being, we realize that our security lies in God. We don't wait for the material situation to change, but rather seek shelter in the truth of our identity as a spiritual idea of God, governed only by Him and never subject to the so-called laws of matter. The best defense is to keep watch over our thinking, staying alert and prepared for material distractions that would obstruct this truth.

If we have fortified our thinking with the understanding of God through daily prayer and study, we can readily spot offending errors of thought and eradicate them quickly. Standing in faith, we can sing:

I fear no foe, with Thee at hand to bless;  
Ills have no weight, and tears no bitterness;  
Where is death's sting? where, grave, thy victory?  
I triumph still, if Thou abide with me.

(Henry Francis Lyte, *Christian Science Hymnal*, No. 8)

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## The Greatest Thing in the World

Henry Drummond (1851–1897) was a Scottish evangelist. His sermon on First Corinthians 13, published in his 1890 book *The Greatest Thing in the World and Other Addresses*, has long been admired in the Christian world.

Mary Baker Eddy was a contemporary of Drummond and apparently familiar with his writings. In “Love fulfils law,” an article published in the May 1913 *Journal*, author Kate Davidson Kimball mentioned Eddy’s admiration of Drummond’s book. “Mrs. Eddy once said she had intended to write such a book herself,” she recalled, “but Professor Drummond had done it so well that he had saved her the effort.”

Kimball’s husband was Edward A. Kimball, a noted Christian Science teacher and lecturer. He and his wife had both studied with Eddy, and they may have heard her speak directly about what Kate Kimball recalled.

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## Grants available for branch church and society needs

*By The Trustees Under the Will of Mary Baker Eddy*

**The Trustees** of the trust under the will of Mary Baker Eddy, Clause 8, frequently evaluate grant requests from Christian Science branch churches and societies around the world. Many of these requests involve funding for repairs of older edifices—sometimes for buildings designed many decades ago that are outsized

compared to the current number of members serving in the branch. We see branches prayerfully considering whether their building is truly serving the healing mission of their church, or if it’s distracting from this ministry to their community.

If your branch membership is interested in exploring a different location or building arrangement, there may be Clause 8 funds available to help achieve that goal. Perhaps your branch could benefit from a bridge grant to help during a transition from one space to another. Or perhaps your branch could use funds to help build out a new space or even to hire a consultant to help explore your options. Grants will be considered for rightsizing projects in cases where the transition to a more appropriately scaled church edifice would enhance the branch’s ability to reach, serve, and bring healing to the community, as well as enable ongoing building operations and maintenance to be sustainable for the branch.

In addition to projects related to rightsizing or relocating your edifice, the Trustees Under the Will of Mary Baker Eddy grant program will continue to provide support for a variety of other projects to aid branch efforts in offering welcoming, healing church services, testimony meetings, Sunday Schools, Reading Rooms, and lectures that meet the criteria of promoting and extending the religion of Christian Science as taught by Mary Baker Eddy.

We invite branches to inquire about guidelines and eligibility for a Clause 8 grant by email ([tuwgrants@csps.com](mailto:tuwgrants@csps.com)) or telephone (+1-617-450-2000).

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## Monthly updates: April 2026

## Annual Meeting 2026

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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](https://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](https://christianscience.com/annualmeeting).

## Contributions to The Mary Baker Eddy Library Fund

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Since 2002, when The Mary Baker Eddy Library opened its doors as a Boston not-for-profit organization, Church members and others have generously contributed to the Library and its activities. And since 2017, when the Library became a department of The Mother Church, it has no longer been necessary to direct support for the Library through the Mary Baker Eddy Library Fund, because contributions to the General Fund of The Mother Church support all Church activities, including the Library. For this reason, the Mary Baker Eddy Library Fund is being removed from the Church's online donation form at [giving.christianscience.com](https://giving.christianscience.com) effective April 30, 2026.

The Mary Baker Eddy Library continues to be a vibrant Church department honoring our Leader's life, ideas, achievements, and legacy. And we welcome your continued support of the Library—and all of the activities of The Mother Church—by contributing to the Church's General Fund.

Please contact [treasurer@christianscience.com](mailto:treasurer@christianscience.com) with any questions.

## Two new Concord features

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Concord recently released two transformative features to enhance your study of Christian Science.

The complete audiobook of *Science and Health with Key to the Scriptures* by Mary Baker Eddy is now available in Concord, exclusively for paid subscribers. This audio uses the same recording currently available for purchase on CD in your local Christian Science Reading Room or on the Christian Science Online Shop. The same audio is still available for free as a continuous stream on [christianscience.com](https://christianscience.com).

A major update of the list panel has introduced List Sections, transforming how users can navigate and organize citations. This new feature enables all Concord users to create custom sections within lists, making it easier than ever to group related citations, organize study topics, and navigate extensive research. Paid subscribers have access to the added bonus of being able to save organized sections for future reference. Begin exploring these features today at [concord.christianscience.com](https://concord.christianscience.com).

## New easter Bible Collection on JSH-Online.com

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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.

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

Check out this new collection of articles on Easter at [jsh.christianscience.com/collections](https://jsh.christianscience.com/collections).

# Hallelujah!

By Lisa Rennie Sytsma

**It's not like** they hadn't been told. The book of Luke in the Bible reports that on at least three separate occasions, Jesus had clued his disciples in on the fact that he was going to be arrested, mocked, beaten, and crucified—a horrendous form of execution—but assured them that he would rise again the third day.

He didn't just say it in passing. On one of those occasions he told them to let his words “sink down into [their] ears” (Luke 9:44)—in modern terms, “Listen up, guys, this is really important.” Another of those occasions was following a deep moment when the disciples recognized his divine mission to bring light and salvation to mankind. But when all that he had foretold did happen, and in exactly the way he had again said it would happen only days earlier, it seemed his words had not, in fact, sunk into the disciples' ears. When Jesus was taken off the cross and buried in a tomb, instead of counting the days until he rose again, the disciples went into hiding. Then they scoffed at those who reported they'd seen Jesus alive on the third day. It wasn't until Jesus appeared to them personally that they finally believed.

Their failure to believe what Jesus had told them shows how deeply the human mind resists accepting the gospel that Jesus came to teach and to prove. Would we have responded any differently had we been in the disciples' shoes? They didn't have the New Testament—they didn't know how the story ended. Peter's strong reaction on one of the occasions when Jesus foretold the things he would suffer shows how shocking those words were to them: “God forbid, Lord! This shall never happen to you” (Matthew 16:22, Revised Standard Version). Was crucifixion an appropriate experience for God's anointed? “God forbid!” Peter exclaimed, and it's hard not to join him in feeling that way.

But how else was Jesus' message of man's full salvation to be conveyed to those to whom matter seemed as

real as Spirit, God? Jesus had already been proving the ability of God's children to reflect the divine power by destroying every sort of evil and overcoming matter itself. He'd healed the sick, raised the dead, walked on water, and traveled instantly from one place to another. But even his own disciples still believed there was a limit to Jesus' dominion over evil and matter.

Yet there was no limit. There never had been. God has no limits, so His children have none, either. But Jesus' followers needed to be fully awakened to that fact. To break the resistance of the human mind, to prove its unreality, Jesus allowed the sum total of the evil and hatred aimed at him and the truth he taught to do its worst, to throw everything it had at him. And he beat that effort. Exactly as he had said he would. Exactly as he knew he could. It was a knowledge born of his conviction that God is the only power—a fact he pointed out even to the representative of the Roman Empire who was about to sentence him to crucifixion (see John 19:10, 11).

It was this mighty demonstration that finally destroyed his disciples' fear that there was a limit to God's power, that in the end, matter would always be the victor. The Discoverer of Christian Science, Mary Baker Eddy, writes: “His resurrection was also their resurrection. It helped them to raise themselves and others from spiritual dulness and blind belief in God into the perception of infinite possibilities” (*Science and Health with Key to the Scriptures*, p. 34). Their doubt and darkness broken, the disciples soon came out of hiding, empowered to carry Jesus' message forward boldly, teaching it, demonstrating it, passing it down to us.

The message of the resurrection is still true. We are not mortals trapped in mortal troubles. We are children of light, children of Love, beloved by the Love that is caring for us, guarding us, and guiding us every moment.

Perhaps we feel buried in doubt and fear. Maybe we are convinced that Christian Science works for some things, or some people, but not for others, or you. If so, we can let Jesus' resurrection be our resurrection, too, empowering us to uplift ourselves and others from a hopeful faith in God into the clear understanding of all that is possible to God.

As we acknowledge Christ Jesus' sacrifice, we can remember that he made a complete, public demonstration of the power of God over the belief in any power apart from God. We don't have to suffer with Jesus in the sense that we have to repeat his experience. But to share in his glory, we do need to live as he taught us to live, think as he taught us to think, act as he taught us to act. We can start small, but as we do, as we faithfully put his teachings into practice, we'll find that we, too, can heal, can shine the light of salvation in the world.

Hallelujah! We have been told—the good news is ours!

**Lisa Rennie Sytsma**

*Editor*

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