



# CHRISTIAN SCIENCE Sentinel

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

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# Christian Science: Its originality, scope, and impact

Kim Crooks Korinek

**True discovery reframes everything.** It can shift the lens through which all things are seen and transform our lives. Christian Science is exactly that type of discovery.

There is nothing “just like” Christian Science. Its unprecedented originality marks it as a stand-alone discovery; its universal scope applies to all humanity; and its impact on human progress is world-changing.

In 1866, Mary Baker Eddy discovered this Science—a metaphysical system of healing based on the Bible that enables the learner to demonstrate the divine Principle on which Jesus’ healing works were based.

Christian Science reframes our understanding of life from a material basis to a spiritual one. To see the teachings of Christian Science as a derivative of anything other than the Bible, or to believe that it is “just like” another denomination or alternative health system or that it is derived from a certain philosophy or ancient spiritual discipline, fails to recognize Christian Science as the unique and complete discovery that it is. The laws stemming from its divine Principle are provable. And thousands of pages of articles and firsthand testimonies of healing have been written for this magazine and its sister publications by those who have proven these healing laws.

Christian Science is based on an underived foundational premise from which everything else follows: “Thou shalt have no other gods before me”—the First Commandment (Exodus 20:3). This foundational premise leads to recognition of these powerful spiritual facts: There is one infinite cause, one Principle: God—one Mind, one creative intelligence. God is expressed through His idea, man, made in the image and likeness of the one Mind. It was on this basis that Christ Jesus healed.

Understanding the one infinite cause has far-reaching consequences for humanity. It reorients how we see our lives from a false, limited, material basis to our being God’s likeness, wholly spiritual and full of infinite possibilities. Denying the claims of materiality, we affirm each individual’s spiritual nature as a child of God, which leads to affirming our unlimited capacity to express God’s intelligence, love, and wisdom, as explained in Christian Science. This Christly discernment thoroughly removes whatever is counterproductive, just as light destroys darkness, and it forwards genuine progress.

Mrs. Eddy writes, “Spiritual causation is the one question to be considered, for more than all others spiritual causation relates to human progress” (*Science and Health with Key to the Scriptures*, p. 170).

The transformative impact of demonstrating Christian Science shifts human consciousness to a more spiritual basis. Christian Science acts like yeast in bread—quietly permeating and working to lift all of human thought, one step at a time, toward higher and holier aims and actions. Mrs. Eddy explains this phenomenon in *Science and Health*: “Belief in a material basis, from which may be deduced all rationality, is slowly yielding to the idea of a metaphysical basis, looking away from matter to Mind as the cause of every effect” (p. 268).

As humanity reaches out “towards the perfect Principle of things” (Mary Baker Eddy, *Miscellaneous Writings 1883–1896*, p. 232), cutting-edge inventions will continue to break through material limitations, and systems of health, theology, ethics, and justice will do the same while increasingly recognizing and incorporating the mental, moral, and spiritual dimensions of life. Genuine advancements for humanity result from the leavening impact of Christian Science on human thought. In fact, this leavening can be traced “in each step of mental and spiritual progress” (Mary Baker Eddy, *The First Church of Christ, Scientist, and Miscellany*, p. 114).

It may be tempting to think that Christian Science belongs only to a small denomination of followers and depends on gaining popularity or following current trends. But this Science, as the law of God, good, is

an irrepressible discovery and is ever active, present, and available to all. Mrs. Eddy writes, “The Science that Jesus demonstrated . . . was wisdom, and it grasped in spiritual law the universe,—all time, space, immortality, thought, extension” (*No and Yes*, p. 21). Realizing this dispels both a false, narrow sense of God’s capacity and a sense of personal responsibility, because the healing practice of Christian Science doesn’t depend on laws or approaches of our own making but on the eternal, time-tested, biblically based law of an infinite God who heals.

Reliance on divine Principle replaces fear and doubt with an increasingly expansive recognition of God’s supreme and loving embrace. There is no “us” and “them” in the practice of Christian Science. This fact enlarges the scope of our practice to include all universally and strengthens our ability to heal divisions, disease, fear, and more. The daily practice of this Science by individuals around the world—living it, sharing it, and healing—gives impetus to the ongoing spiritual progress of all humanity.

As Christian Science becomes better understood, and humanity’s progress builds on a more metaphysical basis, we may find ourselves asking along with Mrs. Eddy, “If such are the present fruits, what will the harvest be, when this Science is more generally understood?” (*Science and Health*, pp. 348–349).

**Kim Crooks Korinek, Guest Editorial Writer**

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## Are you limiting your lifework?

*When we want only to follow God’s direction, our lifework unfolds and is governed by wisdom and Love.*

*Russ Gerber*

**Immediately.** That’s how the Bible describes the change of priorities made by the fishermen called by

Christ Jesus. He said to them, “Follow me, and I will make you fishers of men” (Matthew 4:19–22), and they left their nets at once.

Peter and his brother Andrew received Jesus’ calling, as did brothers James and John, who worked with their father, Zebedee, in a fishing business large enough to employ hired hands. Their response to Jesus’ call was lightning fast and decisive: “They immediately left the ship and their father, and followed him.” They learned about Christian healing and became some of Jesus’ earliest followers and most faithful disciples.

Often, career changes are carefully planned and gradual. Imagine what it took back then, or would take today, to have such a sudden change of priorities.

I experienced something similar many years ago while working full-time as a broadcast programmer and producer. Over that two-year period, I was learning more about God and Christian healing through my study of Christian Science. I applied what I was learning in my work and my immediate family.

What I found desirable was broadening my practice of Christian Science to include helping friends, acquaintances, and coworkers, and over time, opportunities to provide them and others with support and physical healing through prayer came along. This seemed like the right direction to follow, so my wife and I made plans to sell our house and move back to our hometown in order for me to devote my full time to the public practice of Christian Science and for her to continue to work remotely.

At first, everything proceeded according to plan. We put our house on the market; I resigned from my job; and an agreement was signed to rent a house in our new community.

Then, within a few weeks, the plan began to unravel. The housing market took a rapid downturn, and for months, no prospective buyers came to see our house. My wife’s employer called to say that, for budgetary reasons, he could no longer keep her on the payroll. We were counting on that income to carry us through the transition. It seemed we had reached an impasse—that the housing and job markets had brought a halt to

the work of establishing a full-time public practice of Christian healing.

I prayed day and night for a solution. I felt that my calling to the public practice of Christian Science wasn't merely a personal choice, but had the will of God behind it. I affirmed my and everyone else's oneness with God as His spiritual expression, grounded in divine Love's government of the whole universe, including everyone's ability to obey that government. I knew that God doesn't abandon His creation as we follow His direction. In *Science and Health with Key to the Scriptures*, Mary Baker Eddy, who discovered Christian Science, writes, "This creation consists of the unfolding of spiritual ideas and their identities, which are embraced in the infinite Mind and forever reflected" (pp. 502–503).

When we're faithful to God and want only to follow His direction, our lifework unfolds and is governed by wisdom and Love. Even if we're not entirely certain what the outcome will look like, we can trust God's government of His creation. God is all good, so His direction must always be trustworthy, not leading to limitation or loss. Jesus gave this assurance: "Fear not, little flock; for it is your Father's good pleasure to give you the kingdom" (Luke 12:32).

At a gloomy point one morning, I read some remarks made by Mrs. Eddy at a Sunday service. Two particular sentences pierced the gloom. In the first, she said, "Never was there a more solemn and imperious call than God makes to us all, right here, for fervent devotion and an absolute consecration to the greatest and holiest of all causes" (*Miscellaneous Writings 1883–1896*, p. 177).

Up to that point, I'd had a somewhat limited sense of the work I was pursuing. Sure, I wanted to establish a public practice of Christian Science healing, but I now realized that the bigger picture was that this calling from God was integral to establishing "the greatest and holiest of causes." Now I saw that I had an opportunity and responsibility to do a wondrous thing for all mankind with my lifework—to show the efficacy of Christian Science healing.

But Mrs. Eddy's remarks didn't end there. They concluded with a pivotal question: "Will you give yourselves wholly and irrevocably to the great work of establishing the truth, the gospel, and the Science which are necessary to the salvation of the world from error, sin, disease, and death?" She urged, "Answer at once and practically, and answer aright!"

Immediately, everything in my heart answered "Yes!" All at once, I knew beyond any doubt that I was fully committed to Christian Science healing and that nothing would hinder that. Not a weak housing market. Not an employment slump. Not uncertainty about the future. Those things were not equal to "the greatest and holiest of all causes." Loving God and showing my love for others by devoting my life to this great cause was, and remains, my top priority, and it has the power of God behind it. Perhaps when those fishermen heard their calling, they were filled with the same spirit.

Within a few weeks, there was a turnaround. The first person to tour our house made a reasonable offer for purchase, which we accepted, and my wife's employer said that things had changed for his company and that he would be able to keep her on the payroll after all.

We successfully made the move. That was over 35 years ago, and the lifework of Christian Science healing has the same priority for me today.

But what if you've grown accustomed to making a living as a server in a restaurant, or an assistant in a financial office, or an electrician, or a caregiver? Is there a calling, or divine message, for you similar to what came to those fishermen?

Yes, there is. The truth and love that come from God and were spoken and demonstrated by Jesus continue to inspire and lift human lives everywhere. No matter what our present sense of our lifework may be, when we pray and are faithful to the love and direction that God gives to everyone, new perspectives appear, and priorities change. We discover that we can see whatever we need to see and do whatever we need to do in order to grow spiritually and bless others more broadly. This, in turn, blesses us.

What a remarkable calling to us all, that we can see the good it is possible for us to do in any line of work or activity. And we can begin immediately. As a loved hymn with words by Mrs. Eddy says,

My prayer, some daily good to do

To Thine, for Thee;  
An offering pure of Love, whereto  
God leadeth me.

(*Poems*, p. 13)

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## I felt there was a way forward

*Ilse Morrone*

**I have been** a student of Christian Science for over 45 years. Not long before being introduced to this Science, I had arrived in Australia from Austria with a husband, three children, four suitcases, no understanding of English, and no home. Soon after our arrival, my husband left me. I was devastated and hopeless.

I answered an advertisement in a German-language newspaper from a woman who wanted someone to speak German with her. She was a Christian Scientist, and she gave me an English copy of the Christian Science textbook, *Science and Health with Key to the Scriptures* by Mary Baker Eddy. Soon she introduced me to a Christian Science practitioner who spoke a little German. He gave me a translation of *Science and Health* that has both German and the original English on facing pages, and I eventually learned to speak and write English through reading this book.

Following that initial conversation with the practitioner, I felt there was a way forward. I felt hope for the first time since my arrival in Australia. Shortly afterward, I found a home for my children and me. Then

I saw an advertisement for a job opening as a cook, and I applied. The position happened to be at a Christian Science nursing facility. At my interview, I told them I was a new student of Christian Science, and I got the job.

Since that time, I have had many healings—physical, financial, relationship, and more—through the study and practice of Christian Science, sometimes through my own prayers and sometimes with the help of a Christian Science practitioner. In 2010, I took Christian Science Primary class instruction, which expanded my understanding enormously.

One recent healing occurred at the end of 2024. After I had moved in with one of my children, I had a fall, and my daughter took me to the hospital. There, I was diagnosed with having a faulty heart artery, which showed up on an MRI. Having relied on God, good, for healing for decades, I could never believe that I could have such a problem. It was out of the question!

In praying about this issue, the truth I held on to was, “In divine Mind, I live and move and have my being,” based on the Bible verse that says of God, “In him we live, and move, and have our being” (Acts 17:28). I knew that God is the one, infinite Mind, and that He knows my every need and maintains my very being.

While I was in the hospital, a dear friend from church read the Bible Lesson from the *Christian Science Quarterly* to me every morning. And every morning, I was just so grateful to hear it.

I was released from the hospital. Two months later, after moving to another city, I had a second MRI, as the specialist had instructed me to do. It showed no artery damage whatsoever. This healing has been complete for over a year, and I have continued to have healings through Christian Science.

I am so grateful for Christian Science, for my dear friend who read to me, and for my wonderful church family.

# Supporting church, our sacred duty and joy

Noss Mokoko Ndumbo

Originally published in French

**I often ask whether** we are aware of, and grateful for, the blessings already received from God. And do we consider supporting church as our sacred duty? How do we do so?

I've found the following ideas helpful in considering these questions:

"God is our refuge and strength, a very present help in trouble" (Psalms 46:1).

"The Lord is my shepherd; I shall not want" (Psalms 23:1).

"Divine Love always has met and always will meet every human need" (Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 494).

"Soul has infinite resources with which to bless mankind..." (*Science and Health*, p. 60).

Many Bible accounts illustrate how living these truths and serving God enables one to experience more fully God's glory, His bountiful resources, protection, and divine healing, and the restoration that comes from Christ, Truth.

The practice of Christian Science consists of applying metaphysical laws, or spiritual truths, in one's life, in order to correct error—whatever would seem to counter God's supremacy, and the fullness of our true nature as God's spiritual expression. I find such value in this.

But sometimes we may feel the pull to focus on other things, and let them become more important than our support of church, our service to our divine Father-Mother and to our community. For instance, while getting ready for church, we may receive a call that distracts us; when we intend to go to a Wednesday evening testimony meeting, we may think of the difficulty of getting transportation at night, and the

fatigue of the day's work; on the day of a church business meeting, we may feel pulled into organizing a neighbor's birthday party; we may wonder whether it would be better to invest the amount we've set aside to donate to church, in order to generate interest for ourselves; and so on.

I've found this Bible passage written by Paul, a follower of Jesus, helpful in overcoming a false sense of urgency when situations like these arise: "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. 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 12:1, 2).

In fulfilling these demands, we inevitably experience more fully the goodness that God is at every moment expressing in each of us as His children. And church is a natural and important part of this.

There was a period when my branch Church of Christ, Scientist, experienced low attendance at services and meetings, along with significant financial difficulties. There were only a handful of members, who served in multiple offices. Our membership decided to pray to find a way out of this crisis.

We were not praying for more members or money, *per se*; rather, we were affirming the omnipresence and omnipotence of God, who sustains and guides all His children. We prayed for inspiration to help us show the importance of the church in our community and in our individual lives.

Before long, attendance at Sunday services increased, testimonies abounded during Wednesday evening meetings, there was renewed interest in workshops and members' meetings, and finances improved.

I decided to specifically include our church in the list of my daily responsibilities—like a child to care for, safeguard, cherish, and support. The following thought from *Science and Health* inspired my efforts: "Mind-science teaches that mortals need 'not be weary in well doing.' It dissipates fatigue in doing good. Giving does

not impoverish us in the service of our Maker, neither does withholding enrich us” (p. 79).

The ideas that came as I prayed included setting aside a certain amount of money every day to contribute to church, dedicating specific time to pray for the church, and committing to supporting all the church’s activities. More than mere routine or a sense of obligation, it has felt like a natural and joyful thing to embrace church in this way.

We can include church in our practice of Christian Science—in our application of its truths to daily life. As we consecrate ourselves to the service of God through joyfully and actively dedicating ourselves to church, we are rewarded a hundredfold in inspiration, spiritual growth, and healing. Every effort we make to support and serve our church contributes enormously to our metaphysical and physical advancement—and supports that of our fellow members and broader community, too.

May Christ, Truth, abound in everyone’s consciousness, and may we be enriched in our service to church.

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## Walk sincerely

*Martin Maag*

“Thy will be done”—  
so said Jesus  
as he prayed.<sup>1</sup>  
So let us all,  
governed by God,  
seeking the Divine,  
walk forward,  
wrapped in Love,  
doing “Thy will.”

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<sup>1</sup> Matthew 26:42.

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## Weekly updates: June 1, 2026

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### Sterling Student Edition: Bible Publication

We are grateful to announce the publication of the Sterling Student Edition of the King James Bible. In October 2025, the Christian Science Board of Directors announced the publication of the Sterling Student Edition of *Science and Health with Key to the Scriptures* by Mary Baker Eddy. These beautiful, clothbound, hardcover editions are intended to support all who are studying and practicing the Science of the Christ as discovered by Mrs. Eddy, particularly Sunday School students. The durability and compact size of these books and their corresponding markers are perfect for young people learning to mark their books. A new video that instructs how to mark the books is available at [biblelesson.com/marking](http://biblelesson.com/marking).

These books are companions in a lifelong study of God and Christian Science healing. This edition is available in Christian Science Reading Rooms and in the Online Shop at [christianscience.com/sterlingstudentedition](http://christianscience.com/sterlingstudentedition).

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

A long-ago event led to the liberation of the Hebrew nation from enslavement in Egypt. Read about its meaning for us in this “Exploring the Bible” collection on the burning bush at [jsh.christianscience.com/collections](http://jsh.christianscience.com/collections).

Collections are posted monthly to encourage deep, ongoing 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.

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

## IN CASE YOU MISSED IT

### Annual Meeting 2026

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This year's Annual Meeting of The Mother Church is just a week away. We hope you will join us in Boston or online on Monday, June 8. Registration is open at [christianscience.com/am26registration](http://christianscience.com/am26registration).

You can learn more about Annual Meeting at [christianscience.com/annualmeeting](http://christianscience.com/annualmeeting).

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## Moving mountains of despair

*Lynn Hofflund*

**Here's a fun fact:** The world is spinning at a thousand miles per hour at the equator. That's pretty fast, but not as fast as Earth hurtling around the sun at sixty-seven thousand miles per hour! We don't feel as though we're moving, but we are.

When I've felt stuck in a mentally dark place, filled with anxiety and feeling that there's no way out or forward, these facts have been helpful. I'll tell you how.

As an adult, I had to spend some time with one of my parents because of a family issue. What began as a temporary situation turned into several years of being away from my home. I was also unable to pursue my career as a theater actor. It felt like my life would be on hold forever.

I also found it hard to pray, which I was used to doing regularly and often. But, during a dark moment of

feeling trapped and far from God, I recalled these facts about the earth's movement, and they reminded me that there is more going on than meets the eye. What's actually happening isn't always just what I'm thinking, seeing, or feeling.

I thought, "OK, my perception is that I'm standing still, that I'm in a rut and not making progress, and that feels unbearable. But physically, I'm actually moving at great speed right now, propelled by an unseen power greater than I am, even though it's imperceptible to the senses. I don't feel it happening, and I don't make it happen. I may not have done the original research or the calculations demonstrating this fact. But others did that work for me, and I have faith that their claims are true. I am not physically stuck; I am moving."

That line of reasoning brought me some comfort. But more importantly, it enabled a ray of light to penetrate the darkness. My next thought was, "I have faith."

Faith is what I'd felt I was lacking. Not blind faith, but a reasoned faith in God and His role in my life. This was important because I knew from my years of studying the Bible that recognizing this, even in the slightest degree, is a game-changer.

I recalled the powerful words and example of Christ Jesus, who promised his followers, "Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you" (Matthew 17:20, New International Version). Now that is movement!

I asked myself if I had faith in God as a grain of mustard seed, which is the tiniest of seeds. Yes, I'd just admitted that I did.

Was there a mountain I hoped to move? There was—not a literal mountain, but an imposing, oppressive, mental block; a mountain of despair and of feeling trapped in a situation over which I had no control. Could my iota of faith move this mountain? According to Jesus, yes.

I knew I could trust God, whom I also don't perceive with my physical senses, but whom I know is an ever-

present power. My earlier argument based on physics once again came to mind, but this time, I thought about it from a spiritual standpoint: “To my perception, I’m standing still; I’m in a rut and not making progress, and that feels unbearable. But according to what Jesus and his disciples proved about God, I can affirm that I’m completely free, moving beyond mountains of despair, propelled by God, who is the only power. I may not feel it happening, and I also don’t make it happen. I’m carried along effortlessly by God’s unfolding guidance, whether I know it and believe it or not. I was not the first in demonstrating this spiritual fact; many have done so before me, especially Jesus, and I have (a mustard seed of) faith that his teachings are true. I am not stuck; I am moving.”

I felt relief and peace at the thought that God, who is totally good, was in charge of my experience. The circumstances had not changed, but my thoughts had. I knew all would be well—in fact, *was* well. The despair was gone.

Today, I am writing this from my own home, where I am happily reunited with my husband.

Additionally, an unexpected call came recently. After many years of being away, I received an invitation from a theater company to perform a significant role in a Shakespeare play.

Toward the end of the play, the character states to a despondent king, “It is required/you do awake your faith.” In the story, mountains of unhappiness and years of sorrow melt for the king.

Whether in a play or in the drama of our lives, a mustard seed of faith in God can, and does, make a world of difference.

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## How I prayed when I didn’t feel well

*Mackenzie*

**My name is Mackenzie. I am seven years old, and I had a healing.**

One day, I was not feeling well. I had school the next day, and I really wanted to go.

I’ve learned in Christian Science Sunday School that if I ever don’t feel well, I can always pray. So I prayed with my mom before bed. But I had trouble sleeping, so I got up and went to talk to my mom.

We read a story that’s in the Bible about Jesus healing a woman’s daughter of an illness. I liked that Jesus healed the daughter even though she and her mom were from a different place than “the lost sheep, the people of Israel” (Matthew 15:24, International Children’s Bible). To me, this means that anyone can be healed as long as they have faith in God.

We also read a few testimonies of healing in the Christian Science magazines. I like reading other kids’ testimonies because it gives me proof that healings through prayer are possible and that they happen every day, even to kids like me.

Then I remembered that my Sunday School teacher had taught me the definition of *man* from *Science and Health with Key to the Scriptures* by Mary Baker Eddy. *Man* is a word Mrs. Eddy uses to explain who we all are spiritually, as God made us.

The definition says that *man* is “the compound idea of infinite Spirit; the spiritual image and likeness of God; the full representation of Mind” (p. 591). I like thinking that I am a compound idea of Spirit, which is another name for God. I include all the good qualities of Spirit, like peace and harmony, and nothing bad at all.

My mom and I also looked up the definition of *God* in *Science and Health*. It says, “The great I am; the all-knowing, all-seeing, all-acting, all-wise, all-loving, and eternal; Principle; Mind; Soul; Spirit; Life; Truth; Love; all substance; intelligence” (p. 587). I like these names

for God and knowing that because God created me, I reflect God's qualities. Since I am reflecting God's qualities, I can't be sick or hurt because God is not sick or hurt.

I went to bed, and the next morning, I was feeling much better. I went to school, and by afternoon, I was completely healed. I had a great day at school, too!

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## Moses at the burning bush

**“From beginning to end,”** affirms spiritual healer Mary Baker Eddy, “the Scriptures are full of accounts of the triumph of Spirit, Mind, over matter” (*Science and Health with Key to the Scriptures*, p. 139). A preeminent example of this spiritual power took place in early Hebrew history, in the Sinai desert.

At this time, Moses—who will later become leader of the Hebrew nation—is a lowly shepherd. Yet he alone witnesses God's power and glory in the phenomenon of a bush on fire but not consumed. His willingness to stop and view this wonder changes his life. He hears God's self-identification as “I AM THAT I AM” and is tasked with freeing his people from Egyptian enslavement (see Exodus 3).

At the outset of this sacred interchange, God requires Moses to remove his shoes—because “the place whereon thou standest is holy ground.” To Jews, going barefoot showed respect and veneration, since dirt from shoes or sandals was considered profane in holy places.

Moses' wilderness experience launches a series of unmistakable proofs of divine guidance, including the Israelites' deliverance at the Red Sea and relocation to a new homeland. And it signals his closeness to God, elsewhere described in terms of friendship: “The Lord spake unto Moses face to face, as a man speaketh unto his friend” (Exodus 33:11).

Mrs. Eddy summarizes the Hebrew leader's contribution to humanity this way: “Moses advanced a nation to the worship of God in Spirit instead of matter, and illustrated the grand human capacities of being bestowed by immortal Mind” (*Science and Health*, p. 200).

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For more on this topic, see “Holy ground, here and now” by Alice M. Hummer.

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## No more hip pain

*Owen Thomas*

**When I began having** pain in my hip several years ago, I thought it was related to some strenuous yard work I'd done. I expected it to clear up by itself, but that didn't happen. In fact, it grew worse to the point that, when I was out walking the dog or doing errands, I'd have to stop and pray until the pain subsided enough for me to continue. Sometimes I wouldn't feel anything for a while, but then the pain would suddenly return even more strongly. I became alarmed and discouraged.

I asked a Christian Science practitioner to pray for me. She reminded me that a physical ailment is not born of any material condition or circumstance, such as age, accident, or overwork. Nor was I seeking “better matter,” but instead a better understanding of my unbroken relationship to God as His forever whole and undamaged child. In the Bible, I read Jesus' healing of a boy whom the disciples had been unable to cure who was suffering from what modern scholars believe to have been epilepsy. After freeing the boy from every symptom, the Master explained, “This kind can come forth by nothing, but by prayer and fasting” (Mark 9:29).

What is the “fasting” to which he refers? From an article I read on JSH-Online.com, I gleaned that it is not enough to simply acknowledge the truth that God is Spirit and that His creation is wholly spiritual and good. We must also negate the lie about evil. Specifically, we

must consciously fast, or turn away, from the physical senses' false evidence that evil is real and powerful. This is easier to do when we recognize that evil is only an erroneous mental suggestion that we do not need to accept because it is not from God.

An experienced Christian Scientist I know put it this way: "Animal magnetism [another term for evil] has only the power you give it—and the power that you fail to take from it."

I also looked at a letter published in *We Knew Mary Baker Eddy*, Expanded Edition, Vol. 2, pp. 47–48. Written by Eddy to one of her students, the letter begins, "Do you find any difficulty in healing?" It goes on to explain that we need to understand clearly that matter does not exist, that there is only one Mind, God, and that no other mind exists to challenge the one Mind. This underlined for me the urgency of including "fasting" in my prayers. We must obliterate from our thought the possibility of a realm in which evil of any sort can exist to limit or attack us.

I began to use Eddy's reply as a guide for metaphysical treatment, both in my prayers for myself in the morning and especially whenever the pain was particularly aggressive. I would begin by affirming that there is no matter, and then explore why this is true. I would reason that it is impossible for matter to exist when God, Spirit, is All-in-all. There is only one Mind, and the belief in a separate, material consciousness is not valid in a universe where Spirit is the great and only cause.

Sometimes I would consciously open my thought to experience more—to hear thoughts that clearly have their origin in the divine Mind. These "angel" thoughts invariably calmed and inspired me with their assurance of God's ever-presence and all-power. I became more alert to the fact that belief in a "carnal mind," as Paul calls it (see Romans 8:7), might keep me from doing the prayer that I most urgently needed to do.

I cannot say exactly when the hip problem was completely resolved. I know that I had to be disciplined and stand guard at the door of my thought to slam it on erroneous suggestions before they could come in and make themselves at home in my mental living

room. This particular issue reappeared several times after I felt I'd dealt with it completely. I prayed to affirm and maintain my progress. *Science and Health* states, "In Christian Science there is never a retrograde step, never a return to positions outgrown" (p. 74).

Today I walk freely and without pain. I am so glad to have witnessed God's grace leading me to better understand and apply Christian Science. And I'm very grateful for the inevitable physical manifestation that results from what Eddy calls "a step more spiritual" (*The People's Idea of God*, p. 1).

**Owen Thomas**

*Ipswich, Massachusetts, US*

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## Healing during pregnancy

*Margot Pedreira Bonilla de Baquet with contributions from Ricardo Baquet*

Originally published in Spanish

**I feel deeply grateful** to God for Christian Science because, through the study of the Bible and *Science and Health with Key to the Scriptures* by Mary Baker Eddy, the Discoverer and Founder of Christian Science, my family and I have been blessed.

I want to share with you a beautiful experience I had when I was pregnant with my third child. To comply with our country's laws regarding childbirth, I had to have a medical examination. At the time, I was four months pregnant. According to the doctor who examined me, a fibroid was developing along with the fetus, putting the fetus at risk. This diagnosis frightened me, but I thank God that my husband remained calm. With my consent he asked for help from a Christian Science practitioner—someone in the public practice of healing through prayer alone, as Jesus healed.

We set up a meeting, and the practitioner calmed my fear and strengthened my hope. He recommended that

I read this verse from the Bible: “Shall I bring to the birth, and not cause to bring forth? saith the Lord: shall I cause to bring forth, and shut the womb? saith thy God” (Isaiah 66:9). He also referred me to this sentence in *Science and Health*: “A spiritual idea has not a single element of error, and this truth removes properly whatever is offensive” (p. 463). Studying these passages made me feel confident in God, at peace and safe.

When the time came for a second medical exam, I was no longer afraid. After examining me, the doctor was astonished. He told me that everything was normal and that the fibroid preventing the baby from developing normally had disappeared.

The baby was born perfectly well, with a normal delivery. The passage I read from *Science and Health* goes on to say: “The new idea, conceived and born of Truth and Love, is clad in white garments. Its beginning will be meek, its growth sturdy, and its maturity undecaying.” This truth was confirmed in our experience as our son grew up robustly, full of life.

### **Margot Pedreira Bonilla de Baquet**

*Buenos Aires, Argentina*

I witnessed the healing related by my wife in her testimony, and I am so very happy to have been a part of it. I am also grateful to God that I learned of Christian Science, which I have been able to share with my family all these years. The study of the Bible and our textbook, *Science and Health* has blessed me tremendously in all aspects of my life.

### **Ricardo Baquet**

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## **No effects from a fall**

*Glenn Williams*

**Following a Wednesday** evening testimony meeting at my branch Church of Christ, Scientist, in the winter of 2025, I was the last to leave and was walking down

a hallway from the auditorium. When I got to the back door, I turned out the lights, but then could see down a different hallway to the Readers’ room that a lamp had been left on in there.

As I prepared to walk down the steps to that hallway, the thought came to turn the lights back on, but I reasoned that there was plenty of ambient lighting. I should have heeded the warning thought, though, because I forgot how many steps there were and fell, landing awkwardly on the bag of Readers’ books I’d been carrying. I hurt my wrist and hit my head on the concrete floor, resulting in a serious headache.

I was so grateful for the inspiring meeting we’d just had, as I immediately thought, “What do you believe about this picture?” The first thought was that the books I was carrying—the Bible and *Science and Health with Key to the Scriptures* by Mary Baker Eddy—inspire, uplift, and support me, so landing on them could not cause any pain or suffering. My second thought was that I would not leave the church believing that there had ever been a separation between God, divine Love, and me. It was so clear that my true, spiritual self was untouched by anything unlike God.

I rose, turned off the light, and went to the car. By the time I started the car, there was no evidence of any issue with the wrist. Although there was a slight headache and a flash of a suggestion of a possible concussion, I felt very comfortable driving home, because it felt clearly like a suggestion with no legitimacy.

By the time I went to bed, I had completely forgotten the incident. The effect of recognizing my true, spiritual identity as God’s creation was immediate, because I never once felt that a healing was needed—I had only clarity that I truly live and move and have my being in God, as St. Paul said.

The continuing lesson of this experience was revealed over the next week. The subject of that week’s Bible Lesson from the *Christian Science Quarterly* was “Life,” and two citations stood out to me: “Life is eternal. We should find this out, and begin the demonstration thereof” (*Science and Health*, p. 246) and “Understanding

is a wellspring of life unto him that hath it" (Proverbs 16:22).

As I was lying in that hallway that night, it was a clear, confident sense of my indestructible, whole, spiritual being, completely untouched by any material condition, good or bad, that had allowed me to rise and leave that situation behind. However, as I was sharing the experience with my wife the next morning and reliving it through the telling, the pain returned. Immediately, I recognized that rehearsing the fall and the pain was making the story believable to me, so either I was going to accept them as part of the narrative (and thus part of my experience), or I needed to get out of this storytelling business. I let it go and was perfectly fine.

Six days later, while driving to the next Wednesday testimony meeting, I prepared what I might say in sharing a testimony of healing. Again, the mental replay was quite vivid and was accompanied by the same pain.

The pain was now so separate from the original experience that I realized it had no actual cause or reality. This helped me see that I had never really been part of the experience. It struck me that the incident was like a movie with a plot and characters created to scare us. Nothing about such a movie is real, but through manipulation of lighting, dialogue, angles, and believable characters, the director is able to elicit emotions from us while we are sitting in the theater. What dawned on me was that I could immediately walk out of this "theater" because I had already seen this "movie" replayed plenty of times, and it held no interest for me.

Mentally, I did so. By the time I reached the church, I was completely free of the entire situation and able to share my healing with the congregation during the meeting. Even as I write this, I can recall the "movie," but it no longer has any effect on me other than to remind me of who I truly am—the reflection and expression of God's grace and strength. And it serves as a reminder to pay attention when those quiet intuitions come to do something—such as flick on the light!

**Glenn Williams**

*Spokane, Washington, US*

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## Letters & Conversations

*Melanie Ball, Carol Dismore, Kim Hixson, Brian Blandford*

### > **Liesl Ehmke, "Embracing the one, true Parent," May 4, 2026**

Thank you for publishing this beautiful, clear article that helps to correct and heal some beliefs related to human parentage. It magnifies how blessed we all are to be members of the family and household of God.

**Melanie Ball**, *Prescott, Arizona, US*

### > **Diane Warneck, "Moving forward," April 20, 2026**

This poem was perfectly placed, following the article "Working out our own salvation" (Name Withheld). Well done!

**Carol Dismore**, *Bozeman, Montana, US*

### > **Madora Kibbe, "Get set!" April 13, 2026**

Thank you for this wonderful reminder to pause and listen. I love it.

**Kim Hixson**, *Ridgefield, Washington, US*

## > Tony Lobl, "I can't believe it!" April 6, 2026

Such a helpful editorial. Thank you so much.

**Brian Blandford**, *Finchley, London, England*

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