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

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Welcome - July 2026

By Peter Whitmore

Dear Friend,

In Boston, much is being made of the 250th anniversary of the signing of the American Declaration of Independence, which signaled the first of what Mary Baker Eddy calls three revolutionary struggles. It is important to mark the moment, and to celebrate a victory for human liberty and rights. But it's also important to recognize, as Mrs. Eddy did, that the most vital call to arms is a mental call to fight daily on the battlefield of thought—to free mankind from sin, sickness, and death.

What a joy it is, and how freeing, to know that even as the world's images seek to impress us—with divided governments and communities, oppressive technologies and algorithms, global conflict—Christian Science reveals the mental struggles of today are not new and have been overcome before. The lies and the Truth that defeats them are the same as in Christ Jesus' time, when he healed the sick and raised the dead, and as in Mrs. Eddy's day, when she discovered and demonstrated Christian Science healing and founded her Church. And more recent generations have continued demonstrating the healing power of God, as recorded here in the *Journal*.

"Thus it is that the march of time bears onward freedom's banner. The powers of this world will fight, and will command their sentinels not to let truth pass the guard until it subscribes to their systems; but Science, heeding not the pointed bayonet, marches on. There is always some tumult, but there is a rallying to truth's standard," Mrs. Eddy says in *Science and Health with Key to the Scriptures* (p. 225).

Thank you for your contribution to this mental rallying to the understanding of what God knows about His creation—an already universal harmony; a limitless supply of good available to all; one divine government, structured and ordered by one divine authority, God.

Peter Whitmore

Operations Manager

Readers Respond

By Kay Deaves, Chris May, James Welker, Liesl Ehmke, Linda Noren, Margret Seibert

Evan Mehlenbacher, "Why practice Christian Science?," May 2026

I just love this article! The writer has such a clear idea of reality and he certainly knows how to explain Truth. He expresses himself in a simple, straightforward way that is so easy to understand and follow.

Kay Deaves
Strathpine, Queensland, Australia

Thank you for this inspiring article! I've studied Christian Science my whole life, and this article states so clearly why I love it.

Chris May
Minneapolis, Minnesota, US

Wanda Grenville Hill, "Protected from injury and wasps after falling from horse," May 2026

This testimony is a fine example as to what is lovingly referred to as a "typical British understatement."

James Welker
Ceiba, Puerto Rico

Kate Mullane Robertson, "Not sunburned—sun-blessed," May 2026

I wanted to share how much I loved this recent Spiritual Short. The image it gave of a poppy turning toward the sun was so beautiful and uplifting, and it stayed with me. Thank you for sharing such a clear and healing reminder of God's sustaining love.

Liesl Ehmke

Swampscott, Massachusetts, US

Curtis Wahlberg, “The thought that heals,” April 2026

I found this article very helpful in how it explained that bringing our thought in line with what God is already knowing of us brings healing. That while prayers of arguing for and affirming God’s allness are useful, they are really only needed to open our thought to the present reality of God’s all-encompassing presence of goodness and love, and our true being made in the “image and likeness” of God. I will bookmark this one and refer to it again.

Linda Noren

Petaluma, California, US

Judith Hardy Olson, “Glory in the garden,” April 2026

I’m so grateful to the author for sharing this wonderful healing. How she questioned where the glory was in Jesus’ experience in the garden of Gethsemane, and then saw it, felt it, and knew it, was so inspiring. “Though the picture [of an injury] 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.” May we each and all learn this lesson.

Margret Seibert

Tempe, Arizona, US

Freedom’s way

By Janet Clements

Our family’s favorite summer place is a beautiful lake surrounded by gentle hills filled with giant pine trees, one of which holds an eagle’s nest. It’s so inspiring to gaze up at the clear blue sky and see an eagle soaring fetterless in the openness of the heavens, unhindered in

its ascending path. This speaks to me of freedom’s way for each one of us.

Perhaps, though, we sometimes feel earthbound by limited supply or opportunity, by illness, age, or sorrow that would hinder us from unfurling our wings and aiming for a skyward flight.

If this is the case, there’s a useful fable about a baby eagle who fell from his nest. A farmer found him and placed him in his chicken coop to be raised among the chickens, who of course do not soar. Having no knowledge of his capacity to fly to freedom, the eagle stayed confined in the chicken coop. One day, though, he saw a bird flying in the sky and it looked similar to himself. He now had a new model of soaring possibilities! He saw what he was designed to do and eventually took off in flight.

This fable invites us to ask the question, “Are we living within the confines of the ‘chicken coop’ model of mortal limitations?” Are we hedged in by ignorance, fear, and doubt? There is no need! Like the eagle who inherently had everything he needed to fly freely, we as God’s children are complete and immortal, eternally fruitful and productive. God gives us what we need to be happy, to soar in the realm of infinite good.

Christ Jesus showed us our true identity free from our apparent earthbound environment. As a trailblazer of freedom, he rose above all mortal shackles and left us a road map to also rise free from limitations and to find the gates of heaven open here and now. He knew but one way—the way of holiness, the way of knowing the allness and omnipotence of Love and its unutterable tenderness in enabling him to heal all manner of human discords, still stormy seas, walk on the water, and even triumphantly overcome death. What infinite possibilities he revealed!

This Christly example has been a continuous light illuminating the way for all to be free. Freedom means to be unencumbered by false views, by that which is not. This is not a political or civil freedom—a freedom granted by legislation or a constitution. Nor is it the ability to live by one’s own stubborn will. It is the freedom of divine Love, a law to our being, that makes us conscious of being dearly cherished and valued. And

it is the freedom of Truth as in Jesus' statement, "And ye shall know the truth, and the truth shall make you free" (John 8:32).

Inherent in that statement is a conscious knowledge of divine reality exempting us from mortal liabilities, including fear, disease, time, space, age, accident, death. We can increasingly freely demonstrate our exemption because we are witnesses of God, Truth, and so are aware of what is actually true. We spontaneously comprehend spiritual facts from Truth that define the fabric of our conscious being.

In the fable, the change from a "grounded eagle" to a "soaring eagle" does not have to do with the adjustment of feathers or something physical, but rather involves the eagle having a true view of himself. Similarly, in our lives it is not changing our being from material to spiritual, but perceiving who we already are, what we are already designed spiritually to be and do, that sets us free. This is the spiritual sense of reflecting divine Soul that empowers us to see as God sees. As the Bible says, "Now we have received, not the spirit of the world, but the spirit which is of God; that we might know the things that are freely given to us of God" (I Corinthians 2:12).

Spiritual healing is not about changing matter, because as children of God, Spirit, spiritual substance comprises what we are. There is in actuality no matter to change, to be made better or worse. Rather, healing is about accepting the "aha" moment, or moments, of, "Oh, that's what I am right now and always—wholly spiritual!" These realizations come through the enlightening activity of the Christ, the true idea of God, enabling us to perceive our oneness with God, Truth. Christ reveals our inherent freedom as God's loved image and likeness.

This freeing message of Christ includes our perfection, since we reflect our perfect Father-Mother God. All we need, whether for supply, peace, health, strength, is in God. We are not waiting to be perfect, but rather our true being is complete now. The kingdom of heaven is within us and is at hand. This heavenly environment provides all we need to flourish and to be productive in bringing forth "the fruit of the Spirit."

We are eternal and so nothing about our substance, faculties, intelligence, beauty, ever diminishes; rather, all goodness operates unspent now and always.

We have the beautiful heritage of freedom now as God's, Soul's, child because only a false perception of material sense would bind us. We read in *Science and Health with Key to the Scriptures* by Mary Baker Eddy, "The illusion of material sense, not divine law, has bound you, entangled your free limbs, crippled your capacities, enfeebled your body, and defaced the tablet of your being" (p. 227). The seeming enslavement of man ceases as he discerns his freedom from material sense. In proportion as material sense is silenced, healing is realized. Spiritual sense liberates.

Mrs. Eddy wrote: "To-day my soul can only sing and soar. An increasing sense of God's love, omnipresence, and omnipotence enfolds me. Each day I know Him nearer, love Him more, and humbly pray to serve Him better" (*The First Church of Christ, Scientist, and Miscellany*, p. 174).

A fellow I know had a healing experience in which he discerned his innate freedom. Two years before, he had failed his yearly federally mandated physical exam because of a fast heartbeat. At that time, the doctor said it could be fatal and told him to immediately proceed to the hospital for treatment and medication. Instead, he calmly peeled off the electrodes taped to his chest and told the doctor, "I have to go now." At that moment he decided to turn from the medical model of health to the spiritual one and so rely on the divine law of God that he knew was "written in his heart" and be free.

Now fast-forward two years and he had a new job, and in order to keep that job, he had to again submit to the physical exam. He called a Christian Science practitioner for help, and at this crossroads he resolved to let God direct his career and the ultimate unfoldment of his daily life. He prayed along with the practitioner, and they cherished his oneness with Soul and his rhythmized expression of Love as an invariable law to his being. Then he went to take the test and passed symptom-free. The doctor couldn't believe what she saw on the test, but he told her he believed in the power

of prayer. She smiled and said, “Well, your prayers seem to work, because you are alive to take the test again!”

Then, the head doctor saw the result and in disbelief insisted on retesting, which gave the same perfect result. The needed certificate was given and the fellow was free to continue in his job with his heart filled with peace, joy, and profound gratitude to God for the healing grace of freedom.

This conclusive healing shows that the realm of liberty is ours now—the one true realm, the realm of infinite Spirit. We have never been a limited mortal, but are always divinely endowed to be immortal, continually fruitful, happily relating to each other, inexhaustibly wise, perpetually healthy, infinitely unencumbered!

As children of Mind, God, we know the way to take off into the light-filled skies of Soul and fulfill our divine destiny. Truth-impelled thought soars like an eagle, free and strong, higher and wider still. Like a radiant morning beam rising in the sky, the Christ leads us onward and upward. We can rest and soar on the wings of holy messages of infinite Love.

As we read in *Science and Health*: “God’s being is infinity, freedom, harmony, and boundless bliss. ‘Where the Spirit of the Lord is, there is liberty.’ Like the archpriests of yore, man is free ‘to enter into the holiest,’—the realm of God” (p. 481).

Let’s soar in our God-given freedom and see that this freedom is true for all!

Senior years—new chapters for opportunity and progress

By Richard Gates

Senior high school student. **Senior professional.** Senior administrator. Senior politician. Each describes

someone who has achieved elevated status in their current field or position through acquired expertise and meaningful contribution.

However, mention “senior citizen,” and the response is very different. Frequently associated with feebleness, forgetfulness, and inflexibility, the term conjures up stereotypes of someone who complains of declining health, is unable or unwilling to learn, and seems no longer relevant or valuable to society.

Why this contradiction?

Pervasive societal attitudes make it seem as if prospects for developing new skills and engaging in productive contribution during the “golden years” are remote and limited. But this is a false assumption and it can be successfully refuted. The Bible tells us that Moses led the Israelites in their Exodus out of Egypt when he was eighty years old. Sarah, the mother of the Israelites, gave birth to a son when she was ninety years old. Deborah, a prophetess and the fourth judge of Israel, was a powerful and influential leader well into her advanced years. Other important Bible figures, such as Caleb, Elisha, and Elijah, were still actively engaged in their God-appointed missions in their later years.

Each of these remarkable men and women was noted for their devout worship of God, which empowered them to challenge restricting theories of age and limiting societal attitudes. Thus, if we desire to thrive and be successful in overcoming mortal limitations, we must also make a commitment to worshiping God, the true and only power of the universe. Understanding man’s spiritual identity as God’s reflection, we are able to refute disheartening assumptions about age and replace spurious forecasts of diminishment with spiritual facts.

In the first chapter of the Bible, we learn that God, Spirit, is the defining cause of all creation. We read, “In the beginning God created the heaven and the earth.... God created man in his own image, in the image of God created he him; male and female created he them” (Genesis 1:1, 27). We also read, “God saw every thing that he had made, and, behold, it was very good” (Genesis 1:31).

Accordingly, the true selfhood of everyone must be spiritual, perfectly and continually expressed as God's witness, whose abilities and opportunities are timeless and unopposed, never limited by physical constructs nor controlled by worldly theories. Herein lies our dominion over false beliefs associated with age, and their projections of mortal decline and degeneration.

The root of negative theories and attitudes concerning age is disclosed in the second chapter of Genesis. "In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou art, and unto dust shalt thou return," is the Lord God's curse upon Adam (Genesis 3:19). From this verdict of "dust to dust" derives the myth of a punitive deity whose curse of mortality dooms mankind to an irreversible trajectory of birth, growth, maturity, and decay.

However, it is the account of spiritual creation depicted in the first chapter of Genesis, in which man is created in the image and likeness of God, that is at the core of Christian Science. This scientific truth about man as reflection exposes the deception of the Adam legacy and proves our preeminent authority over impositions of mortality and age. Thus, the errors arising from this theological mistake, manifest in speculative health laws and social misperceptions, hold no consequence for man and can be rejected and decisively overturned.

Man's spiritual birthright as the image and likeness of God was foundational to Jesus' healing mission. Mary Baker Eddy, the Discoverer of Christian Science, writes: "Jesus taught but one God, one Spirit, who makes man in the image and likeness of Himself,—of Spirit, not of matter.... The nature of man, thus understood, includes all that is implied by the terms 'image' and 'likeness' as used in Scripture" (*Science and Health with Key to the Scriptures*, p. 94).

From that standpoint, we can reason that man's substance is undiminished and can never wear out. Mortal measurements, such as time, are unknown to God, eternal Mind; therefore, man is exempt from their limitations and cannot be identified with them. *Science and Health* explains: "Man in Science is neither young nor old. He has neither birth nor death.... He

does not pass from matter to Mind, from the mortal to the immortal, from evil to good, or from good to evil. Such admissions cast us headlong into darkness and dogma" (p. 244). Rather, "Men and women of ripener years and larger lessons ought to ripen into health and immortality, instead of lapsing into darkness or gloom" (p. 248).

The lies of the Adam narrative, that man evolves from disintegrating matter and eventually lapses into demise, can be vehemently challenged as we acknowledge man's inseparability from God, Spirit, and the scientific fact that man is continuously upheld at his highest potential of perfect health, vibrant talent, and infinite progress, wherein nothing needs to be added or repaired. The Bible informs us, "Thine age shall be clearer than the noonday; thou shalt shine forth, thou shalt be as the morning" (Job 11:17). This enlightened estimation of age illustrates our eternal completeness—including newness, clarity, and originality—and that we are continuously one with God, our inexhaustible source of health and well-being.

Mrs. Eddy remarks: "The radiant sun of virtue and truth coexists with being. Manhood is its eternal noon, undimmed by a declining sun....

"Never record ages. Chronological data are no part of the vast forever. Time-tables of birth and death are so many conspiracies against manhood and womanhood" (*Science and Health*, p. 246).

Jesus' healing mission was founded upon this fundamental fact of man's spiritual preexistence. He understood man's origin to be God, and man to be entirely immune from pitfalls of mortality, false theology, and social judgment. The Master annulled the supposed necessity of conforming to societal prejudices associated with age, and he denounced the fallacy that life is a fabrication of devolving events fraught with fear, failure, disease, and death, to which man must inevitably surrender.

The Science Jesus taught awakens us to our eternal coincidence with God, realized in health, progress, and completeness. We prove that divine Principle defines and regulates destiny; that Mind inspires right reasoning and profitable outcomes; that Soul

dissolves the mist of mortality; that Spirit originates and animates unhindered action; that Life initiates and sustains balanced mobility and normal function; that Truth generates and unfolds rewarding opportunities; that Love removes intransigent fears and stubborn resistance. *Science and Health* states, “Divine Science rolls back the clouds of error with the light of Truth, and lifts the curtain on man as never born and as never dying, but as coexistent with his creator” (p. 557). It is never too soon—or too late—to begin declaring these truths for ourselves. There is no finish line in Soul’s eternal now.

Spiritual identity is never consigned to confusion or uncertainty; never inflicted with disability or dysfunction; never predetermined by DNA nor altered by accident; never relegated to a wasteland of frustration and deficiency. Divine Love continually imparts limitless health, ample abilities, and expanding opportunities unique to our talents. Our abilities cannot be interrupted or suppressed, lost or frozen in the past. Truth removes the fictitious penalties of the Adam-dream and reveals man’s eternal uprightness and wholeness, unaltered by the passage of time. As we accept these truths, we realize restoration to health, mobility, purpose, and prosperity.

Some time ago, the college where I worked implemented organizational changes that by the end of the academic year had failed to meet their intended goals. Consequently, several colleagues chose to resign or take early retirement. Considering my career options, I felt anxious about job hunting, believing another employer might consider me too old to hire. To address this, I affirmed my eternal oneness with God, immortal Life, knowing that His purpose for man is continuous and untouched by beliefs of age. I insisted on the fact that God is always my only employer, and that my real job is to reflect Him by expressing Christly spiritual qualities. I held firmly that this scientific fact could not be weakened by time but must be manifested in a productive and meaningful outcome.

Soon after, I chose to resign. On my final day of employment, I was contacted to interview for a position in a field I had left over twenty years prior. Two weeks following the interview, I was hired. And because of my

previous experience in this field, I was hired at the top of the salary range.

Our “golden years” are not fated to be barren. “They shall still bring forth fruit in old age,” the Bible promises (Psalms 92:14). With prayerful expectancy, we can challenge impositions relating to age. Since God, Life, is infinite action, man has no “sell-by date” or “shelf life.” Neither rotating planets, clocks, calendars, nor timetables define, control, or restrict our health or destiny. The Bible assures us, “He which hath begun a good work in you will perform it” (Philippians 1:6). And we can prove this!

Addressing scarcity

By John Biggs

Consider the following:

A text arrives from a friend who lives in a high, rural desert area in the Western United States: “Our [water] well control malfunctioned and pumped the well dry. It’s not recovering.”

An early morning call comes in over the summer camp radio. The motor running the cable skiing course (which allows guests to waterski or wakeboard without needing to be pulled by a boat) has broken—something inside has disengaged and the staff cannot start the motor. A replacement part would not arrive in time to allow guests to use the equipment.

Because of a mistake, the money from a paycheck that was meant to be used for rent has unfortunately already been spent.

Well, you may have guessed it. These scenarios happened to me. The first two were requests from others to help. And the third was due to financial confusion during my first experience living away from my folks.

The approach to finding solutions? Prayer. “But what’s prayer got to do with it?” one might say. “Real things are malfunctioning, broken, or missing!” And it’s a fair question. In each of these situations, I was drawn to consider, to prayerfully address, the larger concept of scarcity (limited resources) and of being stuck.

Was my prayer for my friend with the dry well going to involve trying to plead for more water from a different source, which could drain someone else’s water supply? Was the prayer regarding the broken part a prayer that a factory would instantly deliver a scarce mechanical piece directly to us? Did I need to ask my landlord for a rent deadline extension? No. I wasn’t trying to dictate how things would get resolved. Instead, my prayers needed to be a revolt against the very claim of scarcity itself.

Now, someone might think, “How can prayer adjust things, if water or money is literally gone, or if something is broken?” But I’ve learned through my study and practice of Christian Science that the Discoverer of this Science, Mary Baker Eddy, really meant it when she wrote in *Science and Health with Key to the Scriptures*, “All is infinite Mind and its infinite manifestation, for God is All-in-all” (p. 468). Mrs. Eddy saw clearly that Jesus’ consistent gospel message tells us that the immediacy of God’s all-providing, all-loving power has no caveats whatsoever.

The children of Israel discovered and benefited from the reliable provision of their heavenly Father-Mother while wandering in the desert; Jesus filled the bellies of thousands with fish and bread and their hearts with God’s love. Mrs. Eddy too proved divine provision when a farmer’s well had run dry and someone from her household told her about this. Her immediate response was, “Oh! if he only knew, Love fills that well.” The next morning, the farmer’s well was full, despite there having been no rain since the day before (see Yvonne Caché von Fettweis and Robert Townsend Warneck, *Mary Baker Eddy: Christian Healer*, Amplified Edition, p. 177).

Jesus showed us how to truly go to God; he taught us to love God and to love our neighbor as ourselves. He knew that in going to God, we too would see the marvelous,

infinite nature of God’s provision. So I didn’t need to worry that there was something that could separate my friends or me from that bountiful provision of the ideas called “water,” “operability,” or “supply.” These truly are ideas; remember, “All is infinite Mind and its infinite manifestation”; what are the manifestations of Mind, but ideas?

All reality is the expressed idea of God, never losing its fundamental nature of being an idea. The limited, deteriorating, broken-down concepts which may seem to attach to God’s ideas are the claims of what the Bible calls the “carnal mind.” Mrs. Eddy, in her writings, termed this “mortal mind,” a limited sense of mind. But those attachments, those limited concepts, never truly define or alter the substance of His ideas. In fact, they’re never actually attached.

So, the need was to look to God, rather than to the supposed scarcity inherent in these three situations.

With my friend’s well, I was inspired to consider the accounts of the children of Israel wandering in the desert. I was especially drawn to Numbers 20:1–13, where they are complaining yet again, and God instructs Moses to speak to a rock, that it bring forth water. But Moses is frustrated with the Israelites and makes a production by announcing what he’s doing and smacking the rock twice with his rod to bring the water out. This story closes with God’s condemnation of Moses’ behavior. As with all Bible stories, there are many things one can glean from this account; on this day, I was very struck by the importance of not believing that God’s provision is dependent on personal power.

I saw that I needed to be neither afraid that I might not be able to help, nor overly excited about how I personally would prove God’s provision. When Moses hit the rock and gave water to the Israelites, the problem with this approach was that he was disobedient to God, who had told him to speak to it, not strike it in anger. God’s provision is infinite and eternal, as reliable, sweet, and present as He is. Water represents ideas of God—abundance, refreshment, nourishment, purity—and these ideas simply cannot run out. Ideas

are never in short supply, and ideas do not depend on anything other than the Mind that conceived them.

Divine Mind, God, is utterly reliable, and God's ideas must be just as present as He is. Looking at this situation with the empty well, I was tempted to see things, but the preciousness of water, the joy of thoughtful environmental responsibility, the effective creativity and engineering of the well's machinery ... these are all ideas and gifts from God. I told my friend that I'd be happy to witness these right concepts with him and his family, to obediently approach "the rock," and that together we would indeed see the presence of God and His ideas of every sort.

I also saw that God's law is not in conflict with some other law. There is no legitimacy to lack, disruption, or even uncertainty. My friend and I were waking from the hypnotic claim that would have us believe there are things besides the ideas of Mind, or that Mind's ideas could ever be absent. Water is a hieroglyph of qualities such as life, purification, movement, and flow. Every quality of God is infinite and ever present; therefore, there is always enough, and we refused to agree with fear's supposition that there isn't enough.

We turned to Mrs. Eddy's answer to a question on pages 86 and 87 of *Miscellaneous Writings 1883-1896*, where she describes in loving detail the difference between what is real and what is unreal. It can be tempting as a Christian Scientist to just write off everything we see around us, including all that is beautiful and useful, as unreal because it's material. But as Mrs. Eddy describes it, "To take all earth's beauty into one gulp of vacuity and label beauty nothing, is ignorantly to caricature God's creation, which is unjust to human sense and to the divine realism. In our immature sense of spiritual things, let us say of the beauties of the sensuous universe: 'I love your promise; and shall know, some time, the spiritual reality and substance of form, light, and color, of what I now through you discern dimly;...'"

The things water represents are real, and their very reality means they cannot include any unreal qualities such as unreliability. The need and the joy was to see the reality of water as an inexhaustible spiritual idea.

That afternoon, I received a happy message that the water supply had not only risen to its normal level but gone higher, so that there was even more water than needed. God's ideas are infinite indeed.

Similar things happened with that broken cable-ski motor. The facilities director had called the installer, and after much discussion, it had been realized that the motor would not be able to start until he could visit and repair or replace the damaged part. I was so impressed by how, despite this news, all the staff around me at this Christian Science summer camp were still so thoughtfully turning to God, even as they wisely researched options for replacement parts.

I was filled with a sweet and certain sense that this turning to God was sufficient, and that God would show us the way. I also saw that I had a sacred responsibility to not dip into wondering if, how, or when this would resolve; God was there, and the idea behind this machine was as eternal as He is. I felt a very specific direction from God to not try to outline how the answer would come, and just cherish the immediacy and perfection of God.

Imagine our joy when, the next day, a staff member was inspired to try a simple manual adjustment of a part he could easily reach, and the motor turned on. This was not a situation where simply the wrong button had been pressed or something like that. I learned later that a specific idea that had meant a lot to the facilities staff, was the fact that this cable system was an idea, not made of matter at all! On a later morning, during breakfast, the facilities director made a special announcement to the whole camp community of guests and staff, giving God all praise for this example of restoration.

With the third situation, my missing money, I really had to prayerfully address fear. I was imagining all sorts of scenarios that deeply scared my fresh-to-adulthood self. I noticed, though, that there kept being an undercurrent of this gentle thought from God: "I have you covered. Check your bank account." I kept ignoring this and praying desperately for more money, or for some awesome idea that could quickly get me some more money. After a couple of days of complete fruitlessness along these lines, I became quiet and really

listened to that persistent, quiet thought to check my account. I saw that God's holding of me, His love for me, depicted for all time in the beloved promises of, for example, Psalms 91 and 23, did not factor in any elements of blame or mere human wisdom.

My Father-Mother's care was assured, and it was enough. With that assurance of "enough," I finally obeyed the directive to check my bank account and saw that I actually had exactly enough for rent and one more grocery run. I spent a little time trying to figure out if God had somehow warped me some money or if I had just not seen what was in my bank account! I quickly saw that the real lesson was that I always needed to check with God, not my own wisdom, to see what my provision really was.

Each time, and in many more examples I have experienced—as well as in the timeless stories from the Bible—the need was always to glorify God and refuse to think of Him as limited. God, divine good, is always God. All His creation reflects His nature as Spirit: All His creation is spiritual, as infinite as the Mind that conceived it.

The truth of the things we see, touch, and even eat and drink, is that they are ideas. The need, then, is to look to the eternal substance that undergirds what we see—or undergirds what we think is missing—and to grow in love for that divine idea. To grow in our love for God, really, as we learn to trust Him with what He says and what He has done. God's provision is perfect, and we cannot be prevented from experiencing this provision.

As one of my favorite emphatic passages from *Science and Health* says: "Unfathomable Mind is expressed. The depth, breadth, height, might, majesty, and glory of infinite Love fill all space. That is enough!" (p. 520).

Pioneering branch church expansion

By Brian Abbott

One Sabbath, Jesus is teaching in a synagogue and heals a woman who has been bent over for 18 years with curvature of the spine (see Luke 13:10–17). The leader of the synagogue is indignant and challenges Jesus, reminding the people that Jewish law forbids working on the Sabbath, the day for rest and worship, and telling them to come only on the other six days of the week for healing.

Jesus pushes back, noting that since Jewish law allows owners to free their animals from their stalls on the Sabbath to get water, it's more than legitimate for the woman to be freed from her illness on the Sabbath. Jesus' words leave his opponents silent and ashamed, and the people around rejoice in the good Jesus has done.

Reading this story again, I asked myself how these two individuals—Jesus and the leader of the synagogue—both deeply committed to following the Jewish law, managed to understand and interpret it in such diametrically opposite ways. Was there a lesson I could learn here about following the *Manual of The Mother Church*, written by the Founder of Christian Science, Mary Baker Eddy, and branch church rules, where people may be at odds over various interpretations?

I started by viewing the synagogue leader with some empathy. If he was like other Jews of his day, he was taught from a young age that there is one God and to love this God, that the nation of Israel was a special nation because its people had entered into a covenant with God, and that if the people followed God's covenantal law, He would always protect and provide for them. This was an extraordinary promise in an age when most people lived near the subsistence level or as slaves, and famine and invading armies were frequent and mortal threats.

The Jewish people had worked since the time of Moses to understand how to follow God's law closely enough to realize its promise. But over a millennium later,

this was still a work in progress, and their history had included many periods of disobedience to God's law, infighting among themselves, and domination by foreign powers.

Against this fraught backdrop, Jesus entered the synagogue, teaching and practicing the very same law the synagogue leader loved and revered, but with power and an outcome the synagogue leader had never seen before. Apparently alarmed by what he feared was a deviation from the law, the synagogue leader moved to protect his institution and launched an attack on Jesus and his healing work.

I asked myself, How did the synagogue leader go so far off course that the joyous healing of a long-disabled woman was a problem? In the Gospel of Matthew, I found Jesus himself addressing this question. He says to the teachers of religious law and the Pharisees, "You are careful to tithe even the tiniest income from your herb gardens, but you ignore the more important aspects of the law—justice, mercy, and faith" (Matthew 23:23, New Living Translation).

I drew from this that the qualities of justice, mercy, and faith are essential if the law is to be interpreted rightly. Lacking these qualities, the synagogue leader's efforts to follow the law were simply an endorsement of the status quo and a rejection of something that hadn't been done before. He took up this defense to protect his institution, but ultimately, it was the new, pioneering, and more spiritual idea of church activity, which Jesus demonstrated, that actually could accomplish that goal.

This question of the interpretation of law is important to me. The Church Activities Department at The Mother Church, where I work, frequently gets calls from Christian Science branch churches struggling over interpretations of the *Church Manual* or their own rules. Often, these conversations involve divergent views on a proposal that has come before the members to take an action they haven't taken before. Some members may see one interpretation of rules necessary to keep church true to itself, while others may see another interpretation necessary for the church to move forward and grow.

I have come to see that both these ideals—protection and expansion—are right and needed, and that they aren't actually opposed to one another. Jesus corrected this perceived opposition by bringing his qualities of justice, mercy, and faith to the fore, both in his interactions with individuals and with the religious establishment of his day. These qualities allowed him to interpret the law in a way that reordered religious practice, prioritizing healing the sick and meeting the needs of outcasts and the poor. He defended the lawfulness of his work by stating, "Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil" (Matthew 5:17).

The Apostle Paul continued Jesus' work, bringing Christianity to those outside Israel and further dropping cultural rules that justice, mercy, and faith no longer required—if they ever had. He took the pioneering steps of welcoming Gentiles into the church, letting go of dietary and ritual requirements, and blazing the path for Jesus' healing and redeeming ministry to spread across the Roman Empire.

This was not easy for a man as committed to the letter of the law as Paul was. But after his deeply transforming experience on the road to Damascus, Paul finally understood that the practice of spiritual qualities was not a liability to church but rather key to both its protection and expansion. Paul would eventually write, "Love is the fulfilling of the law" (Romans 13:10).

Centuries later, Mrs. Eddy echoed both Jesus' and Paul's emphasis on love and wrote, "Love is the fulfilling of the law: it is grace, mercy, and justice" (*Miscellaneous Writings 1883–1896*, p. 11). On this foundation, she provided her church with a book of law called the *Manual of The Mother Church*, and she wrote, "Of this I am sure, that each Rule and By-law in this Manual will increase the spirituality of him who obeys it, invigorate his capacity to heal the sick, to comfort such as mourn, and to awaken the sinner" (*The First Church of Christ, Scientist, and Miscellany*, p. 230).

The *Manual* provides guidance and rules for members of The Mother Church and its branch churches. Just as justice, mercy, and faith were essential to understanding and following Jewish law in Jesus' time,

so are they essential to understanding and following the *Manual* today.

These three qualities are especially useful guides when a branch needs to make decisions about subjects the *Manual* does not specifically address—for example, ushers, flowers, church decor, furnishings, landscaping, applications for branch church membership, and the activities of branch church committees, among others. The three qualities give guidance to a church in thoughtfully shaping these aspects of church expression into activities the public will recognize as welcoming. They encourage branches to know and respond with love to the currents of thought in their communities, to be fresh in their approach, and to be alert to what spiritual seekers of today are looking for—such as respect for their intellect, teachings that make a difference, and a welcoming community of people willing to engage in honest spiritual conversations.

As with Jesus and Paul, the new ideas that result from such steps will often break with past practices.

Recently, I was talking with members of a branch church that had added a new member several years ago. She was a lifelong spiritual seeker, so studious she had researched the life of Mary Baker Eddy before she ever walked through the church door.

Early in her membership she expressed puzzlement as to why the branch's policies and rules hadn't kept up with new technology or other developments of recent decades. The members of her branch took the question to heart and engaged in prayer and soul-searching discussion not only about the church's rules but about its purpose in the community.

In the conversation I later had with several members of this branch, I could hear how the qualities of justice, mercy, and faith, as well as others, had led them to break out of old habits of thought which allowed church rules to fall into a checklist of "don'ts," rather than platforms from which to together create "do's" of loving, healing responses that were embracing of each other and their community.

These new healing responses expressed an expanding, pioneering spirit that started in their hearts, and afterward took form in church policy and rules. They adopted some changes that expressed this development, and that still obeyed the *Church Manual*. They said they wanted to be "inclusive and not exclusive, to support everyone at any point in their spiritual journey without criticism." And they spoke of wanting to "actively cherish our church family and those who visit and attend our church." One outward result of these inward changes was that they gained 22 new members over the last eight years.

(Perhaps readers are wondering what physical and procedural changes were made, thinking their branch church can adopt them as well. But those changes were the result of that branch's unique process of self-examination and expanded thinking, and themselves were not as important as that mental change. As each individual branch prays, letting the way be led by the three qualities that Jesus said were the most important aspects of the law, it will be led to what's right for its own circumstances and community.)

As Jesus illustrated, when justice, mercy, and faith guide the interpretation of church rules, new possibilities come into view that before may have been invisible. When confronted with a need for healing, Jesus' mercy found the rule about freeing a thirsty animal a better fit than a rule about not working on the Sabbath. When confronted with a need to update their decades-old rules, a church found Jesus' qualities leading them to pioneer inward changes that were inevitably reflected in outward expression, and seeing their membership grow.

What kind of pioneering changes might result in your branch from a focus on justice, mercy, and faith, and what kind of expansion might result?

America's three revolutions: How Christian Science helps propel humanity's ongoing march to freedom

By Abraham McLaughlin

Only in Boston could such a revolutionary view possibly exist. From a ninth-floor window of the Christian Science Publishing House, three towers, lined up in perfect sync, come into view. Each symbolizes a revolutionary struggle. And together they embody, in soaring stone, one of the most intriguing things Mary Baker Eddy, the Founder of Christian Science, wrote. It's a passage with special resonance as America celebrates its 250th year of independence:

"Christian Science and the senses are at war. It is a revolutionary struggle. We already have had two in this nation; and they began and ended in a contest for the true idea, for human liberty and rights. Now cometh a third struggle; for the freedom of health, holiness, and the attainment of heaven" (*Miscellaneous Writings 1883–1896*, p. 101).

Three revolutions, rising toward complete freedom for all:

The American Revolution, sparking the global spread of freedom from tyranny, and the rise of self-government;

The end of legalized slavery in the United States, after a centuries-long struggle for abolition;

The Science of Christianity revealing that all being is wholly spiritual; this revolutionary truth enables anyone to rely on the teachings of Christ Jesus in order to demonstrate freedom from all disharmony.

In all, the three towers represent a view of humanity's continuing march to freedom. The first tower is the Dorchester Heights Monument (on facing page, see white spire in the distance at left). It commemorates the moonlit night in March 1776 when General George Washington's troops silently hauled pieces of artillery

onto this strategic hilltop. At dawn, occupying British troops below realized they were outgunned, and they soon retreated to Nova Scotia. This handed Washington his first big victory of the war—with hardly a shot fired.

This early turning point offered fresh hope that self-government—honoring each individual's dignity and worth—could be the basis for building a thriving nation. Even today Bostonians celebrate that British retreat every March 17 as "Evacuation Day."

The middle tower is the stone steeple of Union Church. During the Civil War, Black congregants from churches like Union joined the Northern Army. (At that point, Union's congregation worshiped elsewhere; they relocated in 1949 to this building, which was built in 1872.)

The presence of Black Civil War soldiers on battlefields represented the broader hope that, as abolitionist William Lloyd Garrison put it, a divine law could be more widely demonstrated: "Liberty for each, for all, and forever!"

Even today, on New Year's Eve, Union Church holds a "Watch Night" service full of prayers and songs of hope and freedom. It echoes "Freedom's Eve," the final night of 1862, when Black congregations nationwide prayed for, and welcomed in, President Abraham Lincoln's Emancipation Proclamation, which took effect New Year's Day.

The third tower is the granite belfry of The Mother Church, The First Church of Christ, Scientist. In one sense, the first two revolutions are seamless prologues to the third: Even before the American Revolution ended, abolitionists were agitating to end slavery in the United States, and it was finally legally abolished in 1865. Then, in 1866, Mrs. Eddy discovered Christian Science. She wrote in *Science and Health with Key to the Scriptures*:

"The voice of God in behalf of the African slave was still echoing in our land, when the voice of the herald of this new crusade sounded the keynote of universal freedom, asking a fuller acknowledgment of the rights of man as a Son of God, demanding that the fetters of sin, sickness, and death be stricken from the human mind and that

its freedom be won, not through human warfare, not with bayonet and blood, but through Christ's divine Science" (p. 226).

This spiritual revolution extends the battle entirely to the mental realm. Its combatants learn to see the Christ, the spiritual idea of God, revealing the already-truth of God's all-harmonious being and man's reflection of divine harmony. This recognition of what's spiritually real causes a natural adjustment in our experience called healing.

This revolution has touched many realms of thought. For instance:

A revolution in health care: Through reliance on the all-goodness of God alone, individuals have achieved the freedom of bodily health. This magazine, published since 1883, and its sister publications have recorded tens of thousands of instances of such healing, many of diseases commonly considered incurable. In just the past year, these magazines have published verified healings of migraines, malaria, heart trouble, venereal disease, insomnia, infertility, and more.

A revolution in church: With no priests and no human pastors, this revolution offers direct, 24/7 access to truth through its dual pastor, the Bible and *Science and Health*. Also, local branches of The Church of Christ, Scientist, are "distinctly democratic" (Mary Baker Eddy, *Church Manual*, p. 74), more akin to the small early Christian churches than to hierarchical ecclesia or churches centered on the ups and downs of personal preaching.

A revolution in how we see the world: The international newspaper *The Christian Science Monitor* dares to cover the world in sober yet hopeful ways that allow readers to see and support progress, hope, and blessing for all humanity.

And yet, Mrs. Eddy had no illusion this revolution would be easy. She writes, "Legally to abolish unpaid servitude in the United States was hard"—a remarkable understatement—"but the abolition of mental slavery is a more difficult task" (*Science and Health*, p. 225). Why? Because, she continues, "The despotic tendencies, inherent in mortal mind and always germinating in

new forms of tyranny, must be rooted out through the action of the divine Mind."

In Christian Science practice, abolishing mental slavery starts with self-immolation—with prayerfully leaning on divine Mind, God, to overcome "self-ignorance, self-will, self-righteousness, lust, covetousness, envy, revenge." Yet we can "be of good cheer," she said, because "the warfare with one's self is grand" and "obedience crowns persistent effort with everlasting victory" (*Miscellaneous Writings*, p. 118).

Meanwhile, the long-throw view, exemplified by the three towers visible from the Publishing House's ninth floor, can bolster today's revolutionaries. What does this view do?

It offers context. The work of Christian Science is not that of an isolated denomination or a fringe few. Demonstrating the truth, individually and collectively, is the central work of the ages. It is the work of establishing the revealed truth that God is all—the only Principle, Love—and, by this, spreading the great goodness this understanding brings to humanity.

It offers hope. Others have faced similar challenges, leaned on the power of the Divine, and prevailed. Fighting the world's strongest military at the time, George Washington relied on what he called "Divine Providence" and routed the redcoats from Boston. Later, antislavery crusaders from Boston and beyond leaned on "the good Lord" and saw freedom prevail. Today, readers of *Science and Health* lean on "the sustaining infinite" (p. vii) and see freedom and healing proved in their lives and in the world.

It offers confidence. Even if the struggle is long, victory is assured. Revolutions are often works in progress. For instance, the right of self-government did win out in the American Revolution, and this sparked an era of expanding democracy. Yet the quest for self-government for all continues today, including amid a general trend of rising authoritarianism around the globe.

Also, uttering the truth that "all men are created equal" ultimately launched a Civil War that ended legal slavery in America. Yet the quest for full equality continues.

And *Science and Health* utters revolutionary new-old truths, but “centuries will intervene,” Mrs. Eddy wrote, “before the statement of the inexhaustible topics of that book become sufficiently understood to be absolutely demonstrated” (*Miscellaneous Writings*, p. 92).

Meanwhile, daily victories are won. In The Mother Church and its branches around the world, every Sunday and Wednesday during services, groups of what we might call spiritual revolutionaries gather. Echoing Evacuation Day celebrations and Watch Night services, they hear inspiration from an impersonal pastor and, on Wednesdays, testify to the healing power of these era-changing truths. With each service attended, each truth uttered, each healing celebrated, the revolution continues.

The mouthpiece of Christian Science

By Ginger Stevens

In *The First Church of Christ, Scientist, and Miscellany*, Mary Baker Eddy writes, “The church is the mouthpiece of Christian Science” (p. 247).

What does this mean? What is a mouthpiece? The answer to my question started with a conversation with a friend who was a jazz musician. He told me that he had a beautiful tenor saxophone. It was expertly handcrafted, costly, and considered one of the best models ever made. The reason it was considered such a fine instrument was the quality of sound it could produce.

Like many musical instruments, the saxophone needs a mouthpiece. Without it, the most beautifully crafted instrument won’t make a sound. I learned that some musicians literally search the world for the right mouthpiece. The right one enables the musician to express what he or she hears internally, so the proper mouthpiece is indispensable. While this analogy may

begin to point to the need for, and importance of, an exceptional mouthpiece for the discovery of Christian Science, it may also be helpful to consider another meaning of the word *mouthpiece*: one who speaks on behalf of others, a spokesperson.

So why and how is the church the mouthpiece of Christian Science? Perhaps the full paragraph on the mouthpiece sheds light on this question: “The Magna Charta of Christian Science means much, *multum in parvo*,—all-in-one and one-in-all. It stands for the inalienable, universal rights of men. Essentially democratic, its government is administered by the common consent of the governed, wherein and whereby man governed by his creator is self-governed. The church is the mouthpiece of Christian Science,—its law and gospel are according to Christ Jesus; its rules are health, holiness, and immortality,—equal rights and privileges, equality of the sexes, rotation in office” (pp. 246–247).

After discovering Christian Science—the laws of God that Mrs. Eddy found underlay Christ Jesus’ healings and teachings—she was led to write her primary work, *Science and Health with Key to the Scriptures*. This was to enable modern-day followers of Jesus to learn to heal as he did. When Christian churches in her day didn’t readily accept this healing ministry, she realized she needed to start her own church. It was a number of years later that she wrote the phrase about the church being the mouthpiece of Christian Science.

Founding a church involved toil, great challenges, and disappointments for Mrs. Eddy. There needed to be a way to protect and govern the church she founded. The means for this was what she titled the *Manual of The Mother Church*.

It is interesting to note that while Mrs. Eddy’s other writings most often address the individual lives of those studying Christian Science, the *Manual* mostly provides for the collective lives of Christian Scientists, specifically in church activities. The desire to obey the *Manual* inherently subdues personal will and calls brotherhood into evidence. It brings about a working band of Christian Scientists who are striving to subordinate self-interest for the good of the whole aim

of church, and thereby help and heal humanity. This concept of “all-in-one and one-in-all” is clear as one reads the *Manual*, and Mrs. Eddy believed unequivocally that this book of Rules and By-Laws was God-inspired.

Clara Shannon was a student of Mrs. Eddy and served in her household at Pleasant View for about nine years. In her reminiscences Miss Shannon recorded that Mrs. Eddy said, “This Church Manual is God’s law as much so as the Ten Commandments and the Sermon on the Mount” (*We Knew Mary Baker Eddy*, Vol. II, Expanded Edition, p. 218).

Some may feel that Rules and By-Laws can be restrictive and narrow, but Mrs. Eddy saw it very differently. The following is from the book *Mary Baker Eddy: Christian Healer*: “A week after this new *Manual*’s publication [its 29th edition], Mrs. Eddy provided the *Christian Science Sentinel* an article about it entitled ‘Mental Digestion.’ In her eyes, the *Manual* was much more than a compilation of rules to operate her Church in an orderly manner. She also intended it to be a guidebook that, when understood and obeyed, would make its students better Christian healers. Like *Science and Health*, the *Manual* was to be applied to all aspects of one’s daily life” (Yvonne Caché von Fettweis and Robert Townsend Warneck, Amplified Edition, p. 216). As with everything she did, the goal was always healing.

The *Manual of The Mother Church* provides many avenues for all the vibrant, pure expressions of Church. These various avenues might be thought of as instruments, each bringing a particular way in which the light of Truth can reach mankind—each part of the overall “mouthpiece” of Christian Science.

To name just a few—church services are held each week around the globe and are open to the public, as are weekly Wednesday evening testimony meetings; Christian Science lecturers bring the Word to those who may never have heard of Christian Science; the Christian Science periodicals provide a great treasury of testimonies of healing and inspired articles; and so on. So it seems logical to conclude that The Church of Christ, Scientist, in all of its avenues is the mouthpiece through which the purity and integrity of Christian Science reaches the world.

Through participating in these various avenues, we are following our Leader in bringing to the world the great message of the Comforter that Jesus promised—the full manifestation of Christ Jesus’ message to mankind. In carefully adhering to the *Manual*, we are maintaining “the dignity and defense of our Cause” (Mary Baker Eddy, *Miscellaneous Writings 1883–1896*, p. 148).

Considering another musical analogy, each instrument has its own particular sound and beauty, but being part of an orchestra brings forth more beauty and power than any one alone could possibly communicate. And so, as all the avenues of The Mother Church work together in unity of purpose and action, the great message of Truth goes out to all mankind through the mouthpiece that is the church.

One day I watched the performance of a favorite symphony on my laptop. It was so interesting to see the discipline and intensity of each musician and the remarkable variety of instruments. In order to create the wonderful fullness and grandeur of a great symphony, each musician must not only play with devotion and love, but pay close attention to the score (which could be thought of as the *Manual*) and the conductor. Working together, they bring a new level of inspiration and joy that can uplift and inspire every listener.

People often come in great numbers to hear such a magnificent symphony. But, as inspiring, moving, and uplifting as it may be, consider the power of the healing Christ as it reaches an individual. I remember listening to the testimony of someone who was healed of a debilitating disease as he sat in a Christian Science lecture. Think of all the instruments that had to work together to bring that individual to that lecture: not only the various departments of The Mother Church supporting the development of teachers and practitioners and helping those appointed to be lecturers to evolve their lecture content, but also the members of the branch church that sponsored the lecture.

These local members provide the advertising in the community, share invitations one to one, and most importantly, pray to support the lecture’s impact. Is

there any greater purpose than to bring healing to humanity through this avenue and others? It gives added meaning to Mrs. Eddy's phrase related to the mouthpiece, "all-in-one and one-in-all."

This work is described beautifully in these words of our Leader: "The silent prayers of our churches, resounding through the dim corridors of time, go forth in waves of sound, a diapason of heart-beats, vibrating from one pulpit to another and from one heart to another, till truth and love, commingling in one righteous prayer, shall encircle and cement the human race" (*Miscellany*, p. 189).

Writing the textbook, establishing the periodicals and other avenues, and guiding her followers was a herculean achievement for Mary Baker Eddy. Her discovery of Christian Science was the fulfillment of Christ Jesus' promise that there would be "another Comforter" (John 14:16). In *The Church of Christ, Scientist*, this Comforter has a mouthpiece of incomparable value. Perhaps it is captured in this beautiful hymn from the *Christian Science Hymnal*:

Church of the ever-living God,
The Father's gracious choice;
Amid the voices of this earth
How mighty is thy voice.
(Horatius Bonar, adapt., No. 36)

A commitment to serve

The Journal is pleased to offer readers the first in an occasional column from the Christian Science Nursing Activities Department at The Mother Church in Boston. "Pathways to Christian Science Nursing" is autobiographical. The contributors, presented in this column as anonymous authors, are experienced Journal-listed Christian Science nurses committed to the compassionate and practical care of the sick. It is our hope that readers will be encouraged by their commitment to scientific Christian healing in the 21st century.

I am a second-generation Christian Science nurse. People often think that I decided to follow in my mother's footsteps and that Christian Science nursing was a natural career choice for me. But growing up, especially when I was a teenager, I did not view this as an option and never would have imagined choosing this path.

I often saw my mom work long hours, holidays, weekends, and night shifts. The job seemed to me more of a burden than a blessing. That is, until one summer during high school, when I became very ill. Mom took off work for over a week to care for me, as I needed bed care for several days. I remember her saying that I tested all her skills as a Christian Science nurse, but she trusted God to take the best care of me.

During that time I steadily improved and was healed of that illness. The healing helped me realize that there was something true about what I was learning in Sunday School, and it sparked in me a greater interest in Christian Science. In Sunday School, we had regular discussions about the spiritual fact that God is Love; that Love's nature is to care for us, provide for us, and guide us.

In Sunday School I had also started to understand the idea of God being our real Father-Mother. My dad had passed away when I was younger, before we started going to the Christian Science church. For a long time, due to Mom's busy schedule, I felt as if I had no parents. Part of this healing was not only realizing all my mom did for me, but also that I had the best Parent of all—God. And this Parent was always present. Looking at the ways that our family had been provided for over the years, I could see that I was not lacking anything.

My healing also woke me up to the fact that I wasn't in competition with Mom's job for her attention. Being a Christian Science nurse was important to her, but we kids came first. Because of this healing, I became more curious about Mom's work, rather than resentful. I discovered that she felt useful, that she felt called to this higher purpose, that she loved Church, and Christian Science nursing was part of her support for Church.

I had seen firsthand the qualities necessary to be a Christian Science nurse, such as wisdom and spiritual discernment, as well as the practical skills needed, which she had learned in Christian Science nurses training. Among other things, they included assisting someone with personal care, helping them be comfortable when resting, and supporting their demonstration of freedom with mobility and independence. Taking time to listen and talk to my mom about her work healed much of the animosity and anger.

As a result, I decided to begin a course in Christian Science nurses training the summer following my graduation from high school. During training, I had another healing that led me to feel Christian Science nursing was a calling. As I was getting ready for work one day, I suddenly became ill. I was incredibly discouraged and began to question whether I was ready to do this work. I almost gave up, but had a moment of inspiration: The same God whom I had come to recognize as a loving Parent would never hold me back. Whatever fears or doubts were trying to prevent me from moving forward were not from God, divine Love, and therefore were not mine. They were not true about me or my situation and could not deter me. That clear insight into my spiritual heritage totally changed my perspective and focus, and I quickly felt well enough to fulfill my work responsibilities.

Both of these healings gave me the confidence to commit to this career path. Rather than apply for college right out of high school, I made the decision to finish the Christian Science nursing training program and to also take a two-week course in Christian Science called Primary class, a requirement for Christian Science nurses training.

In the years since, I, like my mother, have had to balance the demands of my work and the needs of my family. Yes, there have been challenges, but also so many rewards. In addition to providing Christian Science nursing in Christian Science care facilities around the United States, I've had the opportunity to care for others in school and camp settings, and offer in-home Christian Science nursing care to Christian Scientists.

I also later went to college, and since graduating with a degree in public administration, I've been able to support the growth and activity of Christian Science nursing in numerous other ways.

My journey has left me feeling very blessed and thankful for this avenue of service in our healing ministry.

When I think of my mother's selfless example, and that of so many others who have entered the field of Christian Science nursing, I recall these words from Hymn 360 in the *Christian Science Hymnal*:

Is the heart a living power?
Self-entwined its strength sinks low;
It can only live in loving,
And, by serving, love will grow.
(Elizabeth Charles, adapt.)

The seed within itself

By Emily Faulkner

The seed of God's flower
contains within itself
not only
an ability to bloom—
naturally
receptive to the light, to the
nourishment it needs,
furnished with its own
riveting
form and hue,
and provided with all the loveliness
it requires
to inspire awe, holy joy.

The seed of God's flower
also contains within itself
an expression of
the generosity of Spirit.
It grows, blooms,

then sends off
an abundance of seeds,
embellishing the landscape with
a beauty that never ends.

Reflecting God's love to mankind,
may we also
carry within, not only
an ability to excel,
but to give—
a kind word, a hope, a grin,
a precious knowledge of God—
the seeds of divine Love
that grow and win
over despondent, angry, war-torn hearts,
looking for the sanctuary of Love
that calls them in
and whispers:
“Life divine is beautiful
harmonious
deathless
hateless
and all have a place here—
now and forever.
I am with you.
I love you.

“Though the storms of sense
wage without,
the kingdom of heaven
is within
and within reach
here, now,
and I enable you to live it and
to know it.”

—**Emily Faulkner**

Broken leg quickly healed

By Candace J. Anderson

One winter morning years ago when I was teaching middle school, I arrived at my portable classroom to find that ice covered the ten steps leading up to the door. I carefully walked up the steps, making a mental note to remind the janitors to sand them before the children arrived. Yet shortly afterward, in my haste to attend an early morning meeting, I forgot about the ice and slid down the steps on my shins. After hitting the pavement below, something felt wrong with my leg. The pain was so aggressive, all I could think of was to say aloud, “No! No! No! No! I won’t accept this as true.”

After some time, I was able to hobble to the nurse’s office to borrow some crutches. The nurse asked to see my leg and expressed alarm at the possibility of permanent damage, a permanent limp, if I didn’t get the bone set immediately.

I prayed to eliminate the fear I felt. I recalled what Mary Baker Eddy, the Discoverer and Founder of Christian Science, says in *Science and Health with Key to the Scriptures*: “Stand porter at the door of thought. Admitting only such conclusions as you wish realized in bodily results, you will control yourself harmoniously” (p. 392).

The nurse bandaged my leg to help hold the bone in place, then called the assistant principal to arrange for a substitute and prepared to take me to the local hospital. She and the assistant principal were genuinely concerned for my well-being. But I explained that I was a Christian Scientist and that I wished to rely totally on the healing power of God, which I had experienced many times before. I continued praying silently and asked for help getting back to my classroom.

The nurse finally agreed, as long as she could call a member of my family. I requested that she call my mother and ask her to call a Christian Science practitioner to pray for me. The nurse quickly left to phone my mother.

My mother called my Christian Science teacher to pray for me. At the time they were talking, I felt at peace and all pain ceased.

Throughout the day, I found it a tremendous help to me to continuously and vigorously affirm to my students that my leg was not broken, despite the rumors they had heard. I never for a moment accepted that as a conclusion. I was “standing porter” at the door of my thought, holding to the perfection of God’s spiritual man.

After school my parents drove me and my car to their house. There I called my Christian Science teacher, who told me that this seeming injury was just “a shadow over a shadow.” After a short nap, I felt ready to drive myself to my apartment.

On my way home, for just a split second I saw and understood man’s perfection with his Father, his completeness in God. I finally understood what my teacher had meant by “a shadow over a shadow.” I saw that the belief of disease (or broken bones) is just a shadow (a false concept) over the false concept of man as a mortal (the first shadow).

The Bible says, “Our days on the earth are as a shadow” (I Chronicles 29:15). And Mrs. Eddy writes, “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” (*Science and Health*, p. 299). I saw God’s reflection—perfect man made in the image and likeness of God—and I felt my oneness with Him. And right then I knew and felt that I was healed.

When I got home, I ran up the stairs to my apartment and called my teacher to tell her of my revelation.

Before taking the bandage off my leg to bathe, I vehemently denied what my mortal eyes might see. But when I removed the bandage, there was nothing there! The bandage was covered with blood, but my leg was perfect—as in truth it had been all along.

I quickly called my teacher again to tell her about this. I will never forget what she said: “Now you see what God sees”—in other words, my spiritual perfection. I could not be deceived by mortal sense into believing that I was anything but flawless—manifesting man’s perfect reflection of perfect God.

The next day, when the school nurse saw me walking perfectly, she cried and hugged me, saying that in her forty years in the nursing profession, this was only the second “miracle” she had seen. I told her that this seeming “miracle” was the witnessing of God’s nature reflected in me.

I am indeed grateful for the teachings of Christ Jesus, for Mary Baker Eddy’s revelation to mankind of divine Science, and for Christian Science class instruction.

Candace J. Anderson

Denton, Texas, US

Prayer stops reaction to bug bites

By Mimi Sitterly

One evening last summer, I was with our three kids on a road trip. We’d had a bonfire with friends that night, and although we’d made a point of wearing long pants and long sleeves, our five-year-old had many bug bites around her ankles. She woke in the middle of the night in great distress, screaming and scratching.

My efforts to pray out loud and comfort her with hymns and assurances of God’s love seemed totally ineffective. Then, a line from Mary Baker Eddy’s book *Science and Health with Key to the Scriptures* came to thought: “The wind had not changed, but her thought of it had....” It is from a healing account in which the author gave Christian Science treatment to a woman with lung disease who believed she had difficulty breathing when the wind blew from the east. Eddy sat beside the woman’s bed and prayed silently for a few minutes, and the woman was healed.

The full line and the rest of the passage reads: “The wind had not changed, but her thought of it had and so her difficulty in breathing had gone. The wind had not produced the difficulty. My metaphysical treatment

changed the action of her belief on the lungs, and she never suffered again from east winds, but was restored to health" (pp. 184–185).

How had the woman's thought changed when she had only been prayed for silently? And how could my crying little one hear God when it hadn't been possible to reach her through any audible efforts?

We learn in Christian Science that prayer is the opportunity to listen for God's message affirming the allness, goodness, and perfection of Himself and His infinite creation, including us. With our love of God, divine Truth, we let the message that He gives us be our standpoint in any situation. Effective prayer brings a change of base from materially limited scenarios to divinely unlimited views of spiritual, wholly good reality.

It was so clear to me that God, infinite Mind, imparts whatever healing insight is needed. I was confident that the divine intelligence that governs all creation was reaching us right where we were, and I felt such relief. It was beautifully uplifting to know that God ultimately does the healing. The bug bites and my daughter's distress hadn't changed, but my thought of them had. As *Science and Health* says, "The effect of this Science is to stir the human mind to a change of base, on which it may yield to the harmony of the divine Mind" (p. 162).

I knew I had my answer. I felt peaceful, and our daughter was quiet. During those moments of divinely inspired reasoning, God had silenced the discord with harmony, and she had fallen asleep. The bug bites disappeared completely the next day.

I continue to be comforted by this healing. God is always communicating directly to His children, and they can hear Him. As Jesus said about the ever-present Christ, the Word of God, "My sheep hear my voice, and I know them, and they follow me" (John 10:27).

Mimi Sitterly

Melbourne, Florida, US

Safe after being held at gunpoint

By Lisa Dale Jones

It is long past due for me to share my gratitude. Fifty years ago, while a senior in high school, a friend gave me a copy of the *Christian Science Sentinel*. Coming from a nonreligious background, I wanted to know more about what this Christian Science was all about, so I went to the library and looked up a book on American religions. Remarkably, the book I found included Mary Baker Eddy's spiritual interpretation of the Lord's Prayer in *Science and Health with Key to the Scriptures*. When I got to the part that said, "Thy kingdom is come; Thou art ever-present," I burst into tears (see *Science and Health*, p. 16). The sense of God's omnipresence was overwhelming.

I asked my friend if I could start attending his Sunday School—and I never looked back.

My first physical healing came soon after I started attending Sunday School. I was the assistant to the high school cross-country and track coach, rather than running myself, because I was in pain whenever I tried to run, which a doctor had said was the result of loose cartilage in my knee. After learning more about Christian Science, I decided that if it was true, then I would prove it by being able to run.

My Sunday School teacher helped me find passages in the Bible and *Science and Health*, including "They that wait upon the Lord shall renew their strength; ... they shall run, and not be weary" (Isaiah 40:31), and "To understand God is the work of eternity, and demands absolute consecration of thought, energy, and desire" (*Science and Health*, p. 3).

It struck me that energy is something to be used in understanding God—not necessarily something a physical body needs in order to run. As I grew in my newfound understanding of God, I began to run again without pain. When track season began, I was able to win medals at junior varsity track meets. Today, many

decades later, I'm able to exercise and take strenuous classes at the gym.

That sense of God's presence has been a constant. Some years later, on my way home after dinner with friends, I was rounding the corner to my street, when a man came running toward me with a large knife. Out of the corner of my eye I saw the neighbor's normally noisy dog looking out the window, so I screamed, hoping the dog would bark and alert the neighbors. He stayed silent, but my scream brought the man's two friends.

All three of them now surrounded me and pushed me up against a car, with a knife and a gun at my neck. They took my purse and then said they were going to rape me. I remember not being scared, but instead thinking, "Okay God, how are we going to get out of this one?" I had no doubt that only good could result.

At that point it was as if I heard God telling me exactly what to say, and I *knew* that these men were my brothers. I heard myself say to them, "God loves you very much." The reply was a profanity. Then I said, "Do you know the Lord's Prayer?" The man with the gun to my neck said, "If you say one more word, I'll shoot. Understand?" I nodded yes. And then all three of them just turned and ran away.

My house key was in my pocket, so I quickly went inside and called the police. When they came and heard my description of the men, they said I was very fortunate, because those same men had caused a lot of injury in the area earlier that evening. Over the next several days my purse and all its contents except for a bit of cash were found around the neighborhood and returned to me.

I've had healings of colds, sprained ankles, internal pain, and grief. A few years ago, a severe earache disappeared when I realized the pain was really just like ventriloquism; it was a false suggestion coming from the outside pretending to be part of me, as when a ventriloquist throws his or her voice to make it seem as if it were coming from the dummy. As I realized the pain was just an outside suggestion I could reject as not being Godlike, it faded away over the next day, and it has never returned.

So much good has happened in my experience because of Christian Science. Divine Mind has led me to amazing employment possibilities that I would never otherwise have considered for myself, where I've been able to express God's abundance of intelligence and joy. The lessons I've learned have helped me pray for our country and the world in addition to myself. In fact, what I've learned about my oneness with an infinite God absolutely requires me to pray for whatever comes into thought.

My gratitude to God, Christ Jesus, and Mary Baker Eddy overflows.

Lisa Dale Jones

Beverly, Massachusetts, US

Complete freedom of movement restored

By Linda Snorek

I love winter activities and feeding birds in winter. One bright, crisp December morning in 2024, my puppy and I went out to feed the birds after a snowfall of almost two feet. As I was filling the feeders, watching my puppy frolic in the snow, I suddenly crashed to the ground, having fallen over a boulder hidden in deep snow. I lay there disoriented for a moment, then quickly turned my thought to God. I knew that divine Love was with me and surrounds us wherever we are or whatever seems to be.

My right arm was extremely painful and unusable. It occurred to me that it might be broken. My puppy, seeing me on the ground, began licking my face and encouraging me. But my house, across the garden and yard, seemed a mile away. Right then, a strengthening thought came to me: "Rise in the strength of Spirit to resist all that is unlike good." I've read this call to action by Mary Baker Eddy many times in the Christian Science textbook. The sentence that follows assures

us, “God has made man capable of this, and nothing can vitiate the ability and power divinely bestowed on man” (*Science and Health with Key to the Scriptures*, p. 393).

Despite struggling, I was able to get up. I felt dizzy, unsteady, not ready to walk in deep snow. But I clung to the truth that God was ever present and empowering me. With the strength of divine Spirit I made it all the way back to the house and called a Christian Science practitioner to pray for me. He reminded me that I was always in divine Love’s care and gave me a hymn that begins:

Through the love of God our Saviour,
All will be well;
Free and changeless is His favor;
All must be well.

(Mary Peters, *Christian Science Hymnal*, No. 350, adapt. © CSBD)

As I sat still for a while, praying, several helpful thoughts came to me, such as the fact that there is “no lapse from nor return to harmony” in God’s creation. At the time, I didn’t know the full statement that phrase came from in *Science and Health*, but I found it later. The words are now indelibly etched in my mind: “The relations of God and man, divine Principle and idea, are indestructible in Science; and Science knows no lapse from nor return to harmony, but holds the divine order or spiritual law, in which God and all that He creates are perfect and eternal, to have remained unchanged in its eternal history” (pp. 470–471). I began to feel assured that I was God’s spiritual, indestructible idea, inseparable from divine Love and its harmony.

Thanks to my receptivity to these truths, and the continual prayer of the practitioner, I went forward to fulfill all my many duties during the busy holiday season, including conducting services as First Reader of my church and singing in my local choir, which had a performance just a week after this occurrence. I knew all was well and continued to make progress.

When I was talking with one of my daughters about my progress, she reminded me that feeding birds had a right motive, and I could not be harmed by doing anything with a right motive. *Science and Health* says, “Right motives give pinions to thought, and strength

and freedom to speech and action” (p. 454). This meant I could expect to have complete freedom of movement. My daughter’s conviction of this made me smile. Within about a month I did experience complete freedom in my arm, and its usefulness was fully restored.

I am grateful for the help of my practitioner and for this healing. It proved to me God’s ever-presence and our inseparability from our Father-Mother. What a firm foundation the teachings of Christian Science give us for life.

Linda Snorek

Spofford, New Hampshire, US

No more claustrophobia

By Jo Desmond

For most of my life I suffered from claustrophobia. It could be triggered by many situations or stimuli, including small closets, packed amusement park rides, and elevators (small and confining or large and overcrowded).

I usually found ways to avoid tight quarters, and just lived with the limitation and fear of being confined. Over a year ago, though, in order to attend my branch church services, I had to use our elevator. I had never ridden in the aging and very small lift, and I can recall saying more than once over the years, “There’s no way I’m getting in that elevator!”

Although the elevator had been installed to help people who needed it, I still felt the same way. So instead of addressing this problem head-on with Christian Science treatment, I stayed home from church services and listened by phone or attended online.

Finally I realized that I could not be held hostage by this fear. I remembered that God, the creator of the

universe, made His children perfect, free from fear and limitation—and that included me.

One Sunday morning before the church service, I decided I could brave the elevator if accompanied by an usher. This went very well. After the service, however, the usher was nowhere to be found. But as I was visiting with two little girls, I found myself asking, “Who wants to ride with me in the elevator?” Without any hesitation, they both said they did. We confidently set off in the elevator, all three of us giggling. That broke the mesmeric fear for me, and I have been free of claustrophobia ever since.

Now I know that God is with me in every conceivable situation. This truth is beautifully expressed in the first verse of Hymn 267 from the *Christian Science Hymnal*:

Our God is All-in-all,
His children cannot fear;
See baseless evil fall,
And know that God is here.
(Emily F. Seal).

Jo Desmond
Lincolnville, Maine, US

“Simon, I have somewhat to say unto thee”

By Eric Bashor

I have always loved how Christian Science is based on the teachings of Christ Jesus as found in the Bible. Jesus taught his followers by his remarkable example, including innumerable healings, as well as through his sermons and parables. And the writings of Mary Baker Eddy, the Discoverer and Founder of Christian Science—especially *Science and Health with Key to the Scriptures*—help us understand the spiritual import of Jesus’ teachings and the inspired Word of the whole Bible.

One example of Jesus’ teachings is found in the seventh chapter of the Gospel of Luke. Jesus is invited to Simon the Pharisee’s house for a meal. A woman in the city with a questionable reputation learns that Jesus will be there, and she goes as well, taking the opportunity to express heartfelt gratitude to him while Simon looks on disapprovingly. She washes Jesus’ feet with her repentant tears, wipes them with her long hair, and anoints them with costly ointment (see Luke 7:36–50).

In *Science and Health*, Mary Baker Eddy provides her exegesis of this remarkable scene in the first two and a half pages of the chapter titled “Christian Science Practice.” She compares and contrasts the repentant and reverent actions of the woman, whom many have since identified with Mary Magdalene, with the arrogant and judgmental thoughts and actions of Simon. She points to the woman’s example as expressing the qualities most desirable for Christian healing, before turning to the reader with this poignant observation:

“Here is suggested a solemn question, a question indicated by one of the needs of this age. Do Christian Scientists seek Truth as Simon sought the Saviour, through material conservatism and for personal homage? Jesus told Simon that such seekers as he gave small reward in return for the spiritual purification which came through the Messiah. If Christian Scientists are like Simon, then it must be said of them also that they love little.

“On the other hand, do they show their regard for Truth, or Christ, by their genuine repentance, by their broken hearts, expressed by meekness and human affection, as did this woman? If so, then it may be said of them, as Jesus said of the unwelcome visitor, that they indeed love much, because much is forgiven them” (p. 364).

I would love to answer that I have always “sought the Saviour” as Mary did in this case. It’s easy to see why she is the model and to yearn to be more like her. It’s also easy, in a self-righteous sense, to look down our noses at Simon. But if I’m honest, there have been moments when I’ve acted like Simon instead.

Did Jesus love Mary more than Simon? Was he capable of beholding anything other than the perfect man?

Science and Health says, “Jesus beheld in Science the perfect man, who appeared to him where sinning mortal man appears to mortals” (pp. 476–477). As the Messiah, Christ Jesus helped individuals see themselves more clearly and take a step more spiritual. The woman’s love and *affection* (a word that appears six times in the first five pages of the “Christian Science Practice” chapter), as well as her genuine repentance, won his absolution of her sins. Simon’s self-righteous callousness warranted a rebuke, but the rebuke provided Simon the opportunity to see the situation more clearly, to repent, and to love more going forward.

I’m grateful for all the moments when the Christ, Truth, has lifted me out of a material perspective, whether through absolution or merited rebuke.

Many years ago I found myself in a business situation where self-righteous indignation seemed to get the best of me. The board members of the non-profit I worked for made a decision I strongly disagreed with. I told the executive director I was going to call the chair of the board to share my perspective. I said, “If they fire me, so be it.”

I made the call before the executive director could stop me, and let the chair of the board know in no uncertain terms how misguided I felt the decision was and how it completely missed an opportunity to acknowledge the good work of the organization’s volunteers. When I was done, I hung up and sat back in my office chair.

That’s when a Christly rebuke gave me an opportunity to see the situation more clearly. I heard, “Eric, you can be right as rain, but as soon as you let go of the hand of divine Love, you are dead wrong.”

If there is such a thing as a spiritual slap in the face, that was it. My self-righteousness was completely disarmed. It was a genuine “I have somewhat to say unto thee” moment. I instantly saw the situation from a more spiritual perspective and felt genuine remorse for my actions. I told the executive director what had happened, and immediately called the board chair to apologize. Thanks to the lesson learned and the love and affection of that board member, I worked at the

organization for many more years, never feeling the need to lash out like that again.

Ever since that experience, I have held a special place in my heart for Simon the Pharisee. We don’t know from the account in the Bible if Jesus’ rebuke inspired him to express more meekness and human affection, but we do know that Jesus’ healing ministry was effective and his love for Simon would have borne fruit. The Christ, Truth, never leaves us where it found us.

In the words of Isaiah, “Every valley shall be exalted, and every mountain and hill shall be made low: and the crooked shall be made straight, and the rough places plain” (40:4).

Mary’s valley of sin was exalted and Simon’s mountain of pride was made low through the love of God. Nothing is beyond the healing touch of Christ.

A table prepared

By Jill Grimes

Have you ever read something so many times that you don’t actually read the words, but just take it in as a whole? That’s the way I felt about the twenty-third Psalm, until one week when it was in the *Christian Science Quarterly* Bible Lesson. The way the psalm was set up in the Lesson alerted me to the need to pay more attention to it.

I began reading and pondering every word of the psalm, which I hadn’t done in years. That’s when two words stood out: *a table*. Those words are part of verse 5, which says, “Thou preparest a table before me in the presence of mine enemies.”

I’d never thought about those two words before. I’m used to asking God to explain His Word to me, so I did just that. Silently, I asked Him, “Why did You make me see those words?” For an entire day, I mentally sat with the words, asking God, divine Love, to teach me.

Later that night, the concept of “a table” began to take on a deeper meaning for me, and a wider understanding began to unfold. I saw that every table, whether a dining table in a home, a boardroom table in a business setting, or a government cabinet table anywhere in the world, is already prepared by Love. That’s true in the presence of whatever the “enemy” seems to be—such as a struggling family’s concerns, frustrations in a business meeting, a government’s inflexibly held opinions, or warring countries with a history of hate, distrust, cruelty, and fear.

In the stillness of this moment, I felt calm. The exact table needed was there—everywhere and “every when”—and this realization drew my thought to these words from Christ Jesus to his disciples: “Come and dine” (John 21:12). This invitation was spiritual food for thought—an assurance of ever-available health, peace, comfort, and guidance. I stayed with this idea of a table prepared by the knowing of divine Mind, God, all-inclusive and always present.

Early the next morning, fresh thoughts about “a table” came to me. I saw that the operation of divine Principle, God, means that the table God prepares isn’t limited in how it can be used for good. Love is its preparation.

Next came a different sense of “a table”: a table of contents. I saw that Love’s agenda is always right there at every table—orderly, complete, unfolding exactly what is needed for healing.

After several days of inspired ideas unfolding in my thinking, I heard the thought, “Jill, there’s nothing tabled!” Whatever is needed now—answers, solutions, direction, health, or peace—can never be postponed or rescheduled, because these are supplied by Love, and Love’s timing is perfect. God’s preparation is always present, always complete. Neither apathy nor aggression can interrupt the unfoldment of a spiritual idea.

Now for the practical application of all this “table” stuff—what to do with it? I asked God to direct my steps from the inspired ideas to practical, healing action.

Soon, a United States businessman, in another country on business, contacted me and asked me to pray for

an important meeting. I shared with him the idea that Love had already prepared the meeting table and that Love’s preparation included everyone there. All could “come and dine” on God’s Word. He later reported that complete peace surrounded the meeting.

Another time, I received a call from a young mom who was also a businesswoman. She was distraught over reports of violence and hate in many parts of the world. I shared the idea that the peace table was already prepared. This immediately resonated with her. Soon, I received a text from her saying that the idea of the table already prepared made it so much easier for her to go to the office that day. A few days later, this idea was helping her to be clear and calm, and her prayers were more constructive.

I also saw proof that nothing prepared by Love is ever tabled, no matter whether the enemy seems to be time, self-will, self-righteousness, self-centeredness, or self-condemnation. A dedicated student of Christian Science told me that they had a habit of putting things off and were now faced with a need to complete a project before a firm deadline. In my prayer, I remembered the already prepared table of Love and knew that it couldn’t be affected by apathy or carelessness. Its contents were ordered by divine Science. Nothing can keep right ideas from their full and timely expression. Working well into the early morning, this person completed the task 24 hours before the deadline. They commented that a weight had been lifted by this understanding of a table prepared by God.

My deeper exploration of “a table” showed me that when I mentally sit with God’s Word—not thinking about a problem or list of problems but letting my thought be inspired—I feel God’s presence, and His Word truly speaks.

Everyone has a seat at the table of inspiration. It’s always prepared, and the Shepherd, divine Love, welcomes all to come and dine.

Inspiration while praying around association meeting time

By Gretchen Starr-LeBeau

I am very grateful for all the blessings I've received from Christian Science class instruction. It was incredibly meaningful, and I still practice what I learned all the time. I'm also grateful for the provision in the *Manual of The Mother Church* by Mary Baker Eddy for annual meetings of the association of students of each teacher. I've had many healings while preparing for association day, and I'd like to share two here.

The first occurred several years ago. I flew into town a day early to have time to prepare, and once I arrived I walked a couple of blocks to get lunch. While there, I read the introduction of Stephen Gottschalk's *Rolling Away the Stone: Mary Baker Eddy's Challenge to Materialism*. Building on the foundation of the metaphysical study and preparatory work I had done before this trip, I was truly inspired to read through the explanation of Mrs. Eddy's thorough and fundamental challenge to the idea that matter could have any power or reality, despite what we see around us. It was so clear, and it made so much sense.

Still focused on these inspiring ideas, I started walking back to my hotel. Suddenly, I felt a strong pinch at the crook of my elbow. I unfolded my arm, and a wasp flew away. I felt the pain begin to radiate out from where the wasp had stung me, but inspired by my glimpse of the fundamental unreality of matter, I looked at my arm and thought, "That's not right; that just can't be," and kept walking. Immediately the pain of the sting withdrew back to my elbow and disappeared.

A minute or so later, I wondered what my arm looked like. It occurred to me that I didn't need to look, but I glanced at the inside of my elbow anyway and saw a raised bump where I'd apparently been stung. But again, I wasn't impressed—it just didn't seem real.

By the end of my two-block walk to my hotel, the mark had completely disappeared as well. The whole healing experience felt very natural. I was so confident that matter had no power over me or anyone. In a small way, the experience evoked Psalm 91, verse 4: "He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler."

A few years later, I was eating dinner the evening before my association meeting and contemplating my family's future. It looked as though we might need to relocate for work reasons, and I wasn't excited about it. But I'd been studying and spiritually preparing for the association address I would hear the next day, so it felt natural to pray about my concerns. It was a simple prayer—more an honest plea, really: "Father-Mother, I don't want to have to move," I thought.

Immediately an answer came that felt so loving and warm: "Don't you want to progress?" And that simple answer to prayer completely changed my perspective. I thought, "Oh, of course I do!" All the regret and worry about relocating disappeared and never came back.

A year later our family did move, and there definitely has been a lot of progress. It hasn't all been easy, but it's been worth it. I've often thought back to that moment of listening for divine inspiration, and then receiving such an immediate answer. It's been an ongoing reminder of how close our Father-Mother God is.

I'm very grateful for the way that Christian Science, as well as Christian Science class instruction, has opened up my understanding of Christianity.

What can I do for You?

By Kaye Cover

What can I do for *You*?

What can I do for Thee?

What can I do for Thee, dear Lord,
I ask it now of Thee,

Thou hast done so much for me,
What can I do for Thee?

This verse was shared with me by a woman who introduced me to Christian Science many years ago. She wrote dozens of verses that spoke to her love for God and the importance of being grateful for our many blessings.

We all have blessings to count. I've found that when we ask God how we can best express our gratitude for what we've received, we'll be led to take action, not just be satisfied with words. Perhaps we'll be guided to attend church more regularly, serve on a particular church committee, share Christian Science more often, or go into the public practice of Christian Science healing.

In my case, I felt led to go into the prison ministry. Through Christian Science I had found forgiveness and redemption myself, and a life-changing understanding that I am a precious child of God. All this kindness and mercy led me to ask, "How can I show my gratitude?" An answer came to enlist as a corresponding chaplain with the Christian Science Committee on Institutional Work in my state.

Christian Science institutional work traces its roots back to the Founder of The Church of Christ, Scientist, Mary Baker Eddy. As the church grew in the late 19th and early 20th centuries, she encouraged her followers to visit those confined to institutions. She herself had a deep interest in the reformation of prisoners, as shown by her visit to the jailed assassin of US President Garfield, following his arrest in 1881. She later stated, "My few words touched him; he sank back in his chair, limp and pale; his flippancy had fled. The jailer thanked me, and said, 'Other visitors have brought to him bouquets, but you have brought what will do him good'" (*Miscellaneous Writings 1883-1896*, p. 112).

In *Twelve Years with Mary Baker Eddy*, Irving Tomlinson recounts that he went into the prison ministry at Mrs. Eddy's request. Expressing her thanks, she told him, "I am glad you have begun the C. S. mission with faith that you can *open the prison doors* and set free the captive. God will bless us in this way of His appointing..." (Amplified Edition, p. 243).

Through the years, countless inmates have been blessed by the dedication of visiting chaplains, Christian Scientists who visit with those incarcerated at jails and prisons. More recently, in areas of the country lacking enough visiting chaplains, corresponding chaplains like me have been able to write letters of encouragement and metaphysical support. Christian Science Institutional Committees also provide Bibles, copies of *Science and Health with Key to the Scriptures* by Mary Baker Eddy, Christian Science periodicals such as this publication, and also *The Christian Science Monitor*.

Introducing Christian Science to anyone is fulfilling, but it's especially so to introduce it to those who are imprisoned. I often think of Christ Jesus' parable of the lost sheep (see Matthew 18:12-14). A shepherd with a hundred sheep leaves the herd to search for one that went missing and rejoices when it is found. The parable likens the shepherd's love to how precious we are to God. Helping people feel loved and part of a heavenly family is truly joyful work.

Jesus' healing ministry serves as our model. Matthew 9:10-13 tells the story of Jesus sitting with publicans and sinners. When the Pharisees questioned why he would do such a thing, he said, "I am not come to call the righteous, but sinners to repentance." Jesus did not condemn those who were considered sinful but saw their inherent goodness and virtue, and he was aware of how desperately they needed to feel God's love, as we all do.

It is especially gratifying when an inmate becomes so inspired that he wants to share what he is learning about Christian Science with others. This was true for a man I corresponded with for about five years. He was introduced to Christian Science by a visiting chaplain, but when he relocated to a facility that didn't have a Christian Science chaplain, we began corresponding. From the beginning he was so grateful that he could change and experience a better way of life—that he wasn't destined to be a repeat offender. Through our correspondence and reading the Christian Science periodicals, and reading *Science and Health* (several times), he learned that salvation and redemption were possible because he already was and always had been a beloved child of God who inherently reflected all

of God's qualities. The more he learned about what it means to be the likeness of God, the more he began to understand and display his Godlike nature and express moral and spiritual qualities such as patience, integrity, forgiveness, peacefulness, moral courage, and devotion to God. He saw hope for his future and became determined not to go back to his old way of life.

This man became a devoted student of Christian Science (even joining The Mother Church while incarcerated), organized a Bible study group with up to 37 attendees, and arranged to have a Christian Science church service every week that attracted twenty or so attendees. He would say a final prayer at night when it was "lights out" in the prison, so the last thing his fellow inmates heard before sleep was a comforting message. Even the prison guards were moved by his words, with one suggesting that this man become a preacher upon his release so that he and his family could attend his church.

After being released almost two years ago, this man, with the help of a nonprofit organization that supports recently released individuals, had a loving team of Christian Scientists ready to assist him on his onward and upward path—a path he continues to share with others today. He has joined his local Church of Christ, Scientist, has taken class instruction in Christian Science, is taking steps to be a chaplain himself, has started a "street ministry" to share Christian Science, and has formed a nonprofit to assist those in need of food and essential items.

I am so grateful for this blessed ministry of our Church. I am now also a visiting chaplain and am serving on a few teams to provide metaphysical support for "returned citizens." The chaplaincy has provided a wonderful means of paying my debt to God. Sharing Christian Science and the knowledge that we are one with God with those who hunger and thirst for a better way of life is a wonderful gift to give.

Kaye Cover

Placerville, California, US

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@cspcs.com) or telephone (+1-617-450-2000).

The Trustees Under the Will of Mary Baker Eddy

Monthly updates: July 2026

Sterling Student Edition: New Bible available

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.

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.

Updates coming soon to periodical delivery schedules

Starting with the August issue of the *Journal* and August 3 issue of the *Christian Science Sentinel*, we will return to our previous delivery schedules to address the recent delays in print deliveries.

Moving forward, both periodicals should arrive before their respective cover dates, assuming no printing or postal delays. During this transition, you should receive both the July *Journal* and August *Journal* in July. You should also receive the August 3 *Sentinel* in late July.

On June 1, we also updated the *Sentinel* homepage online to display the current week's issue, instead of the upcoming week, to make it simpler to find content for the current week.

Christian Science Reading Room librarians can find Reading Room-specific information in The Mother Church's *Open Doors* newsletter and in an email they received from The Mother Church.

As we make these transitions, we invite you to pray with us about any imposition on the delivery of our periodicals. One idea the *Journal*, *Sentinel*, *Herald* team has been praying with is, "Divine Science alone can compass the heights and depths of being and reveal the infinite" (Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 292).

Thank you for your prayers and ongoing support of the periodicals.

Coming July 20: Special college issue of the *Christian Science Sentinel*

This special issue—written by and for college students—offers a fresh perspective and inspiration on topics such as AI, relationships, and purpose. After July 20, you can read and listen to the issue online at cssentinel.com, and share articles directly via email, text, or social media—especially with young adults you may know. You can also stop by your local Christian Science Reading Room to purchase a hard copy, or you can order the issue from the Christian Science Online Shop.

That week's *Sentinel* Watch episode will feature a graduate student sharing how he made Christian Science his own while away at college. Beginning July 20, you can listen to or share the episode at cssentinel.com/sentinelwatch.

Replays of Annual Meeting 2026

The replay of Annual Meeting 2026 is now available to watch in English, French, German, Portuguese, and Spanish. The replay of the Sunday afternoon hymn sing is also available in English. These replays will be accessible online for one year.

It was a joy for members of The Mother Church to come together, online and in person, to share love and gratitude for Christian Science and to hear inspiring reports from Church officers and from the Field.

To watch the replays, visit christianscience.com/annualmeeting.

New Bible Collection on JSH-Online.com

Nehemiah's wall-building was more than a large project undertaken by a group of Jews—it reignited faith in God at a time of great national discouragement. Read about its meaning for us in this "Exploring the Bible" collection on Nehemiah at 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 in the *Christian Science Sentinel*:

journal.christianscience.com/living-church

"Freedom from," and "freedom to"

By Lisa Rennie Sytsma

Which is easier to get: freedom from or freedom to? That is, is it easier to be free from bad things or to have the freedom to have and to do good things? On the world scene, both "freedom from" and "freedom to" may feel hard to come by. Political laws may seem to trap people in injustice, while material laws trap them in sickness and injury. And even if we have "freedom from"—say we have all the political rights in the world and are simultaneously wealthy and enjoying good health—humanly speaking, there is no such thing as an unlimited "freedom to."

A good example of this can be found in the Declaration of Independence, the 250th anniversary of which is being celebrated in the United States this year. The Declaration demanded freedom from tyranny, and insisted on each individual's freedom to have life and liberty, and to pursue happiness. Note that this last would imply that happiness is something we may not already have. God has given us the right to pursue it, the Declaration states, but no one can guarantee that we'll have it, either now or in the future.

But did God give us the freedom merely to pursue anything good? Or has He, in reality, already given us every truly good thing? A century after the Declaration was signed, Mary Baker Eddy, the Founder of Christian Science, went well past the sense that God only gave His children the freedom to pursue happiness. She insisted that God gave each of us the right to impart it, right along with truth and health (see *The First Church of Christ, Scientist, and Miscellany*, p. 165).

To impart something, we have to have it to begin with. And in fact, Mrs. Eddy taught that in reality, we already have all good. This teaching was based on her conviction that God is the only cause and creator, the only source, and that He is good. There's no room for anything that's not good.

She bluntly states, "God is Mind: all that Mind, God, is, or hath made, is good, and He made all." But she

doesn't leave it there. She continues, "Hence evil is not made and is not real" (*Science and Health with Key to the Scriptures*, p. 311). So, because God is good and created all, we have freedom from all evil. By the same token, we have unlimited freedom to do that which is good, but no right or freedom to do evil. In fact, the phrase "freedom to do evil" is an oxymoron. Doing evil isn't freedom at all. It's enslavement to human will and the material laws of limitation.

Mrs. Eddy drew her conclusions from her deep study of the Bible, especially the words and works of Christ Jesus. Jesus demonstrated for us that we can have both kinds of real freedom without measure. He freed countless from sin and disease. On two occasions, he freed thousands from at least temporary hunger with only a few loaves of bread and some fish (see Matthew 14:13–21 and 15:29–39). And he also gave us examples which demonstrated that his God-given "freedom to" was not limited to things material law agrees are possible. He walked on water despite the law of gravity (see Matthew 14:22–33). He instantly transported himself and others from one place to another (see John 6:16–21). Moreover, he told us we could do the same (see John 14:12).

That's a lot. Maybe we're not walking on water at the moment. We can begin with much smaller things. The simple act of turning wholeheartedly to God sets our feet on the right path. We do this by purifying our motives, loving a little more, making an honest assessment of how we can better serve our fellow man, and then acting on that. These simple things increase our receptivity to Christ, the true idea of God, which helps us find our freedom from evil by showing each of us our true, spiritual selfhood, the selfhood God created. This selfhood is wholly good, God's image and likeness (see Genesis 1:26, 31). As we actively strive to put our growing understanding of this true selfhood into practice in our lives, we find ourselves able to see and demonstrate God's presence and power, and that leads to healing.

The important thing is to remember that God made us able to do this; the Science of our being is that He made us both "free from" and illimitably "free to." Mrs. Eddy writes, "Science reveals the possibility of achieving all

good, and sets mortals at work to discover what God has already done" (*Science and Health*, p. 260). If our motive is to serve God and our fellow man, then nothing can stand in the way of our freedom to see the infinite good God has bestowed upon each of us. We are the very expression of God, good. This is the inescapable reality of each of us. Acknowledging this enables us to act on it, enables us to discover and demonstrate our innate freedom.

Jesus assured us, "If the Son therefore shall make you free, ye shall be free indeed" (John 8:36). Jesus' teachings, when imbibed, loved, and woven into the very fabric of our thoughts and actions, do make us eternally free—equally free from evil and free to fully express in our own unique, original way the infinite Mind, Life, Truth, and Love that is God.

Lisa Rennie Sytsma

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