



CHRISTIAN SCIENCE Sentinel

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

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- 2 **I can't believe it!**
Tony Lobl
- 3 **No bullies in the kingdom of God**
Diane Collins
- 4 **Stephen, early Christian pioneer**
- 5 **Rising above the need to be "right"**
Michelle Carney
- 6 **Spiritual growth brings justice**
Racine Dews
- 8 **Dusk in Zion National Park, Utah, US**
Photograph by Steve Ryf,
- 8 **Weekly updates: April 6, 2026**
- 8 **No more cat allergies**
Jonathon King
- 9 **Freed from pain and fascination with
cybercrime**
Jillie Webbe
- 10 **That wasn't me!**
Susan Thomas
- 11 **Saved in a sudden emergency**
Joan Enguita Willingham
- 12 **Heredity disproved, hearing restored**
Miguel de Castro
- 12 **Prayer for a babe**
Carolyn M. Hook
- 13 **Letters & Conversations**
*Amy Dehnert, Linda Daigle, Christine Weller, Oliver
Hirsh*

I can't believe it!

Tony Lobl

Sometimes, we take in the news or experience things in our own lives and say, “I can't believe it!” Admittedly, this is generally an expression of exasperation. But with a different thought behind them—one based on spiritual authority—the same words convey something very different. They become a prayer of affirmation that what we are seeing isn't the reality it seems to be, but a transient belief in a mortal or material existence, which isn't so in light of the allness, the reality, of God, Spirit.

That's not to suggest that simply disbelieving something that we don't want to be true is a prayer. But it is prayer to know the truth that God, our creator, exists and is good—infinately good. That's a truth Jesus demonstrated by his singular life and multiplicity of healings. Evils, from sickness to sin and even death, yielded to Christ, the spiritual idea of God that Jesus knew and loved and fully embodied. His many healings proved that anything that isn't good isn't of God, and is, therefore, a temporal belief rather than the solid fact it seems to be. And his capacity to heal illustrated the ability inherent in each one of us to discern God, good, as the universal reality.

Even a shocked “I can't believe it!” hints at this spiritual sense. It shows that we expect good in our lives and instinctively balk at what is an affront to that expectation. This aversion to the wrongs we see and hear is rooted in the truth that God doesn't create anything unlike Himself, so He doesn't know anything unlike good. And in our true, spiritual identity as God's image or reflection, neither do we.

So if the things we see or experience don't express God's care, harmony, integrity, etc., we can indeed confirm in prayer that we can't believe it. That is, as the spiritual offspring of God, Spirit, we cannot be persuaded for a moment to accept as real anything that denies the infinite goodness of the All-in-all. No matter what we see or feel, we can stand for the divine Science, or truth, of our God-reflecting thinking. We can refuse to bow down to the belief that there's anything to be conscious

of other than the all-presence, all-power, and all-action of infinite good.

For sure, this spiritual reasoning goes against the tide of human conviction. But as Mary Baker Eddy writes in *Science and Health with Key to the Scriptures*, “If thought is startled at the strong claim of Science for the supremacy of God, or Truth, and doubts the supremacy of good, ought we not, contrariwise, to be astounded at the vigorous claims of evil and doubt them, and no longer think it natural to love sin and unnatural to forsake it, —no longer imagine evil to be ever-present and good absent?” (p. 130).

In this textbook of Christian Science, Mrs. Eddy traces those vigorous claims of evil to a mentality that lacks love, honesty, or integrity—a supposed counterfeit of immortal Mind, God, named *mortal mind*. But we do not need to cower before the claim that this so-called mind exists and can motivate hurtful words and deeds. That claim would refute the spiritually irrefutable—the allness of the one Mind and the universality of its all-harmonious activity. *Science and Health* explains, “Human sense may well marvel at discord, while, to a diviner sense, harmony is the real and discord the unreal” (p. 563).

Through communion with God in prayer and spiritual study, we awaken to this divine sense that so consistently motivated Jesus. By it, we might first see that the ills of life, such as sickness, fear, hatred, and injustice, are matter-based beliefs. But as we rise to a clearer understanding of what is and isn't real, we recognize the nothingness of these beliefs themselves. This recognition is Christ's healing light, which lifts us above the fray—above competing conceptions of what is true that are clamoring for our attention—and enables us to attain the peace of Mind. From this vantage point, thoughts come to us that replace any resignation to wrong with the inspiration that leads to right resolutions. We find healing for ourselves and shine a light on what's spiritually true for others—in fact, for the whole world.

Remaining in the mode of mere human reaction veils this healing power because doing so is an acceptance of the reality of the unreal—and so is simply averting our

gaze. What's needed is to disabuse ourselves and others of the false belief in a power outside of God by yielding our fears and doubts to the conviction of Mind's sweet control. This supports the emergence of right attitudes and actions in ourselves and others.

So when we're distressed by personal, local, or global events, let's respond with the "I can't believe it!" thought that truly *doesn't* believe it. Let's spiritually, lovingly, and gratefully accept that we are the reflection of Mind, which never has to believe because it always knows. And all that Mind knows is the ever-active, perpetually loving, all-spiritual expression of God's love that pervades the universe He creates and sustains.

Then, even—or especially—in the face of challenging circumstances, we can take our spiritual stand with the expectation that it will have a healing impact. We can steadfastly accept that God and the good that He knows are our own and everyone's present and permanent reality.

Tony Lobl, Associate Editor

No bullies in the kingdom of God

Divine Mind's direction had led me to precisely the humor and grace—and even the exact words—that broke tyranny's hold.

Diane Collins

Are we helpless in the face of cruelty, insults, and threats?

No. Christian Science, founded by Mary Baker Eddy during a tumultuous time in the nineteenth century in the United States, shows that prayer can really change our experience. The teachings of Christian Science provide a scientific method for praying about—and seeing through—the bullies in our lives, whether they appear as overbearing personalities, difficult work environments, financial stress, health problems,

or anything else. When prayer lifts thought to the understanding of God's gift—divine Love's continuous presence and power—the fulfillment of this gift naturally appears in our experience.

Jesus said, "The kingdom of heaven is at hand" (Matthew 10:7). In *Science and Health with Key to the Scriptures*, Eddy defines *Kingdom of Heaven* as "the reign of harmony in divine Science; the realm of unerring, eternal, and omnipotent Mind; the atmosphere of Spirit, where Soul is supreme" (p. 590). This kingdom is the kingdom of God, which Jesus also said is within us (see Luke 17:21). So, how can this kingdom be experienced as the reign of harmony in our lives?

It is commonly believed that human beings have their own inward thinking and an outwardly good or bad experience. But the Bible implies that God, Spirit, is All-in-all, and if the creation of Spirit is wholly spiritual and includes everything, then there really is only one kingdom. There is therefore no separation between Mind, God, and the divine Mind's idea, man. Christian Science teaches that man is never separated from God and that we include the peace that produces a satisfying experience—that "the atmosphere of Spirit" within us animates the divine good all around us. Our experience is the outgrowth of our inward communion with God, which reveals the good qualities that we inherently express as ideas of God.

Jesus moved through the tyranny of ancient Rome and the era's ritualistic religious practices ever conscious of his oneness with God—which enabled him to uplift lives. Healing occurred right where political, religious, and physical turmoil tried to stymie humanity's progress.

Recognition of man's true, eternal nature as spiritual and unfallen was the power behind Jesus' healing work, as Eddy writes in *Science and Health*: "Jesus beheld in Science the perfect man, who appeared to him where sinning mortal man appears to mortals. In this perfect man the Saviour saw God's own likeness, and this correct view of man healed the sick. Thus Jesus taught that the kingdom of God is intact, universal, and that man is pure and holy" (pp. 476–477). His constant consciousness of the ever-presence of the kingdom of

God was the power that healed humanity's ills right where tyranny, injustice, and disease seemed to have authority.

This spiritual understanding of the kingdom of God within has helped me experience healing and positive change when faced with difficult people and work situations. I once worked in a large organization with a supervisor who often demeaned and bullied subordinates, including me. Months of prayer resulted in a clear directive to identify him in my thought as a child of God instead of a bully. Starting slowly, I first recognized his expression of intelligence, a quality of divine Mind; he was respected and renowned in his field. Then, I remembered hearing about his persistence in overcoming obstacles earlier in his life. So every time a bullying incident occurred, I held more firmly to his reflection of spiritual intelligence and perseverance. I also continued to do my best work and sincerely expected that the divine Mind would reveal to me the right response and lead me to appropriate action.

One evening, I was in the office, working on a project. This supervisor and I were discussing a provision in a contract that confused me, and I was writing down his instructions. With disgust in his voice, he said, "I hate it when you write down everything I say; it makes me feel like Chairman Mao." Without my thinking about it, and without guile or sarcasm, these words came out of my mouth: "Don't worry. When you leave the room, I cross out almost everything you said." Instantly, I thought, "I can't believe those were my words!"

He was silent for a second and then burst out laughing. It was clear that he felt the lightheartedness and even the love in my comment—he didn't *want* to be a bully! And never again did he treat me with anything but kindness, respect, and appreciation. We worked together compatibly on many projects, and when I moved to another city a couple of years later, he called some of his many contacts there to recommend me to other employers.

What happened? My experience had changed in an instant. Mind's direction had led me to precisely the humor and grace—and even the exact words—that broke tyranny's hold. My inward prayer,

acknowledging and yielding to the reality of God's government and harmony, transformed my outward experience. I certainly didn't plan my comments that evening—they were divinely inspired in the moment. And it was a profound lesson that continues to support me when I'm facing any kind of aggressive behavior.

What lies within us? The kingdom of God, where all thought is sourced in divine Mind. Where do we live and act? In the kingdom of God, where God's law of good is always governing, and peaceful cooperation among God's children is a law. There really is only *one* kingdom, which is wholly spiritual, and within which there are no bullies to try to control us.

The last line of the Lord's Prayer, "For thine is the kingdom, and the power, and the glory, for ever" (Matthew 6:13), is spiritually interpreted by Eddy as "*For God is infinite, all-power, all Life, Truth, Love, over all, and All*" (*Science and Health*, p. 17). The Lord's Prayer assures us of the unfailing relationship between knowing the allness of God and seeing the kingdom of God increasingly expressed in our health, relationships, work, politics—everywhere.

Whether bullies appear as difficult work associates, health challenges, erratic political figures, economic turmoil, or intractable wars, we can steadfastly affirm that we and others have the kingdom of heaven already within us. We can accept that Mind has the power to bring our experience into conformity with this divine reality. We can insist, and prove step by step, that "the realm of unerring, eternal, and omnipotent Mind," the kingdom of God, forever reigns.

Stephen, early Christian pioneer

After Christ Jesus' ascension, his most dedicated followers continued his mission of preaching and

healing. One staunch believer was Stephen, appointed as a deacon of the young Christian church.

Recognized for his “great wonders and miracles,” Stephen was also a powerful preacher. But he attracted the outrage of some Jews, who strongly objected to his interpretation of the Temple and Mosaic law (see Acts 6:8–14). When he was brought before Jewish authorities, his spirited defense concluded with a pointed rebuke of Jewish rejection of the Messiah (see 7:1–54).

Not surprisingly, Stephen’s listeners reacted indignantly. But it was the next event that led to his stoning: his vision of “the glory of God, and Jesus standing on the right hand of God” (7:55, 56). This seemed sacrilegious indeed to them, and the judicial proceedings were disrupted by an angry mob reaction.

The brief summary of Stephen’s death includes two compelling details: his forgiveness of his enemies, recalling Jesus’ words on the cross (see Luke 23:34); and the participation of Saul of Tarsus, later the Apostle Paul. Following Stephen’s execution, “a great persecution” of Christians led to their widespread scattering (see Acts 7:57–60; 8:1, 3, 4)—and an unforeseen expansion of the gospel.

“Martyrs are the human links which connect one stage with another in the history of religion,” writes Mary Baker Eddy. “They are earth’s luminaries, which serve to cleanse and rarefy the atmosphere of material sense and to permeate humanity with purer ideals” (*Science and Health with Key to the Scriptures*, p. 37).

For more on this topic, see “Don’t throw stones” by Jeanne Roe Price.

Rising above the need to be “right”

I could not be any more or less intelligent than anyone else because we are all expressions of the one Mind, God.

Michelle Carney

For much of my life, I felt a deep need to be “right.” During my childhood, I was a ward of the state, and while so many other children apparently had a normal family life, the one thing I had was my ability to excel academically.

Told from an early age how smart I was, I felt it was important to show others just how much I knew. Intelligence was the measurement I used to judge myself as either superior or inferior to another person. This was particularly evident when I would interrupt other people’s conversations and spout some fact or another. As you can imagine, this didn’t have the most positive effect on my relationships.

As I learned about and began to study Christian Science, I realized that this behavior was driven by being afraid, deep down, that I wasn’t good enough. I realized that I needed to get rid of the fear so that I could be healed of this need to be “right.”

The Christian Science textbook, *Science and Health with Key to the Scriptures* by Mary Baker Eddy, explains that God is divine Principle, Life, Truth, Love, Soul, Spirit, and Mind. I began to focus on expressing in my life the qualities related to these synonyms for God. I wanted to be a person to whom other people would naturally gravitate, but time and time again, I felt my wounded, prideful sense of selfhood getting in the way of my ability to express humility.

Several months ago, the organization I work for created a new department and asked me to join it with two other colleagues. Every meeting with our group has been about team building. So I have spent a great deal of time praying about how to get over my false sense of responsibility and to be a worker among workers.

One evening, I was in the cafeteria, and someone asked me a question. With all the conviction I had, I

confidently answered. Then it occurred to me that I should Google it to be sure. You know what? I was wrong!

That got me wondering what else I may have been wrong about. It turns out that I was wrong a lot of the time. In fact, the only time I really knew I was right was when I listened for what God was telling me before saying anything. This realization helped me become quieter and start listening more than speaking.

A few weeks later, I was praying to be shown how best to fulfill my commitment to my practice of Christian Science, when it came to me to look up references to Mind in *Science and Health*. One helpful passage I found is part of the definition of *I, or Ego* in the book's Glossary: "There is but one I, or Us, but one divine Principle, or Mind, governing all existence; man and woman unchanged forever in their individual characters, even as numbers which never blend with each other, though they are governed by one Principle. All the objects of God's creation reflect one Mind, and whatever reflects not this one Mind, is false and erroneous, even the belief that life, substance, and intelligence are both mental and material" (p. 588).

Soon after this, I was at the weekly testimony meeting in my branch Church of Christ, Scientist. I had not planned to give a testimony, but I found myself standing and accepting the microphone. As I spoke, it occurred to me that I could not be any more or less intelligent than anyone else because we are all created by and expressions of the one Mind, God. I thought of this verse from the Bible: "Let this mind be in you, which was also in Christ Jesus" (Philippians 2:5). Tears rolled down my cheeks as I felt humbled by this revelation.

My interactions with others have changed, and I feel less fear for myself and a deeper love for everyone in my life. I no longer have to be the first to speak or feel a need to jump into other people's conversations uninvited. I am OK with being shown when I'm wrong or saying that I don't know the answer to something. More importantly, I don't feel any need to correct someone when I think they're wrong. If I'm truly guided to make a helpful correction, I listen for divine inspiration as to what to share.

My relationship with God is on firm, spiritual bedrock, and this is the foundation from which I can continue to work on my relationships. I pray regularly with this idea: "With one mind and one mouth glorify God, even the Father of our Lord Jesus Christ" (Romans 15:6). I try to make the purpose of all my thoughts and words to glorify God.

I am so very grateful for Christian Science and all the wondrous fruition that its study has brought me.

Spiritual growth brings justice

I could not have been separated from God forty years ago and was not separated from God now, by either memories or dreams.

Racine Dews

If we see or experience injustice—an act of selfishness or inhumanity, for instance—we may react with anger or resentment or just feel helpless. But Christian Science uncovers the root of any injustice, which can be anything from ignorance of God, good, and the nature of His creation to a blatant disregard for God. And through our own spiritual growth, we can discover how a better understanding of God and His creation can reverse and eliminate injustices.

Years ago, I was in a business relationship with an individual whom I believed to have an honorable character and to share my ethical values. However, he started behaving in ways that I believed seriously harmed our business dealings. When I found it wise to legally dissolve the relationship, this person took steps to resist proper legal proceedings. I was angry, resentful, and overwhelmed by this.

In order to move forward, I had to grow spiritually by gaining a better understanding of God. The Bible says that God is "excellent in power, and in judgment, and in plenty of justice" (Job 37:23). I reached out to a

Christian Science practitioner, and we prayed together, acknowledging God as Principle and as expressing justice, wisdom, and goodness throughout His creation.

I daily studied the weekly Bible Lesson from the *Christian Science Quarterly* and read articles in issues of the *Sentinel* and the monthly *Christian Science Journal*. During this time, it became clear to me that in God's universe—the only real universe—there is no absence of light: no ignorance, willfulness, self-righteousness, lawlessness, or injustice. While sometimes, the obstacles facing me seemed Goliath-size, I stayed focused on praying, including listening for divine guidance and following God's direction. One supportive thought came from a hymn in the *Christian Science Hymnal: Hymns 430–603*:

Open, now open the doorways of justice,
Let us be glad as we pass through those gates.
There is the place where the righteous may enter,
Singing to God with thanksgiving and praise.

(Pablo Sosa, adapt.; Eng. trans. Mary Louise Bringle, adapt., © GIA Publications)

One day, while I was sitting at my desk, a gentle thought came to call the bank to sort things out, despite having tried this before with no success. I did so and was connected with someone new, who reviewed the business records and was able to help me complete the steps that effectively dissolved the business relationship. The process was complete. Justice had been restored.

I thought that was the conclusion of the experience, but forty years later, the memory of it forcefully resurfaced. It felt like a dream and included a vivid rehearsal of the struggle, but left out all the prayer that had been done at the time.

One very early morning, I woke up with a desire to just feel close to God. While studying the chapter "Science of Being" in *Science and Health with Key to the Scriptures* by Mary Baker Eddy, I glimpsed the spiritual fact that because God is Spirit, His entire creation—including me—is spiritual. I could not have been separated from God forty years ago and was not separated from God

now, by either memories or dreams. As God's image and likeness, I reflect—manifest and express—all the qualities of Spirit. These qualities are my true substance and connect me to God, Spirit.

Returning to the memory, I examined the whole experience from a spiritual viewpoint, confirming that I had never been separated from God. The memory was without substance and had no spiritual basis. I saw that no unjust experience can exist in God or His universe, which is where we all really exist. The memory dropped away and no longer came to thought or upset me.

This experience is helping me understand that because we are under the care and guidance of God, divine Love, justice is available even in the most unjust situations. In prayer, I found it important to be honest with myself about feeling self-will, self-justification, anger, and condemnation. When we identify and drop these, it allows us to put all of our prayer and effort into a genuine desire that God's will be done, as the Lord's Prayer says.

When dealing with his own sense of deep injustice, the biblical character Job says, "Let me be weighed in an even balance, that God may know mine integrity" (Job 31:6). And Mrs. Eddy, the Discoverer of Christian Science, writes: "I will love, if another hates. I will gain a balance on the side of good, my true being. This alone gives me the forces of God wherewith to overcome all error" (*Miscellaneous Writings 1883–1896*, p. 104).

My experience with dissolving my business partnership had required me to grow spiritually in order to put all the weight of my thought on the side of good—of letting God's will be done. Then I felt the conviction that God is just and that justice would be done—and it was. Christ Jesus proved that as our thought draws closer to God, we rise, not fall. As we grow spiritually, we rise to experience justice in all areas of life.

God's will for His creation is justice, fairness, and equality, because man (the true, spiritual identity of each of us) is the reflection of God, and God is just. In God's kingdom, no injustice exists. In reality, no person is unable to hear God's messages, and no person or seeming power can obstruct our expression of God's

qualities. Truth uncovers, corrects, and removes the cause of injustices, bringing justice and harmony to light.

Dusk in Zion National Park, Utah, US

Photograph by Steve Ryf,

More than regal is the majesty of the meekness of the Christ-principle; and its might is the ever-flowing tides of truth that sweep the universe....”

—Mary Baker Eddy, *The First Church of Christ, Scientist, and Miscellany*, p. 149

Weekly updates: April 6, 2026

Contributions to The Mary Baker Eddy Library Fund

Since 2002, when The Mary Baker Eddy Library opened its doors as a Boston not-for-profit organization, Church members and others have generously contributed to the Library and its activities. And since 2017, when the Library became a department of The Mother Church, it has no longer been necessary to direct support for the Library through the Mary Baker Eddy Library Fund, because contributions to the General Fund of The Mother Church support all Church activities, including the Library. For this reason, the Mary Baker Eddy Library Fund is being

removed from the Church’s online donation form at giving.christianscience.com effective April 30, 2026.

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

Please contact treasurer@christianscience.com with any questions.

IN CASE YOU MISSED IT

Concord has two new features to enhance your study of Christian Science

The complete audiobook of *Science and Health with Key to the Scriptures* by Mary Baker Eddy is now available in Concord. Another major update of the list panel includes List Sections, enabling all Concord users to create custom sections within lists, making it easier than ever to group related citations. Paid subscribers have access to the additional bonus of being able to save organized sections for future reference.

Begin exploring these features today at concord.christianscience.com.

No more cat allergies

Jonathon King

We were going on a road trip! My family was driving from Washington state to California to drop me off for a trip I was taking with a group of other Christian Scientists.

I was excited to see more of the United States. We stopped several times to enjoy the Washington

scenery, including mountains, rivers, and forests, before continuing on.

For our final stop, we went to San Francisco, where we stayed at my relatives' house. San Francisco was my favorite stop. After a long day of sightseeing, we went back to my relatives', where we had a wonderful dinner. Unfortunately, although they were sweet hosts and the day had been fun, I encountered a problem later that night.

Ever since I was little, I'd had an allergic reaction to cats. One of my friends has cats, and whenever I would go to his house, I'd get super congested, and my eyes would itch. So when I learned that we'd be staying in the guest house, where a cat was also staying, I was not thrilled.

The first part of the night was pretty miserable. I was lying in bed, tossing and turning, unable to fall asleep because of the allergy symptoms.

Then I thought of an idea from *Science and Health with Key to the Scriptures* by Mary Baker Eddy. This is a book that's helped me find healing in the past, so when this statement came to mind, I paid attention. Growing up, I'd heard my family share this quote, and I felt that it applied to my situation now. It says, "All of God's creatures, moving in the harmony of Science, are harmless, useful, indestructible" (p. 514).

It got me thinking about how cats are God's creatures, harmless and incapable of interrupting God's goodness or our ability to experience that goodness. Our relation to God is like how a ray of light emanates from the sun or a drop of water is a part of the ocean. God is infinite good, and we can't get outside of that. God's goodness is all around us. It includes cats and all other creatures.

As my thoughts about cats shifted from fear and dislike to a love for and amazement at God's creation, there was an instant change in my body. I went from struggling to breathe through my nose to being able to breathe without a problem.

I rejoiced in my healing and was able to fall asleep in minutes.

Since this experience, I haven't had any allergic reactions to cats. Recently, I stayed with someone who owns a cat, and I didn't have any issues.

This healing was the perfect end to our road trip!

Freed from pain and fascination with cybercrime

Jillie Webbe

While listening to a radio program, I became fascinated by what I was hearing. The program discussed the increase in cybercrime and explained how cybercriminals were finding new ways to avoid detection.

The following morning, I woke up with severe pain in one of my legs. I managed to get into a chair and picked up a copy of the Christian Science textbook, *Science and Health with Key to the Scriptures* by Mary Baker Eddy, that I regularly read from cover to cover. In my current read-through, I had recently left off at a paragraph starting with the word *nerves*, and I immediately saw the word *electricity* that I'd written above that passage some time ago. I'm not sure why, but it had come to thought as an inspiration at the time. In hindsight, I must have written the word *electricity* above the word *nerves* because I intuitively felt there was a connection between the two that needed to be refuted.

On this morning when I was experiencing that intense pain in my leg, I started reading that same paragraph. It begins, "Nerves are an element of the belief that there is sensation in matter, whereas matter is devoid of sensation" (p. 480). Instantly, the pain disappeared.

I was amazed by the immediacy of the healing, but felt there was something else I needed to understand. Since I had been fascinated by the radio program, I looked up synonyms for *fascinating*, and the word *mesmerism* got

my attention. I realized I had been totally absorbed in and fascinated—mesmerized—by what I was hearing, to the exclusion of considering what I know to be spiritually true. In other words, I'd taken in this aspect of the belief that there is an evil intelligence and power opposed to God that can work through the channel of electricity. Instead, I could challenge that belief on the basis of God's infinite goodness.

I reasoned that when electricity was discovered, its purpose was constructive, not destructive—to support the progress of mankind, not to abuse people or endanger lives. Mrs. Eddy writes, “Destructive electricity is not the offspring of infinite good” (*Science and Health*, p. 93).

I also remembered Mrs. Eddy's strong counsel, “Guard and strengthen your own citadel more strongly” (*The First Church of Christ, Scientist, and Miscellany*, p. 213). Those words are an important wake-up call that I must be more alert to heed. In light of everything we are dealing with in the world today, including cybercrime, they remind me of the need to guard my thoughts against taking in false beliefs that would undermine my certainty of God's supreme and infinite power, which is only good.

Jillie Webbe

East Molesey, Surrey, England

That wasn't me!

Susan Thomas

One summer evening several years ago, I was watering plants in my front garden. On my way back inside, my sandal caught on a step, and as I fell forward, I felt a painful twinge in my right arm. When I tried to get up, the arm had no strength in it. My neighbor, who was also outside, kindly helped me into the house.

Another neighbor came over as well. They were both concerned that I might have broken my arm. Although

I felt no pain when the arm was still, they asked me if I had any painkillers in the house. I explained that, as a Christian Scientist, I relied on prayer for healing. However, they felt we should call an ambulance. I agreed to this, both for their benefit and to satisfy concerns my family was likely to have. I also rang my daughter, who lives about a two-hour drive from me.

While waiting for the ambulance, I rang a Christian Science practitioner to ask for treatment through prayer. The practitioner reminded me that I was always in the care of God, divine Love, no matter where I was. As God's child, I could never experience anything less than His perfect peace and goodness. I felt no fear, just gratitude for all the love and care surrounding me.

The ambulance arrived a short time later, and the paramedics examined my arm. They thought I had fractured it and recommended that I go to the hospital for an X-ray. When we arrived, the examining doctor confirmed the fracture. He predicted that I might need surgery and warned that I might not regain full use of my arm. He said an X-ray was required to verify this.

A turning point in the situation came when the doctor showed me the X-ray. As I listened politely to his explanation of the picture, I felt an absolute conviction that those gray lines and spots were not me. No question. How could they be, since I was completely spiritual, made in the image and likeness of all-good God, Spirit? The real examination—the spiritual review of my status—was taking place in my thinking.

I was told that no surgery was required, as everything was in its right place. I was able to return home with just a sling to support my arm. During the next week or so, I received care from my daughter, the Christian Science nurses at a Christian Science care facility, and a friend.

Ten days after the fall, I went back to the hospital as requested by the hospital staff. A different doctor asked me if I was certain that the incident had happened just ten days before—the X-ray showed that the healing was far more advanced than he would have expected in that time. I was released with the assurance that I could return to all my normal activities. Progress continued

over the next few weeks, and the prediction that I might not have full use of my arm was proven wrong.

I am so thankful for the loving support I received from my neighbors, my family, the medical staff, and especially the practitioner and Christian Science nurses who helped me along the way. My absolute conviction that an X-ray picture didn't represent God's child has inspired me in the years since. I am very grateful for this healing.

Susan Thomas

Walton on Thames, Surrey, England

Saved in a sudden emergency

Joan Enguita Willingham

Originally published in Spanish

When I was young, I attended the Christian Science Sunday School at a Christian Science church. In our classes we had teachers who were kind and gentle, and who lovingly explained to us that God loves us. We learned the Ten Commandments given by Moses.

The Ten Commandments have been very important in my life, and I like to recite them regularly. They have helped me to respect God and others. Love for God and love for man are at the center of each commandment.

In Sunday School, I once had a conversation about the commandment concerning parents. Exodus 20:12 reads, "Honour thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee." During my childhood, my father was in the United States military, and during the 1960s we lived in Spain, on an American military air force base near Madrid. My father often went on long trips around Europe. When he was away, my mother did many things for the four children of our family. She was both father and mother during those times.

My mother loved lakes and rivers, having grown up in the state of Minnesota, famous for its many lakes. She loved bringing us near water so we could swim. When I was 12 years old and my father was away, my mother took us to spend some time at a river close to Madrid.

The river didn't seem very wide and it had a small beach. Not many people were there that day. My two younger sisters and I were playing there happily, when suddenly one of my sister's shoes fell into the river. I ran into the water to get it and immediately the ground beneath my feet gave out, and an underwater current carried me away very quickly. The beach was small, and the rest of the riverbank was covered with thick bushes.

I knew how to swim well, but the current was carrying me away very quickly, and I felt I couldn't do anything about it. My mother saw me and ran behind the bushes as she shouted for me to come closer and grab one of them. I couldn't do it. I felt afraid, and I thought there might be a snake in the bushes. She continued running and shouted the same thing several more times.

I've always known that God loves me, and I trusted that God was with me at that exact moment. I knew that the "still, small voice" of God was guiding my mother and me. I felt inspired to think about the Ten Commandments, and in that fearful moment, I wanted to honor my mother by listening to her. I obeyed her orders, and when I reached out my arm to her, she lifted me up with much strength and immediately I was on dry land. She hugged me, and together we said a prayer of gratitude to God. There were no tears, only smiles and joy.

This was a great lesson for me, to obey not only my mother, but God as well. I am very grateful that I attended Sunday School every Sunday in my youth and that my mother was such a great influence in my life. On that day, we were both listening to God.

Joan Enguita Willingham

Palmdale, California, US

Heredity disproved, hearing restored

Miguel de Castro

Originally published in Portuguese

How do we act when unexpectedly a metaphorical lion appears ready to attack us? I once had to face one in the form of a hearing problem.

I had great difficulty with my hearing. It seemed one ear was obstructed. I was immediately cured through prayer—through the practical application of the spiritual truths taught by Christ Jesus—and then I could hear again without any hindrance. However, the problem returned much more aggressively—to the point where I couldn't hear anything at all. I was also bothered by a loud ringing in one ear.

I knew this discordant condition was not part of God's allness, and that I, as a reflection of perfect Mind, could only reflect and express divine perfection. Aware that I couldn't be made to accept a lie of material sense, I thought, "Well, this is a good opportunity to put into practice the healing power of Christian Science, which is ever available."

I found in the Christian Science textbook, *Science and Health with Key to the Scriptures* by Mary Baker Eddy, the following passage: "Sight, hearing, all the spiritual senses of man, are eternal. They cannot be lost. Their reality and immortality are in Spirit and understanding, not in matter,—hence their permanence" (p. 486).

I had to go deeper in my understanding of my identity as an idea of God, which is individual, complete, perfect, and spiritual. Then I remembered a family situation in which an uncle had become completely deaf and was the object of ridicule by other family members. Imagining such a situation happening to me was not pleasant at all. But I recognized that this error couldn't be manifested in an idea of God, Truth. This alerted me to what lay behind my hearing difficulty—the "lion" of

fear about this condition was uncovered and completely eliminated.

In the Bible, God denies the proverb, "The fathers have eaten sour grapes, and the children's teeth are set on edge" (see Ezekiel 18:2, 3). We learn in Christian Science that there is no law of heredity, and I clearly understood from this passage the need to be alert to this as an impossibility under the law of God, Spirit, good.

There! Having kicked out the underlying fear, the result could only be healing. Within a few months everything went back to normal and my hearing was completely recovered and perfect. This happened over five years ago, and there has been no recurrence of the problem.

When we humbly and obediently follow the will of our God, our Father-Mother, good things happen—in ways better than we can imagine and without any human or material interference. "Lions," or fearsome falsehoods, are not divine creations. God doesn't know them, and we have divine authority to subdue them as Jesus did through Christ, which lives and remains with us forever and ever.

Maintaining daily vigilance over our thinking helps us to do this. As the Bible counsels, "Pray without ceasing" (I Thessalonians 5:17).

Miguel de Castro

Rio Grande do Sul, Brazil

Prayer for a babe

Carolyn M. Hook

Oh, little one,
you are divinely
fathered, mothered,
held in His hands
and in Her holy care,
fed and nurtured
every moment,

cared for and guided
everywhere.

Citizen of God's heavenly kingdom,
He is with you every day,
holding on to you
every moment.
Oh, little one,
you cannot stray.
Oh, child of God,
treasured and rejoiced in,
you will grow,
and you'll be led
in pathways
ever fresh and ever new—
led by Love
and held by Love,
your Father-Mother's
arms enfolding you.

Letters & Conversations

*Amy Dehnert, Linda Daigle, Christine Weller, Oliver
Hirsh*

> **Lynn Jackson, “Doing our work—
or having a good talk with the devil?”**
March 9, 2026

Thank you for this powerful article. It addresses many
of the lures that would keep us from doing effective
healing work.

Amy Dehnert, United States

> **Elsa Dardie S. Dunlap, “Your secret
place,”** March 2, 2026

What a wonderful, calming assurance of where our
safety truly lies. Well written, with current concerns
clearly addressed with familiar Bible truths.

Linda Daigle, Roberts, Montana, US

> **Bill Flatley, “No more heart trouble
and self-condemnation,”** February 23,
2026

I was pleased to find this testimony. I had been
praying to elevate my thought regarding a friend. The
inspiration gained will help uplift my own recognition
of God's perfect, spiritual idea.

Christine Weller, Barrie, Ontario, Canada

> **Colin Treworgy, “Responding to
public issues with prayer,”** January 19,
2026

A thorough and timely article, which I read following
The Christian Science Monitor podcast on Iran. Thank you!

Oliver Hirsh, Klippinge, Denmark

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