



The CHRISTIAN SCIENCE JOURNAL

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

June 2026 Vol. 144 | No. 06

- | | | | |
|----|--|----|--|
| 2 | Welcome - June 2026
<i>By Nancy Mullen</i> | 24 | Christian love in the grocery store
<i>By Beth Campbell</i> |
| 2 | Readers Respond
<i>By Evelyn Tyson, Marc Lignier, Robin Pryor, Sara Barnacle, Merry Ann Peterson, Heather Bauer, Caroline Martin</i> | 25 | Business standstill resolved peacefully
<i>By Bruce Jamerson</i> |
| 3 | "The removal of a single weight"
<i>By Mark Swinney</i> | 25 | The "tractor beam" of Love
<i>By Leslie Hobbs</i> |
| 5 | God gave you dominion—don't give it away!
<i>By Keb Bemis</i> | 26 | Lost computer recovered
<i>By Glenn Williams</i> |
| 7 | The choice that leads to true happiness
<i>By Douglas Sytsma</i> | 27 | A library of thoughts
<i>By Christine Negley</i> |
| 9 | "I can do all things"
<i>By Sylvia Messner</i> | 28 | Rotation on the Board of Trustees
<i>By Board of Trustees</i> |
| 10 | Which Peter are you?
<i>By Alex Griffin</i> | 29 | Monthly updates: June 2026 |
| 12 | Spirit, God, is the starting point
<i>By Rocha Mupoyi Mbenza</i> | 30 | Shine as lights in the world
<i>By Moji George</i> |
| 13 | The transparent thought
<i>By ROBERT SCHULT</i> | | |
| 15 | "Pray the ninety-first Psalm!"
<i>By Charlotte Bushnell</i> | | |
| 15 | You are light
<i>By Liesl Ehmke</i> | | |
| 16 | Immobilizing pain overcome
<i>By Fenna Corry</i> | | |
| 17 | Child healed of warts
<i>By Jamie Osborne</i> | | |
| 18 | Healed of inflammation following childbirth
<i>By Marina Hutchins</i> | | |
| 19 | Reading Room work supports quick ankle healing
<i>By Cara Cusack-Theodule</i> | | |
| 20 | Bone injury quickly healed
<i>By Nancy K. Colbentson</i> | | |
| 21 | Are we worthy and able to heal?
<i>By Brian Webster</i> | | |
| 23 | Mary Baker Eddy and John Greenleaf Whittier | | |

Welcome - June 2026

By Nancy Mullen

Dear Friend,

Hidden deep in the foliage of my garden is a sparrow's nest. Perched nearby, the expectant mother watches as I part the curtain of leaves to peek at her clutch of tiny eggs. She lets me know with a hearty chirp that she's holding guard over her little ones, even before they hatch. It's a sweet reminder to me of how God is always present, protecting all of us.

The incessant noise of war, political conflict, and economic upheaval may grab our attention more often than the gentle rhythms of nature, but that does not make these discords more real. Whatever seems to be happening on the human scene, the spiritual truth is that divine Love is right there—guarding, guiding, and caring for Her creation as a mother bird cares for her nestlings.

How can we be sure of God's presence and power? Christian Science offers a clear view of Christ, Truth—"hidden in sacred secrecy from the visible world," as Mary Baker Eddy puts it in *Science and Health with Key to the Scriptures* (p. 118), but acting in our consciousness to open our eyes to our present health and safety. The articles in this month's issue of the *Journal* share insights gained from reading this book and Eddy's other writings. And they show how praying from a spiritual perspective brings not just comfort, but healing.

Nancy Mullen

Staff Editor

Readers Respond

By Evelyn Tyson, Marc Lignier, Robin Pryor, Sara Barnacle, Merry Ann Peterson, Heather Bauer, Caroline Martin

John Tyler, "Finding and following 'the way,'" April 2026

This article explains so clearly that Christ Jesus is the Way. I really appreciate the writer's sharing of his healing of his injured eye through an understanding of God as "all-seeing." This article was so helpful. Thank you for sharing.

Evelyn Tyson

Salisbury, North Carolina, US

Curtis Wahlberg, "The thought that heals," April 2026

Such a great article—wonderfully written. I have listened to it seven times so far.

Marc Lignier

Tarzana, California, US

Aaron Bingham, "Welcome," March 2026

I appreciate the depth and beauty of this thoughtful "Welcome." I've read it multiple times while also reading the entire *Journal*. The concepts of the New Jerusalem, the Lamb's wife, and the motherhood of God reveal the Love that heals.

Thank you!

Robin Pryor

Eugene, Oregon, US

Deirdre Kindthistle, "Adoration, not aging," March 2026

Thank you for this lovely, clear, honest article—not that those qualities are at all unusual here! I was especially struck by the statement that "demonstrating His perfection is a full-time job." That is a simple, but strong thought to carry with us during the day and night.

Sara Barnacle

Dover, New Hampshire, US

Janet Clements, “The problem-solving power of Principle,” March 2026

Thank you ever so much for this article. I have gotten no further in this issue because I keep going back and reading it again. It is most helpful.

Merry Ann Peterson

Victoria, British Columbia, Canada

Collier Butler Kaler, “Leave your ego at the door,” February 2026

This is wonderful! I love where the author writes, “Divine Love, not the words and actions of others, is what truly governs my life.” How blessed we are to have the Christian Science periodicals.

Heather Bauer

Suwanee, Georgia, US

Clark Beim-Esche, “To be in Love,” February 2026

A tender, true, warm, embracing poem. A soft breeze in my heart. Thank you.

Caroline Martin

Santa Fe, New Mexico, US

“The removal of a single weight”

By Mark Swinney

A most comforting truth is that reorienting thought to God’s enduring goodness forwards healing. At first, this change of thought, this kind of prayer, may not seem plausible, or even logical. Someone might ask, “Shouldn’t prayer be relegated to changing what we see, hear, and feel?” It might seem reasonable to leave our thoughts completely out of it other than to petition God

to change our bodies, to improve other people, to inflate our bank accounts, or to increase our longevity.

Jesus, however, revealed that a divinely instituted change of thought is the whole of successful prayer. When, for instance, he was told about a girl who was dying, he didn’t inquire about physicality—the symptoms or the length or type of the ailment, her environment, and so on. He turned in prayer to God, addressing simply what was fearfully believed about the girl. His declaration recorded in Luke indicates his focus: “Fear not: believe only, and she shall be made whole” (8:50).

Even the appearance of death did not deter Jesus from his dedication to God. He prayerfully corrected that false belief with God’s truth about this girl as His permanent spiritual creation. A little while after, she arose healed.

Christian Science teaches so much that can help us pray. A leading point is that God alone creates. We each are the products, not of physical processes, but of God, who is divine Love, Soul, and Mind. The human mind possesses no creative power. This means that our thoughts do not—and cannot—*create* for us things like lack, illness, injury, or injustice.

The Bible reveals that God created all things good, and that is how they remain. What does prayer do, then? Effective prayer corrects our mistaken beliefs about God’s good and perfect spiritual creation. The result is seen as healing. The Founder of Christian Science, Mary Baker Eddy, explains the nature of this correction in her book, *Science and Health with Key to the Scriptures*: “As human thought changes from one stage to another of conscious pain and painlessness, sorrow and joy,—from fear to hope and from faith to understanding,—the visible manifestation will at last be man governed by Soul, not by material sense. Reflecting God’s government, man is self-governed” (p. 125).

When we yield up our sense of self, including our most persistent thoughts, to God’s government, it is God’s enduring goodness, wholeness, love, and reality that are clearly revealed to us. Doing this is powerful prayer and it indicates the activity of the Christ, the true idea

of God, within us. Jesus exemplified the Christ to such a degree that he was blessed with Christ as his title. And yet we are also fully equipped to express Christly qualities and to pray effectively.

Once we get into the practice of targeting false, fearful beliefs, rather than symptoms, we find that our prayer is much more effective. *Science and Health* says, “Your influence for good depends upon the weight you throw into the right scale” (p. 192). To the degree that our thoughts and lives reflect God’s government, we are following Jesus’ supreme example.

What should we do, then, if we joyfully yield in prayer to the comforting Christ, Truth, and have a change of thought, a change of heart, yet still find ourselves suffering?

We pray on until the truth outweighs fear in our thoughts. Picture a scale—the kind with a balancing arm and two empty pans. “If the scales are evenly adjusted,” explains *Science and Health*, “the removal of a single weight from either scale gives preponderance to the opposite. Whatever influence you cast on the side of matter, you take away from Mind, which would otherwise outweigh all else” (p. 168).

As we pray consistently, we remove weights in the “scale” of our thoughts from the side of matter, sometimes quickly, sometimes a little at a time. When the scale tips to the side of the Mind that is God, we experience the harmony that has been true about us all along, resulting in what we call healing. So, it is good practice to allow our thoughts to be divine and Christly, so that they “outweigh all else.”

In actuality, there is no weight or substance to material thoughts—which is immensely encouraging. So, in our prayers, we don’t use divine Truth to destroy real evil; we embrace Truth to destroy any *belief* that evil is real.

As an example, not long ago, I bit down on a hard object in food I was eating and badly damaged my mouth. Over the next days, I prayed for myself diligently, allowing God to bless me with the most wonderful, Christly inspiration. Painful physicality wasn’t my focus; instead, as I turned to God for help, thoughts and

fears about myself were corrected with the truth that I was God’s spiritual creation.

As the pain didn’t let up even a little, I wasn’t discouraged. Why? Because in that scale that represented the quality of my thinking, the side that contained fear, false belief, and conjecture, although still heavy, was growing less weighty each time I embraced a spiritual truth that divine Mind revealed to me.

Just because I was still suffering didn’t mean that I was doing anything wrong. My thoughts were changing “from fear to hope and from faith to understanding.” With God’s loving help, I saw that I just needed to continue steadily with adjusting the weights in this mental scale. The Bible reassures us, “A just weight and balance are the Lord’s: all the weights of the bag are his work” (Proverbs 16:11).

Each day, I noticed the different weights of thought that I was throwing into my scale of thinking, striving to honor more and more the vivid reality that is God’s flawless spiritual creation. Tenderly, God pointed me to something that Jesus had once talked about. Jesus saw a widow donate two coins—all the money she had—by throwing them into the Temple’s treasury (see Luke 21:1–4). I recognized immediately the point that God was showing me. Could I throw all of what I treasure about myself into the scale of truth, reserving nothing?

Yes, I could do that. And so I continued forward in my prayers systematically. *Science and Health* instructs, “Fear, which is an element of all disease, must be cast out to readjust the balance for God” (p. 392).

The next day, I was swimming, listening for divine Mind’s guidance, and another single weight of fear was removed. It became clear that the entirety of the world’s fears and conjectures about accidents couldn’t make any conditions for me as God’s spiritual creation. I felt such gratitude for this inspired change of perspective. Within a moment, right there in the water, I discovered that I was pain-free and entirely healed. The Truth that is God weighed more than anything else within my thought.

“Because Truth is infinite, error should be known as nothing,” counsels Mary Baker Eddy in *Science and Health*. “Because Truth is omnipotent in goodness, error, Truth’s opposite, has no might. Evil is but the counterpoise of nothingness” (pp. 367–368).

As we pray along each day, this “counterpoise of nothingness” concept can be very useful. If, in theory, we were to place all worldly fear and false belief into one pan of an empty scale, neither of the pans would move. False beliefs weigh exactly nothing, since divine Truth isn’t behind them, and so no weight registers. As spiritual creations of God, who is All-in-all, you and I can humbly enjoy how the intelligence, Truth, and Love in our thoughts always register and carry all the weight.

God gave you dominion— don’t give it away!

By *Keb Bemis*

In the very first chapter of the Bible, we are informed that God created man in His image and likeness. And tied to this creation was a special gift—dominion.

God is quoted as saying, “Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth” (Genesis 1:26).

This gift was not conditional; it was not selective or limited. It was conferred on the entire creation of man, “male and female” (Genesis 1:27), for all time.

So, just what is dominion? Ideas that come to mind include freedom, health, harmony, peace, joy. But what also comes to mind is what dominion is not, such as restriction, discord, chaos, depression, domination, enslavement.

In the textbook of Christian Science, Mary Baker Eddy explains: “The enslavement of man is not legitimate.

It will cease when man enters into his heritage of freedom, his God-given dominion over the material senses. Mortals will some day assert their freedom in the name of Almighty God. Then they will control their own bodies through the understanding of divine Science. Dropping their present beliefs, they will recognize harmony as the spiritual reality and discord as the material unreality” (*Science and Health with Key to the Scriptures*, p. 228).

That sounds wonderful, but how is it practical in everyday life? I had an opportunity to learn more about this a few years ago. I have been an avid runner, skier, and biker throughout my life. On the weekend of my fortieth high school reunion, I went out on a long bike ride the morning the festivities were scheduled to begin. The route was familiar but challenging. As I often do during an activity like this, I spent much of the time in prayer, and the ride proceeded without incident.

At the reunion later that day, I enjoyed catching up with friends I hadn’t seen in decades. However, a common theme of conversation was the age-related physical challenges many of my classmates were facing. The talk often turned to mobility problems, joint replacement, debilitating disease, and even untimely death.

I didn’t think much about these issues during the reunion, other than having compassion for those who had experienced hardship and being grateful that I wasn’t dealing with such problems. But the very next morning I awoke with a sharp pain in my knee. I could hardly put any weight on it, and each step sent a jolt of pain through my leg. This was odd indeed, given that I hadn’t experienced any strain or injury during the previous day’s bike ride and had been walking without any hint of a problem.

I began to pray about the situation and realized that I needed to be more alert to the sneaky suggestion that my life is a material concept over which I do not have dominion—that I am going through a bell curve-shaped existence with a beginning, an incline, a plateau, then a decline and an ending. This belief is the very opposite of the narrative in the first chapter of Genesis about the male and female of God’s creating, made in the image and likeness of God.

If we can fairly assume that God is not material but spiritual, then it follows that the man God made is also not material but spiritual, and that he cannot be burdened by material limitations that would steal away his dominion. I immediately began to challenge my thought about my classmates and me being defined by materiality and a finite life cycle.

The pain didn't yield immediately. In fact, it continued for several days and didn't even seem to be lessening. This stirred a fear within me that perhaps this was the beginning of the end of my active lifestyle. However, I used this opportunity to more deeply address through prayer the belief of age and decline. It led me to take a closer look at my motivation for activities like biking, skiing, and running.

Sure, I had used the time while engaged in these activities for inspiration and prayer. But I realized that in subtle ways I was still viewing them as physical activities. I would eat differently around certain workouts to try to fuel up ahead of time and promote recovery afterward. I would track my time and statistics, monitor my weight, and soak in the hot tub after a hard workout to relax.

I also realized I took pride in being able to continue these activities as I got older. Despite my attempt to keep my thought centered on spiritual inspiration and freedom, I was undermining that effort by perceiving and treating the activities as physical, and doing subtle things that reinforced this perception.

The intensity of the pain in my knee subsided over the next few days, but it remained a constant reminder of my need to gain greater clarity about my motives if I was ever to bike, run, or ski again. I advanced in my thought to the point of being willing to let these activities go, not from fear of further physical deterioration, but because I didn't want to do anything that was fostering a misguided belief that I am not spiritual but material.

Over the coming days, this led to a better understanding of what being spiritual means. To be completely spiritual includes having freedom of movement, strength, health, and stamina. These are spiritual qualities, not material conditions, and I was able to see more clearly that they are expressed by everyone,

including my reunion classmates. Moreover, a spiritual quality can't be lost or diminished by a material circumstance or event.

This period of immersing myself in spiritual thought about the deeper meaning and motive of my activities lasted for several days and led to a desire to get on my bike again. I saw that I wasn't testing matter or seeking permission from it to ride pain-free. I approached my riding from an entirely different perspective.

What became clear to me was that I couldn't view this activity as part spiritual, part physical. I wasn't navigating a spiritual being through a material set of obstacles to conquer matter with Spirit. I had to realize that matter simply wasn't part of the equation. I had to see myself, the surroundings, and the activity as entirely spiritual.

I didn't ride against the clock or to achieve physical exertion. I simply enjoyed the freedom, beauty, and inspiration of the activity. It may not surprise you that the ride was pain-free and I experienced no aftereffects, despite my decision not to engage in any pre-ride preparation or post-ride recovery.

A few days later, another test came. A group of friends had organized a challenging bicycle ride over one of the highest mountain passes in the country. I hadn't trained for anything approximating the demands this ride would present. But it was an opportunity to expand my sense of this activity, to see it from a deeper spiritual perspective. With only 24 hours lead time, I committed to joining my friends for the ride. That wouldn't have been nearly enough time to prepare for such a ride from a physical perspective, but it was ample time to prepare spiritually.

One Bible passage that inspired me was Paul's message to the Galatians, "If we live in the Spirit, let us also walk in the Spirit" (5:25). I modified this statement in my prayer to say, "If we live in the Spirit, let us also ride in the Spirit." To me that meant not seeing myself as a physical body on a material bike, navigating a challenging mountain pass, but seeing only the purely spiritual ideas of God present, with no element of

physical substance to them, where I, the bike, and the mountains appeared to be.

I noticed at the beginning of the ride that if I looked up ahead, I saw an ominous steep climb zigzagging through the mountains up and over the timberline, where the oxygen level was lower. But if I looked down at the ground in front of me, there was no sense of incline, oxygen depletion, or challenge. It was a stark reminder of the importance of what we allow to be presented to our thought. Thinking back to my fortieth reunion, was I seeing a bunch of aging classmates in physical decline, or was I seeing the present perfection of God's spiritual creation expressing dominion over the claims of mortality and time?

Despite the steep winding road up the mountain, I remembered a passage from Proverbs: "Ponder the path of thy feet, and let all thy ways be established. Turn not to the right hand nor to the left: remove thy foot from evil" (4:26, 27). This pondering and letting God's way be established were mental activities. Instead of feeling the exertion of riding a physical incline back and forth up a mountainside, I saw and experienced the activity as completely spiritual, without mass or weight, time or exertion.

Not only did I make it to the summit, but I did so without any pain in my knee. Even more remarkable was my realization at the summit that I had consumed only half of one of the two water bottles I had taken with me. Normally on a ride this demanding, I would have consumed both bottles. But I was so oblivious to the physical labels surrounding this ride that I drank only a quarter of the water I normally would have.

The benefit from my spiritual clarity about this activity didn't stop there. The next day, there were no aftereffects from my ride—no soreness, cramping, or fatigue. I chalked that up to the fact that I hadn't been biking in accordance with physical laws. Rather, I had been engaging in the activity from a purely spiritual vantage point. I realized that it was really the only way to approach any activity.

You don't have to bike over a mountain pass to grasp the potential of God's gift of dominion. Wherever we are, whatever we're doing, it is our inherent right to

experience this dominion. That's what was promised in the beginning, and this promise remains just as valid today. I've come to see that it isn't dominion over matter, but rather dominion over the suggestion of matter. And with this understanding, we can learn to appreciate the unlimited potential of this gift that is given to each of us to treasure and use.

The choice that leads to true happiness

By Douglas Sytsma

Happiness does not come from a series of fortuitous circumstances, fame, sensualism, nor an accumulation of material wealth. History is full of examples of famous and financially successful people whose goals and aspirations were abundantly fulfilled and yet whose cravings for true happiness were never satisfied. Then where does happiness—thoroughly enjoying life here and now—come from?

To be truly and changelessly happy, one cannot base one's happiness on ever-changing material circumstances or sensations. Christ Jesus gave us the way to experience eternal happiness in the Beatitudes (see Matthew 5), which instruct us how to be blessed. Blessedness is happiness unrelated to material circumstances and sensations, but instead based upon understanding one's unchanging relation to divine Love, God. The way is to express only divine qualities in your daily walk.

Mary Baker Eddy, the Discoverer and Founder of Christian Science, explains, "For true happiness, man must harmonize with his Principle, divine Love" (*Science and Health with Key to the Scriptures*, p. 337).

To harmonize with God is to perceive what is going on from God's point of view, and to adjust thought to sincerely be in accord with this divine view. This is having the Mind that was in Christ Jesus (see

Philippians 2:5). God knows only His spiritual qualities, such as joy, peace, gratitude, meekness, harmony, health, and holiness, to name just a few. Since only what God knows is real, divine qualities constitute spiritual reality, the only reality. We experience true happiness by increasingly expressing these qualities and refusing to believe the unreality depicted by the material senses.

God makes every one of His children to naturally and eternally reflect and express His own happiness. Human thought includes this happiness unless it loses sight of it by believing that some materialistic reason is necessary for it. This belief severely limits the depth and frequency of our happiness.

Human thought obsessed with the supposed reality of sickness, sin, injustice, limits, lack, and death—troubles depicted by the material senses—is decidedly unhappy, out of harmony with real happiness. To harmonize with divine Principle, Love, then, requires one to drop passions, or strong emotions such as self-pity, fear, anger, hatred, envy, revenge, or lust. “If man is not victorious over the passions, they crush out happiness, health, and manhood” (*Science and Health*, p. 407).

Every passion sought or indulged represents a form of unhappiness taken on board, because it is an experience in the illusion of material sense—the beguiling effect of believing that we live in matter, separated from God, good. The spiritual reality is that each of us lives in God as an idea of the divine Mind. Individual man reflects Mind, God, so every individual is His perfect spiritual conception, His divinely inspired idea.

To be beguiled is to be deceived about what is real and what is delusive. For instance, someone who is angry tends to hear and see only evidence that supports their anger. The adoption of any of the passions is self-indulgence propped up by self-deception. Lust is falsely believing that sensuality is necessary for one’s well-being and happiness, and then obsessively indulging in this illusive pleasure. Those who drink alcohol or get stoned on drugs erroneously believe that doing so makes them happy, whereas it only makes them very unhappy when they are not indulging these habits and their false, illusive pleasures.

Many decades ago, some relatives and a few of my friends deliberately engaged in some very mean-spirited acts toward me. I resented this and was angry with them for many years. But I gradually came to realize that whatever’s depicted by the material senses is not substantial or reliable—and can’t affect one iota of my God-created well-being. This helped me see that these hurtful events had never happened in reality. They had not happened to the real me, created by God. They were perpetrated by a false, mortal sense of these friends and relatives, and hurt only a material sense of me.

A false sense never had any power to make me suffer. I suffered from my thought about these individuals. This realization helped ease my resentment, but in my dreams at night I still persisted in plotting revenge against these people, imagining various ways in which I could be avenged.

Jesus spoke about how and why to forgive instead of getting even. He said, “Love ye your enemies, and do good, and lend, hoping for nothing again; and your reward shall be great, and ye shall be the children of the Highest: for he is kind unto the unthankful and to the evil. Be ye therefore merciful, as your Father also is merciful. Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: forgive, and ye shall be forgiven” (Luke 6:35–37). It is our hurt feelings, not our enemies, that punish us.

After much prayer, I came to realize that these “fun” night dreams were making me unhappy in my waking hours. I had to give them up. At night when these dreams would start, I would wake myself up and ask myself if I would prefer to thoroughly enjoy life, or indulge in imagining revenge. I simply could not do both. I consistently chose to thoroughly enjoy life in God. Finally, the revenge dreams stopped. I then enjoyed life at a much deeper level.

This illustrates the fact that there’s always a moment in which we can decide if we are going to indulge one or more of the passions, or instead choose to thoroughly enjoy life, knowing that we cannot do both. When we choose rightly, we understand what is real and what is delusive and rejoice in the reality of good.

To willfully want something is to invest one's sense of well-being and happiness in whether one gets the coveted thing or circumstance. While awaiting the outcome, we accept that our sense of well-being can be negatively impacted. If we fail to experience the desired object or circumstance, we have agreed in advance to be unhappy. But if we are successful in getting what we want, we find that this success does not actually make us very happy nor for very long, and disappointment sets in. To want what it isn't right for us to have is to be unhappy and unsatisfied.

To consciously *not* want something is sometimes to be afraid that if a dreaded circumstance comes to pass, then our sense of well-being and happiness will be negatively impacted by it. While awaiting the outcome, we have adopted fear and are already unhappy. If the dreaded event occurs, we have agreed in advance that this will be a reason to be unhappy. If the dreaded event fails to occur, the sense of release does not make us happy for very long. Hence, in these cases, to not want something is also to be unhappy regardless of what occurs. Mrs. Eddy writes, "Science reveals Life as not being at the mercy of death, nor will Science admit that happiness is ever the sport of circumstance" (*Science and Health*, p. 250).

So what is it that does lead to true happiness? Again, it has everything to do with discerning between what is real—known to God—and what is delusive, or unknown to God.

"It is essential to understand, instead of believe, what relates most nearly to the happiness of being," Mrs. Eddy writes (*Science and Health*, pp. 285–286). To thoroughly enjoy life requires one to understand that happiness and unhappiness both result from one's state of thought. The former comes from God's point of view, which includes only good, and the latter from a mortal point of view, alias a false, material sense of things. When we choose God's point of view and are conscious of His infinite goodness, we can give up our worries and regrets, let go of our human plans to make things better, and thoroughly enjoy the way things are, spiritually,

right here and right now—the way God makes them, and us, to be.

"I can do all things"

By Sylvia Messner

In Genesis we learn the real origin and substance of man when we read God's statement, "Let us make man in our image, after our likeness" (1:26).

A little later, in Exodus, we read of God speaking to Moses through a bush that burned without being consumed by the fire. Moses heard God say, "I AM THAT I AM" (3:14). There was no other identity or activity—only the oneness of creator and His spiritual expression, man. In *Science and Health with Key to the Scriptures*, Mary Baker Eddy defines *God* as "the great I am" (p. 587) and states: "The one Ego, the one Mind or Spirit called God, is infinite individuality, which supplies all form and comeliness and which reflects reality and divinity in individual spiritual man and things" (p. 281).

Further along, *Science and Health* includes the analogy of an image in a mirror to describe man reflecting God, stating: "God is revealed only in that which reflects Life, Truth, Love,—yea, which manifests God's attributes and power, even as the human likeness thrown upon the mirror, repeats the color, form, and action of the person in front of the mirror" (pp. 300–301). The word *likeness* is important in getting a true picture of the reflected image.

A mirror's reflection or image is completely dependent upon its source for all being and activity. Yet when considered materially, it portrays a reversal of its source—not an actual likeness—and for some it could imply separation or duality.

For years I would try to understand my identity as a reflection in a mirror by picturing one image for God and another for God's reflection. Picturing two separate

images—even symbolically—to find some sense of identity outside of God, the source, got me nowhere.

When I realized the oneness of source and likeness and that my identity lay within “the one Ego,” I found my spiritual identity as part of a compound expression of God, Spirit. I saw that a material outlook and sense of separation had been blocking my spiritual sense of the one Spirit, and our undivided reflection of Spirit.

Mrs. Eddy states in *Science and Health*: “Now compare man before the mirror to his divine Principle, God. Call the mirror divine Science, and call man the reflection. Then note how true, according to Christian Science, is the reflection to its original” (pp. 515–516). Materially, to find out “how true” an image is to its source, we must look to the source and reverse the image in the mirror. But if we look in the mirror of divine Science, no reversal of the image is necessary. We know, experience, and express what is true.

When we focus on God as the source of all reality, false beliefs and material illusions—all sense of separation—dissolve. We find only the one “I am” and see and know ourselves accurately as the expression of “I am” within one infinite, spiritual universe. We find the Christ, the perfect manifestation of God, and in so doing begin to recognize our true selfhood as a participant in the kingdom of Love. *Science and Health* states, “Jesus beheld in Science the perfect man” (pp. 476–477). And Jesus himself said, “I can of mine own self do nothing” (John 5:30).

For many years I wondered how I could ever bring stability to my career, relationships, and supply. In hindsight I now see that I was seeing, believing, and mostly identifying with a false ego that was busy trying to force material solutions, and getting nowhere.

As I learned more and more to turn from identifying as a mortal self outlining solutions, things began to change. Blessings proportionately appeared as the personal “I” got out of the way and my focus turned to God. Unexpected supply appeared, allowing me to retire; my relationships became more centered on a mutual sharing of our true being; and I rewrote my mortal résumé, substituting instead the spiritual lessons learned during each experience. I recognized

that my true career was and continues to be the ongoing development of my spiritual understanding and the expression of my relationship to God through the Christ.

When we seek and look trustingly to God to see ourselves as Love’s reflected likeness, images of human identification that are reversed and divided dissolve in “I AM THAT I AM.” It becomes clear to us that the Christlike manifestation of each of us—the perfect man reflecting God as His pure, spiritual likeness—is our all and only life. Understanding our active reflection which the Christ reveals, and God as the only “I,” we find, with humble and grateful dominion, not only “I can do all things through Christ” (Philippians 4:13), but all is already done through Christ.

Which Peter are you?

By Alex Griffin

Reading about Peter in the Bible has prompted a question that has been useful in my practice of Christian Science: “Am I acting like Peter in the Gospel accounts, or Peter in the Acts of the Apostles?”

Peter’s struggles as he learned to follow Christ Jesus are described in the Gospels. Often he appeared to battle pride—and he was sometimes impetuous, unthinking, and brash. At other times, when his human courage failed him, he was timid, doubting, and fearful. After successfully accepting Jesus’ invitation to walk on the water, he became afraid and began to sink. He fell asleep in the garden of Gethsemane three times after Jesus asked him to pray. He cut off the high priest’s servant’s ear in anger during Jesus’ arrest. And prior to the crucifixion, he denied even knowing Jesus three times (see Matthew 14:22–31 and 26:36–45; John 18:10, 11; Luke 22:54–62).

Conversely, Peter in the book of Acts was a changed man. His pride had been replaced by a humble and deep faith in God, enabling him to speak boldly to

both Jewish and Gentile audiences. He led the Pentecost prayers and publicly affirmed the descent of the Holy Spirit to be the work of God. He helped establish the early Christian Church and healed as he had been taught by Jesus.

Peter must have seen that Jesus' ministry illustrated how to live in perfect harmony with God—and that the Master's healing work was not a result of personal power but the operation of the Christ, the true idea of God and source of all healing and salvation.

Today each of us can look to Peter's example with gratitude. An insight I've taken from his growth is that what's truly needed for effective Christian healing is to remain both meek and charitable. Meekness acknowledges God, divine Principle, as the true healer. And charity, expressed as patient, gentle love, enables us to blossom and thrive as Christian healers. *Science and Health with Key to the Scriptures* by Mary Baker Eddy declares, "Meekness and charity have divine authority" (p. 270).

When I feel I've fallen short of the Christly standard set by Jesus, I've found comfort from Peter's story. Even if I act from a sense of pride, anger, or fear, there is a divine law at work which can redeem this wrong sense. God's law replaces character flaws and human will with humility and wisdom. Grounded in an abiding faith in God, this reformation—the process whereby sin is removed—brings healing to all kinds of challenges.

I learned this lesson early in my career as a Christian Science practitioner. I started advertising my services in *The Christian Science Journal* the same month our first child was born. At the same time, my wife and I both received very clear messages in prayer that she should quit her job to focus on raising our daughter. But our mortgage payment was already large in relation to our combined income. Although I was also working for The Mother Church, we were still facing a significant shortfall in income.

As we continued praying, the message remained loud and clear—it was time for my wife to stop her full-time work outside the home. We resolved to trust that God would supply our needs. Looking back, we've often referred to that period as our "children of Israel year."

Like the Israelites in the Exodus, we were being called to witness God's exact and abundant supply. I found I had to recognize that supply didn't come from my own efforts. While committing to the practice—holding in prayer to what was true for each patient and being firm in denying mortal claims about them—I also needed to acknowledge that healing comes from God and His Christ. I was learning, in my own humble way, how to follow Christ.

Each month for that year we had a budget shortage—and each month, something would come through to cover our needs. Sometimes patients paid me more than my rate out of gratitude. My wife had part-time work fall into her lap with no effort on her part. Once someone close to us bought us groceries. Most of these individuals were unaware of our financial volatility.

After a year, however, our savings were depleted. I realized I needed to pray specifically about this issue until it was resolved. I reasoned that God, whose goodness and love for His children is infinite, would not allow our family to be in a state of perpetual want. His government of the universe and care for all of His creation guaranteed a solution to this situation.

When I'm acting in a way that's consistent with Peter's character in the book of Acts, my own life is more firmly established.

A short while later, three things happened in quick succession that fully met our financial demands. My practice grew and flourished, bringing with it increased income. I also received an unexpected pay raise from my other employment with The Mother Church. Finally, my wife, who had recently started a freelance graphic and web design business, was offered several new clients—and the business continued to prosper in a way that was beneficial to our family life. In the years since this healing, our financial picture has stabilized, including a restoration of our savings.

An excerpt from Hymn 46 from the *Christian Science Hymnal* beautifully illustrates our experience:

Day by day the manna fell:
O, to learn this lesson well.
Still by constant mercy fed,

Give me, Lord, my daily bread.

Day by day the promise reads,
Daily strength for daily needs:
Cast foreboding fears away;
Take the manna of today.
(Josiah Conder, alt.)

Time and again, I find that when I'm acting in a way that's consistent with Peter's character in the book of Acts, my own life and healing work are more firmly established. Rejecting every false suggestion that personal capacity or human effort is needed for success better equips me to handle my own challenges and those of others through prayer.

Peter's example shows us how to overcome limitations and follow in Jesus' footsteps. And the same God upon which Peter relied is with each of us now, guiding and guarding our own unique and divinely appointed work.

Spirit, God, is the starting point

By Rocha Mupoyi Mbenza

Adapted from an article originally published in Portuguese

Christian Science teaches us the unity of man with God—teaches us that man and the universe proceed from Spirit and are spiritual. This means that all the objects of creation can reflect only God's harmony and perfection, and that anything that does not reflect divine harmony is erroneous. Nothing less than perfection can come from God, Spirit, Life, Love, Truth. As the Bible says, "God created man in his own image, in the image of God created he him; male and female created he them.... And God saw every thing that he had made, and, behold, it was very good" (Genesis 1:27, 31).

God, Spirit, is the only foundation. The understanding and consciousness of this truth drives away error, evil,

and brings healing. Why? Because an understanding of Truth is the light that dispels mistaken perceptions of ourselves and of the world.

Christ Jesus taught this, saying, "The kingdom of heaven is at hand" (Matthew 4:17). And he proved it through his healing works.

At first, consciously keeping this starting point in our thoughts at every moment requires serious mental discipline. But with practice, it becomes easy and natural. The time and effort we dedicate to the spiritualization of our thoughts determines the measure of harmony that is reflected in our daily experience.

Mary Baker Eddy, the Discoverer and Founder of Christian Science, writes, "If half the attention given to hygiene were given to the study of Christian Science and to the spiritualization of thought, this alone would usher in the millennium" (*Science and Health with Key to the Scriptures*, p. 382). She also writes, "Neither sympathy nor society should ever tempt us to cherish error in any form, and certainly we should not be error's advocate" (*Science and Health*, p. 153). Science regards as error anything that differs from divine harmony or perfection. To cherish or defend error is to believe in its reality, to regard material appearances as realities; whereas, the only reality is God, Spirit.

All is Spirit and its harmonious creation, here and now. In Christian Science the way to remove or correct mortal errors is to pour truth into thought. This is one such truth: "There is but one primal cause. Therefore there can be no effect from any other cause, and there can be no reality in aught which does not proceed from this great and only cause. Sin, sickness, disease, and death belong not to the Science of being. They are the errors, which presuppose the absence of Truth, Life, or Love" (*Science and Health*, p. 207).

The cause being Spirit, the effect must necessarily be spiritual. It is therefore essential when confronted with any discordant situation, to consider our starting point. Is it Spirit or material beliefs? Since God is Spirit, we are children of Spirit. Not in the future, but right here and now.

And *Science and Health* says, “The triumphs of Christian Science are recorded in the destruction of error and evil, from which are propagated the dismal beliefs of sin, sickness, and death” (p. 272).

This is Christian Science! When we know that error is a mistake, we naturally turn away from it. And when we fix our eyes on God, Spirit, the only thing error can do is melt away. Why? Because it has no reality. God, good, alone is reality. God alone is omnipresent. God alone is omnipotent. Any appearance of a power or presence other than God, Spirit, and His harmony is null and void.

Early in 2024, at work, a 2.5-ton forklift ran over my right foot and pulverized my sneaker and two toes. It was frightening to see because I was bleeding profusely. After being taken to the hospital, I realized that I had lost my toenails. The hospital staff suggested three weeks of rest and care. I was grateful for the love expressed by the nurse who treated my wounds. As a Christian Scientist, though, I didn’t accept the prognosis that I would need to remain inactive for 21 days. I remained calm and peaceful as I thought about my spiritual, Christly nature. I was in the hospital for only one day. Per my request, I was given no medication while I was there.

I refused to believe that anything existed other than God, Spirit, and His spiritual creation or that God had made a coworker who made a mistake that resulted in an accident. I refused to believe that I was the victim of any kind of accident. With my starting point as God, Spirit, the All-in-all, any scenario that led to this accident had to be a mistake with no truth to support it.

I prayed to see nothing but God’s perfect creation. My colleagues and friends were all amazed to see that after only three days I was able to wear my shoes again and walk properly. The healing was complete, including that in only three days new toenails began to grow.

We treat an error by understanding Truth, because Truth is the antidote to error. We watch our thoughts and keep them fixed on God. Then we are conscious that Spirit is the substance of every form. We are able to

look beyond material appearances to see God’s perfect, harmonious, and permanent creation, here and now.

The transparent thought

By ROBERT SCHULT

An opaque wall, a dirty window, or a clean, transparent pane of glass—which one will allow the sun to shine through best? Using this imagery, Mary Baker Eddy describes mortal thought, or material consciousness. She points out that the dark, mortal thought, engrossed in materiality, is as dense as a solid wall; whereas, the mortal thought that is being spiritually enlightened by God becomes less restrictive, less material in basis, and more transparent and welcoming to the Christ light.

Here are her inspiring words from *Science and Health with Key to the Scriptures*: “The manifestation of God through mortals is as light passing through the window-pane. The light and the glass never mingle, but as matter, the glass is less opaque than the walls. The mortal mind through which Truth appears most vividly is that one which has lost much materiality—much error—in order to become a better transparency for Truth. Then, like a cloud melting into thin vapor, it no longer hides the sun” (p. 295).

The Apostle Paul, in his first stirring epistle to the Christian church in Corinth, similarly used symbolism to contrast the mortal thought, which sees imperfectly, with the illuminated consciousness that beholds the radiated perfect image of man “face to face” with God, divine Love: “For now we see through a glass, darkly; but then face to face: now I know in part; but then shall I know even as also I am known” (I Corinthians 13:12).

Our Master, Christ Jesus, the best example of the ideal, perfect man, humbly and lovingly provided us an illuminating window into his spiritual consciousness. He said, “The Son can do nothing of himself, but what he seeth the Father do: for what things soever he

doeth, these also doeth the Son likewise” (John 5:19). He followed his clear explanation of the real origin and originator of his mighty works by promising that even greater works would be done by those who understand him in their demonstration of true Christianity.

Looking through this unencumbered transparency into the one Mind of Christ, we see ourselves as God’s spiritual, perfect creation, as the natural outgrowth of His infinite wisdom. The book of James describes a man who, after seeing his perfect reflection, quickly ignores what he sees and goes back to his worldly views and ways; whereas, the man who contemplates his identity in the perfect law of God conforms himself to this image and goes to work demonstrating good (see 1:23–25). That good includes dominion over material claims of disease, sin, and death.

Seeing ourselves in this light, we are cleaning our window of thought, allowing it to become more transparent, more receptive to Spirit, and this spiritualization of thought lets in the Truth which reforms and heals.

Once I received a call from a relative asking for prayer because he was suffering from intense pain. As I prayed, anchoring my thought in God’s reality, my attention was drawn to a towel hanging on a railing close by. As the porch swing that I was sitting on moved back and forth, it cast a shadow on the towel. When the swing moved away, the shadow disappeared. When the swing moved back, the shadow reappeared. The towel, however, was not affected in any way by the shadow.

I saw the towel as representing God’s perfect image and likeness, man. I saw the light as the Christ. I saw the shadow cast on the towel as evil or materially based thinking seeming to conceal or hide the perfect spiritual likeness of man. I saw the porch swing as representing the vacillating mortal thought with its changing and confused viewpoints of God and man.

This back-and-forth argument for good or evil would seem to cloud, deface, or even conceal the divine image of man. But this perfect image, as represented by the towel, is not altered by a shadow. Our identity as God’s child is permanent and solid reality.

I reasoned then that my relative could not be affected by the “valley of the shadow[s]” (Psalms 23:4) cast on him to make him fearful and believe he is material and subject to pain. He is always the healthy, spiritual image of God. The mortal view can have no voice and no authority, for that would be contrary to God’s perfect law. I knew this truth would relieve the troubled thought and bring healing. Within a short time my relative called and confirmed that he was free of the pain, and it didn’t return.

As mentioned earlier, *Science and Health* says, “The mortal mind through which Truth appears most vividly is that one which has lost much materiality—much error—in order to become a better transparency for Truth.” Mrs. Eddy’s own experience of being healed of a severe injury proved this statement, and she further demonstrated it in healing all forms of error. Her receptivity to this Truth that Christ Jesus lived and taught enabled her to see God and man as spiritual, perfect, and complete, and to understand the mortal belief to be untrue.

The transformed lives of so many individuals, from her day to the present, prove that Christian Science is the divine revelation of God’s law of healing. Divine Science is the Holy Ghost or Comforter, and it is clear and practical. It is here to stay because it is not a personal interpretation but a divine revelation of God’s ever-present, eternal order, which has always existed, even before mankind began measuring time.

The great freedom Christian Science brings elicits joy and gratitude. Good is manifested in our lives, and we cannot help but sing praises to God. As the last verse of a hymn says,

Then open wide your heart
To Truth and Light and Love;
You then shall know your life is hid
With Christ in God above.

(Charles Parsons, *Christian Science Hymnal*, No. 201)

It is the heart’s desire to clean the windowpane of thought to receive even more of the Christ. For as we do, the shadows of darkness, fear, and doubt fade away.

The light streams in. We stand in the daylight of ever-present good, and all is bright and radiant around us.

“Pray the ninety-first Psalm!”

By Charlotte Bushnell

Listening to a Bible study webinar, I heard a story about the actor Jimmy Stewart. Stewart was a bomber pilot in World War II, during which he flew twenty combat missions. As he was going off to war, his father gave him a copy of the ninety-first Psalm. In his accompanying letter, Stewart’s father wrote, “The thing that takes the place of fear and worry is the promise of these words.” Indeed, Jimmy Stewart was protected.

I was intrigued by this account, so I decided to memorize the ninety-first Psalm. I read some verses in first person to make them more meaningful to me. For example: “He shall cover [me] with his feathers, and under his wings [shall I] trust: his truth shall be [my] shield and buckler” (verse 4). Repeating each line gave me new insights into the sacredness of each verse. Now I think of the ninety-first Psalm daily. It is so comforting and powerful!

Verse 12 is the most precious to me: “[His angels] shall bear thee up in their hands, lest thou dash thy foot against a stone.” I feel the mothering touch of God’s angels holding me every time I recite it.

One day, I took my dog for a walk in a nearby wooded area. We were alone, when suddenly I became dizzy, had difficulty breathing, and partially lost my vision. This had never happened to me before. I immediately sat down on the dirt path. I had my phone but could not see clearly enough to use it.

Then, an angel thought came to me: “You know the ninety-first Psalm. It is a Christian Science treatment. Pray the ninety-first Psalm!” I obeyed and felt no fear.

All my curiosity about what had caused this attack stopped, too. After some time, my body responded properly and normally, and I got up from the ground. I felt renewed and was healed! I continued forward with the walk, thanking God for His goodness and love.

You are light

By Liesl Ehmke

When the way feels dim,
and your heart yearns to see—
pause.

The divine light you seek
already fills you,
for you express this light.

Not a flicker you must fan,
not a torch to carry—
but the still, steady gleam
of divine presence
shining through.

This light need not be earned.
It’s never lost,
never gone.

It is God’s reflection,
your true self—
whole,
innocent,
at peace.

So when fear presses in,
or the path seems hidden,
be still.

Let Love lead.
Each step is lit,
each moment guided.

Arise now—
not with effort,
but with knowing.

You are God's radiant child.

You are light.

Shine.

—Liesl Ehmke

Immobilizing pain overcome

By Fenna Corry

In the **Christian Science** textbook, Mary Baker Eddy writes, "Muscles are not self-acting" (*Science and Health with Key to the Scriptures*, p. 199). She also states in the textbook that Christian Science "relaxes rigid muscles" (p. 162), and that "matter has no sensation" (p. 346). These were the first three facts that I clung to when I began having extreme pain in my left hip and thigh that left me almost immobilized.

I reminded myself that as a perfect spiritual idea of God, I could not deteriorate or wear out. God was my strength. So many times I affirmed that "in him we live, and move, and have our being" (Acts 17:28). After several days it became clear that I had to handle fear—fear of limitation, fear of lack of mobility, fear that I would no longer be able to participate in walking or cycling. Each limiting thought was quickly reversed with spiritual truths from God.

I knew that the political situation in my country had disrupted my thinking—thrown me "out of joint." When thinking about how to overcome this feeling, I reflected on the story of Jacob wrestling all night with an angel before confronting his brother. Jacob's thigh got "out of joint." The angel was ready to end the wrestling match, but Jacob refused, telling the angel, "I will not let thee go, except thou bless me" (Genesis 32:26). As much as I wanted to be free of pain, I knew I could expect blessings and spiritual growth from this adventure.

I prayed almost daily with a Christian Science practitioner, who helped me realize so many things, including the importance of not accepting claims of limitation about friends who were dealing with physical challenges. The next change in thinking was about my many duties, both with family and church. I learned to allow others to assist me rather than soldiering on with a false sense of responsibility and depriving them of the opportunity to help. Grandchild care was covered. Church duties were gladly taken up by other members. Some things just had to wait and that was OK. And yes, my family even managed to eat without depending on me in my usual role as chief cook.

Every single week's study of the Bible Lesson from the *Christian Science Quarterly* provided healing thoughts that seemed written just for me. Nights were particularly challenging, though, as I tried to find a comfortable position to sleep in. I had to remind myself that the goal was not ease in matter but having the physical senses give up their false testimony.

Another very helpful idea to prod me to take a stand against the pain was this statement from *Science and Health*: "Instead of blind and calm submission to the incipient or advanced stages of disease, rise in rebellion against them. Banish the belief that you can possibly entertain a single intruding pain which cannot be ruled out by the might of Mind, and in this way you can prevent the development of pain in the body" (p. 391). I felt ready to "rise in rebellion" and challenge this belief of pain.

I also had to contend with well-meaning friends and family members who suggested names for the problem and possible material therapies and remedies. It was helpful to read in our textbook, "Under ordinary circumstances a resort to faith in corporeal means tends to deter those, who make such a compromise, from entire confidence in omnipotent Mind as really possessing all power" (*Science and Health*, p. 443). I did not want anything to deter me from full confidence in the power of Mind.

One night, with tears in my eyes from the pain and frustration, I heard, "Dear one ..." Just those two words. But it was a reminder that I am dear to God. God loves

me, cares for me, maintains me, upholds me, supports me. After that the idea came that only *thought* needs to be adjusted. That was comforting because I had secretly been hoping that, as I've read in some testimonies, I would experience a shift in some body part and then all would be well.

Mrs. Eddy writes, "Health is the consciousness of the unreality of pain and disease; or, rather, the absolute consciousness of harmony and of nothing else" (*Rudimental Divine Science*, p. 11).

As I continued to examine my thinking, another fear was unearthed—that I wouldn't be able to overcome this or would even give up! Though I had experienced multiple healings through the study of Christian Science, this challenge seemed to "take the cake." I quickly realized that God would never give up on me, and so I sure wasn't going to give up, either. I *wanted* to understand all the spiritual truths that I was learning through this experience.

A friend recommended I reread a wonderful classic article titled "'The smell of fire'" by Louise Knight Wheatley, published in the March 1920 issue of the *Journal*. This treasured article was full of wonderful ideas that I needed to be reminded of, especially this: "What a wonderful thing it would be if every one who had ever passed through a trying ordeal would come out of it 'every whit whole,' with head erect and with shining eyes, with a greater love for God and man, a deeper gratitude, a stronger faith; and with a broader charity for the mistakes and struggles of the weak and weary ones of earth!" What a wonderful thing indeed.

Complete freedom came about a month after this challenge began, and with it the constant reminder that, "Mind is the source of all movement, and there is no inertia to retard or check its perpetual and harmonious action" (*Science and Health*, p. 283).

Fenna Corry

Greensboro, North Carolina, US

Child healed of warts

By Jamie Osborne

Two summers ago, my ten-year-old daughter was healed of warts. The growths had seemed to be persistent and had spread to many places on her body. When the condition didn't yield to my husband's and my immediate prayers, we called a Christian Science practitioner for treatment.

After the call with the practitioner, many helpful ideas came to mind and inspired me. One clear thought was that this child was God's child and she had the ability to listen not just to her human parents, but to her true Parent—her eternal Father-Mother—and to love and know God. I shared this with the practitioner and we prayed to know our daughter was the expression of divine Love and completely at one with her Father-Mother. We held to the idea that she was influenced only by Love and wanted to be good and obedient to what was right.

As the summer continued, my daughter and I spent a lot of time at our community pool. Watching her in the pool, I struggled mightily to see through the deceptive picture of the physical senses and to recognize our daughter's innate purity and goodness, free from any disfiguring blemish.

While she was taking swim lessons one day, I turned my thought entirely to God. I wanted to know only what God was knowing and seeing about His universe. As I was quietly praying, all sense of material life faded and I felt a deep sense of peace. I sat and reveled in this beautiful moment for the remainder of the lesson.

That was the turning point. The mental struggles ended, and I felt guided by divine Love to a higher sense of my daughter's spiritual identity as a child of God.

Sometime in the next month or two, I realized that the warts were gone. The healing was so complete that there was not even a trace of the condition—not a scar or a mark. The healing has been permanent and has brought

out in my daughter her natural receptivity to good and a greater awareness of her relationship to God. As a result of this healing, she began asking to read the Bible Lesson outlined in the *Christian Science Quarterly*, something she resisted before this experience.

I am so grateful to God for His omnipresent love and care of each of His children.

Jamie Osborne

Natick, Massachusetts, US

Healed of inflammation following childbirth

By Marina Hutchins

One night about a month after the birth of our first child, I developed a fever. I began shivering with chills, which woke my husband. Lovingly concerned for my health and not yet familiar with Christian Science, he measured my temperature at 105 degrees and then strongly requested we go to the emergency clinic in the morning.

I agreed to, as I felt it was best to allow my husband to fulfill his highest sense of right in protecting the well-being of me and our new baby. Meanwhile, a Christian Science practitioner was prayerfully supporting our baby and me. All through the night, even during the worst symptoms of fever, I had an abiding sense of calm and trust in God, and I felt confident that all was well. Not wanting to rely on medical treatment, in the morning I prayed earnestly as I took a shower and dressed to go to the clinic.

I listened to the chapter titled “Physiology” in my audiobook of *Science and Health with Key to the Scriptures* by Mary Baker Eddy. I turned my thought completely from the physical picture and pondered such clear statements as the following: “There can be no healing except by this Mind, however much we trust a drug

or any other means towards which human faith or endeavor is directed. It is mortal mind, not matter, which brings to the sick whatever good they may seem to receive from materiality. But the sick are never really healed except by means of the divine power. Only the action of Truth, Life, and Love can give harmony” (p. 169).

As I welcomed these powerful truths into my thought, the symptoms began to fade. I held to the image of myself as God’s child, a perfect spiritual idea, expressing only God’s qualities. I affirmed my inviolable status as God’s exact reflection—healthy, strong, and functioning harmoniously.

Waiting on a bench outside the clinic, I continued praying and listening to *Science and Health*. I held firmly to the spiritual picture of myself and turned my thought away from any material suggestions that I was a suffering mortal. The ideas being read from *Science and Health* felt very logical, truthful, and clear to me in that moment, and I felt myself continuing to improve.

During the intake evaluation at the clinic, the nurse asked, “Did you take something to bring the fever down? Your temperature is in the normal range now.” I told her I had not taken anything. When asked, I confirmed that my fever had been 105 degrees just a few hours before. The nurse was surprised by how quickly I had improved. By the time the doctor saw us, there were no symptoms of fever remaining. I felt lively and cheerful, and the doctor could find no signs of illness. We went home rejoicing.

A couple of weeks later, the fever and other symptoms came again. Remembering the healing I had just had, I reaffirmed my perfection, and within a few hours I was well.

When the symptoms appeared a third time, shortly before we were due to attend a family holiday gathering, I told my husband I needed some quiet time before we left. I read my Bible and *Science and Health*, completely turning my thought away from the material picture of illness, which I knew was a false belief. I held steadfastly to the truth of my purity and wholeness as God’s child. After half an hour in prayer, I found that I was completely well. I felt certain that the

quick reversal of symptoms was the result of Christian Science. Joyful and grateful for the healing, we attended the family holiday party.

That was a year ago, and the symptoms have never returned. I have continued in excellent health, and our baby is thriving.

As I think back on this healing, the last line of the Lord's Prayer comes to mind: "Thine is the kingdom, and the power, and the glory, for ever" (Matthew 6:13). I am so grateful for God's goodness and loving care, for the healing example of Christ Jesus, and for the truth revealed in *Science and Health*.

Marina Hutchins

Las Vegas, Nevada, US

Reading Room work supports quick ankle healing

By Cara Cusack-Theodule

I serve in a Christian Science Reading Room. I've found that working in this role not only supports The Church of Christ, Scientist, and our community, but also supports my own spiritual growth.

Around August of 2025, I was speaking with my colleagues about spiritual vision and how it applied to the Reading Room. We also discussed the metaphysical idea that matter has no intelligence to make any conditions. A study of Christian Science shows that God is Spirit, as John 4:24 says, and that Spirit is what has substance and gives us our being.

One colleague then shared that plants had revived in a closet "where there was neither light nor outside air," as a biography relates, after Mrs. Eddy prayed about them (see *Mary Baker Eddy: Christian Healer*, Amplified Edition, p. 292). This story was a good illustration of how, in

reality, matter has no intelligence to act or create; it is Spirit that regenerates.

During my Reading Room shift that day, I also felt impelled to read a paragraph from *Science and Health with Key to the Scriptures* by Mary Baker Eddy that includes this statement: "Science knows no lapse from nor return to harmony" (p. 471). All of this helped me in my work.

When I completed my shift and started my commute home, I felt very uplifted. However, as I was walking down the stairs to the subway, I slipped, missing the last step, and fell on my side. Thankfully, my arm protected my head from hitting the ground, and my backpack protected my back from hitting the bottom step.

Immediately, a young man came over and helped me up. With great concern, he asked, "Are you OK?" Physically, things didn't seem OK, but I knew God's reality of the situation was that I was just fine, and that I would see this demonstrated. So, I responded confidently with a "Yes."

Now, this is the interesting part: I had a very strong picture in my mind of my landing on my ankle, as though I were watching it from someone else's vantage point, but how could I have seen it from that perspective? Because of many past healings, I knew that replaying the incident was actually mesmerism—the mesmeric belief that we live in matter, move in matter, and are governed by matter. I recognized that I needed to see what spiritual sense was telling me about the situation.

From a spiritual perspective, I could see and know only what God sees and knows, and the vision God was giving me was what was true: that I was spiritual and living in harmony. As I thought of spiritual vision and emphatically declared what was spiritually true, I went from hobbling to walking to my train. I prayed to know that matter couldn't make any conditions for me; the five physical senses were just a projection of limited thinking or mortal mind. I was grateful that all of these ideas came to my aid.

I got on my train, and when it arrived at my stop, I sprung off my seat, completely forgetting about my ankle. I didn't feel any pain at all and continued to

think about seeing what God sees during the rest of my commute home. I was able to move about freely that evening.

When I got out of bed the next morning, I found myself being careful when I placed my foot on the floor, even though I had been feeling fine. Walking out of my bedroom, I felt a sharp pain in my ankle and lower leg area. I froze in my tracks and thought, “I’m not moving another step until I see through this.” I prayed and was free of pain from that point on. My ankle felt a bit stiff and was slightly swollen, but I was able to walk well enough to go to work and had a good day.

This was on a Wednesday, and that evening I conducted the testimony meeting for my Christian Science society. There were only three members in attendance and we had some extra time, so I read a testimony from one of the Christian Science periodicals. The testimony I opened to and read was just what I needed. When I left church, I no longer had a stiff ankle, and I walked freely. Some slight swelling and bruising at the very bottom of my foot soon cleared up as well. I continued to walk with God, rejoicing in His protection and care of His children, and I remained pain-free.

Since then, I have enjoyed long hikes and have felt no repercussions from the incident. I’m grateful for this quick turnaround and a deepening understanding of why it’s so important to stick only with what God knows and sees. It was clear to me that the healing process happened more quickly by reversing the image in thought of something having happened to me. If we don’t give an erroneous picture an inch, it can’t take a mile. To begin rightly (with God), is to end rightly (in harmony and wholeness).

The experience came full-circle when shortly after being healed, while serving in the Reading Room, I was able to share this testimony of healing with a visiting surgeon from another country, who, looking to better help his patients, bought the Bible and *Science and Health*. I am grateful for the ripple effect of this healing and for the uplifting time I have in the Reading Room. The visitor interactions, the time for prayer, and the inspirational talks with my colleagues continue to affirm the truth I love and know.

Cara Cusack-Theodule

BROCKTON, MASSACHUSETTS, US

Bone injury quickly healed

By Nancy K. Colbentson

I was raised as a Christian Scientist, and so it has been natural for me to turn unreservedly to God for healing in all kinds of challenges. Many healings have come with the help of dedicated Christian Science practitioners and teachers, and many have occurred alone with God in the “secret place” the Bible speaks of (Psalms 91:1).

One such healing, which took place more than two years ago, illustrated again to me the value of what the Discoverer and Founder of Christian Science, Mary Baker Eddy, calls “radical reliance on Truth.” In the chapter on “Physiology” in the textbook of Christian Science, *Science and Health with Key to the Scriptures*, she states, “Only through radical reliance on Truth can scientific healing power be realized” (p. 167).

While carrying an armload of cumbersome boxes, I took a tumble, landing heavily on my right hand. I heard a bone in my hand snap, saw a bump under the skin where it was out of place, and felt intense pain. And the finger closest to it was curled and useless.

I sat quietly praying for a few minutes, affirming that I had not fallen out of God’s control, and knowing that there could be no disruption of the harmony of my eternal oneness with Him, and that no shocking sensation could deprive me of my ability to reason spiritually. These comforting ideas enabled me to get up and get on with a very demanding day, but without the use of my right hand. Recalling other healings in similar situations, I was sure healing would come, but other responsibilities delayed my addressing the problem further.

Two days went by and the pain lessened, but there wasn't any further physical improvement. On the third day, a suggestion came very strongly to thought that I should purchase a splint to hold my hand still while the healing progressed.

Accordingly, I started to set out for a drugstore. As I opened my front door, though, a strong thought stopped me in my tracks. The thought was "What are you doing? What *are* you doing?" I closed the door, put down my purse, and deeply contemplated that question. I knew that in my case, a splint was not what was needed to support the healing.

A Bible verse, Proverbs 3:5, came to thought, slowly and compellingly, in the form of another question: "Can you 'trust in the Lord with all thine heart; and lean not unto thine own understanding'?" My answer was clear and decisive: "Yes, I can, and I do."

In that quiet moment of wholehearted trust in God, the tension that had kept my right arm tightly close to my side (to avoid any movement or impact) relaxed from my shoulder down to the tip of my fingers. I was able to stretch out my arm and hand. The finger straightened to its full extension, and the bone in my hand was in perfect alignment. I made a fist without hesitation or discomfort and stretched the hand straight again. All was well. It was a holy moment, summed up in the words of this loved hymn:

I look to Thee in every need,
And never look in vain;
I feel Thy touch, eternal Love,
And all is well again.

(Samuel Longfellow, *Christian Science Hymnal*, No. 134)

I was immediately able to resume full activities. The healing was complete and has remained so. The touch of eternal Love is unforgettable.

Nancy K. Colbentson
Northbrook, Illinois, US

Are we worthy and able to heal?

By Brian Webster

Have you ever heard someone say, "I don't understand enough of Christian Science to practice it or have a healing" or "I don't know how to pray" or "I don't think I am worthy of being healed"? How about, "Do we need to attain a certain level of understanding before we can heal or be healed?" There have been times, when healing hasn't come quickly for me, that I have entertained thoughts like these. Perhaps you have, too.

But I found an answer to these self-defeating expressions of inadequacy in the Bible, in the account of a certain centurion (see Matthew 8:5–13). Centurions were Roman military officers. During their occupation of Galilee, where this biblical account took place, Roman soldiers made life miserable for the Jews, keeping them in a state of utter servitude to Rome. Being Romans, these soldiers were probably pagans or nonbelievers—something antithetical to the Jews they were ruling. And they governed with an iron fist. Any sign of resistance was met with severe punishment. As a result, the Romans were widely detested.

This particular officer was stationed in Capernaum, where it would have been virtually impossible for him not to know of Jesus, whose reputation was growing because of the remarkable healing he was doing. Given his status in the Roman hierarchy, the centurion was an unlikely candidate to seek Jesus' help. But that is exactly what he did when a beloved servant was sick and close to dying. It had to be a humbling experience—a high-ranking authority figure putting aside all pretensions of power to ask a lowly Jew for help.

Did Jesus spurn the centurion or think of him as an undeserving Roman? No. He responded compassionately and immediately, treating him as lovingly as he did all who sought his help. This evoked a striking response from the centurion. Instead of flaunting his rank and authority, the centurion meekly

proclaimed to Jesus before all who were present, “Lord, I am not worthy that thou shouldst come under my roof: but speak the word only, and my servant shall be healed.”

Imagine the humility it took for a military commander to make such a remark in public. Then, in a show of faith and respect for the authority Jesus exhibited in his healing work, the centurion said to the Master, “For I am a man under authority, having soldiers under me: and I say to this man, Go, and he goeth; and to another, Come, and he cometh; and to my servant, Do this, and he doeth it.”

The centurion may not have fully understood the method of Jesus’ healing. What he did understand—Jesus’ divine authority and his record of healing—proved effectual. The centurion’s simple faith in these two undeniable elements of Jesus’ ministry, along with his humility, honesty, and sincerity when appealing to Jesus, was enough. The servant was healed.

To me, this story speaks of the universal accessibility of the Christ, even for those who don’t understand it, and the power of humble faith to effect healing.

There was nothing complicated about this demonstration of God’s power to heal. No advanced understanding on the part of the centurion was necessary. Just a willingness to surrender a personal sense of unworthiness or doubt to the authority of the Christ, a humble willingness to trust God, and a heart open to the influx of Spirit. What the centurion knew at that moment was adequate for the need. It opened the door of his consciousness to Christ, Truth. In fact, the simplicity of the centurion’s appeal was enough to elicit from Jesus a remarkable declaration: “I have not found so great faith, no, not in Israel.”

The centurion’s heartfelt submission to God’s power was apparently a greater demonstration of faith than that exhibited by the Israelites Jesus had so far encountered.

I have found this account to be encouraging in my healing practice. There have been occasions when I have literally knelt in humble submission to God with no idea what words to use for prayer, and God has

answered me. Sometimes the answers have come with tangible power, sometimes with a gentle intuition, and once with a feeling of being completely enveloped in a blanket of light.

Regardless of how God’s answers come to us, Mary Baker Eddy, the Founder of Christian Science, gives us this encouragement in *Science and Health with Key to the Scriptures*: “No intellectual proficiency is requisite in the learner, but sound morals are most desirable” (p. x).

If you have ever entertained thoughts of inadequacy regarding your knowledge of Christian Science or your ability to practice it, take heart. You’re not alone. And you’re not at a loss. Many Christian Scientists, even experienced Christian Science practitioners, sometimes have to handle and defeat these mental gremlins—what the Apostle Paul referred to as “the carnal mind.” He said, “The carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be” (Romans 8:7). The so-called carnal mind would try to tempt you to believe that you cannot or do not want to heal, or that there is a power that can make you sick and there is no spiritual power great enough to overcome it.

Because these suggestions originate in the carnal mind and not in the divine Mind, which you reflect, they are not your thoughts. Since they don’t originate in you, there is no reason to be embarrassed or to condemn yourself for their appearance in your consciousness. The Bible reports that even Jesus was tempted in every way that we are (see Hebrews 4:15), but he didn’t condemn himself for it. It’s not a sin to be tempted. Sin arises from agreeing with the suggestions and acting in accord with them, which Jesus never did. Instead, he identified the tempter for what it was—“the devil”—and then showed us how to dispense with it. He declared with authority, “Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve” (Matthew 4:10, 11).

Our responsibility when self-defeating thoughts come to us is to see them for what they are—impersonal, bogus suggestions—and then remove them from consciousness. How? By affirming the opposite of what they are trying to assert. Carnal thoughts are nothing

more than false assertions claiming to convince us of their legitimacy, but they are no more real than the suggestion that your hair is on fire when you're underwater. When exposed for the lies they are, they lose their ability to influence us.

It's also important to know that because these thoughts are not your thoughts, they don't have any actual connection to you at all. The carnal mind can suggest all day that you don't know enough to heal, or can't pray, or aren't worthy of being healed. But that doesn't make it true. As Jesus said, "When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it" (John 8:44). The carnal mind is not actually a real mentality to know you, or make any credible claims about you or your ability to heal. God is the only Mind.

The real, spiritual universe and everything in it exists and moves at the direction of its Maker, God. He is the source of all action, all ideas, all power—and of our ability to help and heal ourselves and others. We, in our true identity, are the expression of this all-harmonious God—His image and likeness (see Genesis 1:26). Therefore, experiencing the health and harmony of our real identity is not a matter of earning it. It is a matter of acknowledging it. It is ours to witness and experience when a personal sense of ourselves is removed. Once removed, we can hear the Christ that has always been voicing truth and good in our consciousness.

If the healing Christ could come to the centurion, it can come to you and me. In fact, it has already come. It is just waiting for us to acknowledge it and put it into practice. There will always be more to learn of this Science, but what we know today is sufficient for our present needs. Our Leader, Mrs. Eddy, gives us this assurance: "A grain of Christian Science does wonders for mortals, so omnipotent is Truth, but more of Christian Science must be gained in order to continue in well doing" (*Science and Health*, p. 449).

If you desire to heal or be healed, know that you can do both now, "For it is God which worketh in you both to will and to do of his good pleasure" (Philippians 2:13). There is nothing to wait for. You were never more nor less worthy or able than you are now to begin to put off

a false sense of yourself, know yourself as God knows you, and think and act that way, which brings healing. Christ is waiting, right where you are today, ready to "fill you with all joy and peace in believing [through the experience of your faith] that by the power of the Holy Spirit you will abound in hope and overflow with confidence in His promises" (Romans 15:13, Amplified Bible).

Mary Baker Eddy and John Greenleaf Whittier

Mary Baker Eddy was a lifelong admirer of the American poet and abolitionist John Greenleaf Whittier (1807–1892). An avid scrapbooker, she clipped his poems out of literary magazines and later quoted his words in her own published writings.

In 1868 Eddy was living in Amesbury, Massachusetts, with her student Sarah Bagley, who was a family friend of Whittier. That July the two women paid him a visit. He was suffering from a variety of ailments, as he had throughout most of his life. In previous months he had written frequently to friends, complaining of his precarious health. According to Eddy, Bagley had proposed the visit with the warning that Whittier might not live much longer.

She and Bagley arrived at his home to find Whittier in a frail state, coughing constantly and shivering, despite the fact that it was midsummer and he was in front of a roaring fire.

Eddy says she spoke with the poet for some time, "in the line of [Christian] Science," and that by the end of their conversation he seemed much improved. She also remembers that as they left, Whittier said, "I thank you, Mary, for your call; it has done me much good."¹ She received word the next day that he had left his sickbed to walk down to the village.

In 1872, Eddy sent Whittier (courtesy of Bagley) an early manuscript of her work “Questions and Answers in Moral Science,” which would later become the chapter “Recapitulation” in *Science and Health with Key to the Scriptures*. Correspondence with Bagley indicates that he thought very highly of it, praising some sections.² Eddy also sent Whittier an inscribed copy of *Science and Health*.³ After his death, it was found among his belongings.⁴

1 Eddy, n.d., A11063.

2 Eddy to Sarah O. Bagley, 21 January 1872, L08301.

3 Eddy, n.d., A11063.

4 Edward Wagenknecht, *John Greenleaf Whittier: A Portrait in Paradox*, 210 n. 8. © 2026 The Mary Baker Eddy Library

Christian love in the grocery store

By Beth Campbell

On a recent Sunday I went to the grocery store after church. As soon as I got inside, I heard what sounded like yelling. At first, I thought it was kids playing in the aisles. Then I realized it was a young woman who was upset and disturbing the shoppers by going up and down the aisles in a loud and angry manner and throwing things. I saw the manager of the store trying to approach her repeatedly, but she would quickly get away from him and yell at him. He told me they had been trying to remove her from the store for over an hour.

I stood there for a moment or so, and then I felt impelled to go up to the woman. As soon as I did, she quieted down. I often ask God to give me opportunities to bless others, and suddenly I found myself in the midst of just such an opportunity! I love this sentence in the Christian Science textbook: “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” (Mary Baker Eddy, *Science and Health with Key to the Scriptures*, pp. 476–477).

I have pondered this statement many times, and that day I was grateful to put it into practice. I was viewing this woman as God’s very likeness, pure and perfect. This was my prayer for her.

She looked at me, and I calmly spoke to her. I asked her name, and I told her that she didn’t need to yell, as she was making people nervous. She told me that she didn’t like “that man” (the manager), who was “rude” to her. I talked to her for a few more minutes and then I asked if she would like to help me shop. She said yes and walked with me to the produce section. From this time on she was quiet and calm. The whole time I was praying to see her and love her as God’s child. She helped me pick out a few vegetables, and then I noticed two police officers had arrived.

When she saw the police, she was well behaved. They were very kind to her, but they told her she couldn’t come back to the store because of her behavior. She seemed to understand and didn’t argue. While she had been helping me shop, I had asked her if she would like a soda and told her that I would pay for it. She had said yes, and the police said it was OK for us to go pick out a soda. After she chose one, the police calmly escorted her out of the store.

I was so grateful to have been there that day and to have supported this young woman and the atmosphere in the store. A few days later I was at the store again and I saw the manager. He thanked me for my help, and I was grateful to tell him that I had been praying that day. God had been helping all of us!

Don’t be surprised if you find a unique opportunity to bless another. Everyone wants to feel that they are loved, and each of us has a heart full of love to share with

our world. God, Love itself, impels all of us to let our light shine in this way.

Business standstill resolved peacefully

By Bruce Jamerson

I was serving on the board of a company that was being sold in a complex transaction in Europe. After months of negotiations with the buyer, we were at a standstill, unable to resolve several key issues. I was asked to get more involved in the negotiations on a daily basis.

As I began my new role, I prayed diligently each morning with something I had read in a reminiscence of Mary Baker Eddy by Calvin C. Hill: “On one occasion Mrs. Eddy said to me, in substance, ‘The first thing I do in the morning when I awake is to declare I shall have no other mind before divine Mind, and become fully conscious of this, and adhere to it throughout the entire day; then the evil cannot touch me’” (*We Knew Mary Baker Eddy*, Expanded Edition, Vol. 1, p. 353).

I prayed that instead of many mortal minds working on this deal, there was only one divine Mind, God, directing each of us as His perfect reflection. Disagreement and frustration could not touch me or anyone else under Mind’s direction. Mrs. Eddy writes in *Science and Health with Key to the Scriptures*, “Mind is the grand creator, and there can be no power except that which is derived from Mind” (p. 143). I knew that the power of infinite Mind is always greater than the human challenges facing us.

In meetings between the interested parties, there was a lot of, “I want this,” and “I need that.” I remembered learning through Christian Science that to want is to deny, and to affirm is to possess. To me, this means that when we think we are in want, we are denying that good is ever present, spiritual, and unlimited. Yet good must be all of these, because it’s from God. We

must instead affirm that man is the full and perfect child of God, and therefore in possession of all the good that God provides. The Bible confirms this in the twenty-third Psalm: “The Lord is my shepherd; I shall not want” (verse 1).

This helped me see that there can be no obstructions to right activities, right business, right progress—for everyone. Christ, the spiritual idea of God, which Jesus demonstrated, removes obstacles and proves God’s allness and the powerlessness of anything opposed to God, good.

We set up a video conference of about twenty people from several different countries. Some in attendance were lawyers, and I took comfort in keeping a copy of *Science and Health* at my side as my lawbook.

As I opened the meeting, my prayers led me to talk about the right motives of the transaction. I asked that each of us strive to be of one mind in finding solutions, and I asked them to consider a line from one of my favorite books, *Science and Health*, which says, “The time for thinkers has come” (p. vii). We then took a moment for silent prayer or meditation.

We had a constructive meeting. And the next day someone unexpectedly came up with a brilliant solution to the main issue, and everything then fell into place, allowing the transaction to be completed.

To me, this result was due entirely to the inspiration of divine Mind. I’m thankful for Christian Science, which always shows us the way forward.

The “tractor beam” of Love

By Leslie Hobbs

I just love the many metaphors in the Bible and in the writings of Mary Baker Eddy about our relation to God. For example, there’s a metaphor of God as a shepherd, rejoicing after finding his lost lamb (see Matthew 18:12–

14) and a simile of God being like the sun and man being like a ray of light that goes out from—expresses—the sun (see Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 361).

One night, after a role-playing game with my family and friends, I thought of a new metaphor for God's love. As part of the game, we imagined we were traveling in a spaceship between planets, and so I thought of God's love like a tractor beam. In science fiction, this is a device that attracts an object from a distance and can hold on to it. At first, I was comforted at the thought of God's love attracting and holding me. But then I considered, from my study of Christian Science, that we're not actually at a distance from divine Love. We are always one with God, as Christ Jesus taught.

I thought about the work I'd recently been doing, after my father's passing. As I went through the items in his house, a sense of grief would sometimes come over me and I could feel it pulling me into sadness or feeling overwhelmed. I knew that Dad's life was going right on, and that divine Love was caring for both of us in an uninterrupted, eternal way, but sometimes I felt lonely, sad, and tired. Progress was slow.

I could see that although I knew of God's presence, my thought seemed to drift off into the darkness of limitation and burden. Praying and denying this myth of mortality, I remembered Mrs. Eddy's words from *Science and Health* on page 102: "There is but one real attraction, that of Spirit. The pointing of the needle to the pole symbolizes this all-embracing power or the attraction of God, divine Mind." I was also comforted by these words on page 124 of the same book: "Adhesion, cohesion, and attraction are properties of Mind. They belong to divine Principle, and support the equipoise of that thought-force, which launched the earth in its orbit and said to the proud wave, 'Thus far and no farther.'"

Now I started to understand the tractor beam metaphor better: The eternal fact of God's love was a powerful, active force to resist the claim of mortal mind that it could drag me into an unproductive state or drain me of peace. Soon I found that I could stay on the cleaning out tasks three or four times longer than before, and I

enjoyed accepting the help of family members with this work. We happily recounted tales of my dad.

I found one more statement in Mrs. Eddy's writings that strengthened me in my work and further clarified my understanding of our unbreakable connection to our creator: "The infinite will not be buried in the finite; the true thought escapes from the inward to the outward, and this is the only right activity, that whereby we reach our higher nature. Material theories tend to check spiritual attraction—the tendency towards God, the infinite and eternal—by an opposite attraction towards the temporary and finite. Truth, life, and love are the only legitimate and eternal demands upon man;..." (*The First Church of Christ, Scientist, and Miscellany*, p. 159).

These ideas continue to support me whenever a "material theory" seems to burden me or threatens my joy or productivity. Our spiritual union with God is secure; each task we have is an opportunity to feel the powerful presence of God and His love.

Lost computer recovered

By Glenn Williams

I had just started a new job that required me to give presentations around the country, and a new high-quality laptop computer had been delivered to my office. The technician familiarizing me with the laptop had been lecturing me on the importance of due diligence in protecting it while I traveled.

A few months later I went to Los Angeles for work. It was the week of Thanksgiving, so I planned to work for a few days before having my wife join me for a family gathering. On Wednesday, my mom and I drove to the airport and pulled to the curb where my wife was waiting. Before we could leave the airport, I needed to rearrange items in the trunk to fit her luggage, so I took the computer out and put it between the two women

while they chatted on the curb. Once the trunk was loaded, we drove an hour to my sister's home.

After unloading at my sister's, I was unable to locate the computer and discovered that my wife and mother had not noticed when I had placed it between them at the airport. Either we had left it on the curb or someone had taken it. Panicked, I drove back to the airport with my brother-in-law, praying and sharing spiritual truths on the way.

Like Elisha's disciple who borrowed an ax and then lost its iron head in the Jordan River, I was feeling worried and anxious. The Bible tells us Elisha asked where it had fallen, then dropped a stick in the water, and the ax head floated to the surface and was easily retrieved (see II Kings 6:1-7).

My brother-in-law shared his insight that the computer was like a fingerprint. It didn't matter where I might have left it; it was rightfully mine and would remain so. A statement by Mary Baker Eddy in *Science and Health with Key to the Scriptures* also helped: "Desire is prayer; and no loss can occur from trusting God with our desires, that they may be moulded and exalted before they take form in words and in deeds" (p. 1). I was quite calm and confident by the time we arrived back at the airport.

After checking with lost and found and filing a police report with a reluctant officer (who suggested I not hold out any hope of getting the computer back), we rejoined our family with a great expectation of good.

Upon my return to the office on Monday, my boss was quite understanding and planned to put in a request for a replacement computer. I asked him to wait a month and shared that I was quite confident through prayer that replacement wouldn't be necessary. He offered me a week, which I gratefully accepted.

On Thursday I received a call from a Los Angeles detective who asked if I had left something in his city. The police had conducted a raid that week on a pawn shop known to traffic in stolen goods and discovered a huge cache of laptops. Mine was the only one they were able to identify. All of the computer cases had been

cleaned out, except in mine, a small pocket still held my business card.

We had already scheduled a flight for my mom to come visit the next week, and I arranged with the detective for her to pick up the computer at the police station so she could hand-deliver it to me. When we were completing the call, I asked the detective if he believed in the power of prayer, as he had just witnessed it. He responded, "I do today."

A library of thoughts

By Christine Negley

Over four years ago, a woman came into our branch church's Christian Science Reading Room and asked if we had any discussion groups she might join. There was nothing in place yet, but the librarian took the woman's information and said she would be in touch. This prompted our church's executive board to authorize starting a discussion group using *The Christian Science Monitor* as its basis for discussions.

The discussion group continues to thrive, and it is not only offered in the Reading Room, but also at a residential retirement community for Christian Scientists nearby, where it is cohosted by the Reading Room and the retirement center.

Each discussion follows a similar format. A specific article is chosen during the week, and email announcements are sent to a list of participants, including church members, the retirement community, and those who have expressed interest in the activity. Additionally, a flyer is distributed at church and in the retirement community.

The meetings begin with reading Mary Baker Eddy's statement from "Something in a Name" found in *The First Church of Christ, Scientist, and Miscellany*: "... the next I named *Monitor*, to spread undivided the Science that

operates unspent. The object of the *Monitor* is to injure no man, but to bless all mankind” (p. 353).

The *Monitor* article is read aloud by those who wish to, each one taking several paragraphs. Then the discussion begins with a brief review of ground rules, because there are almost always newcomers to the group. We clarify that the conversation is not a win-lose debate; instead, the purpose is that it “resolves *things* into *thoughts*, and replaces the objects of material sense with spiritual ideas” (Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 123).

The discussion leader presents some prepared questions to encourage comments on the article’s information and elicit thoughts about it. Everyone is encouraged to participate. Then the conversation turns to a metaphysical level, identifying the spiritual counter facts that can refute any negative impositions on society. Together, we look for progress and potential solutions.

Next, the group takes some time for silent prayer about sharing the article, and this is followed by exchanging ideas of how we could share—with family, friends, neighbors, community institutions and officials, school boards, libraries, businesses, homeowners’ association boards, and so on.

Over time, we have learned that those who attend these discussions have accumulated a “library of thoughts” so that when they are part of a social gathering, community meeting, or even family discussion, they find they can speak confidently about current and important global issues, as well as universal topics that apply locally. And, they have many references to share from *Monitor* articles, which are useful to point others to this newspaper as a trusted resource and provider of relevant information.

The discussion group was also a springboard for the Reading Room to sponsor two large community meetings, which attracted a significant number of attendees from the public. These meetings referenced two specific series of articles from *The Christian Science Monitor*. The meetings showed there is support for such

community outreach and brought in new subscriptions to the *Monitor*.

To think what developed from someone who just walked into the Reading Room with a question!

Rotation on the Board of Trustees

By Board of Trustees

We are announcing a change on the Board of Trustees of The Christian Science Publishing Society. On May 15, 2026, Arcadia Nones, CSB, rotated off the Board of Trustees. The new Trustee, Kevin Ness, CSB, joined Jennifer McLaughlin, CSB, and Scott Preller, CSB, effective May 18, 2026.

We are deeply grateful for Cadi’s faithful and dedicated service during her years as a Trustee. She has brought a consistently prayerful approach to all aspects of her work. Her great love for Christian Science and for Mary Baker Eddy’s Publishing Society has been felt by all, and we can’t thank her enough for her generous service and consecration.

Kevin has served The Mother Church in multiple capacities, including as Manager of Committees on Publication and as General Counsel. Like Cadi, Kevin brings to this work a deep love for Christian Science and is delighted at the opportunity to further support our Church and Publishing Society.

Please join the Trustees in thanking Cadi and welcoming Kevin.

Board of Trustees

The Christian Science Publishing Society

Monthly updates: June 2026

New “What is Christian Science?” brochure available

We are pleased to announce that The Mother Church has produced a new “What is Christian Science?” brochure to support members, branch churches, and Reading Rooms in welcoming and sharing Christian Science with their communities. We’re grateful to be making this new brochure available in anticipation of many visitors this summer to cities across North America for the FIFA World Cup. With updated text, a refreshed design, and a QR code linked to christianscience.com, the new brochure expresses the timeless healing message of Christian Science in a way that speaks to hearts hungering for a higher understanding of God and man.

This new brochure is available in English, French, German, Portuguese, and Spanish and will replace the older versions in those languages. We expect to translate the new brochure into additional languages in the future, and in the meantime, the previous brochure will continue to be available in those languages.

Branch churches can order printed copies of this brochure through the online store or by calling 1-800-877-8400 (Canada/US) or 1-515-362-7463. A digital copy of the brochure is available at christianscience.com/brochure, and Reading Rooms are free to print it locally for distribution.

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

Dive into the Bible

A recent editorial, “The Bible speaks to you” by Editor Lisa Rennie Sytsma, highlights the importance of going beyond the mere historical context of the Bible to the

spiritual sense of the Scriptures. You can read it in the May 11, 2026, *Christian Science Sentinel*.

New sections in the Christian Science periodicals encourage readers to deeply explore the Bible:

In the *Sentinel*, the “Loving the Scriptures” column offers brief insights into a topic, idea, or person in the Bible, and connects Scripture with inspiration from Mary Baker Eddy’s writings. Topics covered in recent weeks have included “Jesus commissions the twelve,” “Stephen, early Christian pioneer,” and “Elisha at Dothan.” Find more “Loving the Scriptures” content at cssentinel.com/loving-the-scriptures.

In the *Journal*, “The Bible: Our Sufficient Guide” is a new series sharing accounts of healing and inspiration gained from a deep study of the Bible and the Christian Science textbook, *Science and Health with Key to the Scriptures* by Mary Baker Eddy. Articles in this series unpack a specific Bible passage or story through insights from students of Christian Science. Access more of these articles at csjournal.com/bible-our-sufficient-guide.

In addition to these new sections, the “Exploring the Bible” collection series on JSH-Online.com pulls together articles from our archive to illuminate a particular Bible theme, event, or figure. Praying with these timeless curations can unlock biblical truths, reveal connections, and inspire confidence that studying the Bible and *Science and Health* together brings healing. A new collection is published each month and can be found at jsh.christianscience.com/collections.

Loving and introducing the Christian Science Bible Lessons

Christian Science Reading Rooms are appreciating the *Christian Science Quarterly Bible Lessons* as a powerful introduction to the healing truths found in our dual pastor, the Bible and *Science and Health with Key to the Scriptures* by Mary Baker Eddy.

Recently, staff members from two Reading Rooms participated in a free-flowing webinar conversation about the Bible Lessons and the prosperity of Christian

Science, including how sharing the Lessons has been instrumental in welcoming newcomers. You can find the replay at christianscience.com/blwebinar.

Three new Reading Room posters and flyers speak to the light, strength, and freedom the pastor brings to our days. Designed to show a Bible verse “unlocked” by *Science and Health’s* Key to the Scriptures, they illustrate the unity of the pastor’s message. These materials—available in English, Spanish, French, German, and Portuguese—feature a QR code that links to biblelesson.com, an introductory web page for newcomers, including a new Church Community panel that provides information about local churches and Reading Rooms as well as Christian Science practitioners and upcoming lectures. The posters are available to download at christianscience.com/blmaterials.

The natural moving of our hearts to share the precious gifts of inspiration and healing found in these Bible Lessons brings to mind a letter to Mrs. Eddy from one of her early students, James Rome, after the completion of the extension of The Mother Church, The First Church of Christ, Scientist, in Boston: “But what of this magnificent structure? Whence did it come? To me it is the result of the love that trembled in one human heart when it whispered: ‘Dear God, may I not take this precious truth and give it to my brothers and sisters?’” (Mary Baker Eddy, *The First Church of Christ, Scientist, and Miscellany*, p. 62).

Thank you for taking part in loving and living the healing ideas in these Bible Lessons and helping introduce them to the world.

New Bible Collection on JSH-Online.com

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

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.

Shine as lights in the world

By Moji George

While we can pop into a shop to buy a light bulb, a candle, a lantern—something that can emit light—it is instructive that no market or vendor sells anything that can give off darkness. This is because darkness is simply the absence of light. The only way to darken a room, for example, is to block out the light or switch off the source of light. And yet, darkness can seem very real.

The world can often feel so dark, and this feeling is not attributable to sunlight not reaching the Earth. Many have struggled with dark thoughts. Others may feel that certain actions and decisions that affect them cast a pall of darkness over everything. But Christ Jesus, addressing his disciples in his well-known Sermon on the Mount, assures them that they are the light of the world (see Matthew 5:14–16). And that light which was shining through them, their spiritual nature and character, is in reality shining through everyone. We may wonder, then, how to see, experience, or feel this light, especially since, if it is indeed present, it should dispel a sense of darkness.

The Apostle Paul, writing to the church in Corinth, gives an answer: “God, who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ” (II Corinthians 4:6). Does this not show that the light inherently present in everyone, exemplified as it was in Jesus, is the Christ?

Mary Baker Eddy, who discovered the Christ Science which Jesus taught his disciples, writes in *Science and Health with Key to the Scriptures* that Christ is “a divine influence ever present in human consciousness,” illuminating it with the evidence that proves God is with us—“Immanuel” (p. xi). Elsewhere in *Science and Health*, she also refers to Christ as “the guiding star of being” and the “daystar of divine Science” (p. vii).

Many are seeking this light, whether they know it or not. If we are yearning to experience this guiding light that dispels darkness, we have Jesus’ Christly example, and it is important to be willing to follow it. In the Bible, Jesus shows every follower how to love as he loved, and do the works he did and commanded us to do.

As we gain a more spiritual understanding of God, we understand better who we are as God’s spiritual creation. This is not an ineffectual, futile struggle, but it is practical and fruitful. Through relevant Scriptural study and spiritual watchfulness, we have the essential tools we need to gain this spiritual understanding. Many are also finding that obedience and adherence to the rules taught in Christian Science are indispensable to spiritual growth and practical progress.

Shining with Christly light is not about being in the spotlight, or the limelight, being the center of attention in a gathering, striving competitively with others for particular notice, or being focused on either fame or notoriety. Neither is it about human personality. Rather, it is the joy of letting the spiritual qualities that we each inherently and uniquely reflect as God’s ideas be expressed. These Christly qualities are good, and they are always present.

Christian Science explains this by metaphorically regarding God as the sun, Christ as the full light of the sun, and all men and women as individual rays (see Mary Baker Eddy, *The First Church of Christ, Scientist, and Miscellany*, p. 344). We don’t need to manufacture this Christly light to be the unique and needed ray that we are. It is inherent. We become more aware of it through God-given inspiration as we truly desire to know what Christ is and means to us and all humanity, and are willing to investigate the Science that makes this knowledge practical. God, the divine Mind, does

not dole out inspiration in varying portions based on our worthiness or lack of it. Neither is it a personal possession. Thought is illumined as we are receptive to the Christly messages and spiritual ideas God is giving us constantly.

Jesus said categorically that those who follow his Christly example are the light of the world. And Jesus urged that we let our light shine. How can we do that? Letting our true, spiritual nature shine involves not only listening to the good thoughts that come from God, but choosing to accept and yield to them. Sometimes, this may be a struggle, but the more often we succeed in choosing the good, the quicker we shall recognize it, and, knowing the benefits that come from letting this inherent light shine, we will more readily yield to Christ. Christian Science enables us to recognize that we shine with the Christ light, and shows how to prove that this understanding can dispel darkness practically.

For over one hundred and fifty years, many individuals have continued to prove that the rules of the Science of Christ-healing provided in *Science and Health* are efficacious. Not only does the book open up the spiritual import of the Bible, but the ideas it presents, when understood, also result in healing. The Science of Christ is freely accessible and available for anyone to learn and to practice. The Christian Science textbook states: “Christ is the true idea voicing good, the divine message from God to men speaking to the human consciousness” (*Science and Health*, p. 332). As we humbly listen, God will make sure that we hear.

Jesus assures us that anyone who follows his Christly example shall not walk in darkness. The Apostle Paul admonishes that, as God’s children, even in the midst of what he calls “a crooked and perverse nation,” we should “shine as lights in the world” (Philippians 2:15). Let us remember that the ability of a ray to radiate the sunlight of an ever-shining sun is effortless. We cannot help but shine as the unique ray—the unique expression of God—that we are. Let your light shine today.

Moji George

THE CHRISTIAN SCIENCE JOURNAL

PUBLISHED BY THE CHRISTIAN SCIENCE PUBLISHING SOCIETY

EDITOR

ETHEL A. BAKER

ASSOCIATE EDITORS

TONY LOBL, LARISSA SNOREK, LISA RENNIE SYTSMAN

OPERATIONS MANAGER

PETER WHITMORE

PRODUCTION MANAGEMENT

GRAHAM THATCHER, KARINA BUMATAY

OPERATIONS MANAGER

PETER WHITMORE

CONTENT & YOUTH

JENNY SAWYER

COPY EDITOR

AARON BINGHAM

STAFF EDITORS

NANCY HUMPHREY CASE, SUSAN KERR, NANCY MULLEN, TESSA PARMENTER, CHERYL RANSON, ROYA SABRI, HEIDI KLEINSMITH SALTER, JULIA SCHUCK, JENNY SINATRA, SUZANNE SMEDLEY, LIZ BUTTERFIELD WALLINGFORD

AUDIO PRODUCTION

AMY RICHMOND, CARLOS A. MACHADO, AND SOPHIE UNGERLEIDER

PRINT & WEB PRODUCTION

SAL GILIBERTO, GILLIAN A. LITCHFIELD, MATTHEW MCLEOD-WARRICK, NANCY BISBEE

DESIGN

NADINE MARCZI

CONTACT US

- ON THE WEB: JSH-ONLINE.COM
 - MANUSCRIPT SUBMISSIONS & WRITING GUIDE REQUESTS: JSHWRITE@CSPS.COM
 - SINGLE COPIES: THE *JOURNAL* IS SOLD AT CHRISTIAN SCIENCE READING ROOMS WORLDWIDE. TO FIND A READING ROOM VISIT [HTTP://JOURNAL.CHRISTIANSOURCE.COM/DIRECTORY](http://JOURNAL.CHRISTIANSOURCE.COM/DIRECTORY) OR USE THE DIRECTORY IN THE BACK OF THE *JOURNAL*. YOU CAN ALSO CHECK YOUR LOCAL TELEPHONE DIRECTORY UNDER "CHRISTIAN SCIENCE."
 - SUBSCRIPTIONS AND RENEWALS: TO SUBSCRIBE OR RENEW A *JSH-ONLINE* SUBSCRIPTION VISIT JSH-ONLINE.COM. FOR PRINT SUBSCRIPTIONS GO TO CSSUBSCRIBERS.COM OR CALL THE CUSTOMER SERVICE DEPARTMENT AT 888-424-2535 WEEKDAYS BETWEEN 9 A.M. AND 5 P.M. EASTERN TIME.
-

MAGAZINE PROMOTIONAL AND REPRINT INFORMATION:

ANY FULL PAGES OR DOUBLE-PAGE SPREADS IN THIS ISSUE MAY BE REPRODUCED UP TO 100 COPIES OR ENLARGED ON PAPER (E.G., FOR WINDOW DISPLAYS, EVENT BOOTHS, ETC.) TO PROMOTE THE SALE OF THIS MAGAZINE. FULL-PAGE IMAGES MAY BE USED ONLY WITH THE ACCOMPANYING PAGE OF WRITTEN CONTENT AS IT APPEARS IN THE MAGAZINE. ALL CREDITS MUST BE PRESERVED. FOR ALL OTHER USES, INCLUDING INTERNET, OR COPIES IN EXCESS OF 100, E-MAIL: COPYRIGHT@CSPS.COM. FAX: 617-450-2031. OR, WRITE TO: PERMISSIONS, THE CHRISTIAN SCIENCE PUBLISHING SOCIETY, 210 MASSACHUSETTS AVENUE, P02-15, BOSTON, MA US 02115.

THE CHRISTIAN SCIENCE JOURNAL (ISSN 0009-5613). PUBLISHED MONTHLY BY THE CHRISTIAN SCIENCE PUBLISHING SOCIETY, 210 MASSACHUSETTS AVENUE, P02-25, BOSTON, MA 02115 US, AN ACTIVITY OF THE FIRST CHURCH OF CHRIST, SCIENTIST, IN BOSTON, MA [PRINTED IN US]. PERIODICALS POSTAGE PAID AT BOSTON, MASSACHUSETTS, AND ADDITIONAL MAILING OFFICES. THE DESIGN OF THE CROSS AND CROWN SEAL IS A TRADEMARK OF THE CHRISTIAN SCIENCE BOARD OF DIRECTORS AND IS USED BY PERMISSION. THE CHRISTIAN SCIENCE JOURNAL IS A TRADEMARK OF THE CHRISTIAN SCIENCE PUBLISHING SOCIETY. BOTH ARE REGISTERED IN THE US PATENT AND TRADEMARK OFFICE AND IN OTHER COUNTRIES. CANADIAN GST REGISTRATION NUMBER - 126916436. CPM NUMBER - 40030806. © 2026 THE CHRISTIAN SCIENCE PUBLISHING SOCIETY. ALL RIGHTS RESERVED. POSTMASTER: SEND ADDRESS CHANGES TO THE CHRISTIAN SCIENCE JOURNAL, CUSTOMER SERVICE, PO BOX 6082, HARLAN, IA 51593-1582 US, OR MANAGE YOUR ACCOUNT ONLINE AT WWW.CSSUBSCRIBERS.COM.