



# CHRISTIAN SCIENCE Sentinel

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

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# “Let freedom ring!”

Beth Schaefer

**It is hard to** live in Boston and not notice that something big is underway. Widely considered the birthplace of the American Revolution, Boston is getting ready to celebrate, along with communities across the United States, the 250th anniversary of the signing of the country’s Declaration of Independence. The fundamental rights of “Life, Liberty and the pursuit of Happiness” are universal, and the desire to exercise these rights exists deep within the heart of every individual. “Let freedom ring” is not just a stirring line from a classic American anthem but a sentiment that resonates with everyone in every land.

At our core, we are all made to be free because, in truth, we are all the children of God, Spirit, and are spiritual, made to reflect God’s nature. Mary Baker Eddy, the Discoverer and Founder of Christian Science, explains why: “Man is tributary to God, Spirit, and to nothing else. God’s being is infinity, freedom, harmony, and boundless bliss.” And she goes on to quote Paul’s words from II Corinthians 3:17: “Where the Spirit of the Lord is, there is liberty” (*Science and Health with Key to the Scriptures*, p. 481).

As we understand better what that means, starting with God rather than the problem, we can each declare our independence from whatever would oppress us, whether it is fear, sickness, mental darkness, financial struggles, an overwhelming job, or a difficult relationship. God, infinite Love, defines our experience and loves us. And step by step and thought by thought, we can realize and prove what Love knows about us: that we really are free.

Christ Jesus showed us this. The freedom he revealed didn’t come from his physical environment. He lived under the oppressive military occupation of the Roman Empire, where rights were limited, political unrest constant, and social inequality the norm. Against this backdrop, Jesus taught that in the midst of human injustice and oppression, there is a higher law that governs and saves everyone, even those who might be considered enemies. This higher law or government is

not obtained or expressed through violent overthrow but through a revolution of thought—from a material to a spiritual outlook.

Jesus called this higher government “the kingdom of God” and proved its laws to be present by his healing works. He insisted that the kingdom of God isn’t gained in an afterlife but is “at hand” (Mark 1:15)—i.e., here and now, a present spiritual reality. We become conscious of the reign of divine Spirit through prayer.

Ultimate freedom, as Jesus taught, is freedom from the belief that we are sinning mortals separated from God. He made it clear that what oppresses is not a person, political system, or circumstance but the limitations and beliefs that come from matter-based thinking. He drew the connection between material-mindedness and material experience. He said: “Out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander. These are what defile a person”—or, we might say, enslave a person (Matthew 15:19, 20, New International Version).

Matter-based thought oppresses and enslaves, while Christ, the spiritual Truth that illuminated Jesus’ life, frees. Christ reveals life to be unconfined, unlimited, spiritual, and wholly good—because it is the expression of infinite Spirit, God. Evil has no actual existence in the infinite goodness of Spirit. Jesus proved this to be true. And Christ enables us to prove it, too. Speaking to the Jews who believed what he taught, Jesus said, “If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free” (John 8:31, 32, NIV).

As we gain more of this true view—the Christly view—we find that whatever feels imprisoning seems less so. We feel the reality of God’s goodness and harmony to be more compelling and real to us than the discords that had previously felt so solidly present. A way forward becomes apparent. And we experience the liberty that is ours as the spiritual expression of God. This liberty isn’t just hopeful. It is actual, lived experience.

When Jesus healed a woman who had been in bondage for 18 years to a disease that had left her stooped, unable to stand upright, Jesus encountered resistance (see Luke 13:11–17). The religious authorities questioned

his right to heal her on the Sabbath. Jesus pointed out the hypocrisy of such a rigid view that failed to see the woman's spiritual status as a child of God. By healing her, Jesus made it evident that the woman was entitled to all the rights and privileges of her relationship to God, including the right to health, holiness, and harmony.

As children of God, we are all entitled to those same divine rights. Christian Science helps us to claim these rights, not just for ourselves but for anyone seeking healing.

This year, we all can celebrate the truth that honors everyone's spiritual status as a child of God. As we do, we participate in a universal declaration of independence that helps raise the standard of liberty and justice for all. As Mrs. Eddy puts it, "Citizens of the world, accept the 'glorious liberty of the children of God,' and be free! This is your divine right" (*Science and Health*, p. 227).

**Beth Schaefer, Member of the  
Christian Science Board of Directors**

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## Keeping the faith

*The timeless Christ, voicing God's reassuring message of love, was speaking to me, shining through the dark.*

*Inge Schmidt*

"How's your faith?" my husband asked me. "I don't know," I replied with a heavy sigh. It had been one blow after another, and I felt physically, emotionally, and spiritually exhausted.

I've often found comfort and strength during challenging times from prayer, but this time was different. I couldn't shake the feeling of injustice. Evil is never just or righteous. But the harshness of my circumstances, which had brought deep sorrow, felt especially tragic and unfair. I think I felt that God didn't

deserve my attention or faith, not in the midst of my pain.

Though I was drawn to prayer, I felt numb at the same time. I would sit down to study the weekly *Christian Science Quarterly* Bible Lesson, or even just the books which contain it, the Bible and *Science and Health with Key to the Scriptures* by Mary Baker Eddy. I'd set them next to me . . . and leave them there. I wanted comfort and healing, and had always found it in these resources before, but it felt as if something was repelling me from them this time. That feeling scared me almost more than the despair that I was experiencing.

A close friend who knew I was a Christian Scientist, and had a great deal of respect for Christian Science, would often text me during this time. Her messages were framed as sympathy but also always seemed to echo the nagging thoughts I was wrestling with. She'd say things such as, "I just don't understand why you should have to go through all this" or "I know there is a God, but then things like this happen to someone so good; it seems unfair."

As our messages continued, I felt a glimmer of light break through. The darkness felt so heavy to me. And yet, the light that came wasn't random. It's natural when we are praying to expect an answer that brings an improved sense of peace, clarity, and healing. This is Christ, "the true idea voicing good, the divine message from God to men speaking to the human consciousness" (*Science and Health*, p. 332). Because Jesus exemplified Christ so fully, his title was Christ Jesus. The timeless Christ, voicing God's reassuring message of love, was speaking to me, shining through the dark as the first sunbeams cut through the night. In this case, it came in the form of a new sense of direction and inspiration for my prayers.

I suddenly was reminded of the story of Job in the Bible, and began to reread it. Where I had been struggling to feel connected to Bible characters whom I previously related to and loved, I found a renewed friendship with Job. At the beginning of the book, Job had it all: a family, the respect of the community, personal wealth, a comfortable home. More importantly, he's described as "blameless and upright;" "he feared God and shunned

evil” (Job 1:1, New International Version). But then, things take a turn. His home is attacked—his livestock is stolen, and his servants are killed. His children are killed when they are gathered for a meal and the house collapses. Finally, Job is stricken with a painful skin disease. Job’s words deeply resonated with me: “For the thing which I greatly feared is come upon me, and that which I was afraid of is come unto me” (Job 3:25).

The rest of the book chronicles Job’s conversations with his wife and friends, and their search for meaning in the midst of Job’s suffering. While his wife encourages him to “curse God, and die” and his friends accuse Job of somehow offending God and bringing these problems upon himself, Job is not content with their arguments. Yet his concept of God remains tangled as he wrestles with his own plight and his sorrow. With the help of the young man Elihu, the focus shifts to God’s awe-inspiring might, wisdom, and the vastness of creation.

The book concludes as a dialogue between God and Job. This is when God speaks to Job “out of the whirlwind” (Job 40:6). Although it’s written as a conversation between God and Job, I think of it as an account of Job’s deep prayer—prayer that is like a conversation, in which the truth about the nature and presence of God and creation is revealed, and wrestled with, until spiritual understanding dawns. In it, a higher understanding of God replaces Job’s previously limited conception of God. Job glimpses God as omnipotent, wise, and worthy of awe. At the end of this encounter with God, Job prays for his friends, and his life is restored twice over.

The text exchanges with my friend, who was having her own crisis of faith, reminded me of my own Job moments. Although it can sometimes feel burdensome to respond to another’s crisis of faith in the midst of your own challenges, in this case, it was inexplicably buoying. My attempts at prayer often ended in self-pity, sadness, and frustration. Yet my love for this friend, and desire to reassure her, helped me find the strength to lean on the spiritual ideas that I knew in my heart of hearts to be true. Namely, that God, divine Love, had never forsaken me or anyone.

Christian Science helped me go beyond seeing God as mighty; it helped me know God was actually all-powerful good and that evil had no true substance or power over me or my family. I saw that the awfulness of the human circumstances I had been experiencing was what Mary Baker Eddy refers to in *Science and Health* as the Adam-dream—a false sense of life that is based in matter, and subject to the limitations and hardships of mortal belief (see *Science and Health*, p. 306).

I was reminded that Christian Science isn’t about living a materially smooth and challenge-free life. It was about waking up from this Adam-dream, realizing the illusion of mortal existence, and discovering the reality and goodness of life in and of Spirit.

Like Job, I, too, realized that my concept of God had been flawed. I had mistakenly adopted a view of God as a power-player in the game of mortal life. My faith in God had become somewhat transactional: If things were going well, then God deserved my faithfulness. When they weren’t going well, my faith waned. Through this experience, however, I discovered more clearly than before that God is God, —omnipotent, all-present Love,—no matter what the human circumstances may appear to be. Faith is not a currency, not even of spirituality. It is a relationship, rooted in the biblical promise “I will be your God, and you will be my people” (Leviticus 26:12, New Living Translation).

Moreover, I discovered that the resistance I felt to engaging prayerfully was not something unique to me. It wasn’t my thinking; it was the impersonal resistance to the saving and healing influence of Christ. Resistance to Christ is what the New Testament sometimes refers to as the “adversary.” And yet, I could see how it was powerless, even unreal, in the face of divine Love. My faith in God wasn’t circumstantial, or something of my own creation. It is the inevitable outgrowth of our Father-Mother God’s love for Her creation, for me.

Like Job, I was able to extend grace to my friend. In my case it was a grace that I initially couldn’t find for myself. In praying for clarity and comfort to share with her, I began to find more and more moments of inspiration, and a restoration of faith for myself.

Gradually, I felt a renewed connection to prayer and spiritual study. The Bible, with its many rich accounts of individuals walking through and overcoming suffering, sorrow, and grief, and finding comfort and freedom in God, began to speak to me in a new way.

It dawned on me that *Science and Health* is a book written with ideas about the fullness of Christ's love and its power to heal that has been tested by people in what felt like the depths of hell, and has been proven to be reliable and effective. Where I had felt such a disconnect from that textbook, I now felt an irresistible attraction to the healing ideas contained in it.

I can't say that every challenge was erased and undone. But a new joy bloomed. Every vestige of loss, grief, loneliness and sorrow lifted, and my faith has been restored—more than twice over.

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## Spiritual freedom

**In the Hebrew Bible**, freedom from bondage is a distinct theme, often symbolized by broken yokes. Leviticus 26:13, for instance, records God's words: "I have broken the bands of your yoke, and made you go upright." Release from enslavement in Egypt by God's hand—followed by the Exodus and gift of a new land—became the defining event of early Israelite history.

Liberty is more widely described in Isaiah 58:6: "Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?" And with Christ Jesus' advent, freedom is viewed spiritually, as the sinless state of all of God's children. The Master explains that this state is accessible now: "Ye shall know the truth, and the truth shall make you free" (John 8:32). The Apostle Paul depicts Christly liberty as the freedom to serve God, unfettered by matter-based viewpoints. He declares, "The law of the Spirit of life in Christ

Jesus hath made me free from the law of sin and death" (Romans 8:2).

Centuries later, after experiencing a decisive physical healing, 19th-century thinker Mary Baker Eddy searched Scripture to understand the divine laws that freed her. Her discovery, which she named Christian Science, led her to write: "Discerning the rights of man, we cannot fail to foresee the doom of all oppression. Slavery is not the legitimate state of man. God made man free" (*Science and Health with Key to the Scriptures*, p. 227).

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For more on this topic, see "Fetterless being" by Mary Barnes.

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## Celebrating our glorious liberty

*Each day can be an opportunity to experience what the Bible calls "the glorious liberty of the children of God."*

*Rob Nofsinger*

**This year the United States** is celebrating the 250th anniversary of the Declaration of Independence, which famously proclaims, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." Mary Baker Eddy, the Discoverer and Founder of Christian Science, considered the struggle for human liberty in the American Revolution, and the struggle decades later against human slavery in the American Civil War, to be precursors to the struggle that God gave her to lead after she had discovered the Science of Christianity. In June of 1888, addressing the National Convention of her students, Mrs. Eddy declared: "Christian Science and the senses are at war. It is a revolutionary struggle. We already have had two

in this nation; and they began and ended in a contest for the true idea, for human liberty and rights. Now cometh a third struggle; for the freedom of health, holiness, and the attainment of heaven" (*Miscellaneous Writings 1883–1896*, p. 101).

Along with the ascending scope of the previous two struggles, this third struggle would be for a wider freedom, not simply for the people of one nation, but for all people for all time. Mrs. Eddy writes at length about this universal freedom which is God-given, and therefore at hand for all right now. This freedom includes the expression of health, harmony, sufficiency, and the ability to think and act rightly. And this freedom is inherent in Christ Jesus' teachings and healings. What can appear to be a struggle—sometimes an intense one—is to let binding tendencies of what the Bible calls "the carnal mind," and correlatively what Mrs. Eddy calls "mortal mind," be uprooted "through the action of the divine Mind" (*Science and Health with Key to the Scriptures*, p. 225). Regardless of our circumstances, as we acknowledge and accept our God-given freedom, we tangibly experience it step by step in our lives and can support others in experiencing it.

Each day can be an opportunity to experience what the Bible calls "the glorious liberty of the children of God" (Romans 8:21).

Throughout my life, I have had many healings through the practice of Christian Science demonstrating this "glorious liberty" from many types of bondage. One healing I had this spring was particularly special.

One day I began to feel ill around the middle of the morning. The symptoms came quite fast, and I quickly felt weak and lightheaded. I was addressing the situation through prayer, as I always do, but because I felt so faint, I thought it might be a good idea to take a brief rest.

Very shortly after lying down, a melody started playing over and over in my thinking. At first I was simply enjoying the tune, but then I asked myself, "What song is this?" That is when the third verse of Hymn No. 183 from the *Christian Science Hymnal* came to thought:

Up, face the task and work;  
Fling ease and self away;  
This is no time for thee to sleep;  
Up, watch, and work, and pray.

(Horatius Bonar, adapt. © CSBD)

I instantly got up, and the thought came to check my email where I saw a message from my Christian Science students' association calling for specific prayerful work with readings from the Bible and Mrs. Eddy's writings. I spent the next few hours watching, working, and praying as I read through the readings assigned to us, which included this passage from *Miscellaneous Writings*: "Man is free born: he is neither the slave of sense, nor a silly ambler to the so-called pleasures and pains of self-conscious matter. Man is God's image and likeness; whatever is possible to God, is possible to man *as God's reflection*" (p. 183).

When I finished reading, my strength fully returned. All of the aggressive symptoms were completely gone and did not come back. I had been willing to fill my thought with spiritual truth rather than fear or discouragement and had yielded to the freedom at hand.

I have had many healings in Christian Science, but this is the first that began with a clear message from God in the form of a tune from our *Hymnal*. I am so grateful for the many ways God communicates His love to us and the freedom it brings. This divine Love and liberty are available to all of God's children at all times if we acknowledge this and accept it.

"Christian Science raises the standard of liberty and cries: 'Follow me! Escape from the bondage of sickness, sin, and death!' Jesus marked out the way. Citizens of the world, accept the 'glorious liberty of the children of God,' and be free! This is your divine right" (*Science and Health*, p. 227). As Americans celebrate their 250th birthday, I hope everyone, no matter where they are on the globe, can use this as an opportunity to

begin celebrating their own God-given liberty from oppression of any kind.

*Mark Raffles*

**A few years ago**, I served as a volunteer chaplain at a United States Navy training base. On Sundays, in a large chapel building, recruits could visit with clergy and volunteers from 17 different faiths.

For many of those who came to me as the Christian Science volunteer, it was their first exposure to the religion, and I knew it was important to clearly and accurately convey the fundamentals of Christian Science and its benefits to mankind. I also felt it would be helpful to give an overview of its history, including its Discoverer and Founder, Mary Baker Eddy. My purpose was to provide something tangible that could help guide and support those young men and women during their training and beyond. Many of them were away from home for the first time, and they often expressed fear that the training would prove overwhelming.

In the Christian Science textbook, *Science and Health with Key to the Scriptures*, Mrs. Eddy writes, “God is incorporeal, divine, supreme, infinite Mind, Spirit, Soul, Principle, Life, Truth, Love” (p. 465). I found these seven synonyms for God a great starting point for introducing Christian Science, and on Sundays, we talked about how each synonym helps us understand God’s nature and our relationship to Him. As part of each session, I would read Bible passages describing how God supplies us with strength, courage, intelligence, and protection. I would then read correlative passages from *Science and Health* that explain and reinforce those powerful concepts.

Afterward, attendees would line up with questions or with requests for support through prayer. The most frequent question was, “Where can I get that book?” Navy regulations were very strict regarding both interactions with recruits and what media they could accept. Fortunately, distributing a religious textbook was permitted, and I was able to fulfill a large number of requests for *Science and Health*, sometimes fifteen or more on a given Sunday.

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## Fly free!

*Anikpe Idowu Mohammed*

There you are in this tiny cage.  
There you are in this metal cage.  
Trapped!

Yet you sing beautifully and flap your wings.  
Other birds swoop in daily and share your food.  
They fly away, but you remain in the tiny metal cage.

One day, your eyes are opened.  
You glimpse the unfettered expanse  
of God and all His creation.  
You see the error in your thinking!  
It is your right to fly freely in the skies.

The door swings open and, cautiously,  
you make your first move toward freedom.  
Can this be true?  
Yes—you are free to soar  
as the expression of Mind.

Now you see clearly:  
You were never caged;  
you have always been free!

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## ***Science and Health: A powerful preacher***

*Sharing Christian Science and its remarkable textbook is a divinely impelled act of love.*

Looking at all those earnest young men and women under the stress of military training brought out a strong desire to provide immediate and effective aid. The temptation was to believe that I was personally responsible for helping them understand the concepts in *Science and Health*. I prayed diligently for direction and was comforted by the God-sent message that for a hundred and fifty years the ideas in *Science and Health* have touched human consciousness right where it was needed at the time, bringing inspiration and healing. I could trust the textbook of Christian Science to be fully sufficient.

Mrs. Eddy wrote, “The Word of God is a powerful preacher, and it is not too spiritual to be practical, nor too transcendental to be heard and understood” (*Message to The Mother Church for 1901*, p. 11). And emphasizing that her book presents the Science of the Christ clearly, she stated, “. . . it has healed multitudes of disease and has revealed God to well-nigh countless numbers—facts which prove, (1) that Science and Health does not need to be interpreted to those who are earnestly seeking Truth; (2) that it is not possible to state truth absolutely in a simpler or more pleasing form” (*The First Church of Christ, Scientist, and Miscellany*, pp. v–vi).

There were some wonderful demonstrations of supply regarding the books. One time, I was in the airport, returning from my annual Christian Science students’ association meeting. Seated next to me and waiting for the same plane was a woman I recognized from the meeting. My work with the Navy recruits came up in our conversation. She reached into her purse and handed me a large sum of money. She told me that her family saves up every year to support a worthy cause, and getting those copies of *Science and Health* into the hands of military recruits fit that description. I was profoundly grateful for her generosity.

Another demonstration involved the location of our Sunday meetings. When I started my tenure on the base, the Christian Science meetings were held in a small conference room with around 15 chairs, as that had been sufficient in previous years. At my very first Sunday there, however, the room overflowed with attendees, many of whom had to sit on the floor or

just outside the door. The chapel building had spaces of various sizes, but when I inquired about reserving a larger space, the senior religious officer told me that all spaces were occupied. He added that while I could put in a request for more space, it would be some time before it would be granted.

That week, I prayed deeply, affirming God’s loving control over all, including military procedure. I held firmly in thought that sharing Christian Science and its remarkable textbook is important work, an act of love, and divinely impelled. Those young people were yearning for exactly what our meetings provided, and nothing could prevent the Christ, Truth, from reaching them in just the right way. When I showed up the next Sunday, I was informed that a generous auditorium had unexpectedly become available due to the transfer of a clergyman of another denomination. This was the perfect solution to our needs, and more and more recruits were exposed to *Science and Health* through attendance at the larger venue.

While it’s always important to meet someone’s thought in a manner that’s practical, we can be confident that it is Christ, the power of the Word, that enables and supports the communication. This inspiration cannot be hindered by any mistaken belief in lack or limitation. *Science and Health* and its Key to the Scriptures have blessed mankind for a hundred and fifty years, and it will continue to meet the needs of humanity.

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## Weekly updates: June 29, 2026

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

This special issue—written by and for college students—offers a fresh perspective and inspiration on topics

such as AI, relationships, and purpose. After July 20, you can read and listen to the issue online at [cssentinel.com](http://cssentinel.com), and share articles directly via email, text, or social media—especially with young adults you may know. You can also stop by your local Christian Science Reading Room to purchase a hard copy, or you can order the issue from the Christian Science Online Shop.

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

## IN CASE YOU MISSED IT

### Learn How to Mark the Bible Lesson

Reading the *Christian Science Quarterly* Bible Lessons from the Bible and *Science and Health with Key to the Scriptures* by Mary Baker Eddy is one way to deepen study and strengthen spiritual understanding. A new short, step-by-step video on [biblelesson.com/marking](http://biblelesson.com/marking) walks you through what you'll need and how to mark your books. This video provides examples of different marking strategies. It shows how to use markers and chalk, and if needed, where to find the page listing each book in the Bible and the page it starts on. And you can also find some written examples below the video.

### New "Sports and prayer" Digital Collection

Prompted by this summer's FIFA World Cup, a new collection of articles related to sports has been posted on [JSH-Online.com](http://JSH-Online.com). The "Sports and Prayer" digital collection explores how Christian Science can be applied to various aspects of athletics—such as performance, talent, sportsmanship, and competition—and includes a host of inspiring healings of sports injuries. Explore the collection and study the metaphysical ideas at [jsh.christianscience.com/](http://jsh.christianscience.com/)

collections and share them with your teammates and fellow church members.

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## Learning more about God —at camp

Zana Hess

**It was my first summer** at a camp for Christian Scientists.

I was eight years old at the time, and everything felt new—the big trees, the smells, and all the kids who seemed to already know each other. That first night, after the lights went out in the cabin and the chatter quieted, I felt scared. I missed home. I thought, What if I'm alone here?

Then I remembered something my Christian Science Sunday School teacher had told me: "God is Love. That means Love is right where you are, all the time." I also thought about something I'd learned from reading *Science and Health with Key to the Scriptures* by Mary Baker Eddy: "Divine Love always has met and always will meet every human need" (p. 494).

So I asked myself, What do I need right now? I knew I needed to feel safe and loved.

In that moment of prayer, it felt like God was hugging me. Not with actual arms, but with calm, like the warmth of sunshine or the way water feels when it wraps around you in a lake. I knew that God hadn't dropped me off at camp and left, because God is ever present. God was right there, as I lay in my bunk and the trees rustled in the wind; He was expressed in the laughter of the other kids and even in the silence.

The next morning, I noticed that my counselor was kind and smiled at me, and a girl from my cabin invited me to sit with her at breakfast. I realized I wasn't forgotten or abandoned. I had never really been alone.

God was already there, and I could feel God’s love in the friendships, activities, and joy I got to experience. Every day after that felt like a gift. One day at lunch, I even made new friends. I started to look for God’s love reflected in everything I did—and I always found it.

Last summer, I attended a different camp for Christian Scientists—this time, as a sixteen-year-old kitchen crew intern. It felt like a full-circle moment in going back to camp, especially because I was feeling more grounded in what I’ve come to know about God and His ever-present love.

My job was to help prepare meals for campers and staff. It was a summer of early mornings, dishwashing, and laughter over uniforms that never seemed to stay clean or dry. It was busy, joyful, and humbling. And I realized that even though I wasn’t with campers all day, our work behind the scenes was just as important. Every family-style meal, every chopped tomato, was an expression of love, service, and care.

One morning, I woke up feeling anxious. There was a lot to get done that day, and I was tired. I started to worry that I might let the team down. I even wondered if I was really ready for this responsibility.

That’s when I remembered another idea from *Science and Health*: “God is everywhere, and nothing apart from Him is present or has power” (p. 473).

This statement reminded me that I wasn’t doing this work alone. Strength, intelligence, joy, and peace were already present because God is always present. I didn’t have to manufacture those qualities—I reflect them effortlessly because God created me. That moment completely shifted my day. The tasks didn’t suddenly disappear, but the pressure did.

Being at camp last summer left me with such a deep sense of gratitude—not just for the fun and the friendships but for the many ways I found to practice Christian Science each day. I’m grateful that I was able to support camp, whether by singing joyfully while sweeping the dining hall or by praying quietly in the kitchen during a busy lunch shift.

I also saw so clearly that God’s goodness and love aren’t something I have to chase or earn. They’re always right where I am, just like I’d found when I was eight and learning to trust that I wasn’t alone. I now see that the truth remains the same: I am not alone. None of us are.

God is everywhere, and God’s love is always enough.

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## “I had great confidence God would heal me”

*Fabiola Calle Calle*

Originally published in Spanish

**When I found Christian Science** many years ago, I was living in a small town in Cáceres, a province in the Extremadura region of Spain. One day my aunt told me that someone had given her and my uncle a book called *Science and Health with Key to the Scriptures* by a woman named Mary Baker Eddy, and that reading this book could heal.

At the time, I was working as an assistant in a pediatrician’s office. I had a problem with kidney stones and had been hospitalized several times. Since my last hospitalization had been so unpleasant, I had decided I would not return to the hospital again and would follow a different path.

Interested by what my aunt had told me about *Science and Health*, I got a copy of the book. As soon as I started reading it, I liked it a lot because it talked about harmony and goodness and God’s love for us. That really caught my attention. As I continued reading, I began to understand that God is good, He cares for us, He heals us, and He is All. I began to see myself as the daughter of God and to understand that I am spiritual.

When I had another kidney stone crisis, I managed to get the phone number of a Christian Science practitioner, an American woman who had been living in Spain for many years. After I explained to her what

was happening, I remember she simply said, “Very well, I’ll get to work,” which I understood to mean she would be praying for me.

Following that call, I went to my parents’ house in the village and stayed there. All the while, the practitioner was praying for me. I knew very little about Science at that point. I was very ill all weekend and in a lot of pain, but I kept reading *Science and Health*. My parents were a great support because they respected my wish to rely on God for healing. Plus, the local doctor was away that weekend.

The aunt who had introduced me to Christian Science came to the house to help comfort and care for me. I remember that she insisted on the importance of heeding this statement on page 412 of *Science and Health*: “Mentally insist that harmony is the fact, and that sickness is a temporal dream. Realize the presence of health and the fact of harmonious being, until the body corresponds with the normal conditions of health and harmony.” I remember my mom and aunt reading aloud to me the Lord’s Prayer and its spiritual interpretation from *Science and Health*, and also “the scientific statement of being,” which begins, “There is no life, truth, intelligence, nor substance in matter. All is infinite Mind and its infinite manifestation, for God is All-in-all” (*Science and Health*, p. 468).

To be honest, it was not easy to see matter or disease as unreal at the time, but I had great confidence God would heal me. I remember falling asleep one night two or three days later and waking up the next morning free of pain, free of everything wrong. And feeling very hungry because I hadn’t eaten for two days! I asked my mother to make me a ham sandwich.

After learning what had happened, my boss, the pediatrician, insisted that I have a blood and urine test when I returned to work because he thought I must have an infection. The results showed that I was fine, which surprised him.

Although some twinges of the old problem returned briefly years later, I was clear from the outset that God is all-harmonious, and I am His spiritual, harmonious

reflection. And that was the end of it—the healing was firmly established and the problem never recurred.

That’s how I first learned about Christian Science. I’ve been studying this Science for almost forty years now and have had many other wonderful healings.

**Fabiola Calle Calle**

*Plasencia, Cáceres, Spain*

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## Grateful for God’s quick help

*Rick Carlson*

**A quick but significant** healing prompts me not to delay any further in sharing this testimony and my gratitude for Christian Science.

Early last year, as I sat in my living room after work, I suddenly became aware of intermittent sharp pains in my stomach. They rapidly grew more intense and frightening. I declared that God is All and that He created everything good, as stated in the first chapter of Genesis: “God saw every thing that he had made, and, behold, it was very good” (verse 31). However, mentally staying with this spiritual truth required serious effort as the pains intensified.

A few salient points filled my thought, such as that a healing outcome for this situation was sure, as whatever limiting thoughts I held about myself were replaced by what God knew about me. Some of those limiting thoughts included, “I’m not sure I’m capable of overcoming this through prayer because the pain is so distracting” and “What if my thought isn’t always in the place I know it should be, and I don’t deserve help?” But I knew these thoughts had no basis in spiritual truth. Only what God, Spirit, knows is true, and He was knowing me right then as spiritual and perfect, made in His image and likeness.

It was reassuring to know that I was included in the “every thing” that God made and declared very good. There was—and is—no power or opposing viewpoint to persuade me otherwise. I remember feeling grateful for the opportunity to affirm God’s allness amid the aggressive pain. Even during the worst of it, I knew that my freedom was already at hand and that God was leading me.

I was also grateful for the many testimonies of healing in the Christian Science periodicals that I’ve read over the years. They always reassure me that heaven, harmony, is here right now and that I too can expect God’s help. That abiding gratitude strengthened my trust in God.

The pain receded as I stood firmly on the absolute truth of my inseparability from God, divine Love. As I recall, the pain was entirely gone within about ten minutes, and it has never returned.

I am filled with gratitude because this experience showed me the immediacy of the power of divine Truth in the face of what had felt like a terrifying situation.

**Rick Carlson**

*Michigan City, Indiana, US*

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## Healing after bicycle accident

*Benjamin Moyer*

**One morning, I was** on a training ride on my bike in the mountains near my home in Colorado. I was on the road and making a fast descent when I entered a tunnel. Since I was the only traffic in the tunnel, I veered to the center to be as far from the sidewalls as possible. But when I got to the center line, I was surprised to encounter newly installed rumble strips in the pavement. The vibrations from running over the strips at high speed caused me to lose control of the

bike. I somersaulted off the bike and hit the pavement, skidding on my backside for a number of yards. My bicycle ended up against the sidewall about 25 yards (almost 23 meters) away.

When I came to a stop, I was hurt and confused. However, I knew I needed to get out of the roadway before a vehicle came through. I had studied and practiced Christian Science all my life, so I knew what to do.

I immediately started praying, affirming that I was all right and could get up. This affirmation was based on a statement I recalled from *Science and Health with Key to the Scriptures* by Mary Baker Eddy: “Accidents are unknown to God or immortal Mind, and we must leave the mortal basis of belief and unite with the one Mind, in order to change the notion of chance to the proper sense of God’s unerring direction and thus bring out harmony” (p. 424). I knew I couldn’t be separated from God’s care.

Holding to those thoughts, I got up and hobbled over to my bike. During this time, two runners who had passed me as I entered the tunnel came running back to me, having heard the crash. They were very concerned and wanted to help. I thanked them for their concern and showed them that I could walk and that my head was not hurt. Although other parts of my body were painfully screaming for attention, and I was bleeding in several places, I assured them that I would be fine. I knew that I was a spiritual idea of God, Spirit, never subject to material conditions, including an accident. They seemed satisfied to see that I could move around, and they continued on their run.

My bike was not rideable, so I called my wife on my cellphone and asked her to come pick me up. While I waited, I continued to walk around, mentally refuting the physical evidence of damage, and holding to the truth that there can be no accidents under God’s unfailing care. Though my wife was fearful when she saw me and thought I should go to the hospital, she was willing to let me rest at home and pray. I assured her that I was praying diligently and that I was OK, although finding it hard to move around.

That week’s Bible Lesson from the *Christian Science Quarterly* was on the subject “Mind,” a synonym for God.

There were many helpful passages in the Lesson for me to study and pray with over the next couple of days. I strove to know that I could be conscious only of my true, spiritual selfhood and that I was untouched by any disturbing mishap. On page 180 of *Science and Health*, I read, “When man is governed by God, the ever-present Mind who understands all things, man knows that with God all things are possible.” I knew that I was never outside of God’s care for even a split second, so it was possible for me to realize my wholeness and perfect health.

On page 151, I read, “All that really exists is the divine Mind and its idea, and in this Mind the entire being is found harmonious and eternal.” I love this statement! My entire being is harmonious because I am held in the one Mind, God. I could not suffer from any belief in lack —of attention to detail on the road, of skill, or of control. And then I found this passage helpful: “In Science, all being is eternal, spiritual, perfect, harmonious in every action. Let the perfect model be present in your thoughts instead of its demoralized opposite” (p. 407). Keeping the perfect model in my thoughts and knowing my true, spiritual identity as flawless and harmonious proved to be important.

There was steady progress back to my normal level of activity. Three days after the crash, I completed a swimming workout and an exercise class at the gym. Six days later, I took a cross-country flight and swam in the ocean.

In a few weeks, I was doing my normal training rides and running. A couple of earlier injuries that had been slow to heal in the months before this incident were also completely healed during this period of prayer. I have been swimming, biking, and running at full strength ever since—without any trace of injury. I am very grateful for these healings and to know and feel the omnipresence and omnipotence of God, good.

**Benjamin Moyer**

*Grand Junction, Colorado, US*

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## Letters & Conversations

*Beverly Bartlett, Cindee Gantick, Bob Minnocci, Sharon Crane*

### > Candace Anderson, “Safe at school,” May 25, 2026

How wonderful it was for the writer to trust God so clearly that not only was she safe, but the young man was safe as well; safe from committing a crime. Thank you!

**Beverly Bartlett, Shrewsbury, Missouri, US**

This was a profound reminder that divine Love has to have its manifestation. It lifted my thought at the perfect time. I’m reminded that I can impact lives as the storm roars about me.

**Cindee Gantick, Clark, Colorado, US**

### > Linda Vara, “Experiencing God’s kingdom: A present possibility,” May 25, 2026

The writer has done a wonderful job illustrating and explaining the practical nature of Mary Baker Eddy’s statement: “Divine Love always has met and always will meet every human need” (*Science and Health with Key to the Scriptures*, p. 494). Thank you.

**Bob Minnocci, Boston, Massachusetts, US**

## > Andy Remec, “God-impelled prayer heals lump under arm,” May 25, 2026

I really appreciated this testimony of the clear and effective demonstration of Christian Science.

**Sharon Crane, Saint Charles, Missouri, US**

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