



CHRISTIAN SCIENCE Sentinel

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

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EDITORIAL

- 2 When looking back holds us back
Larissa Snorek

DAILY PRACTICE

- 3 Approaching any “laundry list” with Love
Heather Bauer

LOVING THE SCRIPTURES

- 5 Caesarea Philippi

PRAYING FOR THE WORLD

- 5 Christian compassion
John Paxton Qualtrough

SPIRITUAL JOURNEYS

- 7 My winter doldrums were chased away
Suzanne Kinser

YOUTH

- 9 Will I have to study all night?
Molly Richardson Jerry

BACK TO BASICS

- 10 Forever shining
Whit Larsen

LIVING CHURCH

- 10 Weekly updates: February 23, 2026

TESTIMONIES OF HEALING

- 11 No more heart trouble and self-condemnation
Bill Flatley
- 12 Prayer restores hearing
Cecilia Carzoglio
- 13 A “prayer walk” healing
Florence Savoye
- 14 Letters & Conversations
Rachel Kandi, Elizabeth Harned

When looking back holds us back

Larissa Snorek

We all feel nostalgic from time to time. Sometimes this disguises a desire for meaning or belonging. But looking back isn't helpful if we're entertaining, maybe unconsciously, thoughts of "Things were better when . . ." Longing for what once was, or idealizing a certain time period, with either regret or nostalgia, can box in our thinking with a sense of life bound by time periods and material conditions. It can obscure the spiritual fact that real good is abundantly present, here and now.

To help us understand more deeply the good that is always available to us, Christian Science explains all true good as sourced in God. God, divine Life, is unchangeable and eternal. And God's expression is eternally active, never outdated or diminished or bound to a certain age or period. Many individuals have found that studying and practicing Christian Science helps them to be more aware of the divine power and presence.

We start with understanding that spiritual progress is linked to thought that is forward-looking—toward the understanding of the present reality of God's kingdom. Referring to the words of the master Christian, Christ Jesus, Mary Baker Eddy wrote, ". . . 'The kingdom of God cometh not with observation' (with knowledge obtained from the senses), but 'the kingdom of God is within you,'—within the present possibilities of mankind" (*Miscellaneous Writings 1883–1896*, p. 251).

Seeking the kingdom of God within—available to each of us now—helps anchor our thought in the truth that the blessings God gives are never tied to a material form, circumstance, or period. They are always available and are found through our unbreakable connection with divine Life and Spirit.

It can be tempting at times to look at an undeniably "golden age" of healing—such as the time of Jesus and his disciples or of Eddy and her early students in Christian Science—through the lens of nostalgia. Yet, we can find encouragement and inspiration by learning from the past rather than longing for it. When we feel gratitude for past blessings, it has the promise of enriching our present experience.

Yearning for a time that we perceive as having been filled with strong healings speaks to a present-day hunger to witness more of this healing power today. And this is a holy yearning. But when we imagine that healing, inspiration, or holiness belonged more fully to another time period, we deny the timelessness of the Christ, Truth.

As the divine manifestation of God, Christ has no beginning and no end, and no relation to time at all. God's goodness has never been nearer to us at any time in history than it is currently. Whenever and wherever thought is receptive and willing to yield to divine law, we can experience the kingdom of God.

The Bible's account of Lot's wife (see Genesis 19:1–26) offers a vivid illustration of this spiritual lesson. Her backward glance could be considered to represent an attachment to a matter-based sense of life being left behind. Trusting instead in the truth of God's ever-presence, we can look forward to a bright future and can practice and prove today what Jesus taught and evidenced of God's goodness and healing power. Jesus' examples of healing are proof of the timelessness of the presence of Christ. The divine qualities that prepare the mental soil from which healing springs up are not historical, but spiritual, and therefore ever active and right at hand. Feeling gratitude and appreciation for what has come before brings strength and clarity to the present.

The works done by Christ Jesus and his immediate followers—and, later, by Eddy and those she directly taught—proved the ever-present and unchanging reality of God's goodness and power, and every healing published in this magazine and its sister publications, *The Christian Science Journal* and *The Herald of Christian Science*, proves that the divine goodness

and power are just as present and effective today. The recently published book *Christian Science: Continuing Evidence of Christ-Healing* includes more than eighty verified, contemporary accounts by people who were healed through reliance on Christian Science—of, for example, anxiety, seizures, cancer, alcoholism, and severe injuries.

There is no time, no era, in which divine Truth has been more effective than it is today. “The teachings and demonstration of Jesus were for all peoples and for all time; not for a privileged class or a restricted period, but for as many as should believe in him” (*Miscellaneous Writings*, p. 244). Whether or not it’s been recognized in any given time period, Christ, Truth, remains constant. What an assurance—to know that the same Christ that brought healing two thousand years ago is present today, communicating spiritual good to human consciousness and reminding us that God’s power is available to all of us here and now.

Larissa Snorek, Associate Editor

DAILY PRACTICE

Approaching any “laundry list” with Love

I saw that the full radiance of God’s work was already complete and being expressed in my day.

Heather Bauer

Do you ever feel you have a “laundry list” of things that you need to work on in your life? The thought may come, “Where do I even begin?” or maybe “I have so much to work on; I’ll just think about all this later.” There is always something to pray about!

When I pray, I turn to the Bible and the Christian Science textbook, *Science and Health with Key to the Scriptures* by the Discoverer and Founder of Christian Science, Mary Baker Eddy. Studying these books gives

me a clearer understanding that man—the true identity of each one of us—is God’s expression, whole and complete, and that prayer is certain, infinitely helpful, and *not* guesswork.

I am a Christian Science practitioner, and sometimes when people ask me for treatment in Christian Science, they tell me that there are a bunch of issues they’re dealing with and add, “I’m not sure where to begin, but let’s start with this.” And I first address their “laundry list” thoughts and their overwhelming feelings of “where do I even begin?” I meet this directly with prayer, knowing that man, God’s child, is spiritual and already free—is never overwhelmed, lost, confused, discordant, fractured, in over his head, or limited in any way.

In my prayer, I affirm that God’s loving hand is always at the helm and that we can trust the efficacy of Christian Science, knowing wholeheartedly that it is demonstrable. I am grateful to know that prayer shines a light on whatever false belief needs to be expunged so we can recognize it and remove it, welcoming the light of Truth into our thoughts.

I remember a specific morning a few years ago when I felt that there was a laundry list of things I needed to get done; it seemed as if there were many things that needed to be healed. But I knew with my whole heart that turning to the Bible and the Christian Science textbook would cause a course correction in my thought, bringing a sense of dominion and a recognition of God’s law as being in complete and harmonious control.

On this particular morning, my practice was extremely busy. I was also experiencing an ache in my body; there were challenges in my marriage; a family member was needing two visits from me that day; and we were organizing paperwork for one of the children for college (we homeschooled, so there was triple the usual paperwork). And I just thought, “Oh, my goodness, where do I even begin?” The answer followed: “Less of me and more of God!” Yes, begin with God.

Well, I opened *Science and Health*, and there on the very first page of the Preface it says, “The wakeful shepherd beholds the first faint morning beams, ere cometh the

full radiance of a risen day” (p. vii). It was such a beautiful, calming thought—the Christ message, God’s message of tender love to humanity.

I thought of the “wakeful shepherd” as me and saw that the full radiance of God’s work was already complete and being expressed in my day. I saw that God, Spirit, was ever present and that I was a complete and whole spiritual idea, as was everyone I was praying for. I just felt bathed in the beautiful healing light of Christ.

What came with this involved an old-fashioned saying that I’d never really used before and that is related to relentlessly working. Some online sources say its origin has to do with milling grain, others with sharpening tools. What I heard from God was, “No ‘nose to the grindstone’ for you. I am All, and you are Mine.”

I reasoned rightly, “In Truth, you are not changing or repairing anything. You are not relentlessly toiling away to make yourself, your church, your practice, your children, or your body better.” It was just this moment of truly seeing God. Everything is of God, I realized; it is God’s work, and it is all good.

It was a moment of removing false beliefs and diving completely into spiritual understanding. *Science and Health* says, “Belief is changeable, but spiritual understanding is changeless” (p. 96). Oh, I love that thought!

So, a side note here is that I had been praying about a mark on the bridge of my nose that had grown over a period of years and that I would usually cover with makeup. I was not praying specifically about that on that morning. But after hearing that beautiful message of not putting my nose to the grindstone and thinking more of being “about my Father’s business” (Luke 2:49), I did turn to a nearby mirror, look at myself, and smile. I said, “You are God’s spiritual, perfect idea.” Then I went back to work. And it really was a moment of prayer, of just understanding my oneness with God and replacing a limited, mortal view with the light of divine Truth and Love.

In so many Bible stories, Christ Jesus is showing our oneness with God. And I truly turned to and leaned into that thought and the spirit of this quote from *Science*

and Health: “Jesus of Nazareth taught and demonstrated man’s oneness with the Father, and for this we owe him endless homage” (p. 18). Well, my laundry list began to dissolve, as did my anxious thoughts.

Everything was set right. The ache in my body disappeared, and I could move with freedom; my dear husband and I worked things out; I had two long, joyous visits that day with the family member who needed me; all of the paperwork was turned in (and on time, which was incredible!); and my practice found such balance that day—a balance that continues. Most importantly, it was a day full of productive conversation, prayer, and healing.

But what I also found very moving was that the very next day, that mark on my nose was completely gone. The skin was totally smooth, and I gave such gratitude for that healing. I’d learned a higher, all-encompassing lesson about prayer.

Science and Health says in the chapter “Science of Being”: “Divine metaphysics explains away matter. Spirit is the only substance and consciousness recognized by divine Science. The material senses oppose this, but there are no material senses, for matter has no mind. . . .

“Hence, as we approach Spirit and Truth, we lose the consciousness of matter” (p. 278). And I feel that that’s what happened. I truly lost any sense of matter-based fear suggesting disorder or discomfort and was feeling the all-encompassing love of Spirit, God, and the powerful wisdom and intelligence of divine Truth.

So if you ever feel you have a laundry list of things to work on or pray about and are wondering where to begin, begin with God. Listen to divine Love, and the healing message of Christ will deliver. It will be heard, felt, and seen.

Caesarea Philippi

Caesarea Philippi was the site of Christ Jesus' momentous question about his identity. By that time, his disciples had heard his Sermon on the Mount and witnessed many of his healings—including feeding two huge crowds with tiny amounts of food, stilling a storm at one command, and walking on water. But did they truly recognize his unique status as the promised Messiah?

Before asking them, the Master leads them on an all-day walk to this significant Roman city. Caesarea Philippi was named for Roman emperor Augustus, and *Philippi* (a reference to Herodian king Philip) was added to distinguish it from other cities named in Caesar's honor. As a center of polytheistic worship, it represented total ignorance of the one God. Against this backdrop, Jesus calls for public affirmation of his Sonship with God.

A huge cave near the city was considered by pagans the gateway to hell—and some scholars assume the Master chose this site for his question, “Whom say ye that I am?” When Peter professes him to be “the Christ, the Son of the living God,” Jesus declares, “Thou art Peter, and upon this rock I will build my church; and the gates of hell shall not prevail against it” (Matthew 16:15, 16, 18).

“In other words,” writes Mary Baker Eddy, Leader of the Christian Science movement, “Jesus purposed founding his society, not on the personal Peter as a mortal, but on the God-power which lay behind Peter's confession of the true Messiah” (*Science and Health with Key to the Scriptures*, p. 138).

For more on this topic, see “The universal activity of the Christ” by Janet Clements.

Christian compassion

A higher view blessed my efforts to live my Christianity. I began to see more examples of a convergence between community resources and the needs of the unhoused.

John Paxton Qualtrough

I was touched upon learning that Mary Baker Eddy, the Discoverer of Christian Science, established the *Sentinel* with the purpose “to hold guard over Truth, Life, and Love” (*The First Church of Christ, Scientist, and Miscellany*, p. 353). This challenged me to find ways of holding guard over Truth, Life, and Love in my own life and community. How could I best live a more truthful and loving life by compassionately engaging with others and offering Christianity?

A notable need in my area is housing and helping the unhoused. Many have created dwellings out of tents or scraps of building materials, cardboard, and the like. I felt impelled to find a way to address this need, even if only in a small way. But how do we begin to address such an overwhelming challenge?

I remembered a term that had come up at a meeting I attended some years ago: “casserole Christianity”—referring to our practical love for others. So some friends and I began preparing food for people living in tents and shanties along our public streets. I deliver this food on my way to church on Sunday mornings.

To give deeper purpose to this “casserole Christianity” activity, I needed to be sure that prayer was leading the way. Each week, I would pray for guidance as to what areas of our city to serve. Additionally, my prayer was firmly anchored in the expectation that this act of love would bear fruit and bring lasting change.

Those tents and shanties became for me sacred spaces—places where we could connect in love and kindness as children of God.

Within a few weeks, I began to have more regular contact with some individuals, and they would strike up

meaningful conversations with me. Others' faces would light up when they saw me coming, and they would often say, "God bless you." I was also encouraged in this work by Jesus' instructions to his disciples as he sent them out into communities to preach and heal: "Into whatsoever house ye enter, first say, Peace be to this house" (Luke 10:5). With peace at the forefront of my thought, those tents and shanties became for me sacred spaces—places where we could connect in love and kindness as children of our Father-Mother God.

One day, I arrived at a small plot of ground above the freeway to find a man raking the area around his small tent. We formed a friendly relationship, and I even felt comfortable bringing him to my home on a farm every few weeks so he could bathe and put on clean clothes that I provided. We enjoyed many wonderful conversations about religion. He would share about his mother, who belonged to an evangelical Christian church. I shared with him stories of my mother, who was a Christian Science practitioner for thirty years. We enjoyed feeling a meaningful connection as we shared our mutual love for God.

Soon, this work led me to want to do more in sharing with and caring for those who needed a home. My prayers brought into my life two people who had been living in a van while they tried to earn a living remodeling vans for others. I offered them an extra room in my house, where they lived for a year. During this time, we had many conversations about God, our life purpose, and what choices we could make to move our lives forward. Both had abandoned any sense of traditional theology because of what they described as hypocrisy in their families. But as we shared evening meals, our dinner conversations took on deeper meaning and purpose and led to discussions about God as the infinite governing power. Eventually, they purchased their first home and left the farm with an honest willingness to understand more of God as the governing Principle in their lives.

Reflecting on Eddy's mission for the *Sentinel* opened my thought to a wider view of being a Christian and to new ways of engaging and contributing to a healing ministry in my community. She wrote about this Science as spiritual leaven working in human

consciousness, individually and collectively. In the chapter titled "Science, Theology, Medicine" in the Christian Science textbook, she says, "If the soft palm, upturned to a lordly salary, and architectural skill, making dome and spire tremulous with beauty, turn the poor and the stranger from the gate, they at the same time shut the door on progress" (*Science and Health with Key to the Scriptures*, p. 142). From my study of Christian Science, I have learned to look beyond poverty, mental illness, drug addiction, and homelessness to see God's creation. It took time to elevate my view because, to some degree, I had accepted these conditions as the reality for these people who were in need of care and a helping hand.

Many people at my church showed compassion for the unhoused as a result of prayer for those in need.

The turning point for me was awakening to the truth that God, infinite Love, meets every human need. I began to see through the stereotype of lack as I met these people face to face. Instead of accepting limitation as real and intractable, I could see the spiritual truth of man as God's image and likeness, forever embraced by God and having all that God, good, gives to each of His little ones. From this perspective, I was able to recognize their innate, God-given ingenuity and perseverance as well as their compassion for one another. My prayers were based on spiritual facts, not matter-based misperceptions. God lifted my view to see the spiritual reality, the allness of God as divine Life. This higher view blessed and supported my efforts to live my Christianity, to offer a hand, and to help to elevate others. I began to see more examples of a convergence between community resources and the needs of the unhoused.

What had before seemed impossible soon occurred. One special area I visited was over a mile long and had had over seventy people living there for several years. I arrived one Sunday morning and was amazed to see that it was all gone. The city had found housing for all who accepted it; the city then cleaned the streets to a spotless condition. What a joy it was to witness this transformation!

That morning at church, I mentioned to another member what had occurred, and she responded: “You must have given them more than food.” *Science and Health* says, “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 aware that there were many people in the community who wanted to see change for the better. I could see that their desire for progress was prayer for these people in need. Many at my church showed compassion for the unhoused as a result of this prayer, reflecting the practical love expressed in this moving statement by Eddy about her discovery of Christian Science: “I named it *Christian*, because it is compassionate, helpful, and spiritual” (*Retrospection and Introspection*, p. 25).

In the Bible’s book of Jeremiah we read, “Am I a God at hand, saith the Lord, and not a God afar off?” (23:23). Prayer can lead each one of us to be part of a Church that *Science and Health* defines, in part, as “that institution, which affords proof of its utility and is found elevating the race, rousing the dormant understanding from material beliefs to the apprehension of spiritual ideas and the demonstration of divine Science” (p. 583). As we apprehend spiritual ideas, we see that God is a God at hand for all humanity—for family, friends, neighbors, and those we have not yet met. We can each be a part of the *Sentinel’s* mission and “hold guard over Truth, Life, and Love” for our communities today.

SPIRITUAL JOURNEYS

My winter doldrums were chased away

Gloom vanished, despite the many months still to elapse before the lilacs bloomed again.

Suzanne Kinser

Ever feel you lack the faith to pray? Try beginning your prayer with intuition. That’s the way I once found

my way out of a situation in which I felt I lacked the faith needed in order to pray. For me, this was unusual; as a life-long Christian Scientist, I was accustomed to praying about all sorts of difficulties, with healing results. This seeming lack of faith was so worrisome that I felt almost desperate.

And when I say I lacked the faith I needed to pray, I don’t mean I lacked the ability to launch into a long, arcane prayer. But I’ve found that this verse from a hymn in the *Christian Science Hymnal* seems to indicate instead the need for simplicity and spontaneity in prayer:

Prayer is the heart’s sincere desire,
Uttered or unexpressed;
The motion of a hidden fire
That trembles in the breast.

(James Montgomery, alt., No. 284)

During the time that I felt I lacked faith, the intuition I turned to was spiritual rather than based on what some might call a gut feeling. It originated in my understanding of God as Spirit and lifted me out of a time when I felt deeply challenged.

Born and raised in California, I moved to the Midwestern United States in winter. Rather than seeing beauty in the landscape, I saw only gray skies and patches of dirty snow. While I shivered and feared that the winter would never end, my two daughters didn’t seem to notice the cold, reveling in the novelty of their first experiences of ice skating and building snowmen.

This was my state of mind when I received a phone call from the mother of a child in my younger daughter’s kindergarten to inform me that there was an outbreak of impetigo in the classroom. Shortly before she called, I’d noticed an ugly patch on my daughter’s chin. This parent said that the disease was highly contagious and advised me to keep my daughter home from school and not allow her to play with other children while the patch on her chin remained.

I remember hanging up and looking out the window at the snow and the gray sky, feeling nothing other than gloom. I knew I had a duty to call the mother

of a neighborhood girl my kindergartner played with frequently, to explain why our children could no longer play together for the time being. She thanked me for notifying her and said she had noticed the patch on my daughter's chin.

Meanwhile, I had my gloom and a very unhappy five-year-old to contend with. She disliked being kept home from school and not being allowed to play with other children. And unfortunately, in the same way that I saw only bleakness in the winter landscape, I was tempted to lose hope of my child being healed quickly.

I knew that Christian Science heals, so what was responsible for this lack of hope? A mere change of geography? Or what I'd often heard referred to as the "winter doldrums"? I seemed determined to find something to blame—but this did nothing to diminish my concern for my daughter. My gloom about winter was intertwined with my worry.

Thankfully, the weekly Bible Lesson (found in the *Christian Science Quarterly*) that I read one morning during this period had the answer. I explicitly remember this citation from *Science and Health with Key to the Scriptures* by Mary Baker Eddy: "Spiritual sense, contradicting the material senses, involves intuition, hope, faith, understanding, fruition, reality" (p. 298).

Suddenly and joyfully, I realized that I wasn't flying blind—not when I had the spiritual intuition that could heal. It was as if a heavy weight had lifted off my shoulders. I realized that my preoccupation with winter had kept my thoughts focused on myself instead of on knowing what God knew about my daughter: that He had made her in His image and likeness and that therefore, she could not experience disease in any form, no matter what it was called or how ugly it appeared.

Eddy states that fear is the source of disease. So I asked myself, "What about this impetigo, then?" The thought "Call a Christian Science practitioner to pray for your daughter" came swiftly to mind. Since my own girlhood in a Christian Science Sunday School, I knew the prayer of Christian Science practitioners to be effective in healing disease. And once again, this proved to be the case. My daughter was healed shortly after I asked for Christian Science treatment. At the same

time, the disease either lessened or ceased among other kindergartners in her classroom, and she was soon able to return to school.

Here it seems worth noting that almost immediately after I finished explaining the need to the practitioner, he assured me so calmly of God's omnipotence and omnipresence that my gloom about winter vanished, despite the many months still to elapse before the lilacs bloomed again. Though I can't claim to have ever learned to appreciate sub-zero temperatures, I did gain an appreciation for the warmth of my many new friendships that developed. Also, while I did not mention to the practitioner the sentence from *Science and Health* that I'd found so inspiring, after I finished speaking with him and was alone with my thoughts, its meaning more fully unfurled to me.

After a long period of apparently going nowhere spiritually, my thought had begun to move again, really move. It was, in fact, on an upward trajectory—leaping and soaring to the faith I had so yearned for, followed by the fruition that faith becoming understanding always brings. Within a very short time, I went from having been down in the dumps, so to speak, for almost half a year to soaring "enraptured, fetterless and free," in the words of another hymn (Violet Hay, *Hymnal*, No. 64, © CSBD).

I continue to cherish the ideas in the *Science and Health* quote that lifted me out of my gloom and helped heal my daughter of skin disease. Every time I come upon it, my heart soars. As a postscript to my daughter's healing, there is this: A neighbor who witnessed it asked me if her two children could join my two daughters every Sunday in the Christian Science Sunday School.

Will I have to study all night?

Molly Richardson Jerry

The summer before my junior year of high school was filled with horror stories. Friends who were now seniors kept telling me how difficult my classes were going to be and how they'd had to pull all-nighters to finish all the homework teachers had assigned. That did not sound like the kind of year I wanted to have.

To be honest, I did spend some of my summer worrying. But I also spent time praying—asking God to help me with whatever challenges I might face in the year ahead. I wanted to do well in school, but I also didn't want to have to stay up all night studying!

When I raised the issue with my Christian Science Sunday School teacher, she suggested that I look at the upcoming year from a different perspective. Instead of praying to get all As, I could see my schoolwork as a way to glorify God.

It can often seem like school is all about *our* efforts and how well *we're* doing, so this would be a shift in approach for me. Instead of focusing on my personal efforts, I could see the upcoming year as an opportunity to demonstrate all the gifts God has so freely given me and all of my classmates.

My Sunday School teacher went on to explain that in *Science and Health with Key to the Scriptures*, Mary Baker Eddy tells us that another name for God is Mind and that we are God's—Mind's—creation. Well then, I reasoned, I can glorify Mind by demonstrating intelligence and wisdom in everything I do. God is infinite good, so I could find unlimited ways to show this in my life, including in school and studying.

I also thought about the fact that, while keeping up with homework often means working hard, God's intelligence doesn't need all-nighters to be expressed; it is always present and immediate. My Sunday School

teacher directed me to a part of *Science and Health* that defines *Mind* as God, "of whom man is the full and perfect expression" (p. 591). I could see how this meant that I couldn't be limited in any way.

Armed with these good thoughts, I started my junior year excited to tackle the challenges ahead. But as the months passed, the workload increased, and I forgot some of the ideas I had prayed with over the summer. I began to feel that in order to keep up with the mountains of homework for all my classes, I had to study many hours each night, without time for much else.

I stuck pretty rigidly to a rigorous study schedule, until one afternoon when a friend told me she was having a hard time. She asked if she could come over after school so we could talk. At first, I hesitated, thinking of all the homework I had to finish that night and a history test I had to study for. But thankfully, I could feel God guiding me to answer, "Of course you can come over." Another friend joined us as well. We hung out until fairly late in the evening, talking and laughing. By the time they left, we all felt a little lighter.

We had spent a little time looking over our history notes together. But I was tempted to think I hadn't put in an adequate number of study hours and that I might have to stay up late. Again, a very clear sense came to me, which I knew was from God, that nothing more needed to be done. God didn't need a certain number of hours of study in order to be expressed. I went to bed—and ended up scoring 100 percent on the next day's history test—my only perfect score of the year.

Letting God take the lead rather than rigidly sticking to my own ideas of how to study was a turning point for me that year. It showed me how to trust God with everything I needed to do and not be inflexibly tied to an hours-long homework schedule. I approached the remainder of junior year in a more balanced way and did well in all my classes, while also maintaining friendships and participating in sports. I never once had to pull an all-nighter!

I was very grateful to God for giving me this needed reminder, which I have referred back to many times in

my life, whenever I have been tempted to hold on to my to-do lists instead of what God is leading me to do.

BACK TO BASICS

Forever shining

Whit Larsen

The sun sets,
ducking below the horizon.
Darkness blankets the landscape.
Yet fear, the awful dim it seems to bring, is futile.

My heart inherently knows
the sun hasn't gone anywhere;
it only seems to have moved from my sight.
I am undisturbed by this limited perspective.

God, like the sun, and Christ, the light you shine,
continue on,
radiating a brilliant glow
on others we cannot see.

The sun has never set.
Life has never left.
And as God's light,
your shine can never be diminished.

Your life, as Life reflected,
continues on.
You have always been,
you will always be,
forever shining!

Weekly updates: February 23, 2026

The Christian Science Monitor launches new design

In January, the *Monitor* unveiled new branding—in print and online—honoring its roots. The new nameplate is inspired by the original 1908 editorial page, including the wheat sheaf designed at Mary Baker Eddy's request. On csmonitor.com, refreshed navigation supports new content focus areas and a page that gives the *Monitor's* print product more visibility with digital readers. In the weekly magazine, the "Reporters on the Job" section is back by popular demand and provides a look at what goes into reporting a story. A larger font size and new layout improve readability, and the "Our World" section is a fresh take on the "Global Newsstand" franchise.

The newsroom's operational pillars

When Mrs. Eddy founded the *Monitor*, she envisioned a daily newspaper for the home. The newsroom has been grappling with what that means for 2026—not only a time when readers tend to consume their daily news online (and often out of the home), but also one of increased reader frustration at the ever-growing speed and distraction of digital content.

In order to carry out Mrs. Eddy's vision "to spread undivided the Science that operates unspent" (*The First Church of Christ, Scientist, and Miscellany*, p. 353), and with the modern media landscape in mind, the newsroom is hewing to the following five operational pillars in its journalism. Much of the language is drawn from Mrs. Eddy's founding editorial and other contemporaneous documents.

- *Bring a healing, purifying thought to many homes.* We counteract cynicism about news and humanity by upholding a higher standard of both.
- *Get above the fray.* Because we're owned by a church, we're free from corporate and political interests.
- *Cover the day's vital global news.* We provide a trustworthy and concise compilation for our thoughtful, busy readers.
- *Investigate ideals and endeavors, not just events.* We keep abreast of the times by recognizing key currents of thought and their impact.
- *Be clean, family-friendly, and nonsensational.* We are "a newspaper for the home."

TESTIMONIES OF HEALING

No more heart trouble and self-condemnation

Bill Flatley

It is with a grateful heart that I share this testimony. Mary Baker Eddy provides guidance for us in times of need with the following passage from *Science and Health with Key to the Scriptures*: "There is no metastasis, no stoppage of harmonious action, no paralysis. Truth not error, Love not hate, Spirit not matter, governs man. If students do not readily heal themselves, they should early call an experienced Christian Scientist to aid them. If they are unwilling to do this for themselves, they need only to know that error cannot produce this unnatural reluctance" (p. 420).

For several years, my heart would sometimes pound or palpitate unexpectedly. Since I had learned to stop the palpitations using a breathing technique until my heartbeat returned to normal, I was more annoyed by the issue than fearful, so I tended to dismiss it. Thinking back on that period, I can see that my attitude was that of "unnatural reluctance." I had been ignoring the problem and even accepting it as somewhat normal instead of treating—and destroying—the claim of a problem as baseless, as we can when putting into practice the teachings of Christian Science.

Then, one evening over four years ago, my heart began to race uncontrollably, and I had difficulty breathing. I became very fearful; my usual technique for stopping the palpitations did not work.

I knew that my first step in giving myself Christian Science treatment was to dispel fear. Immediately, I thought of "the scientific statement of being," found on page 468 of *Science and Health*. Praying from the standpoint that "there is no life, truth, intelligence, nor substance in matter. All is infinite Mind and its infinite manifestation, for God is All-in-all," I gained some relief and continued to pray earnestly. At the same time, though, I was also berating myself for just living with this ailment for so long.

Many citations in both *Science and Health* and the Bible were very helpful. One passage from *Science and Health* was: "God is as incapable of producing sin, sickness, and death as He is of experiencing these errors. How then is it possible for Him to create man subject to this triad of errors,—man who is made in the divine likeness? . . .

"In common justice, we must admit that God will not punish man for doing what He created man capable of doing, and knew from the outset that man would do. God is 'of purer eyes than to behold evil.' We sustain Truth, not by accepting, but by rejecting a lie" (pp. 356–357).

This relieved me of self-condemnation—of any feeling that I deserved to be punished—for my previous inaction, and reminded me that the problem could be seen as a misconception that a heart has any power over Life, God.

The word *heart* appears over one hundred times in the book of Psalms alone, and viewing the concept of heart from a spiritual perspective can help us in times of distress. Here are two citations that were helpful in calming my fear, raising my thinking to a spiritual level, and enabling me to gain dominion during the next few days: "Unto thee, O Lord, do I lift up my soul. . . . The troubles of my heart are enlarged: O bring thou me out of my distresses," and "Be of good courage, and he shall strengthen your heart, all ye that hope in the Lord" (Psalms 25:1, 17; 31:24).

Prayer restores hearing

Cecilia Carzoglio

Originally published in Spanish

As a child, I learned to love God and longed to understand Him better. When I found Christian Science, that deep desire was fulfilled. In her writings, the Discoverer of Christian Science, Mary Baker Eddy, reveals God as infinite Life, Truth, and Love, and man as His spiritual sons and daughters.

By studying Mrs. Eddy's seminal work, *Science and Health with Key to the Scriptures*, along with the Bible, I have learned of my spiritual status as a child of God and been healed of all kinds of problems.

I started learning to play piano when I was six. I loved it and continued my music studies until I graduated and was able to teach. At one point I couldn't hear well in one ear, though. My concern was that my work as a music teacher might be affected. I studied this Bible passage: "The hearing ear, and the seeing eye, the Lord hath made even both of them" (Proverbs 20:12).

I also looked up the definition of *ears* in the Glossary of *Science and Health*: "Not organs of the so-called corporeal senses, but spiritual understanding.

"Jesus said, referring to spiritual perception, 'Having ears, hear ye not?' (Mark viii. 18.)" (p. 585).

Our Leader explains that because we are God's reflection, and God is Spirit, our entire being is spiritual. Sight, hearing, all of man's senses, are spiritual and cannot be lost. Neither age nor accident can destroy them.

I understood that my hearing is forever intact, that I can hear my Father's voice because He communicates directly to my consciousness. There are no intermediaries between the one Mind and His idea.

My students and I had often listened to the music of Beethoven, and they would ask me how he was able to compose such wonderful works even after he had become deaf. Mrs. Eddy mentions his situation in *Science and Health* and adds, "Mental melodies and strains of

In my prayers, I knew that I was not informing God that I needed freedom from a condition, since I understood that God, Spirit, knows nothing of disease, injury, or abnormalities. From my many healings in Christian Science, I have learned firsthand that it's not about changing matter from bad to good. Of course, I wanted a permanent healing, but I knew that it would come about only by understanding myself as wholly spiritual and included in God's allness, in which matter, the opposite of Spirit, is unreal and therefore unknown. This means that there can be "no lapse from nor return to harmony," as stated in *Science and Health* (pp. 470–471). I am always held safe in divine Love, and "I will not fear what flesh can do unto me" (Psalms 56:4).

Over the next few days, Christian Science treatment from different Christian Science practitioners (at different times) was a great support in helping me gain an awareness of spiritual reality, which brought relief. We talked about the fact that my life is entirely spiritual and that omnipotent God, good, would never put me in a situation in which either He or His creation could face an adversary that was more powerful than Him. I sided totally with what's true about God. The palpitations receded as my understanding of God's allness increased.

Over the next several weeks, milder palpitations occurred only sporadically until they disappeared entirely. I no longer used breathing methods to try to stop them, but instead held my ground by understanding this issue as a delusion in light of God's allness. I have not experienced this problem again in the many years since.

I am very grateful to have Christian Science, which enables me to prove that "God is our refuge and strength, a very present help in trouble" (Psalms 46:1).

Bill Flatley

Hancock, New Hampshire, US

sweetest music supersede conscious sound” (p. 213). She also writes, “Harmony in man is as beautiful as in music, and discord is unnatural, unreal” (p. 304).

I prayerfully affirmed that my occupation, which I enjoyed so much, was the expression of the harmony of Soul, and that nothing inharmonious could interrupt it. I felt that God had given me the opportunity to teach music, and I was very happy to be able to share music with the children, who appreciated it so much. I continued to acknowledge and ponder these truths.

One day, when I arrived at the school and was working with the choir, I began to hear their beautiful voices clearly. It was so wonderful! I felt so grateful. All I could do was praise God for His goodness and loving care. He had sustained me in this challenge and had never let me fall from His care.

A hymn by James Montgomery says,

Prayer is the simplest form of speech

That infant lips can try;

And prayer’s sublimest strain doth reach

The Majesty on high.

(*Christian Science Hymnal*, No. 286, © CSBD)

To expect healing is one way to pray without ceasing. It is to turn to our beloved Father like a child, with purity and innocence. It is to elevate our thoughts above what the human situation shows us and to know with certainty that He frees us from whatever is contrary to good. The divine Mind made all and did not create anything that harms or utters a lie, so we can experience only health, justice, abundance, progress—the glorious liberty of being God’s children.

Cecilia Carzoglio

Montevideo, Uruguay

A “prayer walk” healing

Florence Savoye

I had been suffering from heel pain for a few weeks. It was annoying and bothersome because it hurt every time I took a step.

I make it a point to regularly attend the weekly program “Faith in Action” at Principia College, where I work. I’m inspired by this series of public talks on spirituality, which is open to people of all faiths and to all community members.

One week, a staff member discussed “prayer walking”—praying while going for a walk. “Of course—how appropriate for my situation!” I thought. Before we all set off to do a prayer walk together after the program, the speaker shared these uplifting ideas: Spiritually, you are walking in the light of God’s love. There is one intention for the walk: to listen to God. Be open to whatever you may experience. Don’t outline how the experience will unfold. Walk in silence, whether by yourself or with friends. One Bible verse you could consider as you are walking is, “This is the day which the Lord hath made; we will rejoice and be glad in it” (Psalms 118:24).

When the talk concluded, I was incredibly happy to go on the walk. I felt free—it was an opportunity to unplug from technology and screens. The first plant we passed on the path looked like wheat, which made me consider ways that wheat is mentioned in the Bible. During the walk, I continued seeing and hearing nature and considering how it has been referred to in the Bible: an eagle soaring, light reflecting off water, and so on. Awakening to a glorious experience, I was rejoicing!

I was reminded of Job 12:7–10: “Ask now the beasts, and they shall teach thee; and the fowls of the air, and they shall tell thee: or speak to the earth, and it shall teach thee: and the fishes of the sea shall declare unto thee. Who knoweth not in all these that the hand of the Lord hath wrought this? In whose hand is the soul of every living thing, and the breath of all mankind.”

After the group walk, there was time to reflect and eat some light food. It wasn’t until I was headed back to my

car that I realized I hadn't felt any pain in my heel at all during the event.

When the pain came back a little while afterward, I reasoned that if I hadn't felt it during the prayer walk, why should I feel it now? Healing was possible. I needed to wake up from the dream of pain and walk in the light of God's love.

Full freedom from the pain wasn't instantaneous, but over the next week, I kept rejoicing and remembering that I was always walking in the light of God's love—and the pain finally faded away completely.

Every day is "the day which the Lord hath made," and we can be glad and rejoice in it—because God's healing love is always available to all.

Florence Savoye

Florissant, Missouri, US

Letters & Conversations

Rachel Kandi, Elizabeth Harned

> Jenny Sawyer, "Are some people evil?" *Sentinel*, February 2, 2026

This article has helped me as a parent. I live in a toxic environment, where there are constant power struggles. I will pray with these healing ideas as well. I have two sons, one an adult and the other a teenager, and I will share this article with them. I know it's going to help them see things differently. Thank you for these wonderful articles.

Rachel Kandi, *Harare, Zimbabwe*

> Loving the Scriptures

Thank you for this wonderful feature. I like the overview of a biblical concept such as baptism, kingdom of God, or judgment and justice, with a follow-up article on that topic from the archives, which then allows for a deeper dive into that biblical concept. This has been such a boost to my prayer for world events, both in my own community and in the wider community. It has also led to really good, deep discussions with those who are unfamiliar with Christian Science. Keep up the good work!

Elizabeth Harned, *Johnson Creek, Wisconsin, US*

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