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

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Welcome - March 2026

By Aaron Bingham

Dear Friend,

March—here in New England, it's a month of patiently waiting, as some of the first salutes to spring—the snowdrops, crocuses, and early daffodils—burst through the snow to herald the coming season's green-filled glory.

The prophet Jeremiah drew on similar sprouting imagery when he foresaw a “Branch of righteousness” that the Lord would cause to “grow up unto David,” explaining comfortingly, “In those days shall Judah be saved, and Jerusalem shall dwell safely: and this is the name wherewith she shall be called, The LORD our righteousness” (see Jeremiah 33:14–16). This passage marks a notable feminine complement to a nearly identical passage a few chapters earlier that closes with, “this is *his* name whereby *he* shall be called, THE LORD OUR RIGHTEOUSNESS” (see Jeremiah 23:5, 6, italics mine).

While the Jeremiah 23 passage is commonly understood to refer to Christ Jesus, might the corresponding passage in Jeremiah 33 refer to “the bride, the Lamb’s wife” that St. John would describe in Revelation 21—the “new Jerusalem, coming down from God out of heaven, prepared as a bride adorned for her husband”?

The Lamb’s wife, revealing the motherhood of God, conquers evil: “The beast bowed before the Lamb: it was supposed to have fought the manhood of God, that Jesus represented; but it fell before the womanhood of God, that presented the highest ideal of Love” (Mary Baker Eddy, *Christian Healing*, p. 10). Let *that* be noted this Women’s History Month! But what does it matter that in the life of Mary Baker Eddy, in her discovering and founding of Christian Science, this prophesied victory was fulfilled? Every healing in these pages testifies to it: It means the promise for all, today, of that eternal, vernal declaration of Scripture, “Behold, I make all things new.”

We also invite you to view the video invitation from the Christian Science Board of Directors to the June 8, 2026 Annual Meeting of The Mother Church. You can find more information at www.christianscience.com/additional-resources/annual-meeting.

Aaron Bingham, Copy Editor

Readers Respond

By Jeremy Bradshaw, Fenna Corry, Joyce Hawes, Helen Dix, Sandy Harrington

David Grier, “Practical infinity,” *Journal*, January 2026

I found this article extremely thought-provoking. The concept of infinity, whether approached from a mathematical or a Christian Science standpoint, can be hard to get a handle on, and this lucid discussion is most illuminating. In particular, the point that “Infinity is not converted to finiteness with respect to His creation” addresses directly the mistaken sense of limitation that often holds up a sought-after healing or demonstration. Thank you most sincerely!

Jeremy Bradshaw
London, England

Perhaps it’s my decades of teaching math that had me really appreciate this article, but hopefully all who come across it will gain new insights into the concept of infinity. I both read and listened to this, as I often gain new insights when listening. I *so* appreciate the various ways we have of accessing inspirational material.

Fenna Corry
Greensboro, North Carolina, US

Christa Case Bryant, “Our role in fulfilling the mission of *The Christian Science Monitor*,” *Journal*, January 2026

What an inspired and inspiring analysis of the ideal approach to the news! I have been so grateful for the excellent way the *Monitor* is exemplifying this ideal in their reporting. And I have been hearing from my numerous contacts all over, with diverse political views, how pleased everyone is with the way the *Monitor* is reporting news. Keep up the good work to enlighten the world!

Joyce Hawes

New Canaan, Connecticut, US

Elizabeth Crecelius Schwartz, “Caring for The Mother Church,” *Journal*, January 2026

Thank you for this wonderfully inspiring and helpful article. Very thought-provoking.

Helen Dix

Cape Town, Western Cape, South Africa

David S. Hauck, “Finding spiritual light, even in the Bible’s ‘darkest’ stories,” *Journal*, January 2026

Thanks so much to David Hauck for his article about the Bible’s “darkest” stories. I found it so helpful in considering the spiritual messages of Bible stories, and I love the thought brought out in the story of Ananias and Sapphira that sin is exposed and destroyed. I look forward to reading all Bible stories in the future with an ear toward discerning more carefully the spiritual message.

Sandy Harrington

Concord, California, US

Are you advocating for truth?

By Wendy Landry

Truthfulness is a valuable quality; upholding truth in our words and actions is certainly laudable. Throughout the Bible, truth is associated with God. Deuteronomy, for instance, speaks of God as “a God of truth” (32:4). A God of truth is naturally the source of all truth, of all that is legitimate, good, and real. And these adjectives describe the very nature of God—of Truth itself.

Clearly, anything that is erroneous or untruthful cannot originate in divine Truth. Mary Baker Eddy explains, “That God is Truth, the Scriptures aver; that Truth never created error, or such a capacity, is self-evident; that God made all that was made, is again Scriptural” (*Miscellaneous Writings 1883–1896*, pp. 49–50).

The understanding in Christian Science that God is All, and that He made everything good and created man in His image and likeness (as stated in Genesis 1), is a powerful starting point in spiritual healing. It recognizes that man, in divine Science, reflects divine Truth and can therefore be conscious only of what is good and true. The apparent opposite of Truth—called error, sin, sickness, disease, death—has no reality or power, and no basis in Spirit.

Christ Jesus consistently challenged the error of the material senses, or falsehood of life and intelligence in a mortal mind or man. He called it the devil and said, “He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it” (John 8:44). Understanding this removes all supposed legitimacy from error and reveals it as absolutely nothing, no thing.

Error cannot exist in the allness of divine Truth, and we can demonstrate this in our daily experience and find freedom from the falsehoods of material sense.

Once I had the opportunity to think deeply about the allness of Truth and the nothingness of error. Actions I had taken while managing a community-related project were misinterpreted by someone, and my role in the project was mischaracterized. What had seemed to be a successful project outcome was labeled a mistake, and my actions were described to me as intentionally and personally willful. Knowing that I had prayed diligently throughout the project to hear and follow God's direction, I felt hurt by this description of my actions, as well as misunderstood and persecuted.

I thought that I knew what was true about the situation, and that what had been described to me was false. I struggled over several days to understand how my actions had been misconstrued, and discussed the situation with friends and family. I repeated the hurtful words that had been spoken to me, and their reactions were largely sympathetic. While I appreciated this support, these conversations were not helping me feel better or correct the misunderstanding. I just couldn't get past feeling caught between different relative truths.

Eventually, I resolved to humbly pray about the situation, to earnestly turn to God and listen to His messages of truth. Soon this sentence from *Science and Health with Key to the Scriptures* came to thought: "Neither sympathy nor society should ever tempt us to cherish error in any form, and certainly we should not be error's advocate" (pp. 153–154). Aha! Had I been looking for sympathy, and did that desire cause me to cherish the error by holding it in thought? And even more importantly, had I been behaving as error's advocate? That question stopped me in my tracks. Of course, I would never knowingly wish to advocate for error!

I dug a little deeper into the meaning of *advocate*. Dictionary.com defines it as "a person who speaks or writes in support or defense of a person, cause, etc." I knew that strategies of an advocate may include systematic and continuous repetition intended to persuade and influence. Wow. Why would I want to put any time and energy into defending error or persuading anyone else to?

I realized that while holding on to my humanly reasoned viewpoint, I had inadvertently been holding on to the error that I had a mind separate from God that was mortal, fallible, and at odds with other minds.

Now I set out to argue for truth. I reasoned that there is only one Mind, from which originates all truth, and that this truth is objectively factual, not a human, subjective construct. Having a divine origin, it exists independently of personal feelings, beliefs, or opinions. It can't be misunderstood or mischaracterized, because in the allness of Truth there simply is no room for error. Mrs. Eddy writes in *Science and Health*: "Because Truth is omnipotent in goodness, error, Truth's opposite, has no might.... The greatest wrong is but a supposititious opposite of the highest right. The confidence inspired by Science lies in the fact that Truth is real and error is unreal" (pp. 367, 368).

While I prayed along these lines, the mental turmoil I had been feeling dropped away. I felt a sense of peace, along with the assurance that God had always been leading the way forward and would continue to lead me and everyone involved. The words that had been spoken ceased to carry any weight in my thinking; the swirl of human opinions became irrelevant, and I felt secure in the knowledge that nothing but what God knows of me is true or known to others. From the beginning, I had known that this healing could only come about through this deeper understanding of spiritual reality.

As for the project, many are still benefiting from its elevating influence in our community. While that has been gratifying to witness, the peace I gained from this experience was the true reward. As we come to understand God as "a God of truth," we can all feel the profound import of Jesus' promise, "Ye shall know the truth, and the truth shall make you free" (John 8:32).

Prayer cannot change the unalterable Truth, nor can prayer alone give us an understanding of Truth; but prayer, coupled with a fervent habitual desire to know and do the will of God, will bring us into all Truth.

—Mary Baker Eddy

INTERVIEW

Healing: It's not all up to you

By Nikki Paulk with contributions from interviewed by David Brown

In this Sentinel Watch podcast, adapted for print, host David Brown talks with Nikki Paulk, a Christian Science practitioner and teacher from Ponte Vedra Beach, Florida. To hear the entire podcast, visit cssentinel.com/not-all-up-to-you.

David Brown: When we were talking earlier, you mentioned the oneness of God and how that heals. Did you have an experience that brought this into focus for you?

Nikki Paulk: Yes, I've actually had many of those experiences. And I believe that all human error or challenges, disease and lack of any kind, stem from a belief of being separated from God, good, divine Love or Truth. But if we recognize our oneness with God, we get in tune with everything good that constitutes God. And that brings a healing effect.

One time I had a growth on my stomach the size of half a golf ball, which had developed all within only one week, getting bigger every day. All the questions as to "why?" and "what is it?" came pouring in. I usually don't get afraid of anything physical, but this time I did.

I was about to meet up with my husband at a remote island out in the Indian Ocean on the other side of the globe. It was ten o'clock at night, and I had to drive to the airport early in the morning, so I had eight hours at home to both pray about the situation and pack my stuff. I decided to listen to one of Mary Baker Eddy's books, *Miscellaneous Writings 1883-1896*, on audio, which I did for five and a half hours nonstop.

We're talking about Mary Baker Eddy, the Discoverer and Founder of Christian Science, right?

That's correct, yes. And her *Miscellaneous Writings* is so full of instructions, answers, and clarifications about God and our relationship to Him—mind-blowing inspiration, in my opinion—and so many healing truths. In the first half an hour that I listened, I noticed the fear completely vanished. And for the next five hours, I just soaked up the truths I was listening to.

One of them was this statement: "Thought imbued with purity, Truth, and Love, instructed in the Science of metaphysical healing, is the most potent and desirable remedial agent on the earth" (p. 4). That stood out to me. I thought, "My thoughts and aims are pure. I love the truth about God and man being one. And I embody the power of divine Love, which is the most potent remedy on earth."

I remembered something from a book about Mary Baker Eddy; it was about the power of divine Love. She reportedly said, "I saw the love of God encircling the universe and man, filling all space, and that divine Love so permeated my own consciousness that I loved with Christlike compassion everything I saw. This realization of divine Love called into expression 'the beauty of holiness, the perfection of being' (*Science and Health*, p. 253), which healed and regenerated and saved all who turned to me for help" (*We Knew Mary Baker Eddy*, Expanded Edition, Vol. 1, p. 153). With these spiritual truths and many more, I stopped the audio I was listening to and had a complete transformation of my consciousness. I knew my thought had been healed.

Your thought had been healed ...

Yes, I wasn't looking to heal matter, but to correct my thought and recognize my connection, my oneness, with my Maker. So I wasn't occupied with the physical picture anymore. It was a shift in thought. That is what took place. I knew the externalization of this new thought, this new state of consciousness, would soon follow.

There's this saying that comes to mind from the Bible, "I will not fear what flesh can do unto me" (Psalms

56:4). That's how I felt. So I slept two and a half hours and got up and went on a 32-hour trip to my final destination. And as soon as I opened the door to my hotel room, the skin on my stomach opened and started to discard whatever didn't belong. This went on for some days. Then the affected place on my stomach closed up, healed, leaving no trace, and that was the end of it. It was a complete healing.

I think it's important to understand that what we refer to as matter is thought. It's what we believe externalized.

That's a wonderful experience you had and it underscores what you were talking about—the oneness of God, your oneness with God. When I first heard you mention that, I thought, "Well, Christian Science isn't unique in being monotheistic." But how does Mary Baker Eddy explain that oneness in her writings, and what does that mean when you talk about the oneness of God?

It's about recognizing that God is the only cause. Every cause has an effect. And when God is the only cause and God is good, the effect has to be good. We, as God's children, as His image and likeness, are the effect of God's "doing." Recognizing that relationship changes everything, changes your perspective, how you view things.

You know, I think you're saying a lot there that some of us can kind of gloss over sometimes. I'll just speak for myself, but when I think of cause and effect, sometimes I objectify whatever it is that's bothering me, whether it's a relationship or some kind of sickness. I objectify that almost as if I'm accepting a material effect for which there's some kind of material cause. But Christian Science draws out of the lessons in the Bible this idea that God is the only cause, as you were saying. If I really understand that to be true, I've got to let go of this idea that there can be some effect that's out of sync with that statement that God is All and all is Spirit.

That's true—that's right. And this is exactly what Jesus knew. He never bought into lack or disease or evil. He saw God's own likeness expressed in every person and

the harmony of God everywhere. It was a different state of consciousness that he had.

If you accept in some way, maybe even without thinking much about it, that there can be an evil, a sickness—or that even in a relationship someone can be in opposition to good—if you accept that, you can't possibly hold that in your thinking and at the same time believe in this unity of good, this singularity, this oneness of God. They're mutually incompatible.

And whatever you hold to in thought governs your experience. So more than ever before, I am busy seeing more of my, our, oneness with God. The healings I have from that are wonderful.

I had another healing concerning a sight issue. One night I was lying in bed reading a book, and I noticed that everything was blurry. The following night I had the same issue, and it seemed as if it wasn't going to stop. I tried to blink it away at first, but to no avail.

So I thought, "OK, this isn't going away. It's time to recognize my oneness with God again. God certainly isn't having sight issues. So why should I, as His effect? In order for me to have something, God has to have it first, since He's the cause."

In Christian Science, we always start from perfection. We don't work up to it, we start from it. Perfect God, perfect man, perfect universe. God is the only cause and effect. God is all-seeing Mind and is individually expressed in all His children, meaning us. Therefore, I have perfect sight right now, and that never changed, because God never changed.

There's not a commingling between matter and what's spiritual, right?

That's it. And so I thought, "I don't see with matter or through matter, I see in spite of matter." And we get proof of this every night—we just don't think much about it: When we close our eyes and dream, in our dreams we see everything clearly. I have never heard of anyone wearing glasses or contact lenses in their dreams.

So with our eyes closed, we see. And what is doing the seeing? It's always Mind, which we are one with. So I started working and praying with this short truth, "I see with perfect Mind, the only seer." Three nights in a row I worked with this truth, and then the blurring dissolved and I saw clearly again. There was no more discomfort, either.

The only reason we think we can only see with our eyes when awake is because we have been educated to believe so. And what we believe is what we see. Again, thought externalized. When the claim loses reality in thought, it disappears.

The definition of *God* in the Glossary of *Science and Health with Key to the Scriptures* by Mary Baker Eddy begins, "God. The great I am; the all-knowing, all-seeing, all-acting ..." (p. 587)—meaning all action. Sight is a form of action. All wisdom, all doing, you could say, proceed from divine Mind. I always call divine Mind the doer. That's where all real action proceeds from. And I am the individual expression of God's doing, seeing, hearing, and so on. When I recognize that, a shift takes place in my thought, and whatever else seems to be to the contrary loses reality in my consciousness. And when something is no more real to me, I can't be afraid of it, and I can't associate with it, and therefore I can't externalize it anymore. It becomes nothing.

You were trying to anchor your own perspective in something that you knew to be real.

Yes.

You were, in a way, standing guard with how you were thinking about sight.

Yes, and I wasn't letting in the conventional beliefs about sight, that I'm an aging, declining mortal and it's normal for me to have a decline in sight as I mature. I'm as old or young as God.

It doesn't matter how many times I have circled around the sun on this planet. Why is that supposed to affect the way I see? That's just a human belief that I don't have to buy into. God certainly isn't seeing that or causing it, so I don't have to be impressed by that belief. When I turn to God for what God is knowing and seeing, a shift takes

place in my consciousness and the trouble becomes less impressive until it is not impressive at all. And then I can't see it anymore.

Mrs. Eddy wrote this wonderful statement in *Science and Health*: "Denial of the oneness of Mind throws our weight into the scale, not of Spirit, God, good, but of matter." But then she goes on to say, "When we fully understand our relation to the Divine, we can have no other Mind but His,—no other Love, wisdom, or Truth, no other sense of Life, and no consciousness of the existence of matter or error" (pp. 205–206). That's true. That's what you were seeing quite clearly.

Yes. And actually just this last year, I had another wonderful healing by again recognizing my unity, my oneness, with God.

As a child, I was told by the school nurse that I have a long back with a large curvature in the lower part of my spine, larger than normal. She told me that at some point as a grown-up, it would give me trouble or discomfort. Well, that time came around, and it got to a point where I could not get a good night's rest anymore. No position was comfortable, and all I could think about was that prediction which I had received as a child. But I also knew that this was another opportunity to understand my oneness with God better.

The thing is, I never doubt that Christian Science works—never have. So if I haven't had a healing yet, it's only because there is something I have to understand on a deeper level about God and my oneness with Him. And that I can certainly work on, since I have the books, I have the tools: the Bible and Mrs. Eddy's writings.

Now, the first thing I started working with in order to spiritualize my thought was the definition of *temple* in the Glossary of *Science and Health*. I'd said, "OK, God—where to start?" The word *temple* came to thought.

So I went straight to it. In the Bible, it says, "Know ye not that ye are the temple of God ... ?" (I Corinthians 3:16). And in the Glossary of *Science and Health*, the first part of the definition of *temple* says, "Body; the idea of Life, substance, and intelligence; the superstructure of Truth; the shrine of Love" (p. 595).

That means that I, being the superstructure of Truth, a synonym for God, have to be complete, whole, perfect, pure, like my Maker. We are one as cause and effect. It reminds me of the first chapter of Genesis, when God created the earth and its inhabitants. Everything was in its rightful place. There was no chaos, there was order. And I reasoned with myself, “I reflect that order,” meaning nothing can be out of order.

This is what I worked with. And quite frankly, I don’t know when the healing came exactly, because my thought was so consumed with the truth about God and man that I just noticed one day, “Hey, I haven’t had any pain for a long time.” I completely forgot about it, and I could bend over and do all things freely like I used to.

The thing about pain is—and I discovered this many years ago as a new student of Christian Science, through experiencing another healing—that the only place pain really exists is in thought, because the body’s unable to talk for itself. It simply doesn’t have the intelligence to do that. The body doesn’t even know it’s supposed to be a body, you could say.

The body we see and experience today is the objective state of the thoughts we have accepted about it so far.

What we see and feel is a mode of consciousness, and whatever we believe is real governs our experience. And that’s why it’s so important to always start with God and ask ourselves, “Is this from God?” If it’s good, then it is. But if it’s not, then it’s only an aggressive mental suggestion, suggesting that we are separated from God and that there is sensation in matter, whereas we know matter is sensationless.

Now you’re completely free of that problem?

Completely free. I had been told by that school nurse about some discs in my spine that could move and nerves that could be pinched and things like that. Then she got into a more graphic picture, but now I’d had an opportunity once and for all to unsee the reality of this prediction by recognizing my completeness and oneness with God, which never changes. That was the healing.

The oneness of God implies something so important about our very nature as spiritual.

Absolutely. And I have to mention, there’s another thing that has caused instantaneous healings for me multiple times now, and it is recognizing that nothing can come between God and us. Nothing can swoop in and separate us.

I had an experience one time when I was overseas and I suddenly became very ill, to the point where I could not get out of bed, and I had a very hard time praying for myself. So my prayer went like this: “God, here I am. I am all Yours. Tell me what to do.” And the thought came to me from God, “We are *one*. Nothing can come between us.” I was instantaneously healed.

I was loving the thought that, “We are one. Nothing can come between us.” From that instant, I knew my thought had been healed again, because I felt the power of divine Love just flooding my consciousness and every fiber of my being. Within ten minutes I was dressed and having lunch. And what happened here was a complete surrender to God. It was saying that, “You, God, can do all things, and whatever You do, I am the effect of.” So the effect must be exquisite.

Sometimes I even close my eyes and just ask God to tell me what He’s thinking about me, and I listen. It comes to me in the form of thoughts that just pour into my consciousness as “love letters.”

One day, a part of a “letter” from God sounded like this: “My dear, you originate in Me, God. We are inseparable and eternally together. And I am devoted to taking care of you. I will always nurture and nourish you, supplying you with what you have need of. I am your life. I am so utterly fond of you and all of My children! I am the only creator and everything I created is in Me, safe and sound.” And the letter went on, but this is just a fraction of the wonderful thoughts God has about all of us. It is so healing to recognize this relationship of love between God and us, which is unbreakable.

God. The great I am; the all-knowing, all-seeing, all-acting, all-wise, all-loving, and eternal; Principle; Mind; Soul; Spirit; Life; Truth; Love; all substance; intelligence.

ARTICLES

The problem-solving power of Principle

By Janet Clements

As we look around, whether in our own experience or on the other side of the globe, we see problems of all kinds. But whatever the difficulties, we can find solutions by gaining a clearer understanding of the ultimate Principle—God.

Divine Principle (a synonym for God) is the foundational source that sets in order everything and everyone, aligning and sustaining all being and action in perfect harmony. We, as God's children, are witnesses of this ever-operating Principle.

In *Science and Health with Key to the Scriptures*, Mary Baker Eddy writes of our relation to our creator: "Principle and its idea is one, and this one is God, omnipotent, omniscient, and omnipresent Being, and His reflection is man and the universe" (pp. 465–466). Substance, cause, effect, intelligence, wisdom, immortality, harmony, law, and all being are expressions of Principle. The universe, including all God's children, proceeds from and is a confirmation of this infinite Principle, Love. In this loving home where we all live, no mistake or evil can exist. Whatever form evil seems to take, it is a false belief that Principle is absent. And the fact of Principle's omnipresence and all-goodness is key to solving problems through prayer.

In the practice of Christian Science, we demonstrate our relationship to Principle as the expression of its action and its divine intent. One element involved in healing is uncovering what evil claims to be or do. A definition of *evil* as an adverb is "not with justice" (Noah Webster, *American Dictionary of the English Language*, 1828). Another way to say that is "not with Principle."

When we turn to Principle to reveal the reality in every situation, the false claim of evil is clearly seen. How wonderful that, as children of God, we have this capacity to discern what is right and true because we are one in being with the Principle that governs the universe. The facts of divine law are inherent in us. We are Truth's witness, and therefore we can spot the deception parading as truth.

Along with this we can see why the claim is false. We may take up the specific spiritual truths or counter facts of the claim that show its falsity. But fundamentally, evil—which is without law, presence, or power—cannot overthrow divine Principle, which is ever present, fills all space, and is omniactive.

Also vital is beholding that the problem never existed in the first place, no matter how wrong it is or how long it has been believed. This is important, because otherwise we are just trying to bring temporary relief to a situation that could reoccur, instead of seeing that invariable Principle can never be invaded or overthrown by discord. To eradicate the false sense, we must understand that it had no real existence in Principle, which remains forever error-free. Such truths are transformational and bring healing solutions to whatever difficulties we may face.

Here is an example. In preparation for air travel during the pandemic, our son followed the legal requirements for Covid testing. A quick test was inconclusive, but a subsequent in-depth test was positive. The airlines required a negative test, so here was an opportunity to practice what we had learned in Christian Science to solve this problem.

In our prayers together we first detected the belief underlying the problem. It was that my son was a physical being, living in a material world, where a law of contagious disease had the power to invade his body, impair his health, and hinder his activities.

Then, we saw the falsity of that scenario. We affirmed that divine Principle was his true source and that he was living in the kingdom of heaven, where only God's law

of harmony reigns. Contagion is spread not by physical contact but by mental consent. Whatever is held in consciousness is imaged forth as one's experience. We maintained the truth that our son was innocent of having a personal mind to consent to disease or experience it. Rather, he existed in divine Mind, which was knowing him as its idea.

Further, we prayed to see that no one has a material life separate from God or could be a host for a form of evil called a virus. Nor could a virus have a life of its own to do anything, for God alone gives life. Divine Life is ordered, harmonious, good. Covid is a lie and has never had life anywhere. Therefore, the passage of time is not necessary for healing. Our son was ever at one with his Principle, divine Love.

Concluding our prayer, we saw that this scenario of illness could not be true in omnipotent Principle, whose purpose is goodness and love for all of its creation. The Covid virus had never been made, because God made everything and made it good. God is indivisible and therefore is not a split consciousness of both good and evil. So, God cannot work against His own creation by creating something to harm it. Covid never had divine authority, so it is not possible for anyone to have it.

After our prayer, our son retook the two tests to conform to the flight requirements, and both were negative. He asked the technician who had performed both rounds of tests if a mistake had been made in the testings, and the man's answer was "Absolutely not."

So, what happened? Spiritually viewed, the first set of tests wasn't about a matter body giving evidence that our son had a disease. Rather, mortal mind was voicing this and appearing to itself to make good its claim that he was subject to contagion. In the second tests, through the loving activity of the Christ, we bore witness to the impossibility of evil's claim. Divine Truth left no room in our son's thought for the claim to appear in his experience. *Science and Health* explains, "A change in human belief changes all the physical symptoms, and determines a case for better or for worse" (p. 194). So off he joyfully went on his trip!

In the infinite Principle, God, there are no problems or evil actions called violence, corruption, or pandemics.

Only the divine design of good is unfolding with grace and glory. As children of God, we all live and move and have our being in divine Principle and are never separated from its invariable harmony.

As we prayerfully embrace our world each day, we can acknowledge all of God's children as the witnesses of His goodness, able to behold themselves as free and answerable to divine Principle alone. We are empowered by our Principle to know that we have never been impaired by any belief of mortal liability. What joy to know that there is no discord from which to return to harmony! Principle is lovingly holding us in perfect order now and always.

So, when any problem arises, we can through the light of Christ behold our oneness with divine Principle, clearly see the suggested claim as an imposition, observe through Truth the impossibility of that claim, and rejoice that the problem never occurred. As *Science and Health* says, "The God-principle is omnipresent and omnipotent. God is everywhere, and nothing apart from Him is present or has power" (p. 473). Problem solved!

Mary Baker Eddy and times of trial

By Gay Bryant Flatt

It had been a day of sunshine interspersed with heavy downpours of rain, and as I was driving home in the early evening, the westward sky was magnificent. Set against the sunset were billowing storm clouds that reared up in front of me like a mountain range.

One enormous cloud in particular, although gray and forbidding, was bordered with a silver lining and crowned with what appeared like an aurora of gold. This immediately made me think of something the Discoverer and Founder of Christian Science, Mary Baker Eddy, wrote on page 23 of her autobiography,

Retrospection and Introspection. She tells of when she had been brought to such a low point that “the world was dark.”

In that passage, she doesn’t describe exactly what was going on in her life that had brought her so low. But we do know that, prior to her discovery of God’s eternal, spiritual laws, which she would name “Christian Science,” Mrs. Eddy was met with severe challenges. At one point, on top of having an unfaithful husband, being separated from her son, and having virtually no income, she had fallen on an icy sidewalk, sustaining serious internal injuries, and was “standing already within the shadow of the death-valley” (*Science and Health with Key to the Scriptures*, p. 108).

Perhaps this was what she was referring to in the lines preceding her statement that the world was dark, in which she recalled: “Previously the cloud of mortal mind seemed to have a silver lining; but now it was not even fringed with light. Matter was no longer spanned with its rainbow of promise.”

Never losing her unshakable faith in God, and bereft of all physical aids and comforts, in her extremity Mrs. Eddy reached out to God and found her answer. In the paragraph after the above quotation she writes: “Thus it was when the moment arrived of the heart’s bridal to more spiritual existence. When the door opened, I was waiting and watching; and, lo, the bridegroom came!”

Learning more of Mrs. Eddy’s life has certainly enhanced my life and practice of Christian Science. It has been both humbling and strengthening and has turned me more and more to her writings and increased my love for and appreciation of her. Years after her discovery of Science, she once said to a student, “People seem to understand [Christian Science] in the exact ratio that they know me and *vice versa*. It sometimes astonishes me to see the invariableness of this rule” (FO0537, Mary Baker Eddy to Julia Field-King, November 26, 1897; The Mary Baker Eddy Library; © The Mary Baker Eddy Collection).

In my own experience as a student of Christian Science, knowing of Mrs. Eddy’s victory in the face of so many deep challenges has not only increased my love for her

but brought me through deep waters, inspiring and upholding me in times of trial.

Just a couple of months after I had become listed in the *Journal* as a Christian Science practitioner, my marriage began to fall apart, and I found myself alone and sorely tested. It felt like my own personal crucifixion at the time, but it made me search the Bible and *Science and Health* even more determinedly for answers. I knew that peace and harmony lay in their teachings.

These books increased my love for Christ Jesus immeasurably during this time. His precious words and works were illumined. Language is inadequate to express what this meant to me.

Sometimes the emotional turmoil was so great that I could only stay with very simple spiritual truths, like this Bible verse: “All things work together for good to them that love God” (Romans 8:28). I prayed with this continually—knowing that I loved God and that He loved me—and I was happy about being part of His wonderful creation.

What helped me immensely was reading the three-volume biography of Mary Baker Eddy by Robert Peel. The books gave me such insight into what our Leader went through. For instance, Mrs. Eddy “wrote [Clara] Choate: ‘I don’t know what to say or do from one day to another in such a chemical [i.e., state of chemicalization] as this. The very plan that is best for to-day, the next will require to be changed.’ Commenting many years later on this period, Clara Choate wrote: ‘If one plan did not work another must be adopted. I have seen her in these days, walk the floor with her Bible in hand asking for guidance, or direction’” (*The Years of Trial*, 2nd ed., p. 137). I was able to rejoice in Mrs. Eddy’s accomplishments and also a little in my own.

I was also learning through Mrs. Eddy’s experience how to handle animal magnetism, a term she used to describe impersonal evil or error. Because it was impersonal, that meant it didn’t belong to anyone or come from anyone. I learned that there is no reason to react to personal hurts, and I was no longer even tempted to come down into the mud of resentment and

bitterness. Through divine Love, God's daughters and sons have dominion over all these things.

Over a period of 12 years there were many times my husband would quit the family home only to return again. So there were many opportunities for me to practice what I was learning all along the way.

One time, when I felt victimized and downtrodden, these words of our Leader meant so much to me, and I have continued to cherish them ever since: "Someone said to me, 'No one but a fool or a woman would have written Science and Health,' and he was right,—either a fool who did not know the consequence of writing that book or a woman who would have humility enough to go down under the persecution. A man would have been more apt to resist, and to resist would have been fatal. I had to learn the lesson of the grass. When the wind blew, I bowed before it, and when mortal mind put its heel upon me, I went down and down in humility and waited,—waited until it took its heel off, and then I rose up" (Daisette Stocking McKenzie reminiscences, p. 28; The Mary Baker Eddy Library; © The Mary Baker Eddy Collection).

These were enormous lessons for me. In humility I was held above the troubled sea of mortal mind, and eventually reached a great calm. Seeing our dear Leader triumph over deep waters aided me in my own struggles and, ultimately, triumph. Eventually my husband and I were separated for good. I later married again and have had a happy, supportive second marriage.

Despite the many challenges Mrs. Eddy faced and the many storms she rode out, it was her deeply settled, spiritually grounded mental calm that prevailed. She anchored her life in divinity; she was committed, engaged, and supremely poised in Love; her life was a living demonstration of the spiritual truths she taught.

Learning more of her life has immeasurably enriched my own ability to draw closer to God and to listen for His voice. I always bring something about Mrs. Eddy on the go with me to read and study. The light I gain from such studying sends me straight back to her writings and to the Bible. It has illuminated and shepherded my way, and for this, I love her dearly.

Finding out more about Mrs. Eddy is not a chore but a joy. Whenever I am reading about her and the experiences of the early workers in Christian Science, it feeds my soul; it has enabled me to be more alert to and overcome the ravages and deceptions of animal magnetism and to grow a little wiser each time.

We all stand at the threshold of something wonderful. Let's not linger but follow our Leader "so far as she follows Christ," as she said in her *Message to The Mother Church for 1902* (p. 4). Let's step into a new and dynamic perspective of life without limits: the land of Christian Science.

Adoration, not aging

By Deirdre Kindthistle

Each of us has a uniquely individual relationship to God that is eternal and indestructible. As God's image, we forever express all of His qualities, including ageless being. Listening for God's thoughts about who we truly are as His spiritual creation causes a shift in our mental perspective that invigorates and heals.

For most of my life I had not given much consideration to age. But some time ago I realized that thoughts of aging had crept into my consciousness, eating away at my sense of self and my capacity for enjoying many physical activities. Suddenly my joints were stiff. I was tired all the time. My movements had become clumsy. If friends proposed a hike in the mountains, I hesitated to join them, for when I did, I ended up grunting along, trailing behind the others. If a day's outing was suggested, I weighed it against enjoying my usual twice-daily naps.

The most aggressive assertions about aging and diminished capacities came through my phone's browser. Whenever I opened it, ads for pain relievers, joint exercises, and fixes for exhaustion popped up everywhere!

Still, I dismissed all that with a shrug—until one Sunday when I heard the words “Adorable One” being read during the church service as part of the Lesson-Sermon. The phrase leapt out at me and demanded that I sit up and pay attention. It is found on page 16 in the Christian Science textbook, *Science and Health with Key to the Scriptures*, as part of Mary Baker Eddy’s spiritual interpretation of the Lord’s Prayer (in particular, of the words “Hallowed be Thy name”).

At that moment I felt it was an angel message—a thought from God. The phrase “Adorable One” was so irresistible I could hardly wait to delve into its full significance.

Once home from church, I got out my much-annotated copy of *Science and Health* as well as a Concordance to Mrs. Eddy’s writings. On pages 471–472 of the textbook I read, “This Science teaches man that God is the only Life, and that this Life is Truth and Love; that God is to be understood, adored, and demonstrated; that divine Truth casts out suppositional error and heals the sick.”

I loved the orderliness of Mrs. Eddy’s instructions. First understanding, second adoration, and finally demonstration. Here was a solid basis for thinking deeply and applying what I learned about God. Learning about God is one of my life’s delights.

Now, I have to say, healing the effects of age-thinking was the furthest thing from my mind at that time. I was satisfied with my daily demonstrations of Christian Science and felt I was coping OK with the aches and pains so often associated with senior years. According to common beliefs, they were “natural.”

But how lovingly God directs our paths! My thinking needed a correction, and with it came a corresponding good effect on the body. Because divine Spirit does not deteriorate, neither does man—Spirit’s creation. Here is how understanding, adoration, and demonstration of the spiritual facts about God and man brought my thinking into alignment with Truth and vanquished false beliefs about the effects of aging.

“GOD IS TO BE UNDERSTOOD”

First Corinthians 2:16 asks, “Who hath known the mind of the Lord, that he may instruct him?” One way Christian Scientists seek to know the Mind of God is by deeply pondering these Bible-inspired synonyms for Him: Life, Truth, Love, Spirit, Principle, Mind, and Soul. Each one brings out a different aspect of God’s nature.

As I considered each synonym, I felt a powerful sense of my connection to God and a joyous awareness of what it means to be made in His image and likeness. For example, knowing that I am a perfect spiritual idea of Life, which is unchanging and eternal, I could see that aging is really a false concept that has nothing to do with my true being. As my understanding of my spiritual selfhood grew deeper, the symptoms of aging began to fall away.

“GOD IS TO BE . . . ADORED”

It is not enough to understand God intellectually. Adoration must follow. Webster’s 1828 dictionary defines *adore* this way: “To worship with profound reverence; to address with exalted thoughts, by prayer and thanksgiving; to pay divine honors to; to honor as a god or as divine.”

To whom do we owe reverence if not the perfect source of our being, our Father-Mother God? When we surrender the human belief in decrepitude and decline and replace it with complete faith in God’s idea of us as made in His image and likeness—beautiful, perfect, sinless—there follows from such an acknowledgment a holy moment of healing, a demonstration of the truth of being. And that’s what was happening with me. I experienced a complete shift in my thinking. Belief in aging became unacceptable. I rebelled against giving it credence or obedience.

“GOD IS TO BE . . . DEMONSTRATED”

Demonstration is the practical outcome of prayer. The fluidity in my joints returned. I now walk and move without discomfort and am very active. I move about with confidence. While I still like an occasional afternoon nap, it’s not because I’m exhausted. Keeping my focus on the spiritual truths found in our weekly Bible Lesson prevents me from being influenced by health pronouncements or prognostications based on

so-called material laws, which have no real power. On the basis of my understanding of Christian Science, I see thoughts of fear, anxiety, and limitation for what they are—lies about God’s perfect creation. My adoration is totally reserved for God.

To the degree that we would entertain an elevated, spiritualized understanding of the Adorable One, we must actively live our oneness with Him. Demonstrating His perfection is a full-time job. There’s no need to put up with “senior moments” or employ medical remedies advertised online. If my browser lands on a web page that discusses physical deterioration, I move on and pay it no heed. Maintaining conscious oneness with God, rather than drifting into the debris of false beliefs and having to claw my way back, is a daily demonstration.

I am deeply grateful to God for Christian Science, for the weekly Lesson-Sermon, and for Mrs. Eddy’s unflagging example. Reminiscences in the *We Knew Mary Baker Eddy* books describe her as “youthful” and “sprightly,” as running up stairs, well into her riper years—clear evidence that adoration of the “Adorable One” preserves health and vigor, no matter how old we are.

Except for the error of measuring and limiting all that is good and beautiful, man would enjoy more than threescore years and ten and still maintain his vigor, freshness, and promise.

—Mary Baker Eddy
Science and Health with Key to the Scriptures, p. 246

A healing practice strengthened

By Martha Weingarten

The Journal is pleased to offer readers the fourth in an occasional column from the Office of Christian Science

Practitioner Activities at The Mother Church in Boston. “Pathways to the practice” is autobiographical. While the contributors, presented here as two anonymous authors, are now experienced Christian Science practitioners, they were not yet listed in the directories of the Journal or The Herald of Christian Science when they humbly accepted their first requests for Christian Science treatment—and got right to work! Below, in their own words, these 21st-century healers trace the heart’s and mind’s response to Christ Jesus’ unambiguous call: “Heal the sick.” It is our hope that readers will be encouraged, step by step, to renew their own commitment to scientific Christian healing in the 21st century, and to share this priceless gift of God’s grace with all humanity.

From the time I took Christian Science Primary class instruction, it was clear to me that my work was to be a Christian Science practitioner. Until I took that step, I worked as a schoolteacher, and applied the truths of Christian Science in my life as much as I could.

When my first child arrived, I stopped my work as a teacher, and I rejoiced knowing that I would be able to work as a practitioner as well as a stay-at-home mom. Within weeks of the babe’s arrival, the first calls for prayerful help came. When my child went to preschool, I kept my books—a copy of the Bible and of *Science and Health with Key to the Scriptures* by Mary Baker Eddy—in the car, so that I could grab every moment of unoccupied time for my practice.

There were times when finances were difficult for our family without my former salary. I started gathering quotes about supply from the Bible, Mrs. Eddy’s writings, the *Christian Science Hymnal*, and articles from the Christian Science periodicals. I put them into a composition book, which I would review often.

A couple of quotes I included were, first, this one from the Bible: “Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning” (James 1:17). And from *Science and Health*: “Spirit duly feeds and clothes every object, as it appears in the line of spiritual creation, thus tenderly expressing the fatherhood and motherhood of God” (p. 507). These

helped me see that our unchanging Father-Mother God was caring for me and my family.

I sometimes wrote down examples of the ways that supply had come to our family. I began to realize that good flowed into our lives from every angle, and I appreciated each way that supply was coming to us. The experiences I recalled made me a more grateful person.

I realized that learning to trust God's supply for us was strengthening my reliance on God in other ways, too. And it was encouraging to think of my Christian Science teacher's practice. I began to understand that it was stronger because he had leaned on God for everything, including supply; this leaning made him a more effective healer.

As our family began to lean on God for everything, our life was not less rich but more—more filled with value and appreciation of good, and less with materialism.

One day I read an account in the Bible of a multitude who came to hear Christ Jesus. It says: "And when it was evening, his disciples came to him, saying, This is a desert place, and the time is now past; send the multitude away, that they may go into the villages, and buy themselves victuals. But Jesus said unto them, They need not depart; give ye them to eat" (Matthew 14:15, 16). Then he, leaning on God's provision, supplied their need for food.

Jesus' words, "They need not depart," struck a chord with me. I realized that heeding spiritual truth supplies our needs. I could trust God and not depart from my practice of Christian Science in order to help supply our family with what was needed. Proofs came in many ways. Whether it was a big bag of tomatoes from a neighbor, use of a cabin for a week from a church member, or finding sales for clothing, step by step needs were met along with extras for our family's enjoyment. I began to learn that God was taking care of us in big and small ways.

Mrs. Eddy writes, "As material knowledge diminishes and spiritual understanding increases, real objects will be apprehended mentally instead of materially" (*Science and Health*, p. 96). Demonstrating Truth fills our lives with true substance, and this substantial living cannot

fail to bring supply for our human needs. Through over three decades, my understanding of God's provision has grown and deepened, strengthening my practice, which has not deprived me or my family of anything at all.

Mrs. Eddy explains, "Whatever we meet that is hard in the Christian warfare we must count as nothing, and must think instead, of our poverty and helplessness without this understanding, and count ourselves always as debtors to Christ, Truth" (*Miscellaneous Writings 1883-1896*, p. 281).

Opening thought for healing

By Julie Rein

When I worked as a Christian Science nurse, I particularly cherished the idea to always hold in thought the expectancy of healing. Christian Science nurses trust that every specific task before them will promote the healing work happening in thought, and that the needs of the patient will unfold in new ways, as both the Christian Science nurse and the patient reach higher spiritual altitudes. In practical terms, this could mean that what was needed to provide proper care in one visit could certainly change by the next.

One tangible expression of expecting healing came to me during one of my training courses. It is common practice, especially when working in a Christian Science care facility, to knock on someone's door before entering the room. As we were discussing in class how to prepare thought before walking into a patient's room, I remembered Christ Jesus' promise, "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: for every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened" (Matthew 7:7, 8).

What a perfect concept to apply to entering a patient's room with the expectancy of healing! When we pause at the literal door, we are waiting on God to open thought for the Christian Science nurse and the patient to know what is needed for healing—and to expect to be guided rightly.

I witnessed this promise fulfilled on several occasions. The answers were always perfectly prepared by divine Love, and therefore joyously received by patients and Christian Science nurses alike.

Mary Baker Eddy writes in *Science and Health with Key to the Scriptures*, "... so shall the spiritual idea guide all right desires in their passage from sense to Soul, from a material sense of existence to the spiritual, up to the glory prepared for them who love God" (p. 566).

What a blessing the Science of the Christ is in bringing thought to a place perfectly prepared to receive the healing power of Love.

God's timing

By Poonam Likhi

Since childhood, I had been very sick, and I was labeled as a weak child. With encouragement from my father, I completed engineering studies and got a job in a teachers' training institute, where a colleague—like a God-sent messenger—introduced me to Christian Science.

That was the right time, as I needed to heal physical problems, relationship issues, and job stagnation. On my very first visit to a Christian Science church on Sunday, I was healed of intense pain. There was no looking back after that.

One sentence from *Science and Health with Key to the Scriptures* by Mary Baker Eddy especially touched me: "Reflecting God's government, man is self-governed" (p. 125). I tried to understand the meaning

of the word *reflection*, and as I saw myself as God's reflection, a sense of burden lifted. I had many healings with the help of a Christian Science practitioner, I was able to leave medicines for all time, I became a member of the Christian Science society I was attending, and I worked in many capacities there. Relationship issues were resolved, and I progressed in my job.

I took Christian Science Primary class instruction, and during the class, I had a strong desire to help others struggling with many issues as I had—prayerfully. After the class, I got the opportunity to metaphysically help many, especially youngsters who came to church, and I was inspired to do more healing.

The very next year, I told my Christian Science teacher that I wanted to leave my job and go into the public practice of Christian Science. She recommended that I have more experience with healing others first and then apply for listing in the *Journal* when I felt God was backing my decision.

I prayed consistently with this truth from *Science and Health*: "Love inspires, illumines, designates, and leads the way" (p. 454). Love, which had given this inspiration, would lead me, and I was convinced that God's timing is perfect. When God directs our decisions, no person or situation can oppose our course. All the time, I was praying humbly and joyfully for those who asked for help, and I felt satisfied when they were healed of various issues such as injury after accident, flu, stomach problems, and migraines, by relying on our Father-Mother God.

After around eight years, I decided to leave my job. I talked to my husband, who was a Christian Science practitioner himself, and he said I should do what my heart said. When I discussed it with my father, he said I was too young and should make this change after another ten years. I prayed and decided to continue moving forward with my plan. I told my employer that I would proceed to resign, and he recommended that I serve the institute for another twenty years. But I had made up my mind.

After some time, my brother-in-law passed on. His family did not have much income, and we wanted to support them. If I took retirement at that time, my

income would be cut by two thirds and come as pension. Listening to God again revealed to me that maybe I was too eager to be in the full-time practice and I should wait on God's timing. I decided to stay with my job, and my employer was very happy.

After two years, my brother-in-law's family was settled financially, and again I felt the strong desire to go into the full-time practice of Christian Science. I decided to leave my job, and now there was no obstruction. Love had cleared the path. In that two-year period, the government had raised the pay scales, and I left the job in 2010 with a pension equal to the salary I was getting in 2008. Relying on God's timing gave me the joy of abundance. I received many calls for Christian Science treatment and continue to even now after 15 years.

I have learned to acknowledge God as the only healer more and more with time and am grateful that I could pray for others about a variety of issues, including ringworm, childbirth, infections, and job challenges, and be available to prayerfully assist those in need during the pandemic.

Now I keep rejoicing in this truth from the Holy Bible: "He performeth the thing that is appointed for me: and many such things are with him" (Job 23:14). God does all the healing, and we get satisfaction, joy, glory, and abundance. I learned to humbly wait on God and His timing, which are always perfect.

INTERLUDE

God's saving grace

By Norman H. Williams, Jr.

Your endless river of good flows gently my way,
streams peacefully within my consciousness,
wells up in me with inspiration.

Your heavenly stars shine majestically in my eyes,
reflect promisingly in my thoughts,

glowing with Your glory.

But, if I am under turbulent waters,
Your outstretched hand brings me up,
buoys me, and pacifies the river.

If I am lost in a starless night,
Your radiance is my guiding star,
leading me until dawn breaks.

If I am in a ferocious storm,
Your presence is my peace and promise,
calming the tempest and taking me home.

—Norman H. Williams, Jr.

TESTIMONIES OF HEALING

From grief to gratitude

By Lindsey Roder

I would like to express my gratitude for a healing of grief and loss. Ten years ago, I lost a child unexpectedly to SIDS (Sudden Infant Death Syndrome), and I wasn't sure how I was going to go on without him. I felt beset by fear and discouragement. Then, during a moment of stillness and serenity, I felt my oneness with God, Spirit, the creator of the universe, and suddenly, everything changed.

It was a warm, sunny day, and I was on a paddleboard in the middle of a lake, wondering how I was going to survive another day, and if this life was truly worth living. My husband and I have a daughter, who was four years old at the time, so I felt as if I had one foot on earth and one foot in heaven and was being yanked back and forth between them. Not wanting to give in to this despairing feeling or give up hope, and wanting to be strong for my family, I got down on my knees to pray. I looked up to the sky and laid it all down on the line, issuing my heart's desperate plea to God: "Father, where Thine own children are, / I love to be" (Mary Baker Eddy, *Poems*, p. 13).

This acknowledgment, that all children belong to God, the one perfect Father-Mother, brought a feeling of comfort that I will never forget. My heart filled with hope and a promise that I could move forward with my life, even though I had been battling dark, depressing thoughts. Next, these words by the Discoverer and Founder of Christian Science from that same beloved poem filled my mind:

O'er waiting harpstrings of the mind
 There sweeps a strain,
Low, sad, and sweet, whose measures
 bind
The power of pain,

And wake a white-winged angel throug
 Of thoughts, illumed
By faith, and breathed in raptured
 song,
With love perfumed.
 (Poems, p. 12)

I felt the awakening of those white-winged angel thoughts, and it filled me with peace. I got up and started paddling again, singing the hymn out loud. A sweet sense of serenity enveloped me, and God's love shone all around, covering the lake with a golden glow. Instead of feeling tugged in two opposing directions, I knew that I could confidently yield to Life, God. I felt an irresistible pull toward what I can only describe as the presence of the Christ. The sorrow and insecurity were replaced by a feeling of safety, security, and even joy.

Although I had been raised in Christian Science and had joined The Mother Church at a young age, this experience inspired me to deepen my understanding of Christian Science. It gave me a renewed sense of Life and opened the door of my thought to the possibility that the eternal life promised by Christ Jesus (see I John 2:25) could actually be a present reality—not just theoretically, but one that I could participate in right here and now. That was worth living for! I yearned to discover it for myself.

In her autobiography, *Retrospection and Introspection*, Mrs. Eddy describes a similar experience. Alluding to Jesus' parable of the ten virgins (see Matthew 25:1-13), she says: "Thus it was when the moment arrived

of the heart's bridal to more spiritual existence. When the door opened, I was waiting and watching; and, lo, the bridegroom came! The character of the Christ was illuminated by the midnight torches of Spirit. My heart knew its Redeemer" (p. 23).

Instead of attending a grief support group or calling a counselor, I reached out to a Christian Science practitioner for prayerful support. Moments after being in touch with the practitioner, who is also a teacher of Christian Science, I again felt totally enveloped in God's tender love and care for me and my family.

A few weeks later, I felt led to apply for Primary class instruction in Christian Science with this teacher, which has been one of the greatest blessings God has bestowed upon me. The tender lesson that "Life is Spirit, never in nor of matter" (Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 264), is a refuge and a comfort.

After studying quietly on my own for a few months, I realized it was time to go back to church. My family and I had been attending a local branch Church of Christ, Scientist, but after my loved one passed away, sleeping in on Sunday mornings had seemed more appealing. The sweet welcome home that we received when we walked back through the doors of that church was another proof of God's tender love and care, and further proof to me that Christian Science reveals "the way, the truth, and the life" (John 14:6).

After completing class instruction, I really wanted to help others suffering with grief or depression by sharing Christian Science. I joined that branch church, and I love to pray for ways that I can reach out to other seekers of Truth.

I still think about my son often, but I have learned to look for the spiritual qualities he expressed, such as laughter, joy, and wonder. I know that nothing can "separate us from the love of God, which is in Christ Jesus our Lord" (Romans 8:39). The hole that my son's passing seemed to have left is now filled with a new understanding of the ever-presence of God's love for all of His children.

My gratitude for Christian Science and its powerful, healing truth, its illumination of purely spiritual life, and its continuous unfoldment of the understanding of God, good, to all mankind, is immeasurable. “Thanks be unto God for his unspeakable gift” (II Corinthians 9:15).

Lindsey Roder

Oconomowoc, Wisconsin, US

Son healed of stingray wound

By Shannon Woolley with contributions from Major Woolley

When we were vacationing at the beach last summer, our twelve-year-old son was struck by a stingray on his toe while playing in the surf. After reaching him, my husband and I were met by a lifeguard, who quickly saw what had happened and wrapped our son’s foot to stop the bleeding.

We were advised to leave the beach immediately and told that the pain from the stingray’s venom would continue to grow and could take many hours to dissipate.

I endeavored to calm our son by reminding him of spiritual truths he was learning in his Christian Science Sunday School. I reassured him that God was caring for both him and the stingray, and that neither of them was guilty of an offense against the other, so neither could suffer.

As he sat there, the symptoms became more alarming, and our son had to be carried to the car. When we got home, my husband and I made our son as comfortable as we could. But I recognized that all the physical comforts we could offer could not compare to the healing truths he needed at that moment.

I decided it would be helpful to read the Christian Science Bible Lesson for that week, which was on “Love,” as there were many healing ideas in it. But first I asked God to show me what I needed to see in this Lesson and how to apply it to my anxious thought. As I started reading, the familiar texts from the Bible and Mary Baker Eddy’s book *Science and Health with Key to the Scriptures* became promises to me, and I paused often to let them sink in.

My husband, who does not practice Christian Science but has always been respectful of it, was there in the room with us. At times I have felt that I needed to make a healing happen so my husband could see it. And now I was overwhelmed both by my son’s pain and the pressure I was feeling to demonstrate this Science in healing.

That was when it became clear to me how much God loves all of us and how God was caring for our son right then. This injury did not exist in spiritual reality; it was a false belief that had never been part of his true being as God’s beloved child. This statement from *Science and Health* came to thought: “Nothing inharmonious can enter being, for *Life is God*” (p. 228).

I saw that neither he nor the stingray were helpless material beings; they were spiritual ideas, perfect and whole now, and I knew our son could see this reality for himself.

With great joy and dominion, I affirmed our son’s ability to pray for himself. I knew that nothing could keep him from hearing the healing truths that the Christ was constantly sharing with him. I silently declared that God’s love and peace were more present and real to him than any belief of pain.

I felt relieved and grateful to be able to let go of a false sense of responsibility to prove anything to anyone. A Bible verse I had read for years became so real to me: “Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth” (Psalms 46:10).

As peace washed over me, our son immediately lifted his head and asked for the TV remote. Then he wanted food and started chatting. Within the next half hour

he was feeling so well he told me he was ready to get dressed, as he was still in his swimsuit. Without thinking about it, I asked him if he did not want to swim anymore today. He looked a little surprised and asked if he could. I said, "Sure you can," and with that he went outside and jumped in the pool with his cousins.

The lifeguard had predicted that the pain would continue for many hours, but our son was completely free of pain within two hours and did not mention the incident or his toe again. Everyone in the home witnessed this turnaround, and I'm confident that all were blessed by it.

I am very grateful for this and every learning experience I've had through turning to God for help. I'm also grateful for the spiritual growth I've gained while serving as Second Reader for my branch Church of Christ, Scientist. It prepared me to reach out to God immediately when my son needed help.

Shannon Woolley

Hudson, Ohio, US

While playing in the water with my cousin, I heard a crunch and thought I felt something bite my toe. I ran out of the water and looked down and saw a trail of blood. I was in a lot of pain. A lifeguard bandaged my foot and recommended that my parents take me home. When we got there, they cleaned up my foot and made me comfortable on a chair.

Meanwhile, my mom and I were praying, along with my grandma, who was on the vacation trip with us, and my Sunday School teacher, who was asked for help. I was praying the Lord's Prayer. I was also asking God to help me see that this could not really have happened to me because the stingray and I were both made by God and couldn't harm each other.

In two hours I was able to swim in the pool with my cousins like nothing ever happened. I know better now that I am God's perfect child and can never be separated from Him, and there can never be anything wrong with me. I'm so grateful for Christian Science and Sunday School.

Major Woolley

Hudson, Ohio, US

Right reasoning resolves health concern

By Todd Fish

My study of the Holy Bible and *Science and Health with Key to the Scriptures* by Mary Baker Eddy has resulted in approaching life from deductive reasoning, which starts with a premise and reasons to a conclusion. In deductive reasoning, if your premise is incorrect or flawed, then your conclusion will also be flawed. So what better premise to start from than God, who is perfect? Genesis 1 explains that God created all, and that man was created in the image and likeness of God, wholly spiritual. God saw that His creation was "very good" and only good (see Genesis 1:26, 27, 31).

God being the Principle and Life of all things, and only good, means man, His reflection, must only be good, and this includes good health. Christ Jesus alluded to this law when he said, "Be ye therefore perfect, even as your Father which is in heaven is perfect" (Matthew 5:48).

Over a decade ago, while taking a shower, I felt a lump on my testicles. Being raised in Christian Science, I had learned how prayer and daily communion with God enable us to go to Him for healing of any kind. So I prayed to silence fears, discomfort, and any aggressive belief in disease.

My understanding of how prayer brings about healing is rooted in the Bible. For example, King Hezekiah was "sick unto death," but was healed through his humble prayer to God (see II Kings 20:1-6). Christ Jesus proved over and over the healing power of Truth, and taught his disciples to pray by first "enter[ing] into thy closet" (Matthew 6:6) and then reciting what we know today as the Lord's Prayer.

I also called a Christian Science practitioner for Christian Science treatment, which begins with addressing and overcoming any fear.

A particular fear for me was testicular cancer. I remembered a required high school health class in which we'd been taught how to identify potential male-related diseases. That education, while well-intentioned, opened the door to fear and belief in disease by way of incorrect inductive reasoning—*induction* defined as “inference of a generalized conclusion from particular instances” (merriam-webster.com). It is incorrect in divine Science to have the material senses sentence anyone to poor health or suggest terminal illness. Any reasoning from the material senses leads to mental bondage.

As Mrs. Eddy states in *Science and Health*, “The lame, the deaf, the dumb, the blind, the sick, the sensual, the sinner, I wished to save from the slavery of their own beliefs and from the educational systems of the Pharaohs, who to-day, as of yore, hold the children of Israel in bondage” (p. 226).

I knew I could be free of fear, disease, and even death through a better understanding of God, just as Jesus promised when he said, “Ye shall know the truth, and the truth shall make you free” (John 8:32).

The Bible and *Science and Health* gave me a basis for solely seeking God's view of me, and this view is safe, secure, and reasonable. A pivotal message that came to me while reading *Science and Health* was, “I am not a doctor! But I am a child of God. Because I am not a doctor, I have no business giving myself a medical diagnosis and should not spend time theorizing about material conditions.” As a child of God, I understood and trusted Jesus' saying, “Be ye therefore perfect.” Things like a lump, cancer, fear, doubt, etc., are not part of that perfection, and are certainly not “very good.”

I was thoroughly convinced that God made man perfect in His image and likeness. Christ Jesus understood and demonstrated this in his healing works. Therefore, I knew I couldn't be penalized for trusting in the same understanding of divine Science, trusting in God and His Christ alone.

I found reassurance in *Science and Health* where Mrs. Eddy states, “Christ Jesus overruled the error which would impose penalties for transgressions of the physical laws of health; he annulled supposed laws of matter, opposed to the harmonies of Spirit, lacking divine authority and having only human approval for their sanction” (pp. 381–382). This said to me that God's reign is the higher ruling court that when rightly appealed to makes void material health laws.

I actively claimed and expected healing to take place as my divine inheritance. I also claimed my right to feel satisfied with my prayerful work and the practitioner's work, and completely trusted that divine Science was in effect and working. I was no longer trying to fix or even heal a problem, but working to see more of Life, God, expressed. My thought was so filled with the truth of God's allness that at this point my fear was gone—and the lump with it.

A week later when I remembered that I'd had a healing, the lump returned aggressively. But I was holding steadfastly to all I had learned about God. The corporeal senses were simply tempting me to believe a lie, just as the devil had tempted Jesus during his time in the wilderness (see Matthew 4:1–11). I laid my claim that Truth, God, governs me, and the lump completely disappeared that same week, never to return.

This experience gave me a deeper appreciation for starting with God and praying through deductive reasoning. *Science and Health* explains: “When the illusion of sickness or sin tempts you, cling steadfastly to God and His idea. Allow nothing but His likeness to abide in your thought. Let neither fear nor doubt overshadow your clear sense and calm trust, that the recognition of life harmonious—as Life eternally is—can destroy any painful sense of, or belief in, that which Life is not” (p. 495).

I am grateful to the practitioner, to Mrs. Eddy, to Christ Jesus the Way-shower, and to God. And in my gratitude and humble joy, I offer this testimony to add to the record of Christian Science healing.

Todd Fish

Never alone—A journey of trust

By Marsha Pecaut

Several years ago, I was invited to spend three days at a Christian Science nursing facility before beginning a two-week assignment as a Christian Science practitioner at a summer camp nearby. The offer came as a gift, an opportunity to rest and prepare spiritually for the activities ahead.

At the time, I had just gone through a divorce after many years of marriage, with my children now grown. The emotional and physical demands of that experience had left me feeling particularly vulnerable. As I prepared for the journey to the Christian Science nursing facility, though, I realized I could not lift my backpack. I felt extremely weak and was experiencing painful and excessive menstruation. The thought came: “How can I serve others if I can barely care for myself?”

I reached out to my Christian Science teacher and explained the situation, mentioning that many of my peers had considered surgery for similar challenges. I wanted instead to rely on spiritual healing and asked for Christian Science prayer treatment to support my own prayers.

During my seven-hour drive to the Christian Science nursing facility, I listened to the audio version of *Science and Health with Key to the Scriptures* by Mary Baker Eddy. As I absorbed the healing truths, I found enough strength to complete the trip, but upon my arrival I experienced what felt like a complete physical and emotional collapse. The symptoms intensified. I couldn't sleep. And I felt utterly alone.

I turned more deeply to the spiritual truths I was reading and hearing, and prayed to recognize my true

identity—whole, spiritual, and sustained by divine Love. I affirmed that my inheritance did not include suffering. My inheritance of harmony came from our Father-Mother God. While the symptoms persisted, I was never without God's omnipresent Word, piped into my room on a speaker. The Christian Science nurses cared for me quietly and lovingly, expressing compassion without intrusion.

On the third day, the bleeding abruptly ceased, and I felt strengthened. I went for a walk nearby along the edge of a large bay and was met by the sight of a rainbow arching over the water. In that moment, I felt peace and calm, and knew the healing had taken place. There was no lingering weakness and no thought of surgery—just the renewal that comes from yielding to Spirit. I was ready to fulfill my assignment.

I arrived at camp deeply grounded in the understanding of God's care. Early in the session I was asked to speak with a camper who was struggling and wanted to go home. After prayer and conversation, I shared a thought that had comforted me—that sometimes we find ourselves in places we didn't choose, but we can rise to meet the challenge and experience good. She nodded thoughtfully and decided to stay.

A day later, I was observing an activity where participants climbed a tall pine tree of 20–30 feet and leaped out to catch a trapeze. To my surprise the same camper turned to me, handed me a harness, and quoted my words back to me: “Sometimes we find ourselves in places we didn't choose, but we can rise to meet the challenge ...” With loving insistence, she invited me to climb.

Reluctantly, I agreed. As I ascended the pole and reached the narrow platform high above the ground, fear crept in. I felt isolated again. But I recognized this fear as a false suggestion—not from God. I remembered the healing I had just experienced and affirmed, “The Lord is good, a strong hold in the day of trouble; and he knoweth them that trust in him” (Nahum 1:7).

In that moment of surrender to divine Love, something shifted in thought. The trapeze, which had seemed so far away, now appeared close. I recalled what my son had once told me about baseball: that when a batter

is calm and confident, the ball seems to slow down and appear larger. The object doesn't change, but the perception does. I was experiencing that same spiritual clarity, and, trusting God completely, I leapt—and caught the trapeze.

This experience taught me that we are never alone. As a spiritual idea of God, each of us is always at one with divine Spirit. What appears to be limitation or fear can be overcome through Christ—the divine idea that reveals God's ever-present goodness. As Mrs. Eddy writes, "Let Christian Science, instead of corporeal sense, support your understanding of being, and this understanding will supplant error with Truth, replace mortality with immortality, and silence discord with harmony" (*Science and Health*, p. 495).

I glimpsed the power of spiritual perception to dissolve fear and reveal divine strength. I had been invited to climb higher. Mrs. Eddy also writes, "As an active portion of one stupendous whole, goodness identifies man with universal good" (*The First Church of Christ, Scientist, and Miscellany*, p. 165). I had seen proof that God's law governs every moment. And in that realization, I understood what it meant to catch more than a trapeze. I could catch hold of the ever-present Christ, Truth.

Marsha Pecaut

Solana Beach, California, US

"The flesh profiteth nothing"

By Paul Shankwiler

The Book of Acts in the Bible recounts the healing of a man who had been "lame from his mother's womb" (see 3:1–8). His friends carried him each day to one of the gates of the Jewish Temple in Jerusalem so that he could beg. After Jesus' ascension, his disciples Peter and John encountered this man as they entered the Temple to

pray. When asked for alms, Peter responded, "Silver and gold have I none; but such as I have give I thee: In the name of Jesus Christ of Nazareth rise up and walk." Peter then took the man's hand and lifted him onto his feet. The Bible records, "And he leaping up stood, and walked, and entered with them into the temple, walking, and leaping, and praising God."

From a material perspective, it may seem that Peter and John mentally performed some sort of surgical operation on the man's lower legs, correcting the birth defect and giving him the strength to walk. But the healing was far more extensive than that. If the apostles' prayers had merely corrected a physical deformity, the man would still have required months of what we now call "physical therapy" to develop the coordination and balance necessary to stand upright and walk—let alone to leap in the air and land on his feet. And yet this man was walking and leaping as though he had never been disabled.

The thoroughness and immediacy of the man's healing negate the suggestion that the healing was accomplished through adjustment of material bones and tendons. Peter and John were clearly operating from a higher basis than physiology. They were following the example of their Master, Christ Jesus, who taught that "it is the spirit that quickeneth; the flesh profiteth nothing" (John 6:63). With that understanding of the supremacy of Spirit, they lifted the lame man into his rightful stature. This is the same method of healing that Christian Science employs today.

Christ Jesus healed every manner of disease and sin, even raised the dead, by rejecting the physical appearance of sickness and the so-called laws of physiology which claimed to govern man. These beliefs "profiteth nothing" now as then. The quickening power which heals and uplifts is Spirit, God.

Jesus recognized that, as the first chapter of Genesis tells us, God made man in His own image and likeness. God being Spirit, His image and likeness must therefore be spiritual—completely detached from any form of materiality. Jesus acknowledged God as the Father of man and constantly showed his listeners, through his healing work, that a God of infinite Love would never

will for His beloved child to be subjected to deformity, disease, lack, or suffering of any kind. That correct perception of God's tender care for man healed every errant condition.

Faithful to Jesus' teaching, Peter and John utilized this same method of healing when they encountered the lame man. They rejected the suggestion that this man was a material organism dependent upon bones, muscles, and tendons for locomotion. They beheld instead a spiritual idea of God, reflecting the strength, grace, mobility, and freedom bestowed by our heavenly Father.

Those qualities were not lacking in the man. They were merely hidden by the mesmerism of material belief which claimed that the man had been born into matter with a flawed body. Peter and John's uplifted view broke the mesmerism and illuminated the man's present state of health and vitality. Everyone in the Temple was now able to see the man in a clearer light, walking, leaping, and praising God.

And what happened to the man's feet and ankle bones? How did they "receive strength"? We learn in Christian Science that matter is the subjective state of mortal mind—the false sense of life, substance, intelligence, and manhood. Matter, including what we perceive as the physical body, is not substance; it is a false mental concept. In *Science and Health with Key to the Scriptures*, Mary Baker Eddy, the Discoverer of Christian Science, writes, "What is termed matter manifests nothing but a material mentality" (p. 173).

As spiritual understanding uplifts our mentality out of the false sense of matter-based health and substance, the errors of material belief begin to fall away. We may not instantaneously perceive the full spiritual nature of all reality. But the most egregious violations of God's goodness, including suffering, disease, and physical deformity, increasingly disappear. The lame man at the Temple gate was still cognized by himself and his fellow men as a finite human being, but his feet and ankle bones were no longer seen as deformed and lacking strength.

Mortal mind's lie had been convincingly exposed. But was the end of that lie, which had misled the man and

his friends for all those years, the end of all mortal mind's lies? Of course not. Mortal mind simply shifted its narrative to a different lie—incorporating enough of the newly revealed facts to sound plausible, while still pressing its claim that health and life are dependent upon matter. The old lie was that the man had been born with an incurable disability. The new lie was that Peter and John's prayers had adjusted the man's physicality, giving matter the strength to walk.

Mortal mind's argument can be summarized as follows: "I am the dictator of health laws. God can heal only by bringing matter into conformity with my demands. Once He does this, I will allow man to resume a healthy life." This is absurd! God is not subservient to mortal mind—relegated to doing mortal mind's bidding in order to establish health. God takes orders from no one. And every healing brings us closer to the understanding that mortal mind is not a real entity or intelligence.

The Bible teaches us that God, divine Mind, is supreme and all-powerful, the only lawgiver, the establisher and maintainer of health and well-being in all living things, including man. Health is dependent upon Spirit, not matter. As *Science and Health* emphatically states, "Health is not a condition of matter, but of Mind; nor can the material senses bear reliable testimony on the subject of health" (p. 120).

Healing in Christian Science always takes place in thought. We rejoice in a changed physical condition because it is evidence that the belief of disease has been removed from thought, not because health and vitality are in any way dependent upon matter. Looking to matter for comfort and healing reinforces that false material belief rather than diminishing it.

Mrs. Eddy tells us, "If we look to the body for pleasure, we find pain; for Life, we find death; for Truth, we find error; for Spirit, we find its opposite, matter. Now reverse this action. Look away from the body into Truth and Love, the Principle of all happiness, harmony, and immortality. Hold thought steadfastly to the enduring, the good, and the true, and you will bring these into your experience proportionably to their occupancy of your thoughts" (*Science and Health*, pp. 260–261).

Praying, even with the greatest faith and sincerity, to fix matter limits our ability to heal. This lesson was made clear to me shortly after purchasing my first home. While I was working under the house one weekend, small pieces of debris—dirt and wood splinters—fell into my eyes. I was able to wash out most of them. But one shard remained embedded in one of my eyes and would not budge. Days went by with no change. My vision was blurred. Blinking was uncomfortable. And it was painful to close my eyes to sleep.

A week later, I slogged into church in a state of discouragement and exhaustion, but also in a state of sincere longing for the truth. As the Lesson-Sermon from the *Christian Science Quarterly* was read, I applied each citation to my situation.

I soon realized that I had been approaching the problem from an incorrect basis. I had fully accepted the physical sense testimony which claimed that vision was dependent upon physical organs, and that in my case one of these organs had been damaged by a hard, sharp, immovable physical object. I had been praying all week to move that sharp object in order to restore my vision.

The Lesson-Sermon provided a better perspective. It reminded me that man is spiritual, not made of matter, and that vision is a spiritual sense bestowed on man by his creator. Vision is eternal, immutable, indestructible, and painless. Matter cannot touch it. I walked out of church at the end of the service completely free.

If Peter and John had believed that man's mobility was dependent upon material legs, they could not have empowered the lame man to walk. Likewise, if I had persisted in believing that sight was dependent on material eyes, I could not have removed the intrusive belief that limited my vision.

In Christian Science, physical healing is an essential aspect of glorifying God, as it was for Jesus and his disciples. This healing is accomplished by rejecting, not conforming to, the so-called laws of physicality and matter. We are empowered to do this through the Christlike understanding of our spiritual origin and nature. Looking to matter for healing belittles God, limits the scope and immediacy of the healing, and establishes an unstable foundation for future healing

and spiritual growth. Our loving Father-Mother God is always at hand to lift our thought out of the mire of material belief into the realization of our spiritual perfection—a state of consciousness in which “the flesh profiteth nothing.”

“Whatever blesses one blesses all”

By Holly Bell

I **used to** wonder about the meaning of “Whatever blesses one blesses all,” as Mary Baker Eddy writes in *Science and Health with Key to the Scriptures*. The full passage says, “In the scientific relation of God to man, we find that whatever blesses one blesses all, as Jesus showed with the loaves and the fishes,—Spirit, not matter, being the source of supply” (p. 206). How can one person's healing actually bless everyone? I got clarity on this when my family had an experience that truly blessed everyone involved.

Several weeks before I was set to return to England to graduate from university after participating in an internship abroad, my mum called to tell me that she'd been offered a furnished house that was in an amazing, but remote, location. This was unexpected news. The new home would be a few hours' drive from where our family had been living. I could tell in my mum's voice that she was excited but a little unsure. The thought came to me, “What blesses one blesses all,” and instead of getting upset about the sudden decision to move, I couldn't help feeling overjoyed for her. I could immediately tell this was a right idea from God.

But then a few weeks after the conversation, I started to feel doubt and worries. I thought, “Well, if your mum moves away, where are you going to live?” “You haven't got a job back in the United Kingdom yet; how are you going to afford to rent a house?” I had started to look for a job, but I hadn't yet found a position that felt right.

But the same idea kept coming back that what blesses one must bless all of us, and I carried on praying with this thought. Because I knew my mum's move was right, I knew that things would work out for everyone. I could completely lean on God and trust in Him. I thought of the Bible and the story of Daniel trusting in God when he was thrown into a den of lions. He knew God was constantly watching over him and loving him, and he remained untouched.

A week or so later a job came up in my local Christian Science Reading Room in the UK that perfectly suited my needs. And I had really wanted to support my church. I took the job. Now that I've been in the position for some time, I feel this work has had a positive impact on the members and the community. This progress and good in my life showed me that I could fully rely on God, and that no fearful suggestions were going to prevent right ideas from coming to full fruition.

The next thing to do was to find a house for my older sister and me, since we both wanted to live in our original town. My sister had been struggling to find something suitable, but I just knew that "divine Love always has met and always will meet every human need" (*Science and Health*, p. 494), and I was listening for God's perfect, guiding messages. I looked on a rental website and quickly found a house within our budget and in a great location. It seemed perfect!

However, we knew that many others would also be interested in renting this house. I knew that it wasn't about using prayer or Christian Science to take an opportunity away from someone else. Again, I had to reaffirm my understanding of Christian Science, that God is all-powerful, and if this was right for us, there was nothing stopping it from unfolding. If it wasn't, we would follow God's direction. "Enable us to know,—as in heaven, so on earth,—God is omnipotent, supreme," Mrs. Eddy writes in her spiritual sense of the Lord's Prayer (*Science and Health*, p. 17). This was just another opportunity to prove that only God, good, is working in all of our lives. Around a week after we had viewed the property, the landlord rang to offer the house to us.

My family prayed each time we reached a hurdle. We all feel much gratitude. My mum loves her new house,

my little sister loves her new school, and my older sister and I love our new house. And it was all because of God! God calls us to really, wholeheartedly lean on Him. And when we do, we see God's absolute power, so that healings are not just limited to one person, but bless everyone involved. We should never underestimate divine power.

Good revealed—any place, any time

By Linda Vara

Psalm 139 tells us that no matter where we go, God is there. God's ever-presence means that divine power, intelligence, and comfort are always with us. Within this tangible presence, help is available, and we can feel secure and safe.

Moses and the Israelites found this to be true in their journey in the wilderness. Food and water were provided directly from God, and their clothes and shoes did not wear out (see Exodus 16:12–15, Numbers 20:11, and Deuteronomy 8:4). These accounts inspire us to see that no matter our circumstances, whatever we need is already at hand and will be revealed as we turn to God in prayer.

Science and Health with Key to the Scriptures by Mary Baker Eddy says, "Divine Love always has met and always will meet every human need" (p. 494). And another passage, also from Mrs. Eddy's writings, has helped me to understand how God, divine Love, meets our human needs: "God pities our woes with the love of a Father for His child,—not by becoming human, and knowing sin, or naught, but by removing our knowledge of what is not" (*No and Yes*, p. 30).

Keeping my thought focused on God—filled with how good God is, that good is present all the time, for me and everyone—and being grateful for every little sign

of good, I find that I am able to feel God's presence in times of need.

I had an experience of this. I was on my way home on a quite desolate highway after a long road trip. After stopping for gas, I had driven about half an hour, when I noticed my left rear tire was flat. I pulled over to the side of the road and parked in front of a mile marker. The sun was just starting to go down. It was quite frightening to be there on the side of the road in the dark with huge semi-trucks rushing past me.

After I called roadside assistance and was told my wait would be about two and a half hours, I called a friend who is a Christian Science practitioner, and I let the tears come. Yet, within minutes, we were laughing and talking about what discoveries of God's care were going to be seen.

And that was true! I realized I was already bearing witness to my needs being practically met:

Stopping to get gas when I did meant I could run my car, keeping the heat and lights on and my phone charged while I waited for assistance.

My friend was happy to stay on the phone with me to chat, to pray with me, and to share spiritual inspiration.

I had the idea to call highway patrol and ask for roadside assistance, and a female officer came and parked behind me for the last hour and a half while I waited.

The tow truck driver changed the tire there on the highway. He had me follow him to the next exit to be sure the car was driving OK with the new tire, and I was on my way to a nearby hotel.

I was traveling with my energetic Lab-mix dog Hershey, which can be a challenge. Thankfully, she was calm and slept on her bed in the front seat the whole time we waited for the tow truck.

The hotel attendants were very welcoming when I checked in at 11 p.m., and it was a pet-friendly hotel, which is not always easy to find, especially last minute and late at night.

My son drove and met me at the hotel, then helped me get the tire replaced the next day.

Some of these things might sound minor or as if they were already in place. But that was the spiritual lesson—that sometimes when we are afraid or feel helpless, we might not be aware of the good that is available. But through prayer and acknowledging God's ever-presence, this good is revealed and our needs are met.

An example of this in the Bible can be found in Second Kings when Elisha prayed that his servant's eyes be opened to see the chariots of fire surrounding them, protecting them from attack (see 6:17). And when Christ Jesus was betrayed and arrested in Gethsemane, he asked, "Thinkest thou that I cannot now pray to my Father, and he shall presently give me more than twelve legions of angels?" (Matthew 26:53).

These angels, or thoughts from God, are present and available for each and every one of us, in all circumstances, no matter where we are. While those avenues of help were always present for me that evening on the highway, I didn't recognize or find them until I prayed and found a sense of peace that comes only from God. Through prayer, I got to see and feel the workings of practical, operative Christianity and God's loving presence right where I was. I'm so very grateful!

A joyous reunion

By Starr Urbatsch

One of the things I love about Christian Science is its simplicity. Let me share a healing that illustrates this.

Before recently retiring, I worked at a botanical garden. Part of my responsibilities included watching over our feral cat community. One day I received word that one of the cats had a severe leg injury and needed immediate attention. The supervisor asked that I take the cat to an emergency clinic. The loving staff there took care of him and 24 hours later were ready to release him. However,

the veterinarian strongly recommended he not go back to the garden as a permanent home and said he needed time to recuperate from his injury. My husband and I decided to adopt him.

A few days after we got the cat home, however, he got away from us and disappeared outside. We were devastated and felt an overwhelming sense of guilt. How would he ever find us again? Would he be all right? Fear engulfed me. This was when I remembered the many healings I'd had from simply dealing first with fear. Mary Baker Eddy says this in her chapter "Christian Science Practice" from *Science and Health with Key to the Scriptures*: "Always begin your treatment by allaying the fear of patients. Silently reassure them as to their exemption from disease and danger. Watch the result of this simple rule of Christian Science, and you will find that it alleviates the symptoms of every disease" (p. 411).

I've learned through my study of Christian Science that allowing fear free reign in our thinking can trick us into giving something power it simply doesn't have. The real power—the only power—belongs to our Father-Mother God, who is Love itself, and when intense fear keeps me from realizing Her presence, I reach out to a Christian Science practitioner for support in prayer.

When I contacted a practitioner, he assured me that the cat receives its sense of belonging from God, so it knows where it belongs. We are each (the cat included) called by God to our God-appointed home. Wherever that is, we find safety, food, and shelter. This was a divine law of good and I could trust it was operating at all times. I prayed with these ideas for a few days and felt some comfort but still had some lingering fear, as all our efforts to find the cat hadn't worked. I reached out to the practitioner again and felt reassured that the cat was safe in God's care. I immediately felt released from all fear and left the cat completely in God's loving embrace.

Two months later when I entered my backyard, the cat was sitting on our back fence. He hopped down to greet me showing no sign of a leg injury. It was as if no time

had passed. That was over a year ago and ever since he's been part of our family.

Change in Editor of the Christian Science periodicals

By The Christian Science Board of Directors

At the end of March 2026, Ethel Baker, CSB, will be leaving her position as Editor of *The Christian Science Journal*, *Sentinel*, and *Herald* (JSH), to return to her home in Buffalo, New York, to focus full time on the Christian Science practice and teaching, and to more actively contribute to her branch church. We owe Ethel a debt of gratitude for her decades of devoted service to The Mother Church. In addition to her role as Editor, she previously held positions in the Office of the Committee on Publication, The Writings of Mary Baker Eddy, Reading Room Communications, and Local Activities of The Mother Church.

Looking back on her almost six years as Editor of the Church's periodicals, Ethel recently commented: "It has been a precious time to be working on these indispensable periodicals, in all their forms—and with an enormously dedicated group of fellow Christian Scientists in Boston—and to connect with so many contributors and readers around the world. I feel certain the participation in and reach of these publications will only expand in the years ahead. And I will continue to contribute!"

We are happy to announce that the new Editor for JSH will be Lisa Rennie Sytsma, CSB, who has been serving as Associate Editor for the *Journal* for the last two-plus years. Prior to coming to Boston in 2023, Lisa was a longtime *Journal*-listed Christian Science practitioner in Denver, Colorado, before becoming a Christian Science teacher. She was also active in her branch church. Lisa shared, "It has been an honor and a privilege to

experience the love and commitment of the wonderful staff at *Journal*, *Sentinel*, and *Herald*. I look forward to continuing to work side by side with them, with our contributors, and with our readers to let the light of Christ shine ever more vividly through the organs of our Church, so everyone, everywhere, can feel that healing light.”

The Christian Science Board of Directors

Invitation to Annual Meeting 2026

By The Christian Science Board of Directors

Dear Members and Friends,

One day, long ago, a great multitude gathered to hear Christ Jesus give what has come to be known as the Sermon on the Mount. His opening words reminded the listeners of what qualities of thought bring blessings, and why. During his sermon, Jesus told his disciples and the congregation that they were “the salt of the earth” and “the light of the world.” He urged them not to let the salt lose its saltiness, and to let their light shine in such a way that it not only would show their good works, but even more importantly, glorify God.

Echoing this, Mary Baker Eddy, Founder of our Church and Discoverer of the Christ Science which Jesus taught and practiced, writes in the Christian Science textbook: “A Christian Scientist occupies the place at this period of which Jesus spoke to his disciples, when he said: ‘Ye are the salt of the earth.’ ‘Ye are the light of the world. A city that is set on an hill cannot be hid.’ Let us watch, work, and pray that this salt lose not its saltiness, and that this light be not hid, but radiate and glow into noontide glory” (*Science and Health with Key to the Scriptures*, p. 367).

The theme for the Annual Meeting of The Mother Church this year is taken from Jesus’ words: “Ye are the

light of the world.... Let your light so shine...” (Matthew 5:14, 16). Our individual, daily practice of Christian Science, and our commitment to church, are crucial to letting this Christly light radiate and glow, as we “watch, work, and pray.” Annual Meeting will take place on Monday, June 8, 2026, in Boston, Massachusetts, US, and online at christianscience.com/annualmeeting.

In line with the *Manual of The Mother Church*, “reports of Treasurer, Clerk, and Committees, and general reports from the Field” will be given at the meeting (Mary Baker Eddy, p. 56). As valued members of The Mother Church, your presence in person or online is integral to the meeting, and we look forward very much indeed to welcoming you. We invite you to submit Field reports to the Clerk that show how the Christ light is shining in your healing practice and church experience. Submissions can be shared by emailing clerk@christianscience.com or by calling 617-450-3481.

So, let us come together on June 8, in the same spirit as those who gathered in Galilee from many regions all those centuries ago.

Warmly,

The Christian Science Board of Directors

Monthly updates: March 2026

The Mother Church internship programs

The Mother Church conducts two internship programs each year for college students and recent graduates. The summer program hosts young people from around the

world for an 11-week experience in Boston. There is also an eight-week fall program that is online.

Each intern is based in a specific department to gain professional experience related to their field of study. There are also times each week when interns meet together in a group to get an overview of the full range of job types across the organization. These group sessions also provide an opportunity to discuss the purpose and power of church in today's world and the important role each of us plays in it. For example, interns learn more about Christian Science class instruction, participate in focus groups to provide feedback on new projects, and discuss how to gain confidence in sharing Christian Science with others.

Interns have participated in projects that help branch Churches of Christ, Scientist, create Google listing pages so they can be more easily found online. They have also provided input to Christian Science Reading Rooms that are looking to upgrade their spaces to be more welcoming to newcomers. Many interns have written articles for the Christian Science periodicals. Some have participated as hosts for the *Sentinel* Watch podcast. And others have researched and written articles for *The Christian Science Monitor*. There are employees in almost every department of The Mother Church who started out in one of these programs.

A couple of years ago, we obtained the ability to pursue visas for interns coming from other countries for our summer program. The online program enables anyone to do an internship from their own country. This has provided an opportunity for interns to see that we are truly a global church family.

We are now accepting applications for the 2026 summer program, which provides internships in the fields of Broadcasting and Multimedia, Church and Community, Graphic Design, Editorial and Publishing, Library Science, Operations, Product Development, and Translation Services.

This year's summer program will run from May 25 to August 8 and will include housing near The Mother Church and a stipend, as well as an educational grant upon completion of the internship.

We encourage everyone to help us get the word out about this program to any college students or recent graduates who may be interested. Feel free to share our web page, christianscience.com/internships, which includes more information.

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."

IN CASE YOU MISSED IT

The *Christian Science Sentinel* and *Journal*—more responsive

Changes to the *Sentinel* and *Journal*, both online and in print, are designed to support your daily practice of Christian Science and to strengthen your connection to Church. Issues are now curated and published significantly closer to the issue cover date, so as to include the most timely and relevant content possible. To see a full list of the new content and features, check out the Monthly Updates from the February 2026 issue of the *Journal*.

See more content from the Living Church sections in this magazine and in the *Christian Science Sentinel*.
journal.christianscience.com/living-church

EDITORIAL

Parenting as spiritual practice

By Larissa Snorek

Many say that parenting is like a mirror, where our kids reflect back to us not only our own hopes and joys but also our insecurities. When our child behaves well, we feel accomplished and good. But when they act out or fall short, we feel awful. This roller coaster of rising and falling with a child's successes or mistakes can leave

parents feeling drained and reactive rather than steady and patient.

But through Christian Science, we increasingly learn not to be pushed or pulled by circumstances. Drawing on God's father-mothering, we see we don't have to merely endure difficulty or summon emotional restraint with our children. Instead, we can feel the peace that flows from knowing our own—and our child's—spiritual identity. That is, knowing what's divinely true of both parent and child as God's wholly spiritual expressions. This anchors thought in the Life that is God—wholly good. From this grounding, grace and poise in parenting is no longer dependent on a child's behavior or a parent's abilities but on God's ever-present fathering and mothering of all.

The Bible brings us right to the heart of this in Philippians 2:13: "For it is [not your strength, but it is] God who is effectively at work in you, both to will and to work [that is, strengthening, energizing, and creating in you the longing and the ability to fulfill your purpose] for His good pleasure" (*Amplified Bible*). This applies equally to parents and children.

Because Love, God, is always "effectively at work" in us, we can affirm that we fully reflect this divine strength. And we're never truly on our own as parents—whether striving to do our best or regretting times when we feel that we have fallen short. God is ever parenting us all; Love itself is active and "inspires, illumines, designates, and leads the way" (Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 454). When we let Love lead, the intensity or uncertainty that so often claims to be a regular part of the parent-child relationship dissolves, and we see that our parental task isn't to mold or control, but to witness and support the unfolding of divine goodness in our own and our children's lives.

When I first knew I'd be having a child, I felt joy as well as the weight of personal responsibility. But immediately turning to God's authorship instead of my own, I felt prepared—and peaceful. Those prayers have continued as my children have grown, helping us learn together from the hard moments.

Each child has a direct connection to God, divine Principle—the source of their intelligence, goodness,

and growth. As we lean on Principle instead of personal sense for guidance, we release the emotional swings stemming from willfulness or a desire for control and find them replaced with a steady calm and genuine joy.

The story of Hagar in the 21st chapter of the Bible's book of Genesis speaks to this. Hagar was at the end of her rope, thinking that there was nothing she could do to help her child in a moment of significant distress in the wilderness. The Bible states, "God heard the voice of the boy, and the angel of God called to Hagar from heaven and said to her, 'What troubles you, Hagar? Do not be afraid, for God has heard the voice of the boy from where he is [resting]'" (verse 17, *Amplified Bible*).

Right where she felt desperately inadequate to provide what was needed, God was already caring for her child, and Hagar got to participate in this. As her spiritual sense of things grew, seeing God's presence, the practical solution (finding needed water) then became evident. Prayer that recognizes God as governing every step of progress relaxes us so we don't react despairingly to circumstances—not because we are indifferent, but because we trust the divine Mind's guidance. Such spiritual direction leads to solutions that we could not have brought about or even thought of on our own.

We understand God's father-mothering of us all as we challenge the belief that a biological bond defines family. We often assume our children relate to God through us, and are dependent upon our success as parents for their success as adults. But Christian Science reveals that God is All, and that each child has a continuous, direct, unbreakable connection to divine Love, and that through spiritual sense, they hear the Christ, Truth, and know God's messages of good themselves.

Spiritual sense recognizes that what might seem like delay, struggle, or a backward step is just the human view of things that hasn't caught up with what is already true in Spirit, namely, the harmony of each and all as God's creation. When a child (or anyone) is "pushing our buttons," our commitment to spiritual practice helps us find good humor and steady responses.

One thing I often did when my kids were young and acting up was to take my own spiritual time-outs. I would say, "I'm going to take a time-out in the other room for a moment to remind myself that you are a blessing." I'd make sure they were safe, and then take a moment to pause and pray, rather than reacting.

Every time I remembered to do this, when things were feeling stressful or contentious, the pause enabled me to turn to Christ, the true idea of God, and let Love lead. This often proved to be a turning point so that my child and I again felt like allies, rather than adversaries, in getting rid of any false views of ourselves and the behavior that came with them.

Christian Science invites us to look beyond the surface, whether of youthful uncertainty or defiance or parental inadequacy, and ask, How can we feel and know God here? It may call for recognizing innocence, intelligence, or self-government—God's goodness instead of biology, psychology, or mortality—as the true influence on our children. Then we find spiritual poise and feel the power of Truth restoring right, loving family relationships. And this blesses both our children and ourselves.

Larissa Snorek

Associate Editor

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