



CHRISTIAN SCIENCE Sentinel

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

August 3, 2026 Vol. 128 | No. 31

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Beyond boredom and over-stimulation

Tony Lobl

Might boredom and excitement be two sides of the same coin? Self-centered pursuits can feel exciting and satisfying. But they can lead to time-consuming bingeing or even send us on an endless quest for ever more extreme expressions of whatever we feel is stimulating. And if those pursuits are what excite us, without them, we can find ourselves bored.

Having “been there and done that” in both those ways, I found a way out that isn’t a bland neutrality but a whole new way of living a fulfilling life. Looking up and out from a world of material highs and lows through the study and practice of Christian Science, I found a steadier joy that we can each awaken to—a calm, satisfied, true sense of God and what God means to us.

A thought picture painted in the Bible’s book of Isaiah contradicts the perception of life as a patchwork of material highs and lows. Prophesying the coming of Jesus, it says, “Every valley shall be exalted, and every mountain and hill shall be made low: and the crooked shall be made straight, and the rough places plain” (40:4). To Mary Baker Eddy, who discovered Christian Science, those words refer to flattening the mountains of selfishness and uplifting the valleys of sin to prepare the highway of God (see *Science and Health with Key to the Scriptures*, p. 61).

Highs and lows based on material belief, the limited thinking of the human mind, slow our path to the bliss of knowing God and His creation, where all real satisfaction is found. His creation couldn’t possibly be flat or boring—it contains all genuine good. As we gain a higher understanding of this, we feel on fire with the true joy and purpose God has given each of us. This spiritual state of consciousness is revealed to us by Christ, the true idea of God, which Jesus demonstrated in such an astounding way as to make it absurd to think it could ever be boring!

This more Christly consciousness doesn’t exclude measured engagement with things we enjoy, such as

sports, cultural activities, friendships, etc. But it does increasingly lift us to behold our true, spiritual identity, in which neither over-stimulation nor boredom exists to stop us from actively and gladly reflecting Love, God. This truth of what we are as God’s reflection is the model for how to live our lives from day to day, which is living “Love’s divine adventure to be All-in-all,” as Mrs. Eddy puts it (*The First Church of Christ, Scientist, and Miscellany*, p. 158).

In valuing and nurturing a sense of life as the adventure of understanding and demonstrating Love’s allness, what might have previously seemed to be a boring gap in activity becomes a spiritually refreshing pause. What might have seemed dull to a thought stimulated by the senses or by intellectual pursuits becomes an opportunity to let God’s inspired thoughts flow in, conveyed by Christ. And while we don’t need to be physically still for God’s guidance to become clear to us, setting aside alone time with God to listen for what Christ is imparting to us is a vital part of nurturing our progress in understanding the things of Spirit, God. That understanding leads in turn to irrepressible and irreversible progress and stability in our lives.

One vital part of opening our heart to such insights into God’s nature and our wholly spiritual expression of Him is engaging with the Bible and the textbook of Christian Science, *Science and Health*. This is pivotal to experiencing thought-shifts Spiritward that result in practical change for the better in every aspect of our experience.

In this light, we see that the claim that we can be bored by reading the Scriptures and the textbook is insidious. These are infinitely fresh guidebooks to our unique place in Love’s ever-satisfying divine adventure. Opening their pages and pondering and grasping the meaning of the words they contain, many have felt the healing Christ exalting valleys of sorrow, suffering, and sin and leveling mountains of materialism and selfishness. Such prayer-inspiring study of these texts and application of their lessons in our everyday experience smooths out the rough places in our lives, including our relationships and physical problems.

If we don't feel spiritually stimulated when delving into this fount of healing ideas, we can know that it's the ever-gray mentality that is matter-based thinking that seems to hide the multihued ideas of Mind, God. We can rise in rebellion against such claims, since we are each the image of divine Mind and inherently include the spiritual understanding that these books bring out.

Let's let Christ uplift us to the spiritual heights from which we see what's true of us—our infinite abilities and purpose. Let's let go of the self-identification with boredom or over-stimulation claiming to overshadow our path to progress. They are no part of our true, and truly satisfied, identity.

A life that consistently looks to Spirit for guidance and acts on the thoughts it imparts is the most deeply engaging life, bringing a joyous, purposeful unfoldment of good to our days. So whether we currently feel disengaged by what's going on or are distracted by ephemeral pleasures, our solution is the same. We can turn from what the corporeal senses say is life to what Christian Science reveals as the true life of each of us. When we are consciously reflecting divine Life, God, our thought is open to the spiritual inspiration and insights that lead to priceless ways to experience and express God.

Tony Lobl, Deputy Editor

The Ebola outbreak: Our prayers are needed

To the degree that we understand man's spiritual nature, we help lift ourselves and others out of infectious disease and the fear of it.

André Kisonga

Originally published as A Christian Science Perspective in The Christian Science Monitor

My country, the Democratic Republic of Congo, is presently facing a new outbreak of the Ebola virus in its northern region. Reports of infectious diseases, whether in our immediate area of residence or in remote places, deserve everyone's attention and prayers.

I have naturally joined all who are praying about this challenging situation. I pray in the way I have learned from the teachings and the life experience of Christ Jesus, who proved that God's ever-present love does not simply alleviate suffering and disease but heals them. He found healing natural because he acknowledged that the healer in every case is God and that with Him "all things are possible" (Matthew 19:26). On this basis, he healed many chronic and infectious conditions, including several cases of what is referred to as leprosy and was viewed as highly contagious.

Christian Science has taught me to base my prayers on the solid spiritual foundation of Jesus' teachings—namely, the allness and perfection of God and the nothingness or unreality of anything unlike God, good. Disease obviously falls into the latter category; it is not from God but the result of an erroneous belief in a reality or power opposed to God, the All-in-all. Indeed, Christian Science has taught me that God is One—the only power and all good, not the source of any evil, such as disease. Evil having no reality or power, we cannot be susceptible to it in any form.

My prayers for my country and for people everywhere rest on the certitude that God's ever-present love, power, and wisdom will ultimately destroy any belief in a power opposed to His good and perfect creation. Such trust in God kept me untouched by an outbreak of the flu at my workplace several years ago.

At the time, I had a private office, and my staff had desks in an open space shared with employees from other departments. Whenever I came out of my office and shook hands with some of my staff or hugged them, a few warned that I shouldn't; otherwise, I would be contaminated. But I did so without fear and never suffered any ill effects. I assured them that I could not be contaminated by anyone, nor could I affect them except with good health. I held in thought that God,

good, fills all space, leaving no room for something like flu to rule. A virus has no intelligence, reality, or power to transmit itself to anyone. Only that which is good is communicable. To the degree that we understand man's spiritual nature, we help lift ourselves and others out of the plague of infectious disease and the fear of it.

Fear, like ignorance, shuts our eyes to and paralyzes our trust in God's omnipotence, omniscience, and unfailing love for His children, whereas the understanding of God's ever-present goodness removes the fear that generates suffering.

Today, I am taking the mental stand that God does not leave the government of His creation to something evil such as disease. Psalm 91 is one of the Bible texts that foster my trust in God's protecting power. For instance, verses 9 through 11 promise: "Because thou hast made the Lord, which is my refuge, even the most High, thy habitation; there shall no evil befall thee, neither shall any plague come nigh thy dwelling. For he shall give his angels charge over thee, to keep thee in all thy ways."

The following passage from the Christian Science textbook, *Science and Health with Key to the Scriptures* by Mary Baker Eddy, lifts my thought above the negative and intimidating reports of disease: "Jesus never asked if disease were acute or chronic, and he never recommended attention to laws of health, never gave drugs, never prayed to know if God were willing that a man should live. He understood man, whose Life is God, to be immortal, and knew that man has not two lives, one to be destroyed and the other to be made indestructible" (p. 369).

I pray to see beyond the distressing picture of contagious disease and understand what Jesus taught about man's immortality—to recognize, as he did, God's perfection reflected throughout His creation. Wherever Jesus was called on for help, he recognized no sick person, no sinner, no dead person, no one in irreversible threat, nothing hard or impossible to achieve. He knew that God, divine Truth, is the governing power and intelligence of the universe. For this reason, Jesus was able to prove then what we are being called to prove—and are able to prove—today: "Truth handles the most malignant contagion with

perfect assurance" (*Science and Health*, p. 176). I remain confident that the healing power of divine Truth does not change or lose its efficacy.

These ideas fill me with the expectation of good—or, shall I say, the certitude that God's will for His beloved children is only good and will ultimately prevail. Nothing can overrule God's omnipotent and omnipresent love and care.

Jerusalem, Holy City

One of the oldest cities in the world, Jerusalem has held political and religious significance for thousands of years. Its name may be related to the Hebrew word *šālôm*, meaning peace, though much of its history was turbulent.

Jerusalem's strategic location and symbolic import made it the target of multiple military takeovers. Captured by King David circa 1000 bc (see II Samuel 5:4–7), it became the revered capital of the Hebrew nation—leading to the title "City of David."

Under the Davidic dynasty, Jerusalem was the site of the celebrated Hebrew Temple. Pilgrims from across the known world worshiped there until it was destroyed by Babylonian forces in the sixth century bc. Though rebuilt, the Temple was again demolished when the Roman army razed the city in ad 70.

In the New Testament, Jerusalem is the location of several pivotal events, including some of Christ Jesus' teaching and healing as well as his crucifixion and resurrection—sealing its importance to Christians. Later, Muslims controlled the city for centuries. Jerusalem is honored as a holy city by Jews, Christians, and Muslims to this day.

Observing its human history, Mary Baker Eddy defines *Jerusalem* this way: "Mortal belief and knowledge obtained from the five corporeal senses; the pride

of power and the power of pride; sensuality; envy; oppression; tyranny”—then adds its spiritual meaning: “Home, heaven” (*Science and Health with Key to the Scriptures*, p. 589). Understanding its spiritual significance makes clear its true holiness, far beyond a storied geographical location.

For more on this topic, see “The Jerusalem we can all call home” by Tony Lobl.

The Christ—God’s healing message

Over decades of studying and practicing Christian Science, I have found the power of Christ supreme for overcoming countless issues.

Edwina Aubin

Many years ago, while working in the field of diagnostic health care, I was searching for a Christian denomination that made practical the healing works that Jesus did and said we could do. I found Christian Science and began consistently studying it. Not long after, I witnessed an occurrence in the hospital where I worked that consolidated for me the concept that there is more to health care than what we understand on a physical basis.

At one of our morning staff meetings, a patient case was presented for which there seemed to be no explanation. Images from a diagnostic test had clearly indicated a large mass; it had been plain for all to see. But a short time later, with no medical intervention in the interim, the test had been repeated, only to show everything in that area to be completely normal. The large mass that had been evident earlier was now totally gone.

All those in the meeting were silent; no comments were made or questions raised. There was no medical explanation for the change. It came to me that the power

of God was the only thing that could have brought about such a change.

This experience really challenged me to reconsider all that I had learned earlier about health and the treatment of disease from a material basis. Now, many years later, I see how pivotal this experience was to my emerging understanding of the Science of Christianity, in which God, Spirit, is understood as not just the substance of life, but Life itself. My standpoint regarding existence shifted, to a degree, from a material basis to a spiritual one.

Through my Christian upbringing, I had intellectually accepted that God was the creator of the universe—accepted the biblical statement that “in the beginning God created the heaven and the earth” (Genesis 1:1). However, I had not yet come to see that statements such as this were pointing to a divine Science of being, which was taught and repeatedly demonstrated by Christ Jesus and is still applicable today.

In my early years of studying Christian Science, I did not readily understand much that I read in the Christian Science textbook, *Science and Health with Key to the Scriptures* by Mary Baker Eddy. But there was always something that resonated as the truth. These moments of understanding gave me the confidence to continue putting what I was learning into practice for myself and for my family.

In *Science and Health* we read: “Spirit, God, has created all in and of Himself. Spirit never created matter. There is nothing in Spirit out of which matter could be made, for, as the Bible declares, without the Logos, the Æon or Word of God, ‘was not anything made that was made’” (p. 335).

The Bible tells us that all that God made was “very good” (Genesis 1:31), so anything that is not good cannot have been made by God and therefore cannot have the reality it appears to have. Jesus proved this fact throughout his extensive healing ministry; his healings show clearly that issues such as deformity, blindness, chronic disease, and even death are not real and have no power because God is the only power and governs all existence.

Jesus was forever conscious of what was true of God's creation and government. He showed the practicality of the Word of God by healing all manner of human problems. Knowing without doubt that discord, sickness, and sin are no part of God's creation, he did not for a moment ascribe to them any validity.

It was the Christ, Jesus' spiritual selfhood, that enabled him to heal so decisively. God, the one, infinite Mind, annuls the belief of disease through Christ, Truth, and with this mental shift, the actuality of health becomes evident. Christ is here with each of us today, bringing to human consciousness God's message of good, whereby we are redeemed through the perception and acceptance of Truth.

Over decades of studying and practicing Christian Science, I have found the healing power of Christ supreme for overcoming insufficient funds, injured pets, illness, and countless other issues. One decisive healing early in my study of Christian Science came through understanding that "we have the mind of Christ" (I Corinthians 2:16), which enabled me to lose a matter-based consciousness of disease and gain a spiritual consciousness of harmony.

I'd found that I had lumps in multiple lymph nodes and, at first, was very fearful that some serious disease was causing the swellings. But as I prayed and received metaphysical treatment from a Christian Science practitioner, the fear was quickly replaced by a calm assurance that everything was fine. I was no longer impressed by the condition, and shortly after this, the lumps were gone.

The physical change was not brought about through any power of the human mind but through relinquishing a sense of life as material and gaining the spiritual sense of Life as God, who creates and includes neither discord nor disease. The Holy Spirit (or Holy Ghost, as it is referred to in the King James Version of the Bible) inspires thought to recognize the eternally perfect and harmonious spiritual idea, created and governed by God, divine Mind.

Eddy writes, "The effect of this Science is to stir the human mind to a change of base, on which it may yield to the harmony of the divine Mind" (*Science and Health*,

p. 162). It is the power of the Holy Spirit that brings this stirring—and yielding—to the human mind through Christ. This causes the body to reflect the health and harmony of divine Mind's government.

Our willingness to challenge the validity of life governed by material conditions makes us receptive to Christ and to a change of base that brings healing. Be assured, the truth is that we are all tributary only to God and are therefore able to hear God's Word. We are free to express the good that God is and has made.

The power of a humble heart

Humility is not weakness or self-deprecation; it's acknowledging God as the source of our worthiness.

Linda Berckmann

I love the story of David and Goliath. It so beautifully illustrates the strength of humility and the weakness of pride. Humility gave David victory over Goliath. David understood that God was the source of his strength, and with a humble heart, he battled the proud giant and was victorious.

I've often looked to this story when I've felt like the underdog in a difficult situation. When I was about thirteen, an older girl from a neighboring town seemed eager to make friends with me, and one day she asked me to come over to her house after school. She didn't seem like someone who shared my values, but at the time, I was struggling with self-esteem, and I was grateful that she wanted to be friends, so I rode my bike to her house. Once inside, I realized that her parents weren't there, but her much older boyfriend was, and he was trying to intimidate me into doing something I didn't want to do. I was scared. Like David being taunted by Goliath, I felt taunted by this girl and her boyfriend.

As a student in a Christian Science Sunday School, I was very familiar with the story of David and Goliath. While I didn't feel confident about my ability to get out of this situation, I remember thinking about David. And even though I had been struggling to understand God's presence in my life, at that moment I knew He was with me, guiding and protecting me.

Within seconds, the phone rang. It was the girl's mom. The call immediately altered the dynamics of the situation, and I was able to get out of the house. I got on my bike and rode away as fast as I could.

After that, I crossed paths with the girl and her boyfriend from time to time, but they never again tried to intimidate me. When I look back on that incident now, I realize just how protected I was that day.

So how did David, small in stature relative to Goliath, defeat the giant without armor or a sword? David must have known that God alone was his strength—that he possessed no power of his own. This was in sharp contrast to the prideful Goliath, whose confidence was based on his size and his arsenal of weapons. David's humble trust in God's power and presence gave him the courage to face the giant without fear.

David's victory illustrates how pride inevitably leads to a fall. When taunted by the Philistine, the young shepherd responded, "You come to me with a sword, a spear, and a javelin, but I come to you in the name of the Lord of hosts" (I Samuel 17:45, *Amplified Bible*). We, too, experience this spiritually sourced protection when our consciousness is so filled with divine Love that we naturally abandon self-will and increasingly take direction from God. And as David did in his defeat of Goliath, we can give God full credit for every victory.

Christian Science teaches that believing in a personal power apart from God is a roadblock to spiritual progress. Doing so tends to keep our thoughts focused on a limited sense of God, and therefore of ourselves. Referring to this mistaken concept as personal sense, Mary Baker Eddy writes in *Science and Health with Key to the Scriptures*, "A personal sense of God and of man's capabilities necessarily limits faith and hinders spiritual understanding" (p. 312). This limited view would convince us that we are separate from God and

live independently of Him. It suggests that we each have a matter-based personality and are susceptible to all of the problems associated with mortality.

Humility silences this personal sense of ourselves and helps us accept that intelligence and power come from God. Attaining this humility requires a radical shift in thought—from a materially focused consciousness to one overflowing with love for and trust in God, Spirit—a consciousness dependent on God for every thought, motive, and action. We can't experience this just by trying to be better mortals or to use prayer to fix our problems. We can do this only by emptying our thought of limited material concepts and replacing them with the purely spiritual view of ourselves as God's offspring, which is everyone's reality as God's image or reflection.

Eddy writes, "One can never go up, until one has gone down in his own esteem" (*Miscellaneous Writings 1883–1896*, p. 356). This does not mean that humility is equated with diffidence, low self-esteem, or a denial of our talents or strengths. Humility is not weakness or self-deprecation; it's acknowledging God as the source of our worthiness. Then, with spiritually focused understanding, we know that our talents and strengths are manifestations of God, and we can live our lives increasingly expressing them. To the degree that we allow ourselves to be purged of personal sense by Christ—the true idea of God, exemplified by Jesus' life and healings, we are raised up in the understanding of our spiritual perfection as God's beloved children.

Following the sentence quoted above, Eddy adds, "Humility is lens and prism to the understanding of Mind-healing." The lens she speaks of brings thought into focus with God, clarifies His perfect and wholly good nature, and sheds light on our relation to Him, dissolving the hardness of personal sense. The prism of humility allows God's light to shine through us, enabling us to express God-derived qualities such as love, wisdom, and creativity.

The purging of intrusive thoughts that don't belong to who we truly are might not always be easy. And the replacement of old, negative patterns of thinking with pure thoughts from God, Love, requires alertness. But

these actions become more natural the more we let Love fill our thinking. In a letter to an early branch Church of Christ, Scientist, Eddy gives this beautiful assurance: “When divine Love gains admittance to a humble heart, that individual ascends the scale of miracles and meets the warmest wish of men and angels” (*The First Church of Christ, Scientist, and Miscellany*, pp. 188–189).

Having this humble heart opens the door to a life filled with divine Love guarding and guiding us every step of the way.

Weekly updates: August 3, 2026

Rotation on the Christian Science Board of Directors

Dear Members and Friends,

Several months ago, our dear colleague and friend, Scott Preller, CSB, told us he felt the time was right for him to complete his service on the Christian Science Board of Directors in order to devote himself more fully to the healing practice of Christian Science. The Board responded that a good time for such a transition would be sometime during the summer months after Annual Meeting. So, on August 17, 2026, Kevin Ness, CSB, will become the newest member of the Board of Directors, while continuing to serve as a Trustee of The Christian Science Publishing Society.

Kevin served for many years as the General Counsel of the Church and later as the Manager of Committees on Publication, working very closely with the Board. Kevin has been listed in *The Christian Science Journal* as a Christian Science practitioner since 2008, and in 2021, he became a teacher of Christian Science. Scott noted, “When my colleagues told me they had selected Kevin to fill my slot on the Board, my first thought was that

I don’t know anyone at the Church who doesn’t enjoy working with Kevin. There is a quality of calm and ‘oil’ that he brings to all his interactions, which makes it almost impossible for there to be any friction in the room.”

In thinking about his own experience of working at The Mother Church, Scott says, “I often find myself wishing that every Christian Scientist could have some time in their life when they get to work here. The global perspective on Church activity that it provides, and the opportunity to work with so many dedicated Christian Scientists devoted to doing whatever they can to help members and churches in their practice of Christian Science is spiritually energizing and inspiring.” Scott has good reasons for such an outlook. Besides his time on the Board, he has worked as a Christian Science Chaplain in the United States Air Force and a Staff Editor in the *Journal*, *Sentinel*, *Herald* Department of The Mother Church; he later served on the Board of Lectureship, the Board of Trustees, and as President of the Board of Education. He has been a *Journal*-listed Christian Science practitioner since 1994 and a teacher of Christian Science since 2006. Because Scott’s field has always been the Boston area, he and his wife, Paula, will remain in the vicinity, continuing their shared commitment to Church and Christian Science practice.

As the final part of this rotation, Mary Alice Rose, CSB, a current member of the Christian Science Board of Directors, will now also serve as a Trustee of The Christian Science Publishing Society alongside Jen McLaughlin, CSB, and Kevin.

Please join us in expressing our deep appreciation for the willingness of these workers to serve our Church.

The Christian Science Board of Directors

New Bible Collection on JSH-Online.com

A humble immigrant embraces worship of the one God—and becomes part of Messianic history. Read about Ruth’s spiritual journey in the most recent “Exploring the Bible” article collection.

Collections are posted monthly to encourage deep, ongoing engagement with the Scriptures. Each digital collection is composed of articles that focus on the spiritual inspiration Mary Baker Eddy urges on Bible students.

If you're afraid of not being good enough

Susie Jostyn

It was a beautiful, sunny, perfect-for-ultimate-Frisbee afternoon. I'd parked next to a field where I knew a good pickup game would be starting soon. I opened my car door . . . and couldn't get out. There was nothing wrong with me physically, but I just couldn't bring myself to get out of the car.

I'd played ultimate Frisbee at the national and world levels. I absolutely loved competitive ultimate, and if someone wanted to play, I was in! But it had been a couple of years since I'd trained hard or played at a high level.

I'd just moved to one of the most competitive ultimate Frisbee cities in the United States, and I was hoping to get back into the mix. But now I was worried because I didn't know who would be at the pickup game, and I wasn't sure how well I'd play. I was nervous about what people would think of my game and the implications for the upcoming season. This was creating a mental turmoil more intense than the usual butterflies that any athlete might feel before competition.

I wanted to play with my usual peace and joy, and as a Christian Scientist, I associate those qualities with God. So I reached out to God in prayer. As I did, a simple question popped into my thought: "What are you so afraid of?"

A little answer cried out: "I'm afraid of not being good enough."

The immediate, firm response was, "The only need is to be good."

"Oh." I paused. I thought slowly, "OK. I can do that. I can be good."

The contrast between "good enough" and "good" was really striking. "Good enough" in that situation was dependent on human skill and assessment and included the risk of failure and/or others' displeasure. By contrast, Christian Science teaches that spiritual goodness is a universal, beautiful, and joyful gift that comes from God and is assured by God's love and government. Goodness is innate in each of us; it's not dependent on our performance.

What that meant to me on that field was that I could be kind to other players and appreciate them and the way they played. I could enjoy the game and our beautiful surroundings. But it went even deeper than that. I know from studying Christian Science that all good comes from God. So this wasn't so much about my human effort to be good as it was about naturally expressing God-given spiritual qualities. God, good, causes me to express good. I didn't have to worry about the rest. I could rest in the familiar Bible promise that when we prioritize seeking, following, and expressing God, God takes care of the details and our needs (see Matthew 6:31–33). With that thought, the fear disappeared, and I was free.

I got out of my car and walked to the playing field. I introduced myself, cleated up, and warmed up. As I played, I did my best to love everyone and everything. It was wonderful, and I played extremely well. At one point, I got open against a very fast male defender and sprinted toward the end zone. I didn't know the guy who had the disc, but he chucked it way downfield for me anyway. I sprinted all out, and at the back of the end zone, I dragged my toe as I caught the trailing edge of the disc and dove forward. I came up still holding the disc, grass-stained, grinning from ear to ear, serenaded by whoops and cheers from people on both teams, and relishing the freedom and power of a dedication to goodness.

That experience was a cornerstone for my spiritual growth. Since then, my understanding and experience

of God, good, and of how God causes us to be good and do good has certainly grown. Whenever I feel myself getting overly concerned about something like an academic task, athletic competition, or musical performance, I check my priorities and focus. Am I focused on myself or others' assessments? Or am I seeking, acknowledging, and glorifying God? It is always God who enables us to express and grow our talents and shine with freedom and confidence, because we reflect God's goodness, which is a constant.

As explained by the Discoverer of Christian Science, Mary Baker Eddy, this is a Bible-based, scientific, practical fact that is true and demonstrable for each of us—whether we're on the playing field or anywhere else.

My God is so good!

Rylie

In my family, we like to talk about God during breakfast. This is because we attend a Christian Science branch church, where I go to Christian Science Sunday School.

We also share one "God thought"—a helpful, comforting idea about God—that we take with us for the day. At dinner, we tell how that "God thought" helped us during the day.

Most days, my mommy or daddy will also read a story from the Bible or an article from the *Sentinel* or *The Christian Science Journal* out loud while we're eating breakfast.

One day, my mom read me an article from the *Journal* about a kid my age. I liked thinking about a quote that was shared in the article. The quote is, "Good is my God, and my God is good" (Mary Baker Eddy, *Miscellaneous Writings 1883–1896*, p. 206).

A few days later, we were quickly getting into the car because some storm clouds were moving toward us really fast. My hand got caught in the car door as it closed. We quickly opened the door again, but I started to cry because my hand hurt a lot.

My mom came over to me and asked me to say out loud with her, "Good is my God, and my God is good." Even though I was crying, I said it with her. The Bible tells us that God created us and that God made everything good. God is also always with us. This means that I am good, and that good is all around me. So I can't be trapped or hurt.

I decided to keep praying in my head, "Good is my God, and my God is good," as we all got buckled up and drove home.

When we got home, my mom checked in with me. I told her my hand didn't hurt anymore. We were both so happy about this healing. I ran upstairs to tell my daddy, too.

At dinner that night, I shared that I'm grateful for this healing. My God is so good!

Quick recovery from effects of a fall

Dimple Mittal

I have been studying and practicing Christian Science for the past 15 years. A friend introduced me to it when I was facing a difficult relationship issue, and prayer helped heal the situation.

Since then, I have regularly attended Sunday services and Wednesday testimony meetings at the Christian Science Society in Chandigarh. I also study the weekly Bible Lessons from the *Christian Science Quarterly* and read the Christian Science periodicals. With the help of a Christian Science practitioner, I have had many healings related to health, employment, and

relationships. I have taken Primary class instruction as well, in order to understand God better. My life has totally changed, with a new job and home where I apply the teachings of Christian Science every day.

In October 2025, there was heavy rain in our town of Bahadurgarh. In the afternoon, I was going to deliver food to my husband at his workplace. But I slipped on the wet steps and fell, hitting my face on the stairs. When my neighbors heard me scream, they came running. They helped me up and took me into their home.

Although there was no visible injury, the pain was severe. My neighbors were concerned that I might have internal injuries that could show up later. But I reassured them, saying that I was sure prayer would heal me. Since they knew that I follow Christian Science, they respected that and even offered to deliver the food to my husband.

By this time, I had the spiritual confidence to pray for myself, while also appreciating the kindness of those who were anxious about me. My trust in God helped me deny every fearful thought with the fact of God's ever-present care and power. After my neighbors left to deliver my husband's lunch, I went upstairs and continued praying with this truth from the Christian Science textbook: "Accidents are unknown to God, or immortal Mind, and we must leave the mortal basis of belief and unite with the one Mind, in order to change the notion of chance to the proper sense of God's unerring direction and thus bring out harmony" (Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 424). I reasoned that because there are no accidents in His kingdom, there can be no effects from an accident.

When my husband heard about the fall, he called to check on me. I assured him that I was OK and was praying. I was determined not to look for symptoms but instead to recognize that I am God's whole and perfect child. I soon fell asleep, and when I woke up in the evening, all pain and other evidence of injury was gone. I was healed.

When my husband came home that night, I confirmed that I was perfectly fine. And the next morning, I was able to tell my neighbors that I was entirely well.

I thank God for His care and for this healing. I am deeply grateful to the practitioner who prays with me whenever I have a need and to my dedicated Christian Science teacher.

Dimple Mittal

Bahadurgarh, Haryana, India

I am sufficient

Jacob Publicover

I made a big career change at the end of 2019 and, while things were challenging during the first two years for a multitude of reasons, I felt purposeful and engaged in the work I was doing. In the fall of 2021, however, I became increasingly irritable. Any minor annoyance seemed to throw me off, and I was not in control of my emotions.

My wife, busy with our two young children, was always caring and would come up to my home office to check in with me when she could tell I was having a rough day. I was able to keep the frustration and anger from spilling over to our children and most others I came in contact with, but I felt it was affecting my ability to be fully present with our family.

During this time, I also felt unable to pray for myself to improve the situation. So, with encouragement from my wife, I called a Christian Science practitioner to pray for me. The practitioner informed me, to my dismay, that this was a good place to be in because of the encouragement it provided to rely completely on God. While I agreed, I still felt helpless to take this step of reliance. But the practitioner confirmed that that was good because it left room for God.

With guidance from the practitioner, I started by just trying to listen better to God. I would simply ask, “God, what do You want me to know today?” or, “God, what do You want me to know about myself?” and then I would be mentally quiet and listen. I tried to do this at least once every day in a place where I couldn’t be distracted.

One day, this simple yet profound thought came clearly: “I am sufficient.” I felt I was hearing God say the words about Himself at the same time that I was thinking them about myself—because it is, in fact, a statement that is true about both God and me. It was as though God was telling me that I am sufficient only because He is sufficient. It was very comforting to know that because God is dependable and able, I too am dependable and able as God’s wholly good creation. As the Bible says, “Our sufficiency is of God” (II Corinthians 3:5).

After this experience, I quickly realized that I had been carrying around self-doubt and a sense of insufficiency regarding my position, perhaps even since I’d been offered the job. Early on, I had questioned whether it was the right fit or whether I would be up for the task. But after receiving this spiritual message and the conviction that came with it, I immediately stopped struggling with debilitating feelings such as anger. I felt I had been released from a mental prison of sorts and was ready to move forward.

There were still plenty of challenges that required conviction and trust in God’s presence and provision, but any accompanying emotions were never debilitating. I was able to respond to these challenges by knowing that God’s sufficiency would meet everyone’s needs.

I’m so grateful to have strong biblical models, especially Christ Jesus, who demonstrated that any challenges can be overcome through full reliance on God. I’m grateful for Mary Baker Eddy’s discovery of Christian Science and all that it brings to our experience. And I’m grateful for Christian Science practitioners and their help in times of need.

Jacob Publicover

Bowen Island, British Columbia, Canada

Gash on finger healed quickly

Carol Raner, Brett Caspary

While babysitting my four-year-old grandson, I was outside watching him play with the family’s dog in the garden. They were both holding on to the same stick, but I hadn’t noticed that it had a short, sharp stem sticking out of it. As the dog ran off with the stick, the point of this stem sliced the length of my grandson’s baby finger. It was bleeding, and he was crying hard.

I put a clean napkin over the wound. Then, as a student of Christian Science, I naturally turned to the teachings of the Bible and *Science and Health with Key to the Scriptures* by Mary Baker Eddy, pondering the spiritual fact of each of us—including my grandson—being God’s good creation. I pulled the child up onto my lap and talked to him about God. I assured him that the dog hadn’t meant to hurt him. And I told him that God was always protecting him and wouldn’t let anything bad happen to him.

He kept looking at his finger and complaining, “But it’s bleeding.” I encouraged him to join me in focusing more on God’s love and protection instead of his finger. Mrs. Eddy states in *Science and Health*: “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” (pp. 260–261).

As we sang all three verses of “‘Feed my Sheep’”—a comforting hymn from a poem by Mrs. Eddy about God’s shepherding care of His children (see *Poems*, p. 14)—he stopped crying. Sitting in the garden with him on my lap, I reflected on the inspiration I had gained from my early morning prayer that day. I remembered

a statement from *Science and Health* identifying Christ as “the true idea voicing good, the divine message from God to men speaking to the human consciousness” (p. 332). I demanded in thought to be fully present with the Christ as it corrected the erroneous belief, or dream, of materiality, which can seem so entrenched in our thinking and is the source of any suggestions that accident and injury are real.

Spiritual truths came to me clearly and with authority, including, “Matter isn’t a factor; the boy isn’t dreaming this dream. The dream of life in matter is no part of God’s man.” This was Christ, Truth, speaking to me. Because it was from Truth, what I heard exposed the nothingness of the lie about my grandson being injured. I was certain that his only reality, his true consciousness of being, was pure and innocent and unharmed as the idea of God, infinite Mind.

Understanding that the Christ is always with us enabled me to rebuke the anti-Christ—the belief in a power opposite to Truth—which would present an ultimatum that there would be no healing today. I knew that healing was inevitable and would show the anti-Christ to be unreal and without power. I could feel the conviction that only health and harmony were present right then and there.

My grandson asked for a small bandage, so we went into the house to get one. But he immediately became distracted by a toy, and the napkin fell off. We saw that his finger wasn’t bleeding anymore; in fact, the gash had completely closed—in less than ten minutes. The healing happened so quickly that I hadn’t even had time to notify his parents. And before long, we couldn’t tell which finger had been injured.

When we had turned away from the finger to pray, we were expecting to receive the fulfillment of Christ Jesus’ promise “You will experience for yourselves the truth, and the truth will free you” (John 8:32, Eugene H. Peterson, *The Message*). And we did. We both told God, “Thank you!”

Carol Raner

Forest Ranch, California, US

I am the son of Carol Raner. The event occurred while my wife and I were at work, and my mom was babysitting our four-year-old son. By the time we got home, all was well. My son told me excitedly, “My finger was bleeding, but now it’s OK.” I couldn’t tell which hand had been injured. He asked me to take a picture of his hand, to show that it was all better.

Brett Caspary

Oroville, California, US

Letters & Conversations

Sandra Bumgardner, Linda Lane, Wendy Hart, Barbara Knedlhans

> Lisa Rennie Sytsma, “Cancel the band,” June 22, 2026

I love this editorial. It makes perfect sense. I’m grateful that it has helped me handle irritability and replace it with gratitude, peace, and joy!

Sandra Bumgardner, *Ocala, Florida, US*

> Sue Holzberlein, “Ask the animals?” June 22, 2026

What a beautiful unfoldment, made doubly so because the author was willing to share it with us. Who doesn’t love animals and what they are teaching us all the time?

Linda Lane, *Swanzy, New Hampshire, US*

> Michelle Douglas-Joffe, “God’s affluence, already in place,” June 22, 2026

I am left speechless after listening to this article. The author’s faith is bountiful.

Wendy Hart, *Denver, Colorado, US*

> Tony Lobl, “When the World Cup comes to town,” June 8, 2026

Wise ideas—to look for God’s qualities when we are all so excited about the games!

Barbara Knedlhans, *Karabar, New South Wales, Australia*

CHRISTIAN SCIENCE SENTINEL

PUBLISHED BY THE CHRISTIAN SCIENCE PUBLISHING SOCIETY

EDITOR: LISA RENNIE SYTSMA

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PRINT & WEB PRODUCTION: GILLIAN LITCHFIELD, BRENDUNT SCOTT, MATTHEW MCLEOD-WARRICK

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BOSTON, MA 02115 USA

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SENTINEL DIGITAL TEXT EDITION

JSH MAGAZINE PROMOTIONAL AND REPRINT INFO AND NOTICES FOR DIGITAL TEXT EDITION (AKA B&W, PRINTER-FRIENDLY VERSION; FOR AFRICA, EPUB, MOBI, TEXT-ONLY PDF)
LAST EDITED 3/1/2012

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