



# CHRISTIAN SCIENCE Sentinel

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

May 11, 2026 Vol. 128 | No. 19

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# The Bible speaks to you

Lisa Rennie Sytsma

**He didn't hand** the students in the class a Bible commentary when she asked them to "translate for me into the new tongue some passages from the Bible," one of those in attendance remembered. In fact, she didn't give them time to do any academic research at all. Mary Baker Eddy, the Discoverer and Founder of Christian Science, expected the pupils in that class to grasp the inspired sense of the Bible passage she shared with them based on their own spiritual sense and understanding of God and His creation as explained in Christian Science (see *We Knew Mary Baker Eddy*, Expanded Edition, Vol. 1, pp. 298–299).

This doesn't mean that it's not helpful at times to understand the historical background and context of Bible passages, stories, and characters. That's why, for over ten years, the *Sentinel* offered a weekly column titled Bible Lens, which provided such context for key passages in that week's Bible Lesson from the *Christian Science Quarterly*. But the number of passages in the Bible is finite, and, of those, relatively few appear in the Lesson-Sermon. Because so many Bible passages and stories can illumine so many Lesson subjects, many have appeared in the Lesson-Sermon quite often, and after ten years, Bible Lens had "spoken to" most of those passages, often more than once. Although the Bible Lens column has been discontinued, all past Bible Lenses are still available on the *Sentinel* website. Subscribers to JSH-Online.com can enter passages from the Bible in the site's search function, and past Bible Lens comments on those passages will be among the entries that come up.

But to truly grasp what the Bible is saying, we need to go beyond the mere historical context. We need to grasp the spiritual sense of the Scriptures. The first tenet of Christian Science is, "As adherents of Truth, we take the inspired Word of the Bible as our sufficient guide to eternal Life" (Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 497). Elsewhere in that same book, Mrs. Eddy writes, "The spiritual sense of the Scriptures brings out the scientific sense, and is the new tongue referred to in the last chapter of Mark's Gospel" (p. 272).

In the example that opened this editorial, a pupil in the class was asked to interpret Luke 24:2, which refers to the disciples' visit to Jesus' tomb after the crucifixion: "And they found the stone rolled away from the sepulchre." The pupil's interpretation, which Mrs. Eddy approved, was "The stone . . . was the concentrated human belief that life was limited, and they saw that Life had rolled it away and that man was immortal—that he was never born and never dies." This isn't an interpretation likely to appear in a scholarly source. But it highlighted God as Life and Spirit, and man as Life's immortal expression. Where did the pupil come up with it?

Christian Scientists understand that, when we study it earnestly and put its teachings into practice, the Christian Science textbook contains the key to gaining the spiritual sense that unlocks the inspired Word of the Bible. An entire section of this textbook, *Science and Health*, is subtitled, "Key to the Scriptures." This section explains important passages from the Bible books of Genesis and Revelation. The Glossary in that section helps us see how the Bible uses words in both a higher and a lower sense to convey the spiritual meaning.

Another of her pupils recalled that Mrs. Eddy considered the whole of *Science and Health* to be a "key" to the Bible. He said that, at one point, she even considered changing the title to "*Science and Health, Key to the Scriptures*." Copyright considerations prevented her from doing this (see *We Knew Mary Baker Eddy*, Expanded Edition, Vol. 2, pp. 437–438).

The editorial team of the Christian Science periodicals strives to ensure that biblical teachings, corroborated and explained by *Science and Health* and Mrs. Eddy's other published writings, permeate the pages of the *Sentinel* and its sister publications, *The Christian Science Journal* and *The Christian Science Herald*. We also understand the need for content specifically addressing the Bible and how it speaks to our hearts. We have introduced a new weekly *Sentinel* feature, "Loving the Scriptures," which offers a brief insight into a topic, idea, or person in the Bible. In the *Journal*, a new column titled "The Bible: Our Sufficient Guide" explains the spiritual significance that an individual author has found in a biblical example and how that has helped

the author find growth and healing. In addition, a series titled “Exploring the Bible” has been launched on JSH-Online.com.

We hope that these weekly, monthly, and archival offerings will connect with, encourage, and grow our readers’ love for the Bible. But most of all, we hope they help our readers see that God is speaking to each of us all the time, assuring us of His love and showing the way out of all evil. Read in the light of Christian Science, the Bible is a road map to health and holiness—to reality as God made and knows it. And, like the pupils Mrs. Eddy quizzed in her class, we too are able, when we approach it humbly and diligently, to discern what it is telling us.

On the page immediately preceding the section “Key to the Scriptures” in *Science and Health* (p. 499), there is a quote from the book of Revelation. The quote concludes, “Behold, I have set before thee an open door, and no man can shut it.” That quote also opens the Glossary. *Science and Health* does open the door to the Bible and its promise of truly universal salvation. Let’s accept the open invitation to walk through that door!

**Lisa Rennie Sytsma, Editor**

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## Held in Spirit, not “in irons”

*When we break the mesmeric hold of popular belief and become conscious of divine reality, healing happens.*

*Barb Goodspeed Grant*

**Do you know how** sailboats stop without brakes? Sailors head directly into the wind. With no angle to the breeze, sails flap, and momentum is lost. This is known as being “in irons.”

When learning to sail, it’s not surprising to find ourselves inadvertently stalled or stuck in irons. But practice brings a growing understanding of sailing principles as well as fearless dominion and the ability to avoid or shift out of irons with ease.

If we feel thwarted at every turn—dismissed, detained, disturbed, denied—we may feel stuck in irons. Perhaps we’re facing financial strain, or health issues that refuse to budge, or we’re fazed by fear and injustice. But for every problem that seems to limit or restrict us, there is a spiritual solution.

Christ Jesus demonstrated true freedom—taming storms, healing all manner of sin and sickness, walking on water, raising the dead. He taught that we make headway by worshiping God as infinite Spirit and letting go of false, material concepts.

“Sooner or later we shall learn that the fetters of man’s finite capacity are forged by the illusion that he lives in body instead of in Soul, in matter instead of in Spirit,” writes Mary Baker Eddy, Discoverer and Founder of Christian Science (*Science and Health with Key to the Scriptures*, p. 223).

Humanity widely assumes that our universe is material and mortal, governed by physical laws that render us helpless victims of chance and limitation. Could these assumptions be mistaken?

Today, we scoff at the notion of a flat earth, yet in ancient times it was commonly accepted. Prior to the understanding of the scientific facts that corrected this mistake, humanity’s progress was inhibited by misleading appearances. Imagine how this falsity influenced decisions and plans.

Some modern-day scientists, such as astrophysicist Richard Conn Henry of Johns Hopkins University, have been challenging the entrenched belief that matter is substance. An article by Professor Henry argues that we need to “abandon our tendency to conceptualize observations as things,” contending that experiments in quantum mechanics disprove theories regarding the substantiality of matter and indicate the opposite—that “the Universe is immaterial—mental and spiritual” (“The Mental Universe,” *Nature*, July 7, 2005).

Eddy, whose discovery of the Science of Christianity predated the advent of quantum physics in world thought, makes many earthshaking statements that shift us out of mental irons—for instance: “Mortals are

no more material in their waking hours than when they act, walk, see, hear, enjoy, or suffer in dreams,” “Divine Science, rising above physical theories, excludes matter, resolves *things* into *thoughts*, and replaces the objects of material sense with spiritual ideas” (*Science and Health*, pp. 397, 123), and “. . . the physique is simply thought made manifest” (*Miscellaneous Writings 1883–1896*, p. 34).

To gain a clearer understanding of things as thoughts—as mental, not material, and yet still tangible—consider how we experience things in our sleeping dreams. People, places, and things have form, outline, and color in dreams—but of course, everyone knows there’s no physical substance to a dream.

Our thoughts are important—they determine our experience. Recognizing things as thoughts helps us discern the false nature of all that is unlike God, Spirit. When we break the mesmeric hold of popular belief and become conscious of divine reality, healing happens.

Early in my marriage, I was troubled by a chronic, uncomfortable rash on my fingers. It was embarrassing, and I shrank from shaking hands with others. I’d pray, then look at my hands, thinking, “Surely they must be better.” But the rash didn’t yield—and sometimes it worsened. As months dragged by, I was frustrated and discouraged. I couldn’t seem to move out of irons.

At the time, my husband and I were skilled and confident do-it-yourselfers, restoring historic houses. We were a good team, but now and then we’d find ourselves in disagreement about how to proceed with the work. The morning after one particularly heated discussion, I woke up feeling discomfort under my wedding ring. As I moved the ring up my finger, I noticed a rash where the ring had been. Could the message have been any clearer? *Science and Health* explains, “Mortal mind . . . feels, hears, and sees its own thoughts” (p. 86).

In that moment, I knew that the resentful, willful opinions I’d been harboring were the problem. Such thoughts could never define me as divine Spirit’s image and likeness (see Genesis 1:26, 27). We are spiritual beings, made to express and glorify Spirit. We reflect the harmony, grace, peace, and fearlessness that have

their source in God, good—not the fractious, grating discords of earth: irritation, self-will, self-justification, fear, and so on.

This was a turning point. Rather than looking to my body for signs of improvement, I began watching my thoughts—redoubling my efforts to have the “mind of Christ,” as the Apostle Paul put it (I Corinthians 2:16). I committed to correcting fraudulent, material assumptions with spiritual truths. And in stressful situations where my husband and I couldn’t see a clear path forward, we agreed to calmly wait for guidance from God, divine Mind. Humility opened us up to the quiet, intuitive sense of certainty that accompanies spiritual inspiration.

With this sea change in thought, I moved out of irons, and the rash disappeared. Though it reappeared once or twice in a milder form, it vanished for good when I laughed at its illusive nature.

Conventional views about reality and substance are shifting in contemporary thought. As mortal concepts are replaced by an understanding of Christ, Truth, we will feel the breeze of divine Mind filling our sails. We’ll demonstrate health and freedom, and move forward freely—forever held in Spirit, not “in irons.”

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## Enoch’s translation

**Little-known biblical figure** Enoch is described as having “walked with God” (Genesis 5:22). In Scripture, the word *walking* often indicates a habitual and wholehearted commitment—in Enoch’s case, to the one God. His commitment led to his passing from earth without experiencing physical death (see verse 24).

Enoch’s passing is sometimes compared to Elijah’s going up into heaven in a whirlwind (see II Kings 2:11) and is represented in the King James Bible by the term *translation*. As part of a list of characters from Hebrew history who exemplified strong faith, Hebrews

11:5 explains, “By faith Enoch was translated that he should not see death; and was not found, because God had translated him: for before his translation he had this testimony, that he pleased God.” Enoch’s mention concludes with these words about God: “Without faith it is impossible to please him” (verse 6).

Spiritual pioneer Mary Baker Eddy answers the question, “*Do you believe in translation?*” Her reply clarifies the spiritually scientific view of “the removal of a person to heaven, without his subjection to death.” She writes: “I believe in this removal being possible after all the footsteps requisite have been taken up to the very throne, up to the spiritual sense and fact of divine substance, intelligence, Life, and Love. This translation is not the work of moments; it requires both time and eternity” (*Miscellaneous Writings 1883–1896*, pp. 67–68).

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For more on this topic, see “Walking with God” by John Ashcroft.

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## I realized that regret could be healed

*As God’s spiritual offspring, we can claim only our present: the reality of God, Spirit, and His spiritual universe.*

*Brewster Moseley*

**My father, uncles, and grandfather** had all attended an Ivy League university, and it was expected that I would follow suit. In fact, as a toddler, I wore a bib embroidered with the name of that school. Throughout my childhood, I was repeatedly told that I was going to be an Ivy Leaguer. Ultimately, however, my high school grades were not good enough for acceptance into that school, and I was devastated. My parents were obviously disappointed, and I felt I had let them down.

I went to a different college—where I maintained a couldn’t-care-less attitude, was frequently drunk, took drugs, failed several courses, and barely graduated with

a very low grade point average. Afterward, I was unable to find employment and moved in with my parents. I continued to feel a crippling sense of regret that I had failed to make it to the Ivy League.

It was at this point, in the midst of despair, that I turned back to studying Christian Science, which I had left behind during my college days. In my study, I soon discovered that the regret I had felt for so long could be healed. What a wonderful discovery!

In my prayers, I found it helpful to understand that there is, in reality, only *now*. Mary Baker Eddy, the Discoverer of Christian Science, writes, “We own no past, no future, we possess only *now*” (*The First Church of Christ, Scientist, and Miscellany*, p. 12). She also tells us, “It is well to know, dear reader, that our material, mortal history is but the record of dreams, not of man’s real existence, and the dream has no place in the Science of being” (*Retrospection and Introspection*, p. 21). The Bible’s book of Ecclesiastes states, “That which hath been is now; and that which is to be hath already been; and God requireth that which is past” (3:15).

I also found helpful this statement from a reminiscence by Martha Wilcox, a worker in Mrs. Eddy’s home: “[Mrs. Eddy] made it clear that my sense of personality was mental—a mental image formed in my so-called mortal mind and was never external or separate from my mind” (*We Knew Mary Baker Eddy*, Expanded Edition, Volume 1, p. 471). To me, this meant that an unpleasant experience in our past is never a power separate from or outside of our thought, but is a false, aggressive mental suggestion and can be dealt with in the present. We can always correct these suggestions by changing our views—of an individual, an experience, or ourselves.

I began to understand that, as God’s spiritual offspring, we can refuse to accept the belief of a mortal past and claim only our present: the reality of God, Spirit, and His spiritual universe. We can love each of God’s children—including ourselves—created in His image and likeness, and be grateful for God’s spiritual universe and the harmonious relations of His offspring. And we can expect a positive adjustment to any problem.

Soon after my return to studying Christian Science, my parents invited me to a party, where I met a man who suggested that I volunteer at a school in Haiti. I did and spent a wonderful year there. Then, I applied to an Ivy League graduate school. Initially, it had seemed to be a pointless endeavor, given my poor academic record, but I was accepted as a non-degree student.

During my lunch break one day, I spent some time studying the Christian Science textbook, *Science and Health with Key to the Scriptures* by Mrs. Eddy. After lunch, I returned to my campus job feeling very inspired. On my way, I ran into the Director of Admissions, who noticed my uplifted state and said, “I will accept you into a degree program.”

All my regret that I hadn’t gotten into the Ivy League sooner was gone, and I was grateful to realize that God had been caring for me all along. By understanding that I am the creation of God, the one infinite Mind, and reflect only Him, I was able to maintain excellent grades throughout the program and earn my degree from that university.

Whatever form regret takes, we can heal it by realizing that there is only *now* and by turning wholeheartedly to God and trusting His guidance and care.

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## The dance of my life

*Glenna Citron Gold*

My life reflects You, God—  
I have no life separate from You.  
You express in me perfect harmony.  
You hold me gently “in the rhythmic round of unfolding bliss,”<sup>1</sup>  
in the cadenced turning of kaleidoscopic light,  
in patterns of beauty, color, vitality, and joy.  
As spiritual forces move in perfect balance,  
I gracefully waltz, one with Life,  
revolving rapturously

in this brilliant, divine dance.

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<sup>1</sup> Mary Baker Eddy, *Miscellaneous Writings 1883-1896*, pp. 82–83.

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## “It is good for us to be here”

A Christian Science church service is filled with love and inspiration, governed by God, and offered by grateful hearts.

*Anna Carlson Reynolds*

**One Sunday morning**, while I was preparing for the service in our local branch Church of Christ, Scientist, this question came to me rather aggressively: “What if nobody else comes?” I had been praying for our church service, but in that moment, it seemed as if my prayers were being challenged.

After praying a few moments more, I received an answer from God that quieted that fear: “God guides His children to where they need to be.” I was grateful for this assurance and felt at peace as I continued preparing for the service.

But on the way to church, another question came: “So, if God is the one who brings His children to church, what are we there for?” Right on the heels of that question, this answer came quickly to thought: “You do your work, and God will do His.”

Not only did this silence any remaining doubt or fear, but it brought a great deal of inspiration. It became clear to me that it is not the job of church members or attendees to get more people to come to church and fill pews. It is our job to do the work required for a church service to be offered—to allow our thoughts to glow with the light of Christ and to be ready to receive the

dear ones who are guided to our doors by their Father-Mother God to learn more about Him.

Christ Jesus said, “My Father worketh hitherto, and I work” (John 5:17). Jesus’ example demonstrated that God is always shepherding and leading His children in good paths, and that we, God’s children, can express His love and goodness through participating in church—through being ready to welcome and love our community. This is an expression of gratitude to God for the teachings and healing works of Christ Jesus—healing works that are still possible and happening today. Church work is not a burden but a blessing, to us as well as our neighbors.

Three Gospel accounts record that Jesus once took three of his disciples up a mountain, where he was transfigured so that his face and garments shone brightly, and where he spoke with Moses and Elias (see Matthew 17:1–8). The disciple Peter said, “Lord, it is good for us to be here,” recognizing the importance of the event.

This statement, “It is good for us to be here,” is helpful to consider. We can use it to rebuke the suggestion that we don’t need to be in church or the fear that others won’t come. We are always blessed when we are obedient to God’s direction and willing to witness the many ways Christ is revealed in every aspect of church work.

That same Sunday morning, as I prayed for church, our Sunday School superintendent and sole teacher sat at his classroom table, ready to receive God’s children and praying for the upcoming hour. The Sunday School doors opened, and in walked a man who had attended Sunday School in our branch church decades before. He had left Christian Science long ago, but was visiting our town and decided to attend the church service. He had wondered whether the church was still open and in the same location, and he was happy to find that it was. After the service, this visitor told the church members that he realized that God, Truth, had never left him but had stayed with him all those years. How grateful we were to be there to receive our visitor that day!

I realized, too, that it was his childlike, receptive thought that had led him to the doors he had been so familiar with as a child. And despite not having any

pupils enrolled in the Sunday School at that time, the doors were open, and the teacher was prepared because the thought of the membership as a whole was also receptive. This modest but meaningful incident helped to give our church members a renewed sense of our purpose.

Our branch church’s by-laws state that our church was organized to establish and maintain in our city a branch of The Mother Church, The First Church of Christ, Scientist, in Boston, Massachusetts, “for the public worship of God, for the healing of sickness and sin, according to the teachings of the Holy Bible and according to the teachings of *Science and Health with Key to the Scriptures* by Mary Baker Eddy.”

In thinking about this, I was struck by the early members’ desire to help members of their community find their way to the precious gift of Christian Science. This mission is continuing, and that’s what we were doing that Sunday morning—and we were grateful to see this fruit of our ongoing efforts.

Recently, another one of those little fears about church attendance lodged in my thought while I was ushering one Sunday morning. This time, it said, “What if visitors see only a handful of us here?” Quickly came God’s answer, “It’s God who’s providing the feast, and each of us comes to the table to partake.” To me, this meant that if I were hungry and had been invited to a dinner, I likely wouldn’t be paying much attention to how many people were at the table, but would instead be giving gratitude for the meal prepared for me.

It was a beautiful and helpful image that I could relate to church services. Church members might be self-conscious about an appearance of lack. But can what God invites His children to ever be lacking? No! A Christian Science church service is *filled* with love and inspiration, governed by God, and offered to the community by grateful hearts. The church service itself is the feast that hungry hearts have been invited to by their Father-Mother God, and we can know that they will leave grateful for the truths they’ve received during the service. Moments after this spiritual lesson occurred to me, a new visitor, who had learned about

our church from our Christian Science Reading Room, came in and participated in the service.

From experiences such as these, I'm learning to be grateful when doubts about church come along, because I always find just the opposite of those doubts to be true, and I remember and experience what Peter said: "It is good for us to be here."

It is always good to attend church, support church services in our prayers, serve in the Reading Room, and so on—to be obedient to God and work right along with Him. These lines from a hymn in the *Christian Science Hymnal* help illustrate how this blesses us and others:

Is the heart a living power?  
Self-entwined its strength sinks low;  
It can only live in loving,  
And, by serving, love will grow.

(Elizabeth Charles, adapt., No. 360)

God is always doing His work, and we are doing ours by letting the light of the Christ shine through how we live our lives. Together we can joyfully say, "[Our] Father worketh hitherto, and [we] work." And this work opens the way for new friends to join the table for God's bountiful feast.

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## Weekly updates: May 11, 2026

### Dive into the Bible

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

In the *Sentinel*, the "Loving the Scriptures" column offers brief insights into a topic, idea, or person in the Bible, and connects Scripture with inspiration from Mary Baker Eddy's writings. Topics covered in

recent weeks have included "Jesus commissions the twelve," "Stephen, early Christian pioneer," and "Elisha at Dothan." Find more "Loving the Scriptures" content at [cssentinel.com/loving-the-scriptures](https://cssentinel.com/loving-the-scriptures).

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

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

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## When I read *Science and Health*, I knew my search was over

*Lee Ann Schlatter*

**I was raised in** a Christian household. My dad was a practicing Christian Scientist, and Mom was active in another Christian denomination. Both loved God and lived their faith.

My sisters and I attended church with our mom until our high school years. However, my dad would sometimes share an issue of the *Sentinel* with me, saying, "There's an article in here you may find helpful." The ideas in the *Sentinel* really resonated with me. It made

sense that a loving, good God would be loving and good to His creation.

Fast-forward to the first semester of my sophomore year in college. It was a challenging time. I was searching for answers to life's big questions: Who am I? Why am I here? What is my purpose?

Though at times I felt lonely and adrift, I knew the answers I needed were there. For a short time, I revisited the church I'd been raised in, but its teaching that God, whom I knew to be Love, created man with "original sin" didn't make sense to me.

I also looked for answers in social drinking, parties, and trying on some "bad girl" behaviors, even though I knew, deep in my heart, that they were not me. But through it all, I held firmly to the Bible promise "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you" (Matthew 7:7).

During semester break, while I was alone in my parents' home, my search for answers and direction continued to occupy my thoughts. One day, overwhelmed with despair, I reached out to God with all my heart, saying, "Help me, Father." Instantly, I heard the command, "Go get your father's books."

I went into my parents' bedroom, where I took my dad's copies of the Bible and *Science and Health with Key to the Scriptures* by Mary Baker Eddy from the nightstand before going back to my room. I sat down, opened *Science and Health* for the first time, and began reading.

I don't recall specifically what I read, but my tears stopped; the despair completely disappeared; and I knew immediately that my search was over. The answers I'd been seeking were in *Science and Health*. That week, I went to the local Christian Science Reading Room, bought my own copy of the book, and took it back to college with me.

Every day after that began with reading something from *Science and Health*—maybe just one paragraph, or sometimes many pages. I read as I was led and found myself learning about God as my Father-Mother, and about myself as His child. I also began reading the Bible. I was striving to live the truths I was learning and

reading by putting them into practice in my life. After college graduation, I joined The Mother Church (The First Church of Christ, Scientist, in Boston) and my local branch Church of Christ, Scientist, and never looked back. That was over fifty years ago.

Obedience to the divine message to "go get your father's books" introduced me to God, to the Christian Science pastor (the Bible and *Science and Health*), and to the Comforter promised by Christ Jesus—Christian Science. Since that day, God has poured out many blessings on my family and me. God's ever-present care and love have been proven to me in marriage and in raising three children, finding satisfying employment, meeting financial and academic challenges, and healing physical and relationship issues. Branch church membership and service have been a tremendous blessing to me in fostering my spiritual growth and my practice of Christian Science. I continue to grow in my understanding, both of God and of man made in God's image and likeness.

I am forever grateful to Mrs. Eddy for the love that propelled her selfless efforts to share her discovery, Christian Science, with the world through *Science and Health*, her other writings, the Christian Science magazines, and her establishment of The Church of Christ, Scientist.

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## Our thoughts of God can lift us up!

*Robert Witney*

**Do you know the story** of Winnie-the-Pooh trying to get honey from a bees' nest that's high up in a tree?

It's a story written by an author named A. A. Milne about a bear who lives in a forest with his other animal friends and a boy named Christopher Robin.

First, Pooh tries climbing up the tree. But that doesn't go so well because he falls out of it. Then he asks Christopher Robin if he has a balloon. Christopher Robin blows up a blue balloon, which looks just like the sky, and gives it to Pooh so he can float up to the bees' nest. You'll have to read the story yourself to see if Pooh gets the honey from the beehive.

When I read this story, I thought about how Pooh put lots of effort into climbing that tree, only to fall out of it. Sometimes I put lots of effort into understanding God. But putting in lots of effort can be tiring and doesn't always work. When we put a lot of mental effort into praying, it doesn't always feel very easy. It can even make us feel far from God.

A better way to understand God is more like Pooh's second try at getting the honey. As Christopher Robin blew into the blue balloon, it got bigger and bigger, until it could float. The balloon was so big that Pooh was able to hold on to it and be lifted into the sky.

Now, when I feel grumpy or far from God, I think about blowing up an imaginary balloon. Instead of using breaths of air, I pray with inspiring ideas about God that are in the Bible, like "God is love" (I John 4:8), and in *Science and Health with Key to the Scriptures* by Mary Baker Eddy, such as, "God is infinite omnipresent Spirit" (p. 223). This means that God is Spirit and that He is everywhere.

As I make my understanding of God bigger by learning more about Him—and then hold tightly to this bigger and bigger sense of God—it lifts me up, and I feel happy.

Because God is infinite, there are endless things we can learn about God and His goodness. We can keep filling up our understanding of God with more spiritual ideas every day and let them lift us high up in our thoughts—just like Winnie-the-Pooh's balloon!

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## Healed of debilitating pain

*Corinne Goodrich*

**One day, I didn't** feel particularly well, but since my day was filled with wonderfully useful activities, I didn't give it much thought. However, by the time evening came, I was feeling intense pain in my head and the side of my face. And I still had a Zoom meeting to attend.

I needed help, so I contacted a Christian Science practitioner to pray for me. I'd had many healings over the years working with this practitioner, and I felt very comfortable placing my need in her hands, knowing that she would care for me in the best possible way—by turning to God.

That night, the pain became so intense that I could hardly think of anything else. I knew the practitioner's work would be most effective if I could at least try, as the Bible says, "to be absent from the body, and to be present with the Lord" (II Corinthians 5:8). From my study of and experience with Christian Science, I understand this to mean that we should keep our minds filled with true, Godlike thoughts—those that focus on the reality of goodness, love, spirituality, health, and so on—rather than let our thoughts be filled with what the physical senses tell us about us or our experience.

Christ Jesus classified thought that is in opposition to our Father, God, as "a murderer from the beginning" and "a liar" (John 8:44). Listening to a liar, or murderer, would be useless and potentially harmful. So I knew I had better keep to the truth, as I knew the practitioner was doing.

I felt that the only way I could do that at the time was to listen to others reading, rather than reading myself. So I was really grateful for the plethora of audio recordings that The Mother Church (The First Church of Christ, Scientist, in Boston) provides online, including the weekly Bible Lessons from the *Christian Science Quarterly* and *Science and Health with Key to the Scriptures* by Mary Baker Eddy. Listening to these recordings was very helpful in keeping my thought off the pain. By the next day, the pain had faded somewhat, but I still found it difficult to read and to think clearly. So I continued

praying and listening to inspiring recordings in the audio section of [christianscience.com](http://christianscience.com).

That evening was the weekly testimony meeting at my local branch Church of Christ, Scientist, which I was grateful to be able to attend by Zoom. I knew that these meetings are designed to heal, so I listened to the readings from the Bible and *Science and Health* carefully and with an open mind. One of the statements that was read was, “Each successive stage of experience unfolds new views of divine goodness and love” (*Science and Health*, p. 66).

Suddenly, it was as if a light had been turned on. I thought, “Well, I am certainly going through a stage of experience right now, so I can also experience new views of divine goodness and love!” This was a real turning point for me. It turned my thoughts completely away from what seemed to be going on in my body to the good that was already present. And I had so much to be grateful for!

I thought about the seven synonyms used in Christian Science to help us understand the nature of God. I felt divine Love caring for me, divine Mind inspiring me, Truth revealing the true me to myself, Life invigorating me, Soul upholding me, Spirit refreshing me, and Principle strengthening me. I was ever so grateful!

That night, I slept much better, and the next day, I was able to be up most of the day and do a few things around the house. The pain in my head was entirely gone, and although a few symptoms lingered, I was able to read and pray, and that felt like a great victory. I knew it was inevitable that this falsehood would disappear entirely from my existence, since it had never been part of who I am as God’s child.

One statement in that week’s Bible Lesson had especially attracted my attention: “Truth, Life, and Love are a law of annihilation to everything unlike themselves, because they declare nothing except God” (*Science and Health*, p. 243). I spent part of the day contemplating the fact that because Truth, Life, and Love declare nothing unlike themselves—nothing except God—neither could I, as their manifestation or expression.

I also included Mind in that statement, because it often seems as though the human mind is our source of information about ourselves. But if there is nothing unlike God, Mind, and Mind solely declares God, then there can be no other mind declaring anything else. I quickly realized that there could be *nothing* in me or outside of me to declare anything unlike God. By the end of the day, I was completely well. The next day, I was joyfully back in business.

The morning after that was Saturday, and it dawned so beautiful and clear that I felt impelled to go for a hike. I ended up hiking 8.5 miles, rejoicing all the way up the mountain and all the way down. I was exhilarated and full of vim and vigor! To me, this was palpable proof that Truth, Life, and Love do indeed annihilate the claim that anything unlike themselves can exist.

**Corinne Goodrich**  
*San Jose, California, US*

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## Students’ disruptive behavior reversed

*Richard G. Price*

**The study and practice** of Christian Science has been helpful in maintaining my health, bringing harmony and happiness into my relationships, and providing me with economic stability. It has also been helpful during difficult work situations.

One time, in my work as a teacher, I had a handful of disruptive students. They were disrespectful to their classmates and to me. It made me unhappy, and my stomach became upset just walking into that classroom, fearing what might be ahead. Everyone was uncomfortable there. This was not a good environment for teaching or learning. I tried simply being kind to these unruly students, but that did not work.

Fortunately, Christian Science has taught me that we don't have to put up with inharmonious situations. Instead, our job is to heal them. So I began to see this as an opportunity to bring out the natural harmony, peace, and cooperation of that classroom and to know and prove that everything good is possible with the divine Mind, God.

I remembered reading that, one time, an unruly person entered the home where Mary Baker Eddy, the Discoverer and Founder of Christian Science, was staying. He had escaped from a mental institution and was about to harm her. But that did not happen. He departed peacefully, and no harm was done. In fact, he was healed (see Yvonne Caché von Fettweis and Robert T. Warneck, *Mary Baker Eddy: Christian Healer*, Amplified Edition, pp. 83–84).

What had happened to bring about that outcome? I felt that it was Mrs. Eddy's prayers and deep spirituality that enabled her to know and feel God's harmonious control and the man's true nature as God's child right there.

I saw that I could try to do the same in my classroom situation. I thought of this statement from the textbook of Christian Science, *Science and Health with Key to the Scriptures*: "Jesus beheld in Science the perfect man, who appeared to him where sinning mortal man appears to mortals. In this perfect man the Saviour saw God's own likeness, and this correct view of man healed the sick" (Mary Baker Eddy, pp. 476–477). This is similar to Psalms 37:37: "Mark the perfect man, and behold the upright: for the end of that man is peace." The solution was before me.

I saw that it was my job to behold "the perfect man" in each one of these students—not perfect mortals, but rather perfect children of God, ideas of the divine Mind, Love, Principle. And I saw that these perfect ideas reflect divine Mind, Love, and Principle, in innate, God-given qualities such as goodness, kindness, consideration, and graciousness.

It took effort to do this, but it paid off. Within a few weeks, all of these students had become sweeter, more loving, and more considerate—not only of me but of

one another as well. It soon became a joy to teach this class.

Working with students, supervisors, friends, and family members is not always easy. In fact, it's rarely easy. Sometimes it takes great effort. But I am grateful to Christian Science for giving me the spiritual tools to help me on this journey.

I am grateful to Christ Jesus, who showed us the way, and to Mary Baker Eddy for writing *Science and Health*.

**Richard G. Price**

*Germantown, Maryland, US*

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## Injured ribs healed

*Joyce C. Phelps*

**Last year, I was putting** away dishes on a high shelf and lost my balance. I fell backward, hitting the ribs on my right side against the corner of the granite counter. The intense pain worsened over the course of the day.

I contacted a Christian Science practitioner to pray for me and kept in touch with her daily. My conversations with her reassured me that I reside in Spirit and that I am at home in the consciousness of God as divine Love, where divine Principle is guiding my every thought and action and those of everyone around me. The practitioner also encouraged me to pray with hymns from the *Christian Science Hymnal*, replacing the word *man* with my name and knowing that the true man, who is made by Spirit, God, has no age and doesn't decline.

Helpful thoughts came to me constantly, including quotes such as "Be still, and know that I am God" (Psalms 46:10) and "The Christlike understanding of scientific being and divine healing includes a perfect Principle and idea,—perfect God and perfect man,—as the basis of thought and demonstration" (Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 259). To stay focused each day on this true basis of my health

and wholeness, I also pondered seven synonyms for God referenced throughout *Science and Health* and Mrs. Eddy's other writings: Mind, Spirit, Soul, Principle, Life, Truth, and Love.

While I was unable to do much for myself physically over the next few weeks, I was lovingly cared for by family, friends, and fellow church members, and the practitioner and I continued to pray. I distinctly remember the point at which I felt a shift in my thought. I had found that when I tried to move without help, the pain was severe. But because I was so used to doing things on my own, at first I was uncomfortable accepting help from others. It came to me strongly that I needed to be humble, trustful, and grateful to God for the help I was receiving. And once I yielded to this loving expression of God's care for me, the healing didn't take long. I had total freedom much more quickly than typically expected for someone my age.

One of Mrs. Eddy's early students recalls her instructing members of her household: "Get out of your thoughts every word that suggests a belief apart from God. Every word" (*We Knew Mary Baker Eddy*, Expanded Edition, Vol. II, p. 543). How grateful I am for the spiritual education system Mrs. Eddy established that helps us grow in our ability to do this. This includes Christian Science class instruction, Sunday church services, midweek testimony meetings, and the Christian Science periodicals, which show how people are putting this Science into practice on a daily basis.

**Joyce C. Phelps**  
*Burlington, Vermont, US*

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## Letters & Conversations

*Teri Johnson, Arthur Colyar, Tracey Johnson, Joy V. Smith*

> **Abigail Mathieson Warrick**, "How does divine Love meet every need?"  
**April 20, 2026**

Thank you for this wonderful article. I have known these truths for a long time but had forgotten to include them in my daily prayers. Thanks to the author, too, and thanks to God for the guidance to read this article.

**Teri Johnson**, *Yountville, California, US*

> **Fredrick Ferguson**, "God is here,"  
**April 13, 2026**

I love how this poem made it clear that God is here. It's inspiring and healing.

**Arthur Colyar**, *Las Vegas, Nevada, US*

> **Diane Collins**, "No bullies in the kingdom of God," **April 6, 2026**

This article is a perfect metaphysical treatment for anything that would disrupt our harmony. Thank you!

**Tracey Johnson**, *Boston, Massachusetts, US*

> **Issue filled with inspiration**

I always enjoy reading each *Sentinel* cover to cover. The April 6, 2026, issue, in particular, was filled with inspiration that I applied to a relationship problem. Thanks to all the contributors.

**Joy V. Smith**, *Lakeland, Florida, US*

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PUBLISHED BY THE CHRISTIAN SCIENCE PUBLISHING SOCIETY

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**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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