



# The CHRISTIAN SCIENCE JOURNAL

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

November 2024 Vol. 142 | No. 11

**3 Welcome - November 2024**

*By Tessa Parmenter*

**20 What things?**

*By Laura Moliter*

**LETTERS**

**3 Readers respond**

*By Roberta Haertel, Aleeta Schick, Federica Olivares,  
Deborah Taubman, Linda Vara, Carolyn Whyte, Gaye  
Eckert*

**TESTIMONIES OF HEALING**

**21 Bouts of anxiety healed**

*By Celia Herron Waters*

**22 Inseparable from God**

*By Richard Staunton*

**24 Healing of painful knee condition**

*By N. Mike Jackson*

**25 Breathing difficulty overcome**

*By William Dunnell*

**26 Injured finger healed**

*By Jill Aaron*

**27 Infection quickly gone**

*By John Ranges*

**FEATURE**

**4 The gratitude that impels giving**

*By Kevin Ness*

**INTERVIEW**

**6 You can count on God**

*By Mary Beattie interviewed by the Journal's Jenny  
Sawyer*

**BRANCHING OUT**

**28 Honoring the Sabbath day —attending  
church**

*By Christopher Bordeaux*

**29 How I prayed when I was elected First  
Reader**

*By Chuck Cohn*

**ARTICLES**

**9 Goodness without measure**

*By Donica Mensing*

**11 The power of authenticity**

*By Ian Gudger*

**13 Traveling with the “Daily Prayer”**

*By Gretchen Newby*

**16 Steps we can take for church prosperity**

*By Don Feldheim*

**17 Maximizing the potential of our Bible  
Lessons**

*By Karen Daugherty*

**OF GOOD REPORT**

**30 The day the scales fell from my eyes**

*By Iris Roumiantsev*

**32 Living under God's government**

*By Eric Sonnesyn*

**INTERLUDE**

**19 i thank God**

*By Joni Overton-Jung*

**ANNOUNCEMENT**

**33 2024 Thanksgiving Bible Lesson availability**

*By from The Christian Science Publishing Society*

## EDITORIAL

33 Grateful to know God  
*By Ethel A. Baker*

# Welcome - November 2024

By Tessa Parmenter

**To you, dear reader,**

It is recorded that Jesus healed ten lepers at once. Of these ten, only one came back to thank him for being cured (see Luke 17:11–19).

This Bible passage was shared during a Thanksgiving service at a Church of Christ, Scientist, one year. A little later in the service the congregation was invited to speak, and after a long silence a woman stood up and said, “Well, I’d hate to be one of the lepers who didn’t go back to say ‘Thank you!’”

A number of people chuckled, myself included, but it woke me to the fact that being thankful is important. It certainly seemed that way to Jesus when he asked the stranger who had thanked him, “Were there not ten cleansed? but where are the nine?” The founder of this magazine, Mary Baker Eddy, points out that “gratitude is much more than a verbal expression of thanks. Action expresses more gratitude than speech” (*Science and Health with Key to the Scriptures*, p. 3).

So why would giving thanks matter? The contents of this issue show that giving thanks can reveal answers to us during stressful times. It can even pave the way to healing. By the end of reading this month’s issue of the *Journal*, you might find yourself, like testifier Jill Aaron, being “deeply grateful to God for this precious Science, which is immediately available to meet every human need, wherever we are” (see p. 39).

As you take in the ideas from this publication, I hope you’ll discover something of the gratitude that not only lifts us up, but brings healing to our lives—even to the world.

*Tessa Parmenter, Staff Editor*

---

## LETTERS

---

### Readers respond

By Roberta Haertel, Aleeta Schick, Federica Olivares, Deborah Taubman, Linda Vara, Carolyn Whyte, Gaye Eckert

**Laurie M. Scott, “Completeness after heartbreak,” *Journal*, September 2024**

This is a beautiful piece on how we are always one with God. It helped me today to adjust to the loss of my husband of forty years. Thank you.

Roberta Haertel  
*Pomona, California, US*

**Mark Swinney, “Conforming to God, not mythology,” *Journal*, August 2024**

This wonderful article is relevant to what we seem to be bombarded with right now.

Aleeta Schick  
*Tucson, Arizona, US*

**Robin Krauss, “Walking freely after fall on ice,” *Journal*, August 2024**

I am very grateful for this testimony and for the truths that the testifier so clearly explains and bears witness to. They have been a vital part of my healing from a similar accident. Thank you.

Federica Olivares  
*Milan, Italy*

**Janet Clements, “Dominion that blesses the earth,” *Journal*, August 2024**

Wow! What a moving and outstanding article this is. My thanks to the author.

Deborah Taubman  
*Douglas, Isle of Man*

**Kelly Conedera, “We’re all at home in God,” *Journal*, August 2024**

What a beautiful experience of working, praying, and listening, and seeing results—full provision. This is a topic that I pray about often, for all that seem to be without a place to call home. Thank you for publishing this encouraging, helpful article.

Linda Vara  
***Las Vegas, Nevada, US***

**Marion Rosenkranz, “Seeing—and experiencing! —the whole thing,” *Journal*, July 2024**

I’m very grateful for this beautifully crafted article. It is clearly a treatment for our environment bringing showers of blessings. I will tend to my environment of thought, seeing—and experiencing—the whole thing.

Carolyn Whyte  
***Melbourne, Victoria, Australia***

**Richard Schaberg, “An antidote to stone-throwing,” *Journal*, July 2024**

This article gave me much to think about. It offered a better way to address political issues and the challenges presented to my thought. I’ve read it several times and I’m sure I will return to it as the election year proceeds. Thank you for his wonderful insight. I’m very grateful.

Gaye Eckert  
***Fishers, Indiana, US***

identifies some individuals as “givers”—who give without concern for what they may get back—and some as “takers”—who want to receive more than they give and “win” every transaction. The author, Adam Grant, researched which kind of orientation brought more success, both to the individuals and their endeavors. In the end, he found, it was the givers who had better results, especially over the long term.

While perhaps not what you might expect, this result makes sense. It is natural to value giving to others and to feel satisfied and blessed by it. As Christ Jesus instructed his disciples, “Freely ye have received, freely give” (Matthew 10:8). And the Apostle Paul writes, “Remember the words of the Lord Jesus, how he said, It is more blessed to give than to receive” (Acts 20:35).

The Bible is full of examples of love expressed through unselfish giving: Ruth, when her husband passed away, committed to remaining with her mother-in-law, Naomi, rather than pursuing her own needs (see Ruth 1:16); the poor widow gave all that she had to the church treasury (see Mark 12:42); in one of Jesus’ parables, a good Samaritan cared for a man found injured on the side of the road (see Luke 10:30–35); and Jesus himself gave selflessly of his time, prayer, and Christly attention, healing wherever he went, washing his disciples’ feet. At the end of his career he even gave his life through the crucifixion to prove the power of eternal Life through his resurrection.

These were fearless, unselfed givers! Why? They must have glimpsed that their supply of good was always full because its source was God. God is infinite and God is good; therefore, there is an infinite supply of good for everyone. As we read in Psalms, “The earth is the Lord’s, and the fulness thereof” (Psalms 24:1).

Mary Baker Eddy, the Discoverer and Founder of Christian Science, refers to God as “the great Giver” (*Science and Health with Key to the Scriptures*, p. 112). Our giving to one another is a reflection of the good that God gives to each one of us continuously. Because each individual is the spiritual image and likeness of God (see Genesis 1:26)—one in quality with this infinite divine source—we already include spiritually all we need of the abundance of Mind’s, God’s, right

---

FEATURE

---

## The gratitude that impels giving

*By Kevin Ness*

**A book by a top professor at The Wharton School, the business school at the University of Pennsylvania,**

ideas. These ideas include health, sufficient resources, useful employment, home, harmonious relationships, an inspired church. If God's arms are full, then so are ours, by reflection.

Yet this also begs the question, How do we act on these truths to become more unselfish givers? What can we do if we don't feel we have much or anything to give—if we feel we have more than we can handle just in caring for ourselves and our personal obligations?

We can give gratitude to God for all that He is and all that He has given us as His beloved creation. This helps open the way to bring the abundance of God's goodness into our experience.

Christly gratitude acknowledges that God has given us a full well from which to draw and share with others. Knowing what we already have spiritually, we don't have to hoard our good or hesitate to share it out of a fear that we may run out or not have enough for ourselves. And even if we feel we may be lacking ourselves, gratitude to God awakens us to the spiritual fact that we have much to give.

One time in my life all had been going well, with a new job and new friendships—until things unexpectedly shifted. The relationships changed and the job began to feel unsatisfying. Lacking joy and confidence, I retreated from others to the point of feeling very isolated.

In this low state, I reached out to a Christian Science practitioner to help me pray about the situation. She encouraged me to stop dwelling on what I felt I had lost or lacked, and instead to take stock of and be grateful for what I had. She asked me to list what I was grateful for, particularly the valuable qualities that God had given me and that I expressed to bless others.

This reminded me of Elisha in the Bible asking the widow who had no money, "What hast thou in the house?" (II Kings 4:2). She had only a pot of oil, but soon found that, through trust in God's provision, this oil multiplied and supplied her needs.

As I began to write down what I had in my "house"—the spiritual qualities in my consciousness and experience

I was grateful for—the list began to grow very quickly. I thought about how I had loved God and Christian Science since I was a little boy, and how I enjoyed being kind to others, doing my work conscientiously and intelligently, and caring for young people. I realized that I didn't generate these qualities through some force of human will, but I had them by reflection. I affirmed that as the image and likeness of God I expressed these qualities naturally. As Mrs. Eddy writes: "Man shines by borrowed light. He reflects God as his Mind, and this reflection is substance,—the substance of good" (*Retrospection and Introspection*, p. 57). I knew that God is not stingy! I was deeply grateful for the abundance that He had already given me and knew that circumstances couldn't take it away.

Shortly after that, my work supervisor said he had been observing my good work, and that even though it was atypical for the office to give cash bonuses, he wanted to give me one. At the same time, a coworker said he was asking around for someone trustworthy and good with young people to care for his children while he and his wife went away for a weekend, and I had been recommended. I ended up not only having a wonderful weekend with these children, but becoming close friends with the family over many years.

One good thing led to another, and I felt a sense of renewal in my work and relationships. More important, this gratitude for God's giving caused me to be wide open to more opportunities to bless others, including teaching Sunday School and eventually going into the public practice of Christian Science. I couldn't help but give of my "heart's rich overflow" (Minnie M. H. Ayers, *Christian Science Hymnal*, No. 139)—sharing joy and seeing the perfection of others wherever I went.

This experience showed me that gratitude brings to light and magnifies the goodness of God already present. A grateful heart allows good to multiply and opens the doors to the kingdom of heaven, the reign of harmony here and now. A grateful heart is a full heart, with no room for worry, fear of the future, anxiety, self-absorption, or self-will. It allows us to recognize who we are as the full and complete children of divine Love with something vital to give. It makes us feel stable, secure,

and confident, with no desire to envy others or wish we had what they have.

Gratitude doesn't mean waiting for circumstances to change before we can be happy or give freely; rather, gratitude changes the circumstances! When Jesus was called to raise Lazarus from the dead, he expressed gratitude in advance, praying, "Father, I thank thee that thou hast heard me" (John 11:41). With this grateful heart, he called for Lazarus to come out of the tomb, and Lazarus did.

Can't we be grateful in advance as Jesus was? Even before the evidence of a problem has yielded to prayer, we can say, "Thank you, dear God, for all that You have given me"—recognizing that, despite the picture before us, our God-created spiritual perfection is already present.

Christian Scientists have something vitally important to share with the world: an understanding of the Science of Christ that brings healing and transformation—physically, morally, and spiritually. Through gratitude we realize we do have something to give and the divine impetus to give it.

As Mrs. Eddy's poem "Christ My Refuge" concludes,

My prayer, some daily good to do  
To Thine, for Thee;  
An offering pure of Love, whereto  
God leadeth me.  
(*Poems*, p. 13)

---

## INTERVIEW

---

# You can count on God

*By Mary Beattie interviewed by the Journal's Jenny Sawyer*

***In this Sentinel Watch podcast, adapted for print, Jenny Sawyer talks with Mary Beattie, a Christian***

***Science practitioner and teacher from Canberra, Australia. To hear the entire podcast, visit [cssentinel.com/count-on-god](https://cssentinel.com/count-on-god).***

**Jenny Sawyer: One of the things that we're all educated to believe is that life is about what we're doing and especially achieving. There's a lot of focus on being productive, and while being productive is generally a good thing, it can also make us feel like there's so much on our shoulders. Now, you might say that that's where God comes in, and that's what we'll be exploring today.**

**Mary, why do you think it's important to be cognizant of God, especially in light of all that it seems we're responsible for doing on a daily basis?**

**Mary Beattie:** One of the things I'm impressed with when I read the Bible, which is such a good sourcebook for learning about God, is that, when Christ Jesus healed, he did it for the glory of God. A number of times in a recorded healing, there's a little phrase, that people "glorified God." All the things Jesus did were for the glory of God, and many of those that were healed glorified God.

If, underneath all that we're doing on a daily basis, we're gaining an expanded understanding of our relationship to God, then the rest of our day-to-day life is more likely to fall into place. When I was working at the education department, I would often say that my work would stay the same, only the workbench changed. By that, I meant that the work of glorifying God stayed the same, although the "workbench"—the different contexts in which we're acting—varied all the time.

**Can you talk a little bit about what you've found in your own life about your relationship with God?**

There was a time when I was regularly feeling anxious and depressed, and I would pray about this. And when I prayed, those feelings and the symptoms would abate. But then they would come back sometime later.

I was able to speak with a Christian Science practitioner, who is someone who prays for people when they ask for help. As I was talking to this man in

his office and explaining the anxiety and the depression and the pattern, we both went very quiet—neither of us said anything. I realized that I didn't need to say anything because I felt us both deeply praying.

After a few minutes, some normal conversation emerged, and then I left his office. The depression and anxiety never returned.

I think about those few minutes of quiet prayer. There was no more reason for the depression. It was just a sacred, holy moment where we both let God speak to us the way we needed. Both of us were yielding to feeling the authority or presence of Spirit, of God, and letting that be the communicator.

Now, I don't know what words the practitioner was thinking, or even if he was thinking any words. It's always about the feeling—prayer helps us to feel God's active presence. And I think that that underlies what Mary Baker Eddy says about Jesus' actions being more important than his words—he proved what he taught (see *Science and Health with Key to the Scriptures*, p. 473).

**That's a beautiful healing, Mary. Your explanation really highlights the question, What is it that God, Spirit, is doing? Maybe you could recap, in that particular healing, what it was that you experienced of God's being and doing that seemed to make all the difference?**

It was the quiet transformation of thought, which I can only describe as the Christ in consciousness. The Christ, the manifestation of God, was destroying my fear and anxiety.

It's not that I had to drag up better or happier ideas. It's not even that the practitioner had to say specific words and cheer me up in any way. The Christ has a regenerating effect. It stirs the human mind until it is only aware of the harmony that characterizes the divine Mind.

**Mary, just to be really clear for our listeners, when you're talking about the Christ, what are you talking about?**

The Christ was Jesus' divine nature—it's the true idea of God, which he consistently expressed. *Science and Health* explains, "Christ is the true idea voicing good, the divine message from God to men speaking to the human consciousness" (p. 332).

**One of the takeaways I'm getting from what you're saying is that God's love, the power of Spirit, the intelligence of Mind, are constantly operating. I think oftentimes when people think about prayer, they think it somehow activates God. It's like prayer pushes a button and God then snaps into action. This is a totally different perspective.**

Yes. When we see God in terms of Principle, we begin to perceive His immensity, His allness. We don't worry if the principle of mathematics is going to operate in a particular case, or if it's not going to be applicable on the moon. It's always operating. So is God, Principle.

**I'd love to help listeners understand a little bit more about the idea of becoming conscious of all that God is and does. What have you found in your own practice of Christian Science? And more generally speaking, what might a listener do if they want to feel more conscious of God's presence and power?**

If people want to feel the presence of Spirit, they can start by deciding that they want to get their life onto a better track. Maybe they want to lift a relationship to something which is more wholesome, or be doing things that give a greater contribution to the general good in their community. These desires need to be there for us to open our heart to a change.

There's a sentence in *Science and Health* which I really like: "Spirit, God, gathers unformed thoughts into their proper channels, and unfolds these thoughts, even as He opens the petals of a holy purpose in order that the purpose may appear" (p. 506). One of the reasons I like that sentence is because Spirit has the initiative. If the desire is there to live a higher, better life, then Spirit is gathering those thoughts into action.

And then comes that lovely promise, "He opens the petals of a holy purpose in order that the purpose may appear." The purpose might appear as a better, more

useful job or as a healthier relationship. It comes to us in very practical ways.

**It sounds to me like you're saying this is God's universe and God's kingdom. We're not talking about physical beings or material things that need to be sorted out, but really, thought. You're not just saying that there is a God, but that God is active, God is powerful, God is loving. And that this activity is going on at all times. It helps us to relax and say, "Okay, I have a role to play, but this is really about God and what God is doing. And my role is to witness to that, to recognize that, moment by moment."**

I think this is where some of the synonyms for God are useful—that is, Bible-based names for God, including Life, Truth, Love. They help us see God in different ways. So looking at God as Mind, we might recognize a really elegant mathematical solution to something and recognize Mind's operation.

One of the things I think about with that passage that I quoted earlier about Spirit gathering unformed thoughts into their proper channels, is that Spirit is God. Love is God. So, Spirit and Love are synonymous with God and with each other. And because Spirit is Love, Spirit will go on gathering those unformed thoughts into their proper channels for as long as necessary, for as long as needed.

I found that with my own marriage. My husband and I went through a dark patch, but for the many months that we were struggling with it, Spirit was still gathering the thoughts into their proper channels. And because Spirit is Love, it continued to do that until the resolution came.

For our part, that meant putting aside self-centeredness. It meant instead of each of us looking to the other one to solve our issue, we both had to independently look to God. I think for each of us, the tipping point in that healing was recognizing that we were each wedded to Spirit, and nothing could change that. When we independently came to that conclusion, when we were both relying on that truth, then the contention, which had driven us to the brink of separation, dropped away and a very happy and stable

relationship evolved. But the turning point was to see that we were each wedded to Spirit and nothing could change that.

That's a promise for everyone. Whether we're married or not married or wanting to be married or not wanting to be married, it's helpful to come back to a spiritual concept of what marriage is. Being wedded to Spirit is where our completeness is. People tend to look to marriage for a sense of completeness. Or sometimes they feel they need to get out of a marriage to gain completeness. And yet, our relationship with Spirit, our relationship with God, Principle, Mind, is unchanging.

### **What exactly does it mean to you to be wedded to Spirit?**

I think it's the recognition that in reality each of us is an idea in Mind. Our real, spiritual selfhood is not tied up in a physical package. Our real spiritual relationship with Mind, Love, is secure. It's eternal. That might sound irrelevant when we're facing some problem within a relationship. But that's the thing—our work stays the same but our workbench changes. Our work of knowing who we are as Love's idea, God's idea, His precious child, stays the same. The workbench of whether it's marriage or employment or finance or whatever, changes. Fundamentally, it's all about our relationship with God.

I once read a lovely thing in a *Christian Science Journal*. It was quite an old *Journal* from an era when the wedding vows were pretty standard. You know, "I take thee, Joe so-and-so, to be my lawfully wedded husband, to have and to hold."

This article was saying we can do this with the truth. Something like, "I take thee, truth, to have and to hold, to love and to cherish, forever" (see Rev. G. A. Kratzer, "Hindrances to healing," July 1909). And we can do this with the synonyms for God, too: "I take Spirit to have and to hold."

How do we do this? Well, let's drill down. What is Spirit? How do we find out? Through prayer. The ideas we need can just pop into our head. And that's lovely when they do. But we also need to study. Many, many Christians have found reading the Bible on a daily basis



to be reassuring and uplifting. I've also found it helpful to study *Science and Health with Key to the Scriptures* by Mary Baker Eddy as well as her other writings.

**One takeaway that I've had from what we've talked about, Mary, is just how much we can count on God. You know, I think neither of the situations that you mentioned are things that any of us want to experience. And yet, in both those situations, you really discovered you could count on God.**

**So often, to get back to an earlier point, we think it's about what we're doing. Are we working hard enough? Do we have the right ideas? But it feels like for you, maybe your practice of Christian Science and trusting God is a little bit more in letting go.**

Yes it is, Jenny. And I think it actually requires humility —humility toward God. It's letting the human ego step back. Spirit, God, is omnipotent. So let God have center stage in thought. Let all our outlining on how things should proceed in our lives go.

If we're unemployed, we might reason, "Well, of course God would want me to have a job. So I'll be praying to get a job." But what about having the humility to step back and think, "God wants me to glorify Him"? Then I can start now. I am employed right now glorifying God. Then see where that leads.

God is already omnipotent, omnipresent. So stop reiterating all the ways that His omnipotence and omnipresence don't seem to be apparent and step back and appreciate, pay attention to, the allness of God. That's when we find healing.

**When we can step back as you were describing or look up and see things more from God's perspective, instead of focusing on our own very narrow viewpoint of a situation, that is when all that God is and is doing becomes more evident to us, to the point where we see there are no limitations.**

Yes. I found this idea very provocative: It's not helpful to remember healings as sufferings that we went through. That traps us into thinking we are physical,

and something happened which got cleared up because we prayed and God got activated.

God never stopped actively maintaining us, our health and harmony. The healing happened because we saw that we only ever had a spiritual selfhood which couldn't ever be affected by any suffering. The things that happened become like dreams to us. That's why people often say it was like waking up. It was as if I were watching a movie and I left the movie theater.

The truth is, we are at one with God, at one with Spirit, the whole time. Our selfhood is spiritual, and we can recognize and feel that Spirit and its expression is one, is all.

**Mary, thank you so much for being here today and taking the time to have this conversation. I enjoyed chatting with you.**

Jenny, it's been a delight. Thank you.

---

## ARTICLES

---

# Goodness without measure

*By Donica Mensing*

**How often we find** ourselves counting, measuring, and calculating numbers to answer a question, solve a problem, or describe a situation. Numbers permeate so many facets of life, from measuring personal health, to calculating how much time or money we have, to the state of the climate, to name just a few.

Yet, more than 100 years ago, the founder of this magazine, Mary Baker Eddy, cautioned readers about the downsides of certain kinds of data use. In the Christian Science textbook she wrote, "Except for the error of measuring and limiting all that is good and beautiful, man would enjoy more than threescore years and ten and still maintain his vigor, freshness, and

promise” (*Science and Health with Key to the Scriptures*, p. 246).

This passage points out what is problematic about relying on numbers to measure our prospects: Numbers often represent limitation and lead to a constrained sense of goodness, life, health, supply, and even beauty. So instead of looking at material measurements, we can turn to an understanding of God as divine Principle to strengthen our conviction that both beauty and goodness exist without measure.

From this perspective, we can perceive numbers spiritually, without any implication of limitation. “Spiritual ideas, like numbers and notes, start from Principle, and admit no materialistic beliefs,” *Science and Health* states (p. 298). Separating the spiritual concept of numbers from the material beliefs about them can free us from the negative expectations attached to the use of numbers in many situations.

For example, measuring personal data such as age, weight, height, temperature, heart rate, blood pressure, calories, hours slept, and so forth, can have the effect of materializing our concept of life and shaping expectations based on material conditions. Refraining from unnecessary measurements and separating thought from the beliefs associated with measuring these variables, we are free to rely wholeheartedly on the infinity of divine Principle, where numbers represent only good and beautiful spiritual ideas, which are unlimited. If we find ourselves holding fearful or limited expectations because of some data point, we can instead consider the situation from a metaphysical basis to gain an entirely inspiring perspective.

More than 140 years of testimonies of healing in the *Christian Science Sentinel* and *Journal* provide thousands of examples of Christian Scientists healing problems defined by personal data points. Healings of low blood sugar, high blood pressure, irregular heartbeat, overweight, underweight, lack of sleep, age-related ailments—all of these verified healings demonstrate the freedom that is gained by refusing to accept predictions based on certain numbers and measures, and instead accepting the spiritual facts of infinite Principle, God, good.

Rather than looking to numbers to assess our health—physical, financial, mental, social—we can seek a spiritual approach to knowing ourselves. A foundational premise of Spirit-based thinking is summarized in these two sentences from *Science and Health*: “There is no life, truth, intelligence, nor substance in matter. All is infinite Mind and its infinite manifestation, for God is All-in-all” (p. 468).

Reasoning from this basis excludes the possibility of matter-based measures having any power to dictate our experience. Seeing through material assertions metaphysically, by drawing closer to God as infinite Mind and understanding ourselves as God’s infinite expression, gently erases what we thought to be so true and fear-inducing. It replaces negative, limiting predictions and reassures us that we truly are entirely spiritual, whole and healthy, blessed children of God.

Anchoring our expectations in the spiritual concepts of infinity, allness, oneness, and eternity opens thought to the limitless possibilities of good, instead of the restrictions of finiteness and lack. Infinity and allness describe God. Oneness and eternity define our relationship to God. We have one God, one Christ—the true idea of God—and the consequence of that oneness is that God and God’s reflection, man, is all there is, eternally. In a Spirit-based universe, there is no division, duality, plurality, or limitation. There is only infinity and oneness.

This was brought home to me one evening when I was canning jam. I inadvertently poured boiling water over my hand. I had done this in a similar manner a couple of years earlier. During that experience, I prayed diligently and the pain disappeared. However, large blisters developed on my hand that took a number of days to heal. I felt I had learned a great deal in that experience. So when this happened again, I immediately turned my thought to God.

This time, it occurred to me that if I had poured water over my hand that I thought was only 80 degrees F., I wouldn’t expect to feel anything other than soothing water. It was my belief that 200-degree water would cause pain that was the problem. As I prayed to understand that nothing but harmony had occurred in

reality—as hurt and harm aren't part of the allness and invariability of God's goodness—the pain stopped and I continued with what I had been doing. There were no marks on my hand, and no evidence of any burn developed.

This example of reasoning from a metaphysical basis nullified the prediction that a particularly hot water temperature would cause pain and harm. This illustrated the truth of the following passage from *Science and Health*: “Belief in a material basis, from which may be deduced all rationality, is slowly yielding to the idea of a metaphysical basis, looking away from matter to Mind as the cause of every effect” (p. 268).

Numbers are not a cause. Neither are they indicators pointing to other so-called causes. The material beliefs often associated with certain numbers are entirely separate from the facts of a spiritual universe, created and maintained by divine Mind, the only cause and creator. Nothing is ever too little, too much, too hot, too cold, too soon, too late, too slow, too fast, too far, too high in the kingdom of heaven, the place Christ Jesus calls on us to seek first (see Matthew 6:31–33).

Seen in their spiritual light, numbers represent concepts to use wisely and with dominion. In addition to innumerable practical uses, mathematics provides wonderful insights into the eternal nature of the spiritual universe. It's when we're tempted to think numbers can tell us anything about our health or wealth or future prospects individually and globally that we need to be alert.

For example, consideration of one's finances—how much money we make, how much money we have, how much money we need, how much money we've lost—occupies a tremendous amount of thought at different times for many people. In the passage mentioned above in Matthew, Christ Jesus instructs us to turn our thought instead to heaven, to the consciousness of God, and keep it there. Then we can trust that our needs will be met in ways we could never have outlined.

The Christian Science periodicals include thousands of testimonies from people all over the world who have overcome, through prayer, problems related to economic insecurity, including healings of poverty,

business failures, and lack of employment. In so many ways, Christian Scientists have worked through dire economic forecasts to demonstrate dominion over material limitations and find lasting peace and security.

In my own experience, our family was able to meet our financial obligations when we had three small children and my husband was in graduate school. Our needs were met in ways that were often unexpected, through affirming the allness and permanence of divine Love in our daily prayers. In due time both my husband and I found jobs on the same campus that blessed us and our family for many years.

Gaining a sense of dominion and peace in the face of frightening human predictions comes as we pray to humbly see and feel the infinity, allness, ever-presence, and everlasting good nature of God, divine Principle, Love. This dominion doesn't mean we are free to willfully ignore an empty checking account, empty gas tank, or extremely hot day, for example, and naively hope things will go well. We fulfill our obligations and live peacefully and joyfully as we pray daily to understand the nature of spiritual reality.

Whether the claims relate to our human bodies, to the body of our churches, or to the global body of humanity, we can demonstrate dominion in the face of depressing or fear-inducing statistics through prayer and inspiration. Obeying the First Commandment to have only one God, one Mind, and refusing to believe in any other power, keeps us conscious of our closeness to God and our home in the kingdom of heaven.

---

## The power of authenticity

*By Ian Gudger*

**Have you ever stopped** to think about the Christian Science Sunday School and why it is so important? In my position of Sunday School Support Lead for the

Church Activities Department of The Mother Church in Boston, Massachusetts, I think about this a lot.

I regularly meet with individual branch Churches of Christ, Scientist, and in almost every meeting about Sunday School, I have asked, “What is a Christian Science Sunday School, really?” During these meetings, people have shared a wide spectrum of wonderful ideas. I might summarize their answers this way: A Christian Science Sunday School preaches the gospel with authenticity. In other words, students learn the Scriptures, including the Ten Commandments, the Lord’s Prayer, and the Sermon on the Mount (see Mary Baker Eddy, *Church Manual*, pp. 62–63), not like a subject in school, but like a melody that reaches the heart. Sunday School for both the teacher and students is about discovering the good news (the gospel) from the Scriptures and singing it with our lives.

From my own Sunday School teaching experience, I have to admit that I haven’t always focused on preaching the gospel with authenticity like this. “Teaching” the Bible to the students was more the basis of my teaching. I knew the importance of the Scriptures and I believed their truth, but perhaps I didn’t fully understand the significance of my role in bringing the Word to life through my thoughts, my words, and my actions. Looking back, I see that at times this resulted in approaching my role in Sunday School academically instead of allowing my teaching to be a result of my active exercise of the gospel.

Mary Baker Eddy, who established The Church of Christ, Scientist, writes, “The best sermon ever preached is Truth practised and demonstrated by the destruction of sin, sickness, and death” (*Science and Health with Key to the Scriptures*, p. 201). She also writes in the same book: “School-examinations are one-sided; it is not so much academic education, as a moral and spiritual culture, which lifts one higher. The pure and uplifting thoughts of the teacher, constantly imparted to pupils, will reach higher than the heavens of astronomy;...” (p. 235).

We all may question at times if our own experience with practicing Jesus’ teachings is good enough to bring this gospel to light as a Sunday School teacher. But a

sense of not yet having achieved perfection shouldn’t prevent us from expressing what we *do* understand. Note that, referring to the “least commandments,” Christ Jesus says, “Whosoever shall do and teach them, the same shall be called great in the kingdom of heaven” (Matthew 5:19). He doesn’t say, “Whosoever shall reach the pinnacle of Christian Science and then teach others, the same shall be called great in the kingdom of heaven.”

What’s needed is a deep desire to live the gospel and an openness to sharing it both in Sunday School and in the community. Our communities need Christian Science Sunday School teachers. Why? Because this gospel will help people overcome limitations and find healing. Many in every community are yearning for freedom from limitations and inharmony, and we can each help point the path to this freedom.

To do this, teachers can start right where they are, listen deeply, and share honestly what they have seen and experienced. I have learned that kids and teens appreciate when people are real and honest. As *Science and Health* affirms, “Honesty is spiritual power” (p. 453), and young people notice honesty right away; they value it and value the source of it.

I once was a member of a church that had a teen who left Sunday School because she felt the classes weren’t authentic. She said she was tired of “just learning the Ten Commandments” and felt she was being told how to think. I showed interest in her feedback. I listened. I spent time with her and her family outside of church. She eventually came back to Sunday School, and we had many productive conversations.

I loved her honesty and her sincere desire to find the real story about God. I told her that I wasn’t sure I would know how to explain everything, but I would love to discover the answers with her. She asked very hard, but thoughtful questions. Even if I had no idea how to answer them, striving to be honest and being directed by God kept us learning together from our Pastor—the Bible and *Science and Health*—and unfolded some wonderful Sunday School classes that I could never have designed in any academic way.

For example, when she asked, “How do I know when it is God speaking and not something else?” we started talking about the story of Moses in a new way. We noticed Moses’ willingness to stop and investigate the burning bush. We related this to our own willingness to stop and investigate whether an idea was from God. This led to more questions, and it gave both of us the opportunity to slow down and discover what God was saying. This student continued to come to Sunday School to investigate and learn more about God.

In my experience, students value a teacher’s authenticity way more than they appreciate a teacher’s long history of teaching, degree in education, or particular religious credential. When teachers share what they have learned as practicing Christian Scientists and what they are still discovering, it’s appealing.

Being original in helping students recognize their own natural ability to hear God’s voice is deeply inspiring. And finding graceful ways to indicate that students are intelligent thinkers and capable healers shows that trust in them is genuine and real. The authentic Christianity impelled by the Golden Rule—to treat others the way you want to be treated—is attractive to youth. It may be expressed in different ways, but it causes students to catch the spirit of the gospel, and that sticks with them.

I still vividly remember a lesson one of my first teachers taught. It was so simple. She had me trace the edge of a circular table in Sunday School while she talked about how God doesn’t have a beginning or an ending. She explained how God’s love for me is like this, too. It doesn’t have a beginning or an ending, it’s always present, and it’s always active.

This simple little illustration has stayed with me my entire life. It has come to me a few different times and helped free me from a number of personal challenges. Some may think this illustration is a bit lackluster, but the teacher’s clear love of the ever-presence and eternal nature of Life, God—and her deep level of experience with it—made such an impression on me that it stuck in my mind.

Preaching the gospel with authenticity means that a teacher is not trying to put on a show or teach the content of the Bible or *Science and Health* from a scholarly standpoint. The Sunday School teacher is authentically loving the students and practicing what Jesus taught. Drawing from their own experience and practice of Christian Science, members of branch churches have the natural ability to have a genuine impact both on students and on the community.

To me, these lines from Mrs. Eddy’s “Communion Hymn” speak to teaching Sunday School authentically:

Saw ye my Saviour? Heard ye the glad  
sound?  
Felt ye the power of the Word?  
’Twas the Truth that made us free,  
And was found by you and me  
In the life and the love of our Lord.  
(*Poems*, p. 75)

---

## Traveling with the “Daily Prayer”

By Gretchen Newby

**My parents liked to** travel and my childhood was full of many wonderful adventures. I don’t remember every museum, monument, and church we toured, but I remember how Mom prayed before each trip and throughout our vacations. She frequently turned to the Bible passage, “The Lord shall preserve thy going out and thy coming in from this time forth, and even for evermore” (Psalms 121:8). After looking up this verse in several Bible translations, I began to see the message as both a prognosis and a promise.

Our family witnessed the fulfillment of that promise on many occasions. One morning, while visiting Great Britain, we piled into a rental car. My dad began driving us along England’s coast on a cliff overlooking the sea.

The road was picturesque, windy, and narrow. After driving for nearly twenty minutes, he suddenly realized he was on the wrong side of the road, unaccustomed as he was to driving on the left side. Soon after he quickly switched lanes, a semi-truck came around the bend. Thankfully, we were no longer in its path.

Another time while traveling in a different country, we took a taxi to a tour bus for a day trip. A few hours into our trip, our parents realized they'd left an essential briefcase in the cab. The case contained money, traveler's checks, our passports, airline tickets, and other important papers. This was before the age of cell phones. I remember our parents initially panicked but steadfastly turned to God. We spent the day quietly praying and reassuring each other that all would be well.

When we arrived back at our hotel, our taxi driver from the morning was in the lobby waiting for us. He'd found our itinerary and checked to see when we would be getting back to our hotel. He didn't feel comfortable leaving the briefcase with anyone and wanted to return it to us in person. All the contents were there. Our gratitude to God was overflowing.

For the last few years, I've been enjoying "staycations" instead of vacations. My staycations—staying home and going on day trips, spending additional time praying, and taking care of neglected household tasks—have been a nice respite from work and other demands of daily life.

While I treasure my staycations, I recently agreed to accompany friends on an overseas vacation and spent many weeks prepping for our adventure. But as the trip grew closer, I couldn't shake a feeling of dread caused by the uncertainty of what lay ahead. I looked at my half-packed suitcase and knew I needed to stop packing and follow my mom's example of spiritual preparation. I wanted to feel the sense of safety and assurance that comes with understanding God's omnipotence, care, and unfailing goodness. Mary Baker Eddy, the Discoverer of Christian Science, wrote: "... Be allied to the deific power, and all that is good will aid your journey..." (*Unity of Good*, p. 17).

I've always felt allied to God's power when I pray, and prior to my trip I was working with the "Daily Prayer" Mrs. Eddy gave Christian Scientists in her *Church Manual*: "Thy kingdom come; let the reign of divine Truth, Life, and Love be established in me, and rule out of me all sin; and may Thy Word enrich the affections of all mankind, and govern them" (p. 41).

Here are some insights that came to me as I worked with this daily prayer:

## Thy kingdom come

---

The Gospel of Luke tells us that when the Pharisees demanded to know when the kingdom of God would come, Christ Jesus answered them, "Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you" (see 17:20, 21).

When we begin our daily prayer with the petition "Thy kingdom come," we're acknowledging that the *Kingdom of Heaven*—defined in *Science and Health with Key to the Scriptures* in part as "the reign of harmony" (Mary Baker Eddy, p. 590)—is here and within individual consciousness. We don't need to go anywhere to find it, or wait for it to come to us, and I could expect to feel the peace and harmony of this kingdom now and on the trip.

While my suitcase and I were about to begin an adventure, in reality I would never leave the kingdom of heaven. God's kingdom is omnipresent and precludes all fear and doubt. While I had sightseeing on my itinerary, I could look forward to a week full of "right-seeing"—of each day gaining clearer, unobstructed, divine views of this kingdom—of the reality of God and His spiritual creation.

## Let the reign of divine Truth, Life, and Love be established in me

---

I'd been worrying about forgetting to pack items, arriving late to the airport, delayed flights, and lost luggage, believing I was at the mercy of chance and unforeseen circumstances. I decided to relinquish all misgivings and speculation, and trust the authority of

God's government—the order and harmony of divine Truth, Life, and Love.

We read in *Science and Health*, “Only the action of Truth, Life, and Love can give harmony” (p. 169). When we pray for these to be established in us, we're ensuring our lives will be on a firm foundation, and we avoid the detours of material thinking and reasoning that would ground us in fear and doubt. As God's children, we naturally reflect the one divine Mind, or God, and know that His ways are better than our ways. We have the humility to seek Mind's guidance and direction. Ascending thought—thought that is uplifted by the spiritual facts of being, or by what God tells us—keeps us on the highway of peace and healing.

---

## And rule out of me all sin

---

This part of the “Daily Prayer” reminded me to evaluate what I was taking on my trip. People talk about traveling light and I like that idea. But to me it's not about reassessing what I've packed in my carry-on. The lightness I hoped to achieve was spiritual. I resolved to jettison fear, agitation, distress, and any other beliefs that would claim I was outside of God's care. They are on the “no-fly list” of spiritual progress—they are only excess baggage that weighs us down and stifles our happiness, health, and success.

With the prayer “rule out of me all sin,” we are humbly asking God to lighten our load—to rid us of the belief that we can at any time be separated from His goodness and love. In other words, we are allowing Christ, the spiritual idea of God, to send that belief to the curb! In order to do this, we need to know who we really are, meaning we need to know how God sees us, and claim our spiritual identity: the perfect, worthy, and sinless identity God gave us.

I'd packed my passport and other forms of ID—but now I began to consider how God sees me. The words of a favorite hymn came to thought: “Forget not who you are, O child of God, / For God demands of you reflection pure” (Mildred Spring Case, *Christian Science Hymnal*, No. 475, alt. © CSBD). Acknowledging and acting upon the infinite qualities we reflect as God's likeness is our “passport” into the kingdom, or eternal harmony.

## And may Thy Word enrich the affections of all mankind and govern them

---

The world today needs to feel God's love and care so very much. In the months leading up to my trip, I'd noticed several headlines about disruptive passengers on flights. I'd started believing society was uncivil and unpredictable. While it's tempting to believe that our safety comes from taking human precautions, such as planning ahead and thinking through possible scenarios to protect ourselves from possible dangers, this perspective ignores the fact that it is God who is governing and safeguarding us—and His care never fails. When we trust God's government and put everything in His hands, we're released from the stress of worry.

As I contemplated God's care for me, I remembered a Bible translation of that verse my mom often relied on, “The Lord keeps watch over you as you come and go, both now and forever” (Psalms 121:8, New Living Translation). I felt the power and security of those words, and I happily returned to packing my suitcase.

Throughout our trip, I companioned with the “Daily Prayer.” Our travels were beautiful and joyful. More important, I experienced the freedom and peace of trusting God.

The Word of God, the voice of Truth, is speaking to each one of us. Mrs. Eddy describes it this way: “The ‘still, small voice’ of scientific thought reaches over continent and ocean to the globe's remotest bound. The inaudible voice of Truth is, to the human mind, ‘as when a lion roareth’” (*Science and Health*, p. 559). No matter where we are or where we go, we can feel its healing effect, enriching, comforting, and guiding us every step of the way.

---



# Steps we can take for church prosperity

By Don Feldheim

**I had been wondering** why churches were closing their doors. Then I realized a more productive question to ask is: What attracted people to Christianity and Christian Science in the first place? Specifically, how did Jesus build his global, spiritually prosperous church?

What does *prosperous* mean? According to Webster's 1828 *American Dictionary of the English Language*, it means: "Advancing in the pursuit of any thing desirable; making gain or increase; thriving; successful."

One day while studying the weekly Bible Lesson from the *Christian Science Quarterly*, I noticed these familiar Bible verses: "And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people. And his fame went throughout all Syria: and they brought unto him all sick people that were taken with divers diseases and torments, and those which were possessed with devils, and those which were lunatic, and those that had the palsy; and he healed them. And there followed him great multitudes of people from Galilee, and from Decapolis, and from Jerusalem, and from Judæa, and from beyond Jordan" (Matthew 4:23-25).

It struck me that these verses had appeared in the Lesson-Sermons frequently as far back as I could recall. I wondered why this was. They had been staring me in the face week in and week out. Surely, the verses serve as good segues to focusing on Christ Jesus. But there are many good segues. So, why keep using these particular verses? I realized that maybe they also contain critical information that needs repetition.

For the first time, I recognized in these verses a clear clue as to how decline can be turned around. I started thinking of them as Jesus' steps to thriving churches. Four things stood out to me: 1. Jesus went about the whole region—he did not confine himself to his own village, to the comfort of his own environs. 2. Jesus

taught in synagogues. 3. Jesus preached the gospel of the kingdom—the good news about God's dominion. And 4. Jesus healed—among the people he came across in his journeys, whether it was in village streets, the homes of his hosts, on the shores of the Galilean Sea, on hillsides, on plains, or wherever people gathered.

As Jesus' followers, we're supposed to follow Jesus' example. So, it is very revealing to examine the degree to which we follow his example in our own church ministry and through our individual daily lives.

Jesus ministered all over Galilee. He began in a synagogue, then went to the streets, the seashores, and hillsides, spreading the Word, teaching, preaching, and especially healing among the people. Branch Churches of Christ, Scientist, in our day extend their ministries in several ways, including inviting people from surrounding communities to attend services and lectures, and perhaps by sponsoring online or radio talks or programs on Christian Science.

Jesus taught in the synagogues. Christian Scientists also teach in our churches and Sunday Schools. Jesus preached—exhorted, proclaimed with animation—the gospel, or good news, about the kingdom or reign of God. During church services, Christian Scientists hear from our only preacher, or pastor, the Holy Bible and *Science and Health with Key to the Scriptures* by the Founder of Christian Science, Mary Baker Eddy.

And, most significantly, Jesus went about healing—among the people. When I reached the concept of healing "among the people," I began feeling guilty that I had been satisfied staying within the comfort zone of my branch church—but quite uncomfortable doing as Jesus did, offering healing among the people in my community, among my neighbors. Sure, if during a conversation, should someone specifically ask me to pray for them, I was more than happy to do that. But during my day, whether walking my dog, shopping at a hardware store, commuting to work, or working at my office, I did not actively look for opportunities to share God's healing truth and love with my friends, neighbors, or strangers with whom I came in contact.

Fame of Jesus' healing work spread beyond the region of Galilee. And as this news spread, multitudes



of people wanting healing came to him and were healed. Furthermore, multitudes followed him “from Decapolis, and from Jerusalem, and from Judaea, and from beyond Jordan,” giving him the opportunity both to heal the sick and to save sinners.

And didn't Mrs. Eddy follow Jesus' example, often sharing God's healing power with her neighbors—the people in the homes in which she lived, people she encountered on her walks and carriage rides, and people she met in stores and offices? By following Jesus' example, she built a prosperous, global movement.

Don't we have the right to desire and expect similar good results in our own individual and branch church experience—to bring the blessings of healing and salvation to many people in our own communities? Jesus said to his followers, “Go ye into all the world, and preach the gospel to every creature” (Mark 16:15). Or, as *Science and Health* puts it: “Speak the truth to every form of error” (p. 418).

By following Jesus' command, Christian Scientists and our branches are capable of blessing so many people in our own communities, as did his earlier followers. Following Jesus' command, St. Peter attracted multitudes, as recorded in Acts: “Then they that gladly received his word were baptized: and the same day there were added unto them about three thousand souls.... And the Lord added to the church daily such as should be saved” (2:41, 47). Similarly, St. Paul's ministry attracted multitudes, as we read later in Acts: “And the next sabbath day came almost the whole city together to hear the word of God” (13:44).

Mrs. Eddy wrote in *Science and Health*: “Millions of unprejudiced minds—simple seekers for Truth, weary wanderers, athirst in the desert—are waiting and watching for rest and drink. Give them a cup of cold water in Christ's name, and never fear the consequences.... Those ready for the blessing you impart will give thanks” (p. 570). Interestingly, she doesn't merely *suggest* that we consider the option of sharing what we have; she comes right out and says, in no uncertain terms, to give. Wouldn't the “cup of cold water” include healing?

Church isn't about counting how many people come through the door, but it is right to see the potential for limitless growth and to share what we love with the many people in our very own communities. So many are yearning for the blessings of Christian Science, and church can bring multitudes to God and to the Christ, as each member strives to actively practice “primitive Christianity and its lost element of healing” (Mary Baker Eddy, *Manual of The Mother Church*, p. 17).

We can all renew our commitment to bring Christian Science healing to our neighbors. When we do, word of our Christian healing will spread, and some of those “millions of unprejudiced minds” will come to our services to experience more healing and to learn how they, too, can bring healing to their loved ones, friends, and acquaintances. There is a natural yearning to learn more about God and our remarkable spiritual nature as God's perfect image and likeness. What a gift Christian Scientists and their churches have to give!

---

## Maximizing the potential of our Bible Lessons

By Karen Daugherty

**Christian Scientists around the world** receive the sermon for the Sunday church service ahead of time—a full week in advance! Why is this? To my knowledge, this arrangement is unique among churches. Why did Mary Baker Eddy, the Founder of Christian Science, provide for this? Why not listen to the sermon for the first time on Sunday? Or why not have a Bible Lesson followed by a related sermon with fresh texts?

A study of the *Church Manual* can help us understand this. The *Manual of The Mother Church* designates the weekly Bible Lesson published in the *Christian Science Quarterly* as the sermon to be read during Sunday services in branch Churches of Christ, Scientist, around the world (see p. 58). It also states, “The Readers of The Mother Church and of all its branch churches must

devote a suitable portion of their time to preparation for the reading of the Sunday lesson,—a lesson on which the prosperity of Christian Science largely depends” (p. 31).

This could naturally apply not only to the Readers in churches but also to anyone reading the Lesson-Sermon. In other words, we too are participants in this!

During the six days preceding Sunday, we can commit ourselves to studying, praying with, understanding, and practicing the truths brought out in the Bible Lesson. Doing this helps us and others experience an inspired atmosphere in church on Sunday. Just as Joshua and his group, at God’s direction, walked the circumference of the city of Jericho for six days before shouting together on the seventh day and causing the city walls to fall (see Joshua 6:1–20), so can the six days of preparing our thought obliterate any resistance to Truth and Love and their healing and correcting effect during the Sunday service.

The heading for this By-Law, “Moral Obligations,” alerts us that the preparation is to be done earnestly and faithfully. Applying the truths contained in the Lesson-Sermon, we come to the Sunday service buoyed by insights that either brought healing themselves or helped us develop a confident expectation of healing. This expectation is foundational to the healing experienced in our Sunday service. As members of the congregation come to church having read the Lesson-Sermon, they have the opportunity to reaffirm the insights, truths, and demonstrations they gained from its study and to obtain new ones.

The collective thought of the congregation is unified as it listens and follows from one declaration of divine Truth to the next. This can uplift human consciousness and fill it with truths, which in turn cannot help but make themselves apparent through healing. Thus the church service fulfills the gospel promise, “And ye shall know the truth, and the truth shall make you free” (John 8:32). The truth, like the sun shining on ice, melts discord of every sort. The power of this unity brings to mind our Leader’s words to her March Primary class of 1889: “We, to-day, in this class-room, are enough to convert the world if we are of one Mind; for then

the whole world will feel the influence of this Mind; as when the earth was without form, and Mind spake and form appeared” (Mary Baker Eddy, *Miscellaneous Writings 1883–1896*, pp. 279–280).

Another By-Law reads, “The prayers in Christian Science churches shall be offered for the congregations collectively and exclusively” (p. 42). What a privilege! And what a sacred calling—to participate in humbly serving the congregation through devoted prayer. This comes under the heading “Discipline.” Without alertness during church services, it’s easy to drift into the contemplation of all sorts of random thoughts. It is obedience, born of love, that keeps us listening attentively and deeply to the readings and to God’s revealing of their meaning. This revealing is Love’s own unique and satisfying message to every congregant’s hungering heart.

Prayers that put aside our own needs and wants in service to others nourish the atmosphere of Love that cannot fail to bring aid and comfort to each attendee, whether newcomer or longtimer. Isn’t this the presence of the Comforter that gives relief to weary wanderers? Mrs. Eddy refers to The Church of Christ, Scientist, as perhaps having the most “influence of any other church in our country” (see “Words of Counsel,” *Christian Science Sentinel*, August 22, 1914). A congregation that is prepared and disciplined in the ways the *Manual* specifies certainly fits that description.

Isaiah described it when he said, “Mine house shall be called an house of prayer for all people” (Isaiah 56:7). And I can’t think of anywhere else in the world I would rather be than in this house of prayer, quietly and actively supporting my fellow congregants’ ability to feel embraced in Love’s care and feeling this care myself.

We shouldn’t be surprised when this unselfed prayer benefits and heals. I have often had new insights and been healed during Sunday church services. There was a time when I struggled with debilitating pain in both of my hips. That week’s Lesson included these “fundamental propositions of divine metaphysics....

1. God is All-in-all.

2. God is good. Good is Mind.
3. God, Spirit, being all, nothing is matter.
4. Life, God, omnipotent good, deny death, evil, sin, disease.—Disease, sin, evil, death, deny good, omnipotent God, Life.

Mrs. Eddy then poses the question: “Which of the denials in proposition four is true? Both are not, cannot be, true” (*Science and Health*, p. 113).

As this passage was read in the Sunday service, I understood it differently than I had during my week of study. Listening to and accepting the logic of propositions one, two, and three, I could so clearly see that the second denial in proposition four could not possibly be true. God, the All-in-all, could not be denied! After all, we, as the very emanation of Mind, the beloved and cared-for children of God, governed by the law of good, could not possibly be tricked into denying God’s love and care for us. Nor could the false belief of pain cause anyone to deny omnipotent God, good. Matter has no power to deny God because it is nothing.

In that moment I glimpsed the pure truth of the allness of good and was healed. The pain in my hips was gone, and I took a 12-mile walk along the ocean the following weekend.

It is a great joy to me when I think back on that moment and the realization that even as I was praying for the congregation, I was being embraced by the congregation’s collective prayer. And that prayer had a healing effect in my experience.

Mrs. Eddy writes, “Of this I am sure, that each Rule and By-law in this Manual will increase the spirituality of him who obeys it, invigorate his capacity to heal the sick, to comfort such as mourn, and to awaken the sinner” (*The First Church of Christ, Scientist, and Miscellany*, p. 230).

How grateful we can be that our Leader provides through the *Manual* the maximum potential of the Lesson-Sermons to bless and heal ourselves, our families, our communities and congregations, and the world. Having studied the Lesson during the week, we

come, humbly and obediently, to each week’s Sunday service ready for our unique work as Christian healers. The Lesson-Sermon, with accompanying proof of its efficacy and usefulness, is a secure rock upon which the prosperity of Christian Science can assuredly depend.

---

## INTERLUDE

---

# i thank God

*By Joni Overton-Jung*

the text came  
rushing in  
at the tail end  
of a day with no end

a river of despair  
flashing across my phone

and there i sat,  
a surf of weariness,  
with my arms out—  
stretched to God

there are moments  
in between words  
where sound and silence  
hover and mingle  
as if  
waiting with bated breath  
for angels to gather

i wait  
perched, listening  
so still  
and as i do  
the earth-weights  
recede,

i begin to see  
that they are not mine  
or yours

to wield or solve  
and then  
the message comes  
on heels and wings  
reverberating in silent song  
it whispers:

i thank God  
for your  
beautiful life

it says again  
in case i didn't hear  
or don't believe

i thank God  
for your  
beautiful life  
and that's it—  
all it takes—

one tiny  
tendrils of truth  
one fresh phrase  
from the fount of Love  
to turn the tide

suddenly the sky  
shimmers, a blanket  
of night is light

and there we are  
you and me,  
every "you" and  
every "me,"  
etched eternal  
in the hands  
of Love

each word written  
a pristine and perfect song  
there is no unwriting this  
no mortal missive  
can overwrite  
mistake  
undo  
the work of Her hand

i thank God,  
beloved one,  
for your  
beautiful life

i thank God,  
o God, i thank You,  
for Life,  
for this beautiful,  
untainted  
so beautiful—Life

---

## What things?

*By Laura Moliter*

I trudge along,  
taking in the world I perceive,  
with its cacophony of complaints,  
its crises and chaos.

Each step is a sigh,  
a silent sympathy with  
a gloomy gulf of grief.

And then. And then.  
A companion, before unseen,  
comes into step with me,  
or I with him.

And as I moan and mourn,  
this gentle friend puzzles,  
wonders why.  
What things am I seeing, believing,  
that make me weep and worry?

I walk awhile with him,  
and he, clear-sighted,  
opens my clouded, shrouded eyes  
to what he sees—  
the risen, ever-rising glory of  
Christ, Truth,  
and the light of reality.

I feel my heart burn within me,  
burn within me,  
burn within me.

And clouds dissolve;  
lethargy lifts;  
the sackcloth falls easily away.  
I see, with joy, what he sees—  
a world, and me,  
forever at one with God,  
eternal Life,  
all-embracing, boundless Love.

The Christ has rescued, renewed, resurrected me;  
I am ready to share the good news with all.

So, with heart still burning within,  
I walk onward;  
I look upward;  
I dance forward  
in the world-healing key of grace

---

## TESTIMONIES OF HEALING

---

# Bouts of anxiety healed

By *Celia Herron Waters*

As **someone who has** consistently set high bars for achievement and worked tirelessly to reach certain goals, I've been grateful to have found success in various professional, athletic, and personal pursuits. But a sense of accomplishment has often been short-lived and accompanied by a nagging sense of "not quite good enough."

While Christian Science has deepened my understanding of my identity, helping me see that the talents and abilities we have are what God gives us through our reflection of Him, I would sometimes succumb to the temptation to take personal credit for my achievements. The result was that I often felt

intense personal pressure to excel, do more, and take responsibility for fixing relationship issues with others.

This pressure led to occasional bouts of anxiety. In April of last year, as my husband and I were preparing to travel internationally for a wedding and a much-anticipated trip to the Holy Land, the anxiety seemed especially aggressive. When it did not quickly yield after praying on my own, I called a Christian Science practitioner for treatment.

The practitioner and I kept our prayers centered on the fact that I didn't have a personal, anxiety-prone mind of my own but rather reflected the peaceful, undisturbable "mind of Christ" (I Corinthians 2:16). I prayed diligently to understand that I express this one infinite Mind, or God, and to renounce a personal sense of self, separate from God.

Addressing the importance of rejecting a material sense of self, Mary Baker Eddy writes: "Self-renunciation of all that constitutes a so-called material man, and the acknowledgment and achievement of his spiritual identity as the child of God, is Science that opens the very flood-gates of heaven; whence good flows into every avenue of being, cleansing mortals of all uncleanness, destroying all suffering, and demonstrating the true image and likeness" (*Miscellaneous Writings 1883-1896*, p. 185).

That phrase "demonstrating the true image and likeness" caught my attention. This is the answer to mortal mind's self-absorbed question, "Why should I strive for high levels of achievement, only to give all the glory to God?" Because glorifying God is what we are created to do! It's why we're here! This is the forever purpose of God's image and likeness, the way to lasting satisfaction and joy. Doing anything less—seeking or demanding a personal sense of glory—diminishes our true purpose. Why would we want to do that?

As prayer continued, I realized that I needed to understand more clearly that man doesn't have two experiences or identities—one divine and one human. Man's one experience is spiritual, divine—now and each moment. Our Leader's statement, "The one Ego, the one Mind or Spirit called God, is infinite individuality, which supplies all form and comeliness

and which reflects reality and divinity in individual spiritual man and things” (Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 281), confirms that my individuality is, in truth, a manifestation of the one infinite God, Mind.

The practitioner and I talked about giving God all the verbs in my experience; that is, acknowledging that the divine Mind—not the human mind or ego—is the source of all right activity. I could yield to the omnipresence and omnipotence of this one divine Mind by turning thought away from the human self, toward God, and following His leading. This required continued humility and spiritual discipline, especially when the challenging symptoms seemed to intensify. Sleeping became difficult. It was harder to accomplish daily tasks that needed to be done. At times it felt like a nightmare.

One day as I was singing hymns from the *Christian Science Hymnal*, the following phrase from Hymn 148 came to thought: “My Shepherd is beside me, / And nothing can I lack” (Anna L. Waring, alt.). This arrested me. I reasoned, “This beautiful hymn states that I can lack nothing. Why? Because my Shepherd—God, ever-present and omnipotent Love—is beside me. Here and now.”

I decided to accept this spiritual fact. I took each lie of the material senses that was arguing for acceptance—that I lacked health, peace, dominion, clarity of thought—and beat it down by understanding its unreality and powerlessness. I knew that my Shepherd was with me, empowering me to do this. I could feel the resulting spiritual strength and clarity.

The following week, when my husband and I went overseas to our friend’s wedding, I stood my ground with these spiritual ideas. One morning I felt so mentally paralyzed that I was unable to get out of bed. We were scheduled to check out of our hotel that morning and drive several hours to another city. I called the practitioner in the middle of her night. After assuring me of my God-based and God-sustained freedom, she instructed me to get up, start packing, and call her back in ten minutes. I didn’t think I could do this. But I’d come to understand the essential role, in our

spiritual growth, of obedience to the demand that we act on the spiritual truths we know. And so I got up.

Leaning on divine Love’s ever-present power and grace, I packed my suitcase. I also set my cellphone timer for ten minutes, when I planned to call the practitioner back.

Just before the timer went off, a clear, strong message came to me that mortal mind’s imposition of a personal, “Celia-centered” sense of identity *was* the nightmare. And I could leave it—now! I knew this was an angel message from God, a divine demand to awaken from the dream of the material senses, the belief that we have an identity separate from God.

That was it. I knew I was healed. The miserable sense of angst and helplessness lifted. Complete mental freedom came within a couple of days and continues to this day.

The spiritual discipline of renouncing a personal sense of identity in the light of my real nature as God’s loved likeness requires daily alertness. But the blessings of this work—a greater sense of peace and dominion, plus the joy of glorifying God with every thought and activity—are the most desirable goal and the highest achievement one can ever aspire to.

**Celia Herron Waters**

Bellevue, Washington, US

---

## Inseparable from God

*By Richard Staunton*

**Last spring, I was** due to fly out on a Friday morning to attend my annual Christian Science students’ association meeting. That Monday, when I got out of bed, my back was out of joint. It almost took my breath away.

As the morning progressed, I was able to move around more and the pain subsided, so I decided to take my dog on a long walk. I was enjoying the walk until I leaned over to praise my dog and felt as if my back was separating. It was painful to stand erect again.

I was listening to an online recording of the weekly Bible Lesson from the *Christian Science Quarterly* at the time and remembered that a Christian Science practitioner once told me I could look for promises in the Lesson. These promises would strengthen my understanding of God and help me feel a deeper connection to Him. Such promises keep us alert, and feeling loved and secure. In that week's Lesson was this idea about God and His creation: "With lovingkindness have I drawn thee" (Jeremiah 31:3). This helped me see that only one design—the design of God, good—existed.

When I finally reached the car to sit, I knew with conviction that this issue was not going to interfere with my upcoming trip. Throughout the rest of the week, I pondered articles and testimonies from the May 2024 issue of the *Journal*, and they all seemed applicable to me in one form or another. A testimony titled "Prayer removes scar and sadness" by Jennifer McLaughlin elaborated on the idea that there is no separation between God and His reflection. The writer states, "Right in the midst of pain and shock was a confident expectation born of experience, that trusting God with my health and well-being was the soundest, smartest, and best decision I could make." As the reflection of God, I, too, could not have a feeling of separated muscles or intensifying back pain.

From reading other articles in the May *Journal*, I realized I had been dwelling on the problem with my back and possible physical remedies. Each article gave me more thoughtful views of how I could see myself clearly—fully spiritual and not at all material. I was also impressed with how these writers persisted in their prayer with such tenacity. I asked myself, "Do I conclude the whole work when I treat myself in Christian Science, or do I quit early before I'm done?" These ideas improved and strengthened my prayers.

As the week continued, I was feeling less pain, but I still needed quiet time to pray and study the Lesson and actively listen for ideas from God. This meant not just reading a passage from the Bible or *Science and Health with Key to the Scriptures* by Mary Baker Eddy, but studying and thinking about the meaning, and applying its truth to my situation.

In the Bible Lesson's Golden Text that week were these words: "For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord" (Romans 8:38, 39).

I carefully thought about the words *separated* and *love*. Knowing that God is Love made me ask: Could there be any part of me that was unattached to Love, who had drawn me? I stayed clear of making this about physicality, but instead held to the only original idea of man, that we are all created good, whole, and pure. I had noticed a period of feeling defeated the week before and rebuked the idea that "depth" could impede my steps forward.

I did question why "angels" would be on this list. In Webster's 1828 online dictionary, the third definition of *angel* reads, "In a bad sense, an evil spirit." I felt that an evil spirit could include a subtle suggestion that we can be separated from good. But turning to God in difficult moments, we find that Truth quells every suggestion of evil.

The definition of *creature* from the Oxford Languages dictionary gave me a sharp awakening, too, when I looked it up. I had not seen it as "a fictional or imaginary being, typically a frightening one." This helped me see that any suggestion of material substance, fear, or a painful situation could never be part of God's design, so I could be completely free. Never had there been a separation, for it is impossible for an illusion to be real.

As I reasoned from this spiritual basis that material hypotheses, opinions, and powers were not real, the obvious conclusion was clear: If I was in the midst of

God and His thoughts, then nothing could separate, divide, interrupt, or take me from the love of God.

Mrs. Eddy states: “Self-forgetfulness, purity, and affection are constant prayers” (*Science and Health*, p. 15), and as my prayers became more selfless and pure, healing occurred.

On the day of my travel, after packing and transitioning through transportation hubs to the airport, I realized the moment I was on the plane that I was without any back issues. I was completely healed and had a most uplifting association meeting.

**Richard Staunton**

Minnetrista, Minnesota, US

---

## Healing of painful knee condition

By N. Mike Jackson

**I awoke one morning** and was unable to walk freely because of a swollen and painful knee condition. In my younger years, I had the opportunity to play competitive sports, including football. I experienced numerous healings of injuries during those years under the loving care of my mother and others, but I never fully understood how those healings had come about. In recent years, as I have approached retirement, I’ve found my thoughts and conversations drifting toward an expectation of long-term physical limitations resulting from age and a rough and active past.

As a student of Christian Science, I have relied solely on God for healing for over six decades. I have learned in this study that I need to face erroneous beliefs. So when I noticed this expectation of limitations developing in my thought, I naturally reached for my pastor, the Holy Bible and *Science and Health with Key to the Scriptures* by Mary Baker Eddy, for help. My prayers included

ideas from the Bible such as: “They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint” (Isaiah 40:31). This passage and others from the Bible reminded me that there is divine authority, God’s authority, for my very practical expression of strength. That expression is unimpeded.

I also reached out to a Christian Science practitioner for assistance through prayer. The practitioner shared helpful ideas about my innocence as God’s child. I was reminded that the entertaining of erroneous thoughts—that is, limiting or material thoughts—about myself and others was the only cause of disease. Changing my thought, and maintaining my thinking in the right, spiritual direction, was important. I gained a progressive understanding of who I really am—the reflection of God (see Genesis 1:27). This improvement of my thoughts was trans-  
formative.

I experienced physical recovery quickly. Within days, I was back to my usual active and joyful freedom of movement. (This included no longer using a cane.) When some pain and swelling returned, I continued to cherish the idea that God never takes us partway in healing. I am delighted to report that the healing has been 100 percent complete since. I have experienced no remnant of this false claim.

I learned from this experience that God is always present and with me. This was a fundamental turning point because I realized I had mistakenly accepted that God sometimes “visits” us to bless us, but otherwise He might get distracted with more important work, allowing us to sin and suffer. This is simply untrue. God is always present, always loving us.

I also gained a better understanding of my need to “stand porter at the door of thought” (*Science and Health*, p. 392) to detect error when first encountered. This discipline is my Christian Science practice, my mission going forward.

**N. Mike Jackson**



## Breathing difficulty overcome

By William Dunnell

**I am grateful beyond** words for the spiritual growth that came as a result of a healing. A few years ago, I began to notice occasions where my breathing was short. I would find myself unexpectedly running out of breath before a sentence was finished, or having to take multiple breaths to finish singing a song. These issues seemed insignificant, so I ignored them. I have an active lifestyle playing soccer, hiking, and participating in other outdoor activities, and none of these was affected by a shortness of breath.

Then a little while later, I noticed that after meals I would begin to cough and suffer periods of severe shortness of breath. These would sap my energy and limit my ability to engage in any strenuous activity. Often the problem would persist through the night, and during these times I would turn to the Bible and *Science and Health with Key to the Scriptures* by Mary Baker Eddy, looking for inspiration and relief. Usually in the morning, after a night of prayer and study, the problem would disappear and I would be fine again.

I was able to continue playing on a men's soccer team and carrying out normal daily activities. However, a pattern of normal function mixed with random periods of breathlessness persisted, so I reached out to a Christian Science practitioner for metaphysical treatment to support my prayers. Together, we prayed with this Bible verse: "The spirit of God hath made me, and the breath of the Almighty hath given me life" (Job 33:4). I also read testimonies of healing on JSH-Online.com by people who had been healed of breathing issues by working with this same verse. My prayers and those of the practitioner led to my being relieved of the condition, for which I was grateful.

After a few months, however, the condition returned, and the random bouts of wheezing and fatigue became more frequent and severe, and longer in duration. While I continued to pray and study, I found I was becoming anxious about eating. If I had an active event on the schedule, I timed my meals and limited the portions I ate to reduce the risk of getting hit with the condition prior to or during the event. I managed to muddle along this way, but finally, after a particularly difficult night of labored breath, I again contacted a practitioner for help.

The practitioner pointed out the passage from the creation account in Genesis that says: "The spirit of God moved upon the face of the waters" (Genesis 1:2). The Hebrew word for *spirit* here includes the meaning of wind or breath (biblestudytools.com), and this insight began to expand my concept of breath, as I saw God or Spirit as its source.

We also discussed the concept of capacity, since my lung capacity at times became very limited. *Science and Health* says: "The human capacities are enlarged and perfected in proportion as humanity gains the true conception of man and God" (p. 258). This helped me to see that human capacities are not in any way shaped by our mortal, material perceptions; rather, they are reflections of the infinite capacities of divine Spirit or Mind.

Another helpful thought was this from *Miscellaneous Writings 1883-1896*: "According to Christian Science, perfection is normal,—not miraculous" (Mary Baker Eddy, p. 104). I had never considered perfection as normal, but I began to see that even something such as harmoniously eating a normal meal was an expression of my perfection and could cause me no harm.

I also prayed with Christ Jesus' command: "Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?" (Matthew 6:25). Through this authoritative biblical directive, I could declare my freedom from the fear that a material condition could annul divine law, and this light of truth began to dispel the darkness of anxiety.

At this time, I also began a slow and thorough reading of *Science and Health*. I looked up word definitions and considered how spiritual concepts are practical to everyday life.

The healing breakthrough came early one morning when the truths I had been studying sprang forth like a plant spreading its green shoots. After a night when I prayerfully wrestled with the breathing condition, the revelation of breath and breathing as purely spiritual suddenly flooded my consciousness, and I knew it was true. This was not just someone else's definition; rather, I owned it. It was the discernment of God's truth, which came through working out a clearer understanding of spiritual being.

I realized that breath is spiritual, right, and normal because it is inseparable from God. Breath is uncontaminated by disease, unlimited by age or material conditions, and forever freely flowing, inspiring, and expressing God's word.

As these thoughts flooded in, I felt energy and freedom. I popped out of bed, and in a short time was outside raking leaves in the yard. While I was working, more angel thoughts from God added to my expanding definition of breath, and I rushed back into the house to write them down.

By the end of the day, the leaves were all raked, and since that day I have been able to eat without anxiety, ski, play soccer, and sing at church with freedom. Most of all, I joyfully express gratitude each day for the spiritual riches God gives us, as demonstrated by Christ Jesus and made practical through Christian Science.

**William Dunnell**

Seattle, Washington, US

---

## Injured finger healed

*By Jill Aaron*

**A couple of years** ago, while some men were working in my home, I was cleaning a piece of equipment they were to move. Unwisely, I did this while its motor was running, and one of my fingers got caught in the mechanism and pinned between a fast-moving belt and some gears. I couldn't pull it out as the mechanism continued moving. I cried out to the workmen, who were watching, to turn it off. But, before they could do so, I was able to do it myself and free my finger.

The men were very concerned. I quickly grabbed a clean cloth, wrapped it around my hand, and assured them that I was OK—which I was able to do with conviction because I knew it was the spiritual fact. They quickly finished their work, and I kindly ushered them out, again assuring them that all was well.

Upon removing the cloth, I saw that, although the bone was not broken, it appeared that the internal integrity of the flesh was badly compromised. This so startled me that I became fearful and needed help simply to pray. I called a Christian Science practitioner, who lovingly assured me that I'd never been out of divine Love's tender care, and that this had never happened in God's kingdom, which is right where we dwell. Spirit, God, being the only substance, it is indestructible, and there was nothing harmful that could touch God or me as God's idea, His perfect reflection.

I commented to the practitioner that I was afraid I might lose the finger. I'll never forget her reply. She said, "God gave you ten of them and they are permanent. Nothing that God made or gives you can be lost." By that, I knew she didn't mean God had given me ten fingers of flesh, but rather that each finger represented a spiritual idea that was complete, harmonious, indestructible, and belonged to me permanently. All bleeding stopped almost immediately.

In *Science and Health with Key to the Scriptures*, as part of the answer to the question "What is man?" Mary Baker Eddy writes: "Man is idea, the image, of Love; he is not physique. He is the compound idea of God, including

all right ideas; ..." (p. 475). Applying the truth of this statement, I reasoned that as the compound idea of God, I was made up entirely of right ideas each in their right relationship with one other, none of which could be destroyed or damaged.

I bandaged and covered the finger with a loose-fitting cotton glove so that I could pray without being distracted by the physical picture of injury. I recognized that not only did I need to understand my perfection as God's image and likeness, but I also needed to stop condemning myself for what seemed like such a stupid mistake.

I have learned in my practice of Christian Science that when one is prayerfully addressing the claim of accident, self-condemnation as well as replaying the incident in thought must be cast out, because to indulge them focuses thought on the false belief that something untoward occurred, and that makes it seem more real. *Science and Health* says: "Accidents are unknown to God, or immortal Mind, and we must leave the mortal basis of belief and unite with the one Mind, in order to change the notion of chance to the proper sense of God's unerring direction and thus bring out harmony" (p. 424). I prayed along these lines, holding to the truth of my unchanging perfection and spiritual, indestructible nature as God's image, completely untouched by any phase of materiality.

Two days later, as I was changing the bandage, the thought came, "If this never happened, why do you need this glove?" I looked and saw that the flesh appeared almost completely normal and only a small bandage was needed. Within another day or so, all visible evidence had completely vanished.

This all took place about a week before I was to fly to my Christian Science students' association meeting, and I was able to make the trip with joy, complete freedom, and full use of my unblemished hand. A lingering numbness in part of the finger was completely resolved through continued prayer over the next couple of months. It is now impossible to tell which finger was involved.

Later, when the same workers were again in my home, they asked about my finger. With great joy, I was

able to show them that it was and is perfect, and to acknowledge God's healing power.

I am deeply grateful to God for this precious Science, which is immediately available to meet every human need, wherever we are.

**Jill Aaron**

Woodinville, Washington, us

---

## Infection quickly gone

*By John Ranges*

**Many years ago**, when I was wading through some seaweed in the water at the beach, my foot was cut just below the ankle—probably by a large broken seashell.

There was no convenient place to clean the deep wound that was bleeding profusely, so I wrapped up the foot with my T-shirt and had my girlfriend (now my wife) drive me home. During the long car trip, I prayed a little and kept my thoughts elevated and joyous. I wasn't too concerned about the cut. Growing up, I'd often had cuts, scrapes, and skinned knees, and they'd always healed quickly.

When I arrived home, I cleaned the wound with soap and water as best I could and placed a bandage on it. The next day while showering, I noticed that there was still some drainage coming from the wound. And while getting dressed for work, I found that my foot had swollen to the extent that I couldn't get my shoe on. For the next few days I had to wear slippers, as well as socks, to hide the discoloration of the foot.

Many people at the office noticed that I was wearing slippers, asked me questions, and suggested that I see a doctor. Some knew I was a Christian Scientist, and that added a sense of pressure on me to heal this quickly, since I felt that my religion was being judged.

After a couple of days, the swelling and discoloration of my foot started spreading up my leg. That's when fear set in, and I called my Christian Science teacher that night. He reminded me of a passage in the Christian Science textbook, *Science and Health with Key to the Scriptures* by Mary Baker Eddy: "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" (p. 259).

We talked about the definitions of *God* and *man* in the Glossary of *Science and Health*: "God. The great I am; the all-knowing, all-seeing, all-acting, all-wise, all-loving, and eternal; Principle; Mind; Soul; Spirit; Life; Truth; Love; all substance; intelligence" (p. 587). "Man. The compound idea of infinite Spirit; the spiritual image and likeness of God; the full representation of Mind" (p. 591).

Once the spiritual basis of man's existence was established in my thought, we denounced and ruled out anything unspiritual, such as physicality and impurity, because nothing but good can be part of God's image and likeness.

This talk with my teacher cleansed all thought of material debris and contamination from my consciousness. By the time we hung up, I knew I was healed.

The next morning I saw that the discharge had stopped, the wound had mended properly, and the discoloration was gone. I was able to get my shoe on for the first time in days. Complete healing followed quickly, and I had no further issues with the foot.

### John Ranges

Indialantic, Florida, US

## Honoring the Sabbath day —attending church

By Christopher Bordeaux

**Christian Scientists believe in,** honor, and obey the Ten Commandments as given to Moses by God thousands of years ago. Many of them, such as the commands not to kill or steal (see Exodus 20:13, 15), have been embraced by society and have become part of everyday life. Christian Scientists consider the Commandments essential to maintaining health and happiness. The experience of those in Israel thousands of years ago, as well as our experience today, shows that when we follow God's law, we have true freedom.

So what about the Fourth Commandment, "Remember the sabbath day, to keep it holy" (Exodus 20:8)? Some might say, "Yeah, but this is 2024, not 1400 bc! What relevance does remembering the Sabbath have today? All my friends stay home on Sunday and relax—why shouldn't I? Who needs church anyway?" But it's helpful to remember that keeping the Sabbath day holy must be important, or else God would not have given the commandment to Moses. And the importance of honoring the Fourth Commandment and the benefits of doing so can be found in the book of Exodus. We just need to keep reading.

By honoring the Sabbath day and keeping it holy, we are following the foundational First Commandment to "have no other gods before me"—because we're putting God first in our lives. One way to remember the Sabbath and put God first in our lives is to attend church services. And when we follow the First Commandment, we are also practicing the command to "Honour thy father and thy mother" (Exodus 20:12). The first line of the prayer Christ Jesus gave us, the Lord's Prayer, says, "Our Father which art in heaven" (Matthew 6:9). The spiritual interpretation of this line in *Science and Health with Key to the Scriptures* is: "Our Father-Mother God, all-harmonious" (Mary Baker Eddy, p. 16). So, to put God first in our lives—to keep the Sabbath day holy—is also

to honor our Father-Mother, our divine Parent, who creates and governs all in harmony.

The weekly practice of going to church provides benefits beyond what might seem immediately obvious. By being obedient, we gain spiritual insights about God and our own true nature, which gives us a deeper appreciation for our family, our church family, and all mankind. We commit our lives to something with a higher purpose, serving a higher Cause that enriches our lives and communities.

When we practice what we learn in church, we begin to see evidence that our Father-Mother God governs the whole universe harmoniously and therefore controls every detail of our lives, including our relationships, careers, and health. When we follow God's laws, we remain "under the shadow of the Almighty" (Psalms 91:1). He takes care of us as the eagle takes care of its eaglet on "upward wing" (Mary Baker Eddy, *Miscellaneous Writings 1883-1896*, p. 389).

When I'm tempted to stay home from church because I feel too busy, or it is the only day I have in which to rest, I remember the blessings I've received in church services when I've kept my commitment to attending. In church I feel the benefits of a sanctuary. I feel warmth and love. I feel God's presence uplifting me, inspiring and healing me.

One time I was serving as an usher at my branch Church of Christ, Scientist, when I felt as if I might pass out. Another usher noticed I was struggling and suggested I take a break while she prayed for me. As she prayed, I felt the presence of divine Love filling my consciousness, and my dizziness disappeared. I was healed within minutes and was able to fill my responsibilities for the rest of the church service.

We all want to grow spiritually. What better way than to study the same Christian Science Bible Lesson each day of the week and come together to hear it read on Sunday and to pray collectively? Think of the impact this has on your family, friends, and community. The bottom line is, we can lead by example. Attending church

services regularly encourages our children, friends, and neighbors to attend—and find healing, too.

---

## How I prayed when I was elected First Reader

*By Chuck Cohn*

**To quiet** the clamor of worldly thinking, many people meditate. Others hike in the wilderness or go on a religious retreat. As a Christian Scientist, I find peace through daily prayer. Whatever is going on in my life, affirming the all-power and ever-presence of God, good, brings me a serenity that nothing else can.

During one of my busiest periods years ago, while my wife and I were raising two energetic daughters and I had a demanding business, I was elected First Reader of my branch Church of Christ, Scientist. When my name came up for consideration by the members, my heart dropped to my feet. How could I take care of my family responsibilities, look after my clients, and also do the work of a First Reader to the necessary high standard? There was only one answer—by praying. By being aware of God's presence and power in every corner of my life.

Several years earlier, I'd been given the opportunity to build a financial advising practice. I was paid a minimum base salary, but it was expected that my work would eventually result in far more income for both me and my firm. As a newbie in the field, I prayed to be shown how to approach the work and organize my day. I felt guided in helping people who called me and knowing when to reach out to those who needed me to call them. Even though I didn't know where the next bit of revenue was coming from, I could listen more consistently to God and be obedient to what I was divinely led to do. This was what I'd been taught to do my whole life as a Christian Scientist.

My prayers were never, “Who can I sell something to?” or “What can I sell this person?” I knew those questions would be answered appropriately as I expressed wisdom and integrity in my work. My prayer was, “How can I honor the trust my firm has placed in me by providing good service to those who need it?” I did my best to use every minute of my workday productively. I’d hang up the phone from every call with the thought, “Who needs my help now, Father? Who needs to feel Your care?” Sometimes the phone would ring instantly. Other times the name of a client would come to mind. I’d call the person and listen to see how I could be of assistance. Often the financial solution I felt led to suggest wasn’t related to selling them anything. My clients were deeply appreciative, and so was my firm.

When I was faced with the added responsibilities of being First Reader, the thought came, “My employer is God. If this is work He wants me to do, He will show me how. I can trust Him to guide me on what to do and when to do it.” Understanding that God is infinite, all-knowing Mind, and that man expresses Mind’s intelligence, I felt confident to go forward with my new duties.

In the three years I served as First Reader, I never needed to take a sick day. I was always praying, listening, and obeying, and I had never had so much fun or felt so much joy in practicing Christian Science!

Readings for Christian Science church services are organized around a particular spiritual theme, and they often address issues in the news. One day early on, as I was listening to a news story on the car radio on my way to work, ideas for Wednesday evening readings on that topic came to mind, complete with relevant citations and hymns. I thought, “Great! I’ll write all this down the moment I get to the office.” But by the time I arrived, I couldn’t recall a single idea. It occurred to me that a handheld recording device would be helpful. That day I went out and bought one and began carrying it with me everywhere I went. Whenever ideas for readings came, as they often did, I was able to record them on the spot so nothing was lost.

In planning readings, I would affirm that the service was God’s and that He was doing the communicating. I

trusted Him to provide the message, and He always did. As I studied, prayed, and stayed close to God each day, the readings came together readily and felt inspiring.

My three years as First Reader were joyful. I acknowledged God’s presence in every corner of my life and saw much evidence of His guidance and care. My family flourished. Our household was blessed by an increased sense of order and harmony. We were able to move to a more comfortable-sized home, and the children felt particularly valued in their new schools. My wife took on a new role as a Christian Science practitioner, helping people find healing through prayer.

My business did well too as I continued providing caring service to my clients. In fact, I became one of our firm’s top performers. Years after my reading was done, my manager told me he had been given a new piece of software that totaled the number of outgoing phone calls each financial advisor was making. He said, “Do you know that you make more outgoing calls each day than all the other advisors in the office put together? Some days, you make more outgoing calls than all the other advisors make together in a whole month!”

I feel deep gratitude to God, our loving Father-Mother, for supporting me every step of the way.

---

OF GOOD REPORT

---

## The day the scales fell from my eyes

*By Iris Roumiantsev*

Originally published in German

**There’s an expression** that “scales fall from someone’s eyes” when they have a revolutionary insight or gain a completely new perspective and understanding. It refers to the Damascus experience of Paul (then known as Saul) when, after he became blind, he was visited by Ananias and, as the Bible describes, “immediately there

fell from his eyes as it had been scales: and he received sight forthwith” (see Acts 9:1–18).

During a recent Wednesday testimony meeting, I was reminded of this expression. I love the online church services broadcast by my beloved Mother Church, and I listen to them whenever possible. One testifier shared about a butterfly that seemed to be prevented from flying because of an abnormal scale on its wing. The testifier prayed with the truth that these lovely creatures are God’s creation, and so they must reflect divine qualities, such as wholeness, harmony, and freedom. This prayer led to healing and uninhibited flight for the butterfly.

I’ve been a student of the Bible and of Mary Baker Eddy’s writings for many years, so I’ve often heard and read statements similar to the testifier’s. That God’s creation reflects and expresses divine qualities is a fundamental truth in Christian Science. Yet, hearing it this time was different. This sentence—more precisely, the testifier’s use of the word *must*—spoke right to my heart. It told me that reflection is not something that one can attain or that must be acquired through great effort or a lot of studying—it’s the only possible fact of God’s creation. God’s creation naturally and eternally reflects Him. Why was this insight, which caused scales to fall from my eyes, so meaningful to me?

As the only person in my circles of friends and colleagues who is familiar with Christian Science, I have sometimes felt fairly lonely with the spiritual ideas that I love so much. I work at a large school, and during daily breaks in the teachers’ room, my colleagues’ regular exchanges with each other would often center around the favorite topics of various grievances, discords, and symptoms of sickness, all embellished colorfully and at length. The keynote: The world is constantly getting worse, and we humans are separated from God, caught up in a relentless downward spiral. If we’re lucky and take certain precautions, the spiral might possibly be slowed down—but it certainly cannot be stopped, let alone turned around.

An attitude like this would aggressively dominate thought and deem any attempt to acknowledge

God’s supremacy and omnipresence or man as His inseparable spiritual reflection ridiculous and out of touch with reality. My colleagues’ comments led me to avoid spending breaks with them, because it was hard to let this chatter wash over me without saying anything.

And yet this distancing didn’t insulate me from the problem. The uncomfortable mental atmosphere followed me home. My colleagues’ various “miserics,” which seemed so real, weighed on me. My thoughts were, “Oh, if they only knew that there is a way out,” “If only they knew who God is,” and “If I could only say something.”

And that’s where the testifier’s prayer, which was so revolutionary to me in that moment, came in. God’s creation *must* express divine qualities. As soon as I heard it, there was an inner stillness. And then I saw—a flood of truths unfolded in consciousness. Many wonderful ideas from the Bible and Mrs. Eddy’s writings came to me that I hadn’t thought about for a long time. It was as if I was not just praying but experiencing the “Daily Prayer”: “‘Thy kingdom come;’ let the reign of divine Truth, Life, and Love be established in me, and rule out of me all sin; ...” (Mary Baker Eddy, *Manual of The Mother Church*, p. 41). In a moment, the truth in the prayer washed the scales from my eyes.

I saw clearly that I was cherishing a false concept of my colleagues that portrayed them as separated from God and entangled in a lie about God’s creation. Of course, I’m not the only one who is inseparable from God. In this case I had also been believing a lie about myself by seeing myself in an environment that unfortunately appeared to have nothing to do with God. The false claims about both myself and my colleagues were revealed as baseless and unreal.

I also recognized that I wasn’t in the least helpless but was being called upon to accomplish something. The prayer that God’s creation must reflect divine qualities didn’t apply only to butterflies but to every one of my colleagues—in fact, to all creation. My colleagues must include and reflect God’s qualities. Anything else would

be impossible, because God, good, is All-in-all. This great fact can and must be continually discovered.

I decided to no longer hide during the breaks. Instead, I became more grateful to belong to a wonderfully intelligent community. I began to bear witness to the unfoldment of the psalmist's beautiful words: "The Lord on high is mightier than the noise of many waters, yea, than the mighty waves of the sea" (Psalms 93:4). Yes, He is great, because He is All. I felt profoundly joyous to discover what the prayer about God's creation would let me see in my workplace, and what beautiful "butterflies" would be apparent.

Shortly, the atmosphere fundamentally changed in the gatherings of these friends. I now frequently and happily spend the breaks in conversation with my colleagues. The negative collective voice, which had continually revolved around suffering and grievance, has been completely silenced. Instead, other topics have come to the fore, such as how to make improvements at school. Stagnation and dissatisfaction have yielded to initiative and proactivity. I am deeply grateful.

---

## Living under God's government

By Eric Sonnesyn

**We learn in** Christian Science that God is omnipotent, omniscient, omnipresent. And since God is good, we would naturally expect His government to be good—to be fair and just, to express kindness, honesty, incorruptibility.

As the Bible puts it, "Shall not the Judge of all the earth do right?" (Genesis 18:25).

So how do we experience this reality in our daily lives? We can begin by acknowledging what is true. "The starting-point of divine Science is that God, Spirit, is All-in-all, and that there is no other might nor Mind,—

that God is Love, and therefore He is divine Principle," writes Mary Baker Eddy in *Science and Health with Key to the Scriptures*. "To grasp the reality and order of being in its Science, you must begin by reckoning God as the divine Principle of all that really is" (p. 275).

A recent experience showed me the importance of starting from this spiritual standpoint. I received in the mail a photo taken of our building during business hours. It said I was in violation of a village ordinance and must appear in court on a specific date to pay a fine of several hundred dollars. I went to the court and saw many other very unhappy business owners there.

When it was my turn to speak, I asked the judge if she had the power to throw out the citation, as I felt it was unjust. She said no. I requested a continuance and asked whom I needed to speak with to void the citation. I was given that information and received the continuance.

I admit that it took more than a week to get past my irritation and anger. I needed a higher sense of and confidence in God as infinite Love. I reflected on several statements from *Science and Health*: "The power of Christian Science and divine Love is omnipotent" (p. 412); "God is infinite, therefore ever present, and there is no other power nor presence" (p. 471); and "No power can withstand divine Love" (p. 224).

Armed with a clearer sense of Love, and confident of God's presence, I entered the village offices and asked to speak to the appropriate people. The woman who had taken the pictures came out, along with her boss. I told them I wanted to talk about my citation, as I felt it was unjust. I also said they could expect only kindness and courtesy from me.

We spoke cordially for a few minutes, and we all agreed that the citation was unjust. The boss returned to his office to remove the citation from his database, while I spoke briefly with the woman who had taken the pictures. After a few moments she asked if I was a minister. I told her I was not an ordained minister but was currently helping to conduct services at our local Church of Christ, Scientist, as a Reader. I was happy to minister to her that day, sharing with her how much God loved her.



When her boss returned, we shook hands and I left. As I was walking to my car, the woman ran out of the building, held her hands out to me, and asked if I would pray with her. I took her hands, and then in the parking lot we shared a very special moment of prayer together.

---

## ANNOUNCEMENT

---

# 2024 Thanksgiving Bible Lesson availability

*By from The Christian Science Publishing Society*

**Gratitude inherently makes** us think outside ourselves. Even when done silently or privately, giving gratitude involves acknowledging and finding joy in blessings received, however small or large. When moved to share our gratitude with others, it can teach and even inspire.

Every year the Thanksgiving Bible Lesson is free online for all to study and share with others. This message of the Pastor uplifts and heals, as do the expressions of gratitude in the corresponding Thanksgiving church services. In fact, each one of us is able to give thanks for Christian Science because someone else shared it with us at some point in the past. In this light, you might consider starting your thanksgiving early this year by sharing this Bible Lesson with someone else.

You can find the Thanksgiving Bible Lesson online in English, French, German, Spanish, and (for the first time) Portuguese at [biblelesson.com/thanksgiving](http://biblelesson.com/thanksgiving). Please let us know how this Bible Lesson has blessed you—or how you've shared it with others—at [quarterly@csps.com](mailto:quarterly@csps.com).

“Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms” (Psalms 95:2).

---

## EDITORIAL

---

# Grateful to know God

*By Ethel A. Baker*

**What are you grateful for?** You may be thankful for many things—for all the evidences of good in your life, from friendships and family, to home, health, and freedom. For those of a religious persuasion, it's easy to connect the good to God as the source of all goodness—and to feel grateful to God. But are we really grateful for God?

All of this begs the question of knowing God—something that runs counter to the common perception that God is either a mystery, inherently unknowable, or so otherworldly, so outside of everyday life, that we couldn't understand Him. Yet the Bible, more than any other compilation, has captured not only the search to comprehend God, but what has been learned and demonstrated of humanity's connection to Him. The Scriptures, in fact, encourage all: “Continue thou in the things which thou hast learned and hast been assured of, knowing of whom thou hast learned them; and that from a child thou hast known the holy scriptures, which are able to make thee wise unto salvation through faith which is in Christ Jesus” (II Timothy 3:14, 15).

We can trust Christ Jesus because no one knew God better, or loved Him more. In fact, Jesus' healing works rebuke to this day the assumption of an incomprehensible or distant Deity.

Throughout his ministry, Jesus revealed a radically different picture of the King of kings than a forceful Ruler. To Jesus, He was utterly holy, and was not remote but deeply familiar and treasured. So good and wise, tender and near, just and right was God to Jesus that the

Master called him Father. And of himself he said, “The Son can do nothing of himself, but what he seeth the Father do: for what things soever he doeth, these also doeth the Son likewise” (John 5:19).

God, the all-powerful, endlessly loving, ever-present Spirit, was reflected across the spectrum of thought, word, and deed by this ideal man, Christ Jesus. And during his short ministry, so many healings came to pass that one New Testament author wrote that the world simply couldn’t hold all the books needed to tell about them. But in the end, it wasn’t about Jesus as much as it was about God. Jesus’ unwavering conviction that his God belonged to everyone—and each one a daughter or a son to their heavenly Father—came with the assurance that what he did, others could emulate. “He that believeth on me,” he announced, “the works that I do shall he do also; and greater works than these shall he do;... that the Father may be glorified in the Son” (John 14:12, 13).

Mary Baker Eddy’s discovery of Christian Science in the 1800s made apparent Jesus’ practical teachings, spelling out the Science of knowing God for the generations that would read and study her textbook. As she wrote in *Science and Health with Key to the Scriptures*, “This Science teaches man that God is the only Life, and that this Life is Truth and Love; that God is to be understood, adored, and demonstrated; that divine Truth casts out suppositional error and heals the sick” (pp. 471–472). She proved through her own healings that the idea of God as good itself was not a religious theory to be believed, but a scientifically spiritual understanding to be demonstrated in daily life. How grateful we can be that God’s goodness isn’t something that is meant for some and not others, or that only some can grasp. God’s goodness is the actual substance of our lives, the law of our being.

Comprehending this truth not only blesses us but enables us to become healers ourselves, witnessing the effects of knowing God as good for our neighbors and far beyond. As Mrs. Eddy explained in her sermon *The People’s Idea of God*: “... when we learn God aright, we love Him, because He is found altogether lovely. Thus it is that a more spiritual and true ideal of Deity improves the race physically and spiritually. God is

no longer a mystery to the Christian Scientist, but a divine Principle, understood in part, because the grand realities of Life and Truth are found destroying sin, sickness, and death;...” (p. 6).

Should our need to know God come as a surprise? In every discipline the key to progress is always greater understanding. In objects of study as diverse as nature and sports, construction and music, new perceptions open vistas, bring deeper comprehension, and allow individuals to overcome limitations and reach new heights.

One of the best examples of the way an understanding of God transforms lives is in the biblical story of Paul, formerly called Saul. He’s credited with telling the Athenians that their pale conception of God needed an upgrade: “Whom therefore ye ignorantly worship,” he said, “him declare I unto you” (Acts 17:23). He could say this with authority, for he himself—in a literal blinding flash of the Divine that sidelined the rituals, rules, and rites he had seemed so wedded to—had begun actually to know God. And not only his life was reformed—from a henchman to a healer—but multitudes of others were restored and redeemed too. (You’ll get a glimpse into the pure affection that took over Paul’s heart as he grew in knowing God if you read First Corinthians 13.)

Paul came to learn what we, too, can know: It is the spiritually scientific understanding of God and our intimate relation to Him, the Father-Mother of us all, that effects good change in everything from our character to our communities.

Members of the branch church I belong to, praying from this basis, saw a turnaround in an entire public library system that had initially declined our request to hold a Christian Science lecture in a neighborhood library because it was wrongly assumed we would be proselytizing. Over the course of a year—and with no intervening communications—the library board changed their long-standing policy to allow not only Christian Science but every faith tradition to hold free informational talks in any of the numerous branch libraries.

Understanding our Father-Mother God takes us from the gratitude that acknowledges the evidences of His,

Her, goodness, straight to the heart of that goodness, because we grow to know and love God. And that is the place where we find surer healing, steadier progress, and more certain salvation ourselves and for the human family. In a season of thanksgiving, nothing could be more worthy of our gratitude than the fact that we can know God.

**Ethel A. Baker**

*Editor*

---

## THE CHRISTIAN SCIENCE JOURNAL

---

PUBLISHED BY THE CHRISTIAN SCIENCE PUBLISHING SOCIETY

**EDITOR**

ETHEL A. BAKER

**ASSOCIATE EDITORS**

TONY LOBL, LARISSA SNOREK, LISA RENNIE SYTSMAN

**MANAGING EDITOR**

SUSAN STARK

**PRODUCTION MANAGEMENT**

GRAHAM THATCHER, KARINA BUMATAY

**CONTENT & YOUTH**

JENNY SAWYER

**COPY EDITOR**

AARON BINGHAM

**STAFF EDITORS**

NANCY HUMPHREY CASE, SUSAN KERR, NANCY MULLEN, TESSA PARMENTER, CHERYL RANSON, ROYA SABRI, HEIDI KLEINSMITH SALTER, JULIA SCHUCK, JENNY SINATRA, SUZANNE SMEDLEY, LIZ BUTTERFIELD WALLINGFORD

**AUDIO PRODUCTION**

AMANDA KAMAU, CARLOS A. MACHADO

**PRINT & WEB PRODUCTION**

SAL GILIBERTO, GILLIAN A. LITCHFIELD, MATTHEW MCLEOD-WARRICK

**DESIGN**

EMILY SWANSON

---

## CONTACT US

- ON THE WEB: [JSH-ONLINE.COM](http://JSH-ONLINE.COM)
- MANUSCRIPT SUBMISSIONS & WRITING GUIDE REQUESTS: [JSHWRITE@CSPS.COM](mailto:JSHWRITE@CSPS.COM)
- SINGLE COPIES: THE *JOURNAL* IS SOLD AT CHRISTIAN SCIENCE READING ROOMS WORLDWIDE. TO FIND A READING ROOM VISIT [HTTP://JOURNAL.CHRISTIANSOURCE.COM/DIRECTORY](http://JOURNAL.CHRISTIANSOURCE.COM/DIRECTORY) OR USE THE DIRECTORY IN THE BACK OF THE *JOURNAL*. YOU CAN ALSO CHECK YOUR LOCAL TELEPHONE DIRECTORY UNDER "CHRISTIAN SCIENCE."
- SUBSCRIPTIONS AND RENEWALS: TO SUBSCRIBE OR RENEW A JSH-ONLINE SUBSCRIPTION VISIT [JSH-ONLINE.COM](http://JSH-ONLINE.COM). FOR PRINT SUBSCRIPTIONS GO TO [CSSUBSCRIBERS.COM](http://CSSUBSCRIBERS.COM) OR CALL THE CUSTOMER SERVICE DEPARTMENT AT 888-424-2535 WEEKDAYS BETWEEN 9 A.M. AND 5 P.M. EASTERN TIME.

---

## MAGAZINE PROMOTIONAL AND REPRINT INFORMATION:

ANY FULL PAGES OR DOUBLE-PAGE SPREADS IN THIS ISSUE MAY BE REPRODUCED UP TO 100 COPIES OR ENLARGED ON PAPER (E.G., FOR WINDOW DISPLAYS, EVENT BOOTHS, ETC.) TO PROMOTE THE SALE OF THIS MAGAZINE. FULL-PAGE IMAGES MAY BE USED ONLY WITH THE ACCOMPANYING PAGE OF WRITTEN CONTENT AS IT APPEARS IN THE MAGAZINE. ALL CREDITS MUST BE PRESERVED. FOR ALL OTHER USES, INCLUDING INTERNET, OR COPIES IN EXCESS OF 100, E-MAIL: [COPYRIGHT@CSPS.COM](mailto:COPYRIGHT@CSPS.COM). FAX: 617-450-2031. OR, WRITE TO: PERMISSIONS, THE CHRISTIAN SCIENCE PUBLISHING SOCIETY, 210 MASSACHUSETTS AVENUE, P02-15, BOSTON, MA US 02115.

**THE CHRISTIAN SCIENCE JOURNAL (ISSN 0009-5613).** PUBLISHED MONTHLY BY THE CHRISTIAN SCIENCE PUBLISHING SOCIETY, 210 MASSACHUSETTS AVENUE, P02-25, BOSTON, MA 02115 US, AN ACTIVITY OF THE FIRST CHURCH OF CHRIST, SCIENTIST, IN BOSTON, MA [PRINTED IN US]. PERIODICALS POSTAGE PAID AT BOSTON, MASSACHUSETTS, AND ADDITIONAL MAILING OFFICES. THE DESIGN OF THE CROSS AND CROWN SEAL IS A TRADEMARK OF THE CHRISTIAN SCIENCE BOARD OF DIRECTORS AND IS USED BY PERMISSION. THE CHRISTIAN SCIENCE JOURNAL IS A TRADEMARK OF THE CHRISTIAN SCIENCE PUBLISHING SOCIETY. BOTH ARE REGISTERED IN THE US PATENT AND TRADEMARK OFFICE AND IN OTHER COUNTRIES. CANADIAN GST REGISTRATION NUMBER - 126916436. CPM NUMBER - 40030806. © 2024 THE CHRISTIAN SCIENCE PUBLISHING SOCIETY. ALL RIGHTS RESERVED. POSTMASTER: SEND ADDRESS CHANGES TO THE CHRISTIAN SCIENCE JOURNAL, CUSTOMER SERVICE, PO BOX 6082, HARLAN, IA 51593-1582 US, OR MANAGE YOUR ACCOUNT ONLINE AT [WWW.CSSUBSCRIBERS.COM](http://WWW.CSSUBSCRIBERS.COM).