



# CHRISTIAN SCIENCE Sentinel

*"What I say unto you I say unto all, Watch."* — JESUS

JANUARY-JUNE 2014 [jsh-online.com](http://jsh-online.com)



**A COLLECTION FOR KIDS**

---

THE CHRISTIAN SCIENCE  
JOURNAL, SENTINEL, HERALD

*Published by*  
The Christian Science Publishing Society

*Editor*

DAVID C. KENNEDY

*Managing Editor*

SUSAN STARK

*Managing Publisher*

JOHN SPARKMAN

JOURNAL/SENTINEL

*Editors*

ROSALIE DUNBAR

SUZANNE SMEDLEY

JOAN TAYLOR

JENNY SINATRA

ROGER GORDON

NANCY MULLEN

MAIJA BALDAUF

LIZ BUTTERFIELD WALLINGFORD

*Copy Editors*

FRANK SMITH

AARON BINGHAM

*Audio Producers*

RITA POLATIN

WILL PAPPAS

HERALD

*Editors*

DER HEROLD (GERMAN)

SUSANNE SMITH

LE HERAUT (FRENCH)

SYLVIE UPDEGRAFF

EL HERALDO (SPANISH)

PATRICIA DEL CASTILLO

O ARAUTO (PORTUGUESE)

ANA PAULA CARRUBBA

DESIGN & PRODUCTION

*Designers*

JENNIFER ODEGAARD

KEN BAUGHMAN

LISA ANDREWS

*Editorial Production Coordinator*

GILLIAN LITCHFIELD

*Editorial Support*

LINDSAY BOGGS

*Periodical Design and Marketing Manager*

MARLA SAMMULI

*Production Managers*

BRENDUNT SCOTT

SAL GILIBERTO

ILLUSTRATIONS BY JOY CUSACK

---

---

## CONTENTS

---

02 Good fills all space

03 Healed of sadness when my guinea pig died

04 My steps of prayer

05 Not sick anymore!

06 My ankle—perfectly fine again!

07 One boy's food fed thousands

*by MARY TRAMMELL*

08 Fish and bread

09 Listening to thoughts from God

10 Prayer healed my stomach trouble

11 Our healings

13 My bus healing

13 Healed on 'Going to Town Day'

14 Being brave

15 I knew I was in God's arms

16 Where is God?

17 Kids ask... How did God create Himself?

---

*See page 18 for submission, subscription, and contact information. We look forward to hearing from you!*

---

## Good fills all space

I went to the town swimming pool with my mom and my sister Sophie. Sophie and I decided to go on the slide together. When it was my turn to slide down, I held on to the bar above the slide to wait for the light to turn green, which meant that I could go. Then I leaned back to get momentum, and as I took off, I hit my forehead hard against the bar. Right after this happened, I realized I had a cut. When I arrived at the bottom, Sophie and my mom were already coming toward me. The pool supervisor sent me to the first aid room, saying that he would be right with us.

During this time my mom and I prayed. My mom reminded me that there are no accidents in God's universe. Mary Baker Eddy wrote about this on page 424 in the book *Science and Health with Key to the Scriptures*, and I know this sentence well: "Under divine Providence there can be no accidents, since there is no room for imperfection in perfection." We were very sure that I had always



Willy, 11  
Zwönitz, Germany

been under divine Providence, or God's divine plan for me. And in God's loving plan there is never anything imperfect, such as an injury. We also thought about how evil of any kind has no power because God is good and fills all space. With God, there's no room for anything bad.

When the supervisor put a bandage on me, I kept praying. I didn't feel pain anymore, and the cut stopped bleeding right away. The supervisor recommended that we go to the hospital. But we did not go because we were very sure that I would be healed quickly. My mom kept me home from school the following day so that I could pray quietly. Two days after the accident, the wound had closed completely. I am very happy about this, and I thank God for it. ●

*Willy likes to swim, and in his spare time he likes to play with Sina, his family's dog, and his bunnies.*

Originally written in German, Willy's testimony first appeared in the December 2013 German, French, Portuguese, and Spanish editions of *The Herald of Christian Science*.

Originally published in the January 6, 2014, issue of the *Christian Science Sentinel*.

## Healed of sadness when my guinea pig died



**Sofia, 9**  
Denver, Colorado

I woke up one morning and got out of bed to check on my guinea pig, Brownie. But Brownie was gone. My mom had put a rose in the spot where Brownie usually slept. I knew what had happened, that Brownie had died.

I had learned in the Christian Science Sunday School that everyone is a spiritual idea, created by God—animals too. And I knew that the idea of Brownie was still alive. But I was very sad. I went to my mom. I asked, “What did you do with Brownie?” My mom said, “Dad and I put her in a shoe box and buried her in our front yard.” I went to check. I found the spot where they had buried Brownie. There was a plant on top of it.

I prayed. We had been studying the Lord’s Prayer in Sunday School (see Matthew 6:9–13). That was the first thing that came to my thought. I started with “Our Father which art in heaven.” In place of “Our Father,” I put all the names for God that I had learned—Truth, Soul, Spirit, Principle, Mind, Love, Life—and thought about what that meant. For example, God is Love and would never stop loving any of His creatures. Love is perfect.

Then I went on to the next part, “Hallowed be thy name.” In my class we had talked about all the qualities that made up my name, my real nature as a child of God. I thought about all the qualities that God thought about me and Brownie—graceful, peaceful, kind, and happy. I thought about all the people who love me and Brownie. I remembered that Brownie would never stop loving me. I would never stop loving her. I felt really happy about that. This happiness is always there because God gives it to me. I could let it out and show it to others.

I felt better because I knew I could trust God. God and I can communicate together. God made me feel comforted. ●

*Sofia loves animals, and she likes to swim and read.*

Originally published in the January 13 & 20, 2014, issue of the *Christian Science Sentinel*.

## My steps of prayer

**W**hen I was about six, my family and I went on vacation to Tahiti. While we were there, one night I woke up with a piercing pain in my left ear. At first it was really bad, but then I thought about the Lord's Prayer (see Matthew 6:9–13). It reminded me that God is everywhere, and God never lets anyone out of His care. I thought about the line from the Lord's Prayer that says "lead us not into temptation, but deliver us from evil." To me, this meant that God did not give me bad things, like this pain in my ear, but His power made me free.

My parents called a Christian Science practitioner to help us all pray together. I was still in pain, but then, right in the middle of my parents talking to me, I fell fast asleep. In the morning when I woke up, I felt no more pain in my ear whatsoever, and I knew that God had healed me.

Since then, in Sunday School I've come up with some steps of prayer that I've gained from the Lord's Prayer:

1. Start your prayer with God, the Awesomeness.
2. Take time to know God because God is very, very good.
3. Don't forget, God is everywhere!
4. Sorry, you have to do things God's way—which is actually the only way.
5. Be grateful—God supplies everybody with what they need. There is always enough.
6. Practice forgiveness and you will experience forgiveness.
7. Know that God does not allow us to be tested beyond what we can do.
8. Finish with God because it is all about God! ●

*Owen likes to play every sport, and his favorite sport changes depending on the season: soccer, skiing, tennis, baseball.*

Originally published in the February 3, 2014, issue of the *Christian Science Sentinel*.



COURTESY PHOTO

**Owen, 9**  
Marin County, California

## Not sick anymore!

**M**y name is Hannah, and I live in Grand Ledge, Michigan. I am in second grade, and I attend a Christian Science Sunday School.

A few months ago, I was visiting Grama's (my grandmother's) house, when I started to feel sick. My mom was going to be picking me up soon to go home. I had been looking forward to playing with my little brother, Noah, and my friends next door.

Gramma said to me that we should read the Bible story of David and Goliath. She had a children's Bible storybook from years ago. It was written by a Christian Scientist. I love to read Bible stories with Grama.

In the story, Goliath, a giant, wanted to destroy the shepherd boy David. But David was not afraid because he knew that God was right there with him. Grama explained to me that the thought of feeling sick was like a big Goliath. It was trying to make me feel so bad that I would not be able to play when I got home. But I knew that God was there to help me as

He helped David. God would take care of me. I could never be separated from God.

Gramma asked me, "Hannah, does  $2+2=5$ ?" She asked me this several times, and I started to laugh. She told me that just as  $2+2=5$  was not true, neither was the thought that I was sick true. I reflect God, who is Principle, Mind, Soul, Spirit, Life, Truth, and Love. And as a reflection of God I can't be sick because God can't be sick.

Then the phone rang, and when Grama answered it, I got up and did a few handstands. We had destroyed this old giant Goliath, called sickness. I felt great!!

My mom came to pick me up, and soon I was home playing outside with my little brother and my friends next door.

Thank you, Father-Mother God. ●

*Hannah enjoys school, playing piano, writing stories, drawing, and attending Sunday School.*



Hannah, 7

Originally published in the February 17, 2014, issue of the *Christian Science Sentinel*.

## My ankle—perfectly fine again!

Last spring, we were playing Capture the Flag at my school. In the middle of the game a girl tripped me, and I rolled my ankle. I was in a lot of pain and asked to sit out for the rest of the game. At the end of the game my friend took me to the office, where I called my family. My friend got my lunch for me and stayed there with me until I could go home.

A few of the teachers walked by. Since the teachers at my school are Christian Scientists, they talked to me about God and about how I am the image and likeness of God. My friend is also a Christian Scientist, so she shared some good thoughts with me, such as you are *perfect* because God made you perfect! These thoughts really helped me.

My mom was out of town that day, and my dad was at work, so I went to my grandparents' house after school. They told me that because God is Spirit and I am the reflection of God, then I *must* be spiritual, *not* material! My grandfather called a Christian Science practitioner to help pray for me. I called my mom and she told me that I am a reflection of God, and God's reflection is always healthy and strong. I went to bed, and the next morning I could walk without difficulty.

About a week later I had some problems with that ankle again. With prayerful help from the practitioner, it was healed quickly, and it's been perfectly fine ever since.

I am very grateful, not only for this healing, but also for my kind, loving friends and family who helped me. I am grateful to God, and I know that God can heal! ●

*Katie loves to play volleyball and golf, read, do math, and play with her brother and her friends.*



COURTESY PHOTO

**Katie**

*Los Angeles, California*

Originally published in the March 3, 2014, issue of the *Christian Science Sentinel*.

# One boy's food fed thousands

By Mary Trammell

Everywhere Jesus went, large crowds followed him to see the wonderful things he did—healing sick people and preaching about God's kingdom. A young boy followed thousands of men and women and children on foot. It was probably his mom who gave him some food for the trip—five small barley loaves and a couple of dried fish.

When the crowd finally caught up with Jesus, the boy was able to get close to Jesus. He must have seen how the Master felt nothing but love for all who came to him. To Jesus, they were like lost sheep without a shepherd to guide them. So he spoke to them tenderly about God and healed the ones who were sick.

When it started getting dark, Jesus wanted to give food to the people. The boy probably noticed that Jesus' disciples were anything but happy about this. How could they possibly take care of all those tired, hungry men, women, and children? the disciples wondered. They begged Jesus to send the crowds away. But he wouldn't do it. There were no villages nearby, and he didn't want the people to faint with hunger.

Jesus said to the disciples, "You give them something to eat." Well, that sounded impossible. "Don't you know that it would take almost a year's wages just to buy only a little bread for each of these people?" they said.

Then, Jesus' disciple Andrew told him about the boy with five loaves and two fish. The boy was willing to share his food. "But what good is that with all these people?" Andrew said.

Jesus saw it differently, though. He told the disciples to have the people sit down on the green grass, to prepare for a meal. They sat in groups of 50 and 100, and watched Jesus take the boy's loaves and fish—and thank God for them. Then, he started breaking the loaves and fish into pieces, and handing them to the disciples to share with the people.

And you know what? The bread and fish multiplied in Jesus' hands! The boy must have been amazed to see what happened with his food.

Turn page 

It multiplied and multiplied—until every last one of those 5,000 men, plus women and children, had eaten! *And* there was plenty left over. Jesus, who did not want to waste the food, asked the disciples to pack up the leftovers. So each one of them filled the basket he carried around his waist with food for another day.

What a lesson the boy and all the people learned that day! By his example, Jesus had taught everyone about the Christ, which Mary Baker Eddy calls “the divine manifestation of God” (*Science and Health with Key to the Scriptures*, p. 583). When we give to others whatever little we can, like the boy did, the Christ will do something *wonderful* with it! ●

Mary Trammell studied the Bible in graduate school. She is a Christian Science practitioner and teacher, and also co-author of the book *The Reforming Power of the Scriptures*.

You can read the story of Jesus feeding the thousands in John 6:1–14, Matthew 14:13–21, 15:29–38, Luke 9:10–17, and Mark 6:30–44. The Bible quotes in this story come from the Contemporary English Version.

## Fish and Bread

By Ryan, Cassie, and Sarah



There came a day when Jesus said:

“We need some fish and bread!”

“We’ve only got two fish and five loaves of bread.”

Then Jesus said: “Lord, my Father,

I thank you for feeding these people now.”

And that’s how

they ate!

*Sarah, Ryan, and Cassie are 4th, 5th, and 6th graders.*

*They wrote this poem while attending a Vacation Bible School at their Christian Science Church in Alabama last summer.*

Originally published in the March 17, 2014, issue of the *Christian Science Sentinel*.

**Ellery**  
Victoria, Australia



## Listening to thoughts from God

One day I woke up with a sore neck, and couldn't straighten it without having pain. I told my mum, so she said that I could stay home with her to rest. But she also told me that I was wrapped in God's love and that nothing could really hurt me. Later that day my neck was feeling a little better, but I was sad that I had missed school and training with my aerobics team.

My mum asked if I wanted some prayerful help from my Sunday School teacher. I said, "Yes, please!" And when my mum called her, my teacher asked me what I first needed to do to stop this feeling of sadness. "I have to listen to good thoughts that come from God," I said. After that she shared with me a story about a famous statue.

A long time ago a group of monks had a gold statue of Buddha, but their country was invaded. To protect it, they covered the statue thick with clay so that it looked like worthless stone. It stayed this way for hundreds of years, and everyone forgot what was underneath. It wasn't until the clay began to chip off that people finally discovered the statue and saw what it was really made of.

My teacher and I talked about how the story could relate to me. Just like the clay that had appeared to be the real statue, but wasn't, the belief that I was hurting was not the real me either. What I saw on the outside was not the truth about my real identity. What was true was that I am always protected by God.

These ideas really helped me. By the end of the day, I could straighten my neck. The next day I was able to go to school, and the day after that I was training again with my aerobics team. I am really grateful for this healing, and for the help of my Sunday School teacher. ●

*Ellery lives in Mount Waverley, Victoria, Australia. He recently won a medal at the state finals in the School Aerobics Competition.*

Originally published in the March 31, 2014, issue of the *Christian Science Sentinel*.

## Prayer healed my stomach trouble

Here is what happened in March last year. A couple of times during the week, I had stomach trouble. But each time it happened I soon felt better, and I could go to school. I was even able to eat my favorite dish, “pondu” (cassava leaves).

But one Sunday morning, when I arrived in Sunday School, the problem came back again. I told my teacher that I could not help her put the hymn numbers on the wall because I did not feel well. Then I had to go to the restroom. The teacher told me: “God loves you. God takes care of you!” I knew she was praying for all the children in the Sunday School. And my mom was praying for me, too.

Until then, I had not prayed to be healed. I thought about what the teacher had told me, and I exclaimed: “No! God cannot be sick, so I cannot be sick because I reflect God!” Then I joined in all the activities of Sunday School because I felt fine. I thanked God for hearing my prayer. Afterward, I went to see my mom, and I told her, “Mom, I feel great!” For lunch, I ate a lot. My stomach has been fine since. I can eat everything without any problems.

I have learned that I cannot be sick because God is Love, and I am spiritual. I like to learn things about God. I want to learn everything about God since it makes me feel happy! ●

*Love likes to play soccer and basketball, jump on a trampoline, and make pottery.*

This testimony was originally written in French and published in the February 2014 French, German, Portuguese, and Spanish editions of *The Christian Science Herald*.

Originally published in the April 14, 2014, issue of the *Christian Science Sentinel*.



COURTESY PHOTO

**Love**  
Québec, Canada

## Our healings

*Three children from a Christian Science Sunday School in Washington State share with the Sentinel how they've been healed through prayer.*



**Alieysia, Jade,  
and Isaac**

### Quickly healed

*By Alieysia*

**O**ne day at camp our tent was serving breakfast. All of a sudden I didn't feel well. I went over to my auntie, who was the Christian Science practitioner at camp. She gave me a hug and started talking about how much God loves me. We got up and started walking to the "quiet house," which was the little cabin where she was staying. There we could be alone for a little bit. Even though it was hard for me to walk, my auntie helped me and kept telling me the truth about God's love for me. When we got to the "quiet house," my auntie had me lie down on the couch. She covered me up with a blanket, but all of a sudden I felt like going back to breakfast. So we went back, and I ate a big pancake breakfast. I was fine.

I was so happy about it that I told about this healing at our Wednesday testimony meeting. I learned to let God in my thought, and I know now that Christian Science heals!

*Alieysia loves to swim, play basketball, sing music, play soccer, and go hiking.*

### I didn't cough even once!

*By Isaac*

**O**ne day I was coughing a lot. I didn't want to go to school with a cough, so I called my Sunday School teacher. She said she would pray for me. She told me I had the armor of God on, and it was on everyone else, too! I knew I could use the sword of Spirit every time the thought of cough came. That meant getting rid of the "cough thought"

Turn page 

by listening to a good thought from God. Right when I got to school the cough stopped, and I felt better. When my mom picked me up from school, the first thing I told her was that I didn't cough even once. It was awesome!

*Isaac likes to play baseball and violin. He enjoys spending time with family and loves Wednesday nights at church.*

## Not afraid of bees anymore

By Jade

**W**hen I was at camp last summer, I was stung by four bees. The first two stung me at the same time. I was at a camp for Christian Scientists, and the Christian Science practitioner there sat with me and helped me pray. We thought about not being afraid of the bees because God made the bees, too. I felt a lot better right away, but I was still a little afraid of the bees.

Then, a few days later, I was stung two more times. I panicked a little bit, but then I thought: "What am I doing? The bees are afraid and I am afraid. We all need to stop being afraid!" I could love the bees then, because I knew the bees were made of God's love just like I was.

The practitioner prayed with me and I felt better right away. From then on, I wasn't afraid of the bees at all. Even when some yellow jackets landed on my hamburger a few days later, I just told them they didn't belong there and to leave my food alone. They did! I even helped some of my friends to not be afraid any more. When my mom picked me up from camp, I tried to show her where I was stung, but I couldn't find any marks. They had completely disappeared.

I wrote a poem I want to share with you:

All is precious,  
All is Mind,  
All is good,  
And all is kind.

*Jade likes playing soccer, violin, spending time with her friends, and, like her brother, Issac, loves Wednesday nights at church.*

Originally published in the April 28, 2014, issue of the *Christian Science Sentinel*.

## My bus healing

One Sunday, I told my Sunday School teacher that my school bus was sometimes too noisy and crazy. Some kids even jumped over the seats! Then, the bus driver would pull over and yell, “Sit down!”

My Sunday School teacher told me that I could pray to know that everyone on my bus was God’s child, too, and that they really wanted to be good. So every day, I prayed for the kids on my bus. A few times the principal rode home on the bus with us.

One Friday, not long after, the principal gave everyone on my bus a prize for being so good. I said, “Thank you, God.” ●

*Kaliss lives in New York and loves to draw.*

Originally published in the May 12, 2014, issue of the *Christian Science Sentinel*.



**Kaliss**

## Healed on ‘Going to Town Day’

One morning I woke up with a tummy ache. I didn’t know if I would be able to go to school. That made me sad because it was “Going to Town Day.” For this special day, kids had made their own businesses and handmade products, and we could go around shopping.

I sat down on the couch with my dad so we could pray together. We used Concord Express on the JSH-Online.com website to look up the 23rd Psalm in the Bible and read it. Then we talked about how I’m spiritual. I’m made perfect because I’m God’s idea, and all of God’s ideas are made good. I felt better thinking about that.

When I walked to school, I had to hold my dad’s hand because my tummy still hurt. But I made it to school all right. My dad called a Christian Science practitioner to pray with us.

When “Going to Town Day” started, my tummy felt better—it didn’t hurt anymore. I was healed! ●

*Riley lives in Nevada, likes to play with Legos, and he also likes making forts, riding his bike, playing the piano, and reading.*

Originally published in the May 12, 2014, issue of the *Christian Science Sentinel*.



**Riley**

## Being brave

I go to school in Australia. I have a nice school where people are usually kind. But there was a boy in my class who wasn't being treated very well. The kids in the class were teasing him about his race and culture. Nobody wanted to be with him, and he often played alone at lunch time.

I didn't like how he was being bullied. We have many different cultures at our school, and I wanted everyone to be respected and treated nicely. I thought how he must hate coming to school each day. I told my mom and dad, and they said we should never stand by and let someone be bullied and not even try to do something. I decided to do a speech. That night I wrote down all my ideas.

When I thought of giving the speech, I felt very nervous. My dad and I spoke about Moses in the Bible. He needed to lead a whole nation of people, and he was really nervous. But God gave him the courage and the words he needed.

We also spoke about David who, with God's help, took on the giant Goliath. Dad and I prayed to know that God had already given me the courage and confidence to speak. I saw that I didn't need to be afraid of what the other kids might say to me for standing up for this boy. We also thought about how God loves everyone, even kids who act like bullies. We also read a line from *Science and Health with Key to the Scriptures* by Mary Baker Eddy. It said, "Moral courage is requisite to meet the wrong and to proclaim the right" (p. 327). I knew that I wanted to stop the wrong that was happening in my class and that God would give me all the strength and words and thoughts to do it.

The next day the boy was out, so I asked my teacher if I could speak to the class. She said that it was a lovely thing to do. My older brother,



COURTESY PHOTO

**Shaya**  
Victoria, Australia

Turn page →

Taine, came and stood next to me. I spoke to the whole class about being kind and not teasing the boy. After I finished, they clapped. From that moment on, the boy has not been left out and kids don't make nasty comments to him. He has friends and enjoys coming to school.

I am pleased that I go to Sunday School, where I learn that God is always present and that we can turn to Him with any need. ●

*Shaya loves to play soccer, cricket, and netball. She also loves to dance and play with her brother, sister, and two dogs.*

Originally published in the May 26, 2014, issue of the *Christian Science Sentinel*.

## I knew I was in God's arms

**M**y name is Olivia. I like to rollerblade after school. One day, when I was in third grade, I was racing by myself. I saw the end of the sidewalk coming, and I felt myself getting a little unbalanced. Then my foot slipped forward and I fell. I scraped my leg on the cement.

The moment I fell, I said to myself: "God is in control. God is Mind, so I can never slip into error. God catches me in His arms." Then I thought about how God's kingdom is all around. I think it is like a giant pillow. So if I fall, I can only fall onto a soft pillow.

Then I got up and went inside my house to tell my mom. I told my mom that when I fell down and said those things to myself, it didn't hurt because I knew I was in God's arms. The scratches never hurt and were healed in about two days. I am grateful that God is always there to catch me. ●

*Olivia is in fourth grade now. She lives in Illinois and likes to play outdoors, climb trees, and play with friends.*

Originally published in the June 9, 2014, issue of the *Christian Science Sentinel*.



**Olivia**

## Where is God?

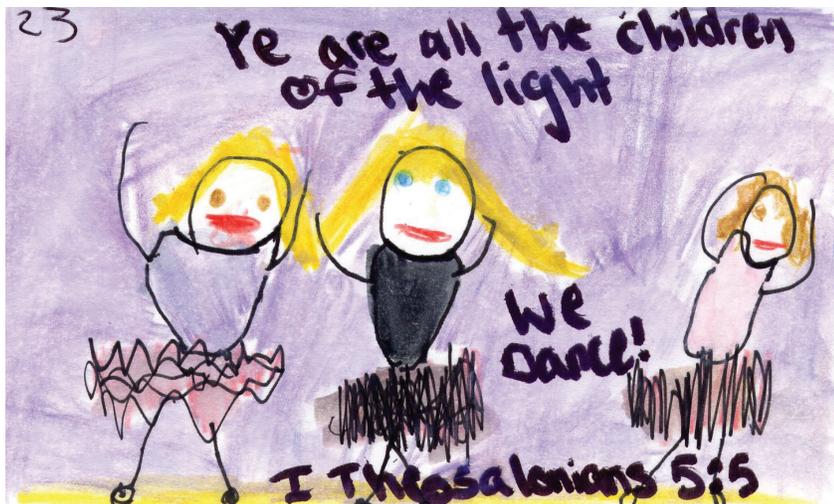
God is up and God is down.  
God is here and all around.  
God is left and He is right.  
God is with you all the night.  
God is north and He is south.  
God is east and He is west.  
Everywhere you look  
God is right there.



**Evangeline**

*Evangeline lives in Texas. She likes to read and write poems, dance, play the piano, act in plays, and sing in the Bastro Select Children's Choir.*

Originally published in the June 9, 2014, issue of the *Christian Science Sentinel*.



Drawing by **Kaiana**, Corvallis, Oregon

Originally published in the May 26, 2014, issue of the *Christian Science Sentinel*.



## Kids ask... How did God create Himself?

—Question from a second grader

JOY CUSACK—STAFF

**T**hat's an important question! Let's look together at something the Bible says about God: "You are always the same. Years cannot change you" (Psalms 102:27, Contemporary English Version).

To always be "the same" means that God never changes—ever. There are other things like that, too. The number one, for example, never changes. The reason why it doesn't is because it's an idea and is not material. It always has existed! That means it never had a creation date, a beginning. And it doesn't have an ending, either.

God is not made of matter. God is divine Spirit. Spirit is our source and gives us strength and joy. Like the number one, Spirit never had a creation date. God, Spirit, just is.

There is a very good thing about God not having a start or an end. Since you are one of God's creations, you are made to show what God is like. Mary Baker Eddy talks about this in *Science and Health with Key to the Scriptures*. She explains, "God fashions all things, after His own likeness" (p. 516). So, the good news is that, if God is Spirit, you are spiritual! You never were created in matter.

You are designed to show what God is like. Your honesty, your fearlessness, and your love are beautiful qualities that God expresses in you.

You can be so glad that this Bible verse describes you perfectly: "You are always the same. Years cannot change you." Just like God, you have always existed and will always exist. You are God's loved and innocent idea. Nothing ever can change that. ●

Mark Swinney, Sandia Park, New Mexico, U.S.

*Mark is a Christian Science practitioner and teacher, and he has two horses—one is brown with a white stripe on his nose and the other is white with black spots.*

Originally published in the June 23, 2014, issue of the *Christian Science Sentinel*.

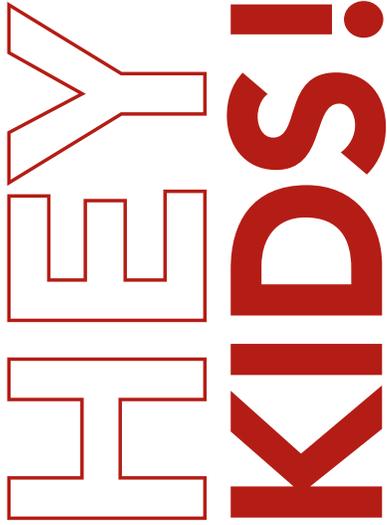
---

## A COLLECTION FOR KIDS

---

DOWNLOAD THIS ISSUE: [jsh.christianscience.com/kids2014](http://jsh.christianscience.com/kids2014)

---



Got something to share?  
Got a question?

Write to [sinatrajen@csp.com](mailto:sinatrajen@csp.com)

We love to receive your stories,  
drawings, healings and poems.

*We can't wait to  
hear from you!*

### myBibleLesson

DESIGNED FOR YOUTHFUL  
THINKERS OF ALL AGES!

Want to **dig deeper** into each Bible  
Lesson from the *Christian Science Quarterly*  
and have **a lot of fun** at the same time?  
**myBibleLesson** helps you do that!

[christianscience.com/bible-lessons/mybiblelesson](http://christianscience.com/bible-lessons/mybiblelesson) < < < < < < < <

CONTACT US

general inquiries

[jsh-online.com](http://jsh-online.com) | "Contact us"  
or [cssentinelradio.com](http://cssentinelradio.com)

article & testimony  
guidelines/submissions

[jsh.christianscience.com/submit](http://jsh.christianscience.com/submit)

letters to the editor  
[sentinel@csp.com](mailto:sentinel@csp.com)

SUBSCRIBE

print subscriptions & renewals

[cssubscribers.com](http://cssubscribers.com)  
888-424-2535 (US), +1-515-362-7462 (int'l)  
weekdays, 9:00 a.m. to 5:30 p.m. (ET)  
*single copies* Available at Christian  
Science Reading Rooms. See your  
local telephone directory or visit  
[jsh-online.com](http://jsh-online.com) | "Directory"

permissions & postal address  
see page 24

---

#### MAGAZINE PROMOTIONAL & REPRINT INFORMATION

Full pages from this collection may be photocopied for sharing up to 100 copies or may be enlarged for Reading Room window displays, event booths, etc., to promote this magazine. Full-page images must include the adjacent page of written content as it appears in this collection. All credits must be preserved. Cover photocopies must include credits and model disclaimers. For more information, e-mail: [Copyright@csp.com](mailto:Copyright@csp.com); write to: Permissions, The Christian Science Publishing Society, 210 Massachusetts Avenue, P03-10, Boston, MA USA 02115; or visit: [jsh-online.com/permissions](http://jsh-online.com/permissions).

The **CHRISTIAN SCIENCE SENTINEL** was founded in 1898 by Mary Baker Eddy, and its mission remains the same: "to hold guard over Truth, Life, and Love" (*The First Church of Christ, Scientist, and Miscellany*, p. 353). The *Sentinel* continues to report on the unlimited ways that the healing power and presence of the Christ activates, uplifts, and transforms the lives of people around the world. The design of the Cross and Crown seal is a trademark of the Christian Science Board of Directors and is used by permission. *Christian Science Sentinel* is a trademark of The Christian Science Publishing Society. Both trademarks are registered in the United States, the European Union, and in other countries. © 2015 The Christian Science Publishing Society.