



CHRISTIAN SCIENCE Sentinel

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

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A COLLECTION FOR KIDS

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ILLUSTRATIONS BY KEN BAUGHMAN

A healing to share

By Avantika, fifth grade, Haryana, India

Since I was a year old, I have been attending the Christian Science Sunday School. In Sunday School I learned the Lord's Prayer and the Ten Commandments from the Bible, "the scientific statement of being" from *Science and Health with Key to the Scriptures* by Mary Baker Eddy (see p. 468), and also the seven synonyms for God in *Science and Health* (see p. 115). Whatever I have learned from the Sunday School, I always apply in my home and school, and I have had many healings. I am going to tell you about one.

When I came back from school one day, I had some stomach pain and a fever. I called a Christian Science practitioner, who was also my Sunday School teacher. My parents are OK with me calling him for help.

One of the things we talked about was a truth from *Science and Health*: "Mind regulates the condition of the stomach, bowels, and food, the temperature of children and of men, and matter does not" (p. 413). I knew that Mind is one of the synonyms for God. I prayed with these ideas and thought about them. Then my fever was soon gone, but I was not yet completely healed of my stomachache. I told this to the practitioner.

Practitioners are always listening to God to know what to share and say. And so the practitioner told me that it's good for us to be balanced in all that we do. For example, we can be grateful and satisfied with the food that is made for us and not feel we need to overeat. The practitioner then shared another truth from *Science and Health* on this subject (see page 221, line 29).

I understood the truth and right away started being disciplined in my food habits. The moment I corrected my thought, I was healed and didn't have stomach pain anymore. I thank God for this healing, and I also thank my practitioner for helping me. ●

Avantika loves to play keyboard and regularly plays hymns in Sunday School. She also loves to draw and paint.

Originally published in the January 5, 2015, issue of the *Christian Science Sentinel*.

My healing in Sunday School

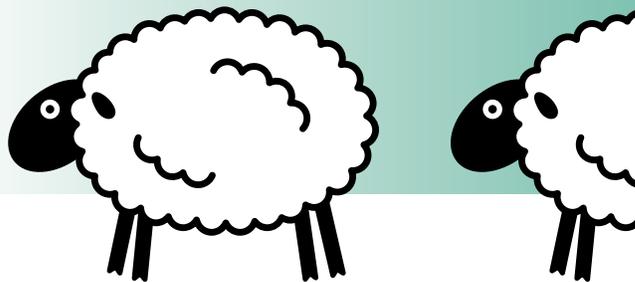
By Riley, kindergarten, South Carolina

My name is Riley and I like my Sunday School class. We've been learning about the Ten Commandments from the Bible. When my teacher asked me what my favorite commandment was, I said I liked the Eighth Commandment, "Thou shalt not steal" (Exodus 20:15). I like this commandment because it tells me that God would not want me to steal, but to ask my friends to share with me, and that I should share with my friends when we're playing or at school.

One Sunday, I was fooling around in my Sunday School chair and fell out of it to the floor. On the way down, I hit my knee against a metal part of the chair, and it hurt. Because I know God takes care of me, I went over to a quiet place near my class and started to pray by myself. Some of the things I thought were: "You made me, God. I can't be hurt because God is here. God is good and God always helps me." Then I thanked God for making me not hurt. I also thanked God for making my family and everybody. My knee stopped hurting, and I went back to my class just fine.

I also like the hymn "Feed My Sheep" (words by Mary Baker Eddy), which starts with "Shepherd, show me how to go." Shepherds protect their sheep and keep them safe, just like God does for me.

Shepherd, show me how to go
O'er the hillside steep,
How to gather, how to sow,—
How to feed Thy sheep;
I will listen for Thy voice,
Lest my footsteps stray;
I will follow and rejoice
All the rugged way.
(*Christian Science Hymnal*, No. 304) ●



Riley likes to play tennis and eat peanut butter and jelly sandwiches.

Originally published in the January 5, 2015, issue of the *Christian Science Sentinel*.

Forgiveness

By Johann, Dresden, Germany

One day when I was six, I went sledding with my older brother, Noah. I sat on the sled, and Noah was pulling me along the sidewalk. Suddenly I saw a spot on the pavement without snow. I told him, “Noah, stop! We’ll never make it!” But he answered, “Of course we’ll make it!” However, once we were on the spot without snow, the sled suddenly stopped, and I banged my face with full force on the metal bar at the front of the sled. It really hurt, and my nose started to bleed.

At first, I was very mad at Noah. But my dad said to me right away that I couldn’t fall out of God’s hands. He also said that I shouldn’t blame Noah and shouldn’t start thinking about whose fault it had been. I listened to my dad and let go of all blame and fault-finding, and I forgave Noah. After a couple of minutes the bleeding stopped, and my face didn’t hurt any more.

Now I know that by blaming something or someone else, you won’t solve your problems. You have to let go of that blame and forgive. Take the Bible story of Joseph, for example. His older brothers abandoned him because they were jealous of him. But Joseph forgave his brothers, even despite all the sorrow he’d experienced.

I know it sometimes isn’t easy to forgive, but that makes it that much more valuable. If you forgive someone, it’s not only the person who has been forgiven who will walk around happier, but it’s also like a heavy burden has been lifted off your own shoulders. One of the main reasons why we are able to forgive is because we remind ourselves that there is “nothing to forgive.” In other words, we know that in God’s all-presence, we have always been safe and cared for, even when we go through tough times. Why waste energy being mad at someone if you can have fun with them, laugh with them, or make them laugh? So I say, “Forgiveness is the biggest healing!” •

Johann plays on a soccer team and also likes to play with his friends in the courtyard by where he lives. He also enjoys riding bikes.

Originally written in German, this article first appeared in the December 2014 Portuguese, Spanish, French, and German editions of *The Herald of Christian Science* and was adapted for the *Sentinel*.

English originally published in the January 19 & 26, 2015, issue of the *Christian Science Sentinel*.

You're *allll* good!

By Yvonne Prinsloo

Things hadn't been going too well for Toby. Normally, he was a well-behaved little boy, but he had just been separated from his friend at preschool because of the mischief they had gotten in. He also was not popular with his younger sister because he was not being so nice to her. To top it all, his mom and dad were going away for two weeks. However, Toby was happy because his grandparents, who he called Ouma and Oupa, were coming to stay at his house to look after him and his brother and sister. On his grandparents' arrival, he announced with pride, "Ouma, I am *allll* bad!"

Now Ouma knew that this wasn't true, because she knew that Toby was God's loved child and that God made His children only good and loving. Ouma learned this in the Bible in the first chapter of Genesis, which tells us, "And God saw every thing that he had made, and, behold, it was very good" (verse 31).

Ouma enjoyed taking the children to school for those two weeks. The drive was beautiful because every day they drove past the huge ocean. They all enjoyed looking at the different colors of the ocean. In some places the ocean looked blue, and in other places it looked green. There were also wonderful white breakers, waves, that crashed onto rocks and the sandy beach. The ocean seemed to go on forever.

One morning on the way to school, Ouma was telling Toby about God. She told him that another name for God is Love and that Love is everywhere. She explained to him that because Love was where he was, he could never get out of Love's care and presence. When Ouma looked at the ocean, she remembered that Mary Baker Eddy, the Discoverer and Founder of Christian Science, had written about "the infinite ocean of Love" (*Miscellaneous Writings 1883-1896*, p. 205).



Continued
on next page >

“You see,” Ouma explained to Toby, “God, Love, is like the ocean. In fact, Love is bigger than the ocean, and God is so loving that He has given you all this love with which to love. And nothing can stop you from using this love every moment of the day.”

Toby was quiet for a long time. When he got home to his little sister, he gave her a big hug. At first his sister pushed him away because she was worried that he was about to be mean to her again. But Ouma understood what Toby was doing. Toby was God’s, Love’s, expression. And he was using the love that God had given him. Ouma explained this to Toby’s little sister, and that she, too, could use this love, because it belonged to everyone, and nothing could stop her from loving her brother. Also, she explained that in God’s love we are always safe.

It wasn’t long before the two children were playing happily together. Ouma noticed many loving things that Toby did. He helped his sister by pushing her on the swings, he shared a ball with another little boy, and he also helped Ouma and Oupa around the house.

The two weeks went by very quickly, and the children spent their time using the love that God gives us all to love with. They made their grandparents’ stay a very enjoyable one.

Toby was very happy to see his mom and dad again and gave them a big hug when they came home. As Ouma and Oupa were getting ready to leave, Toby came to Ouma and with joy said, “Ouma, I am *allll* good!” He certainly had shown Ouma and Oupa that he was. He was being the child that God had made him to be. ●



Originally published in the February 2, 2015, issue of the *Christian Science Sentinel*.

When a psalm helped me ...

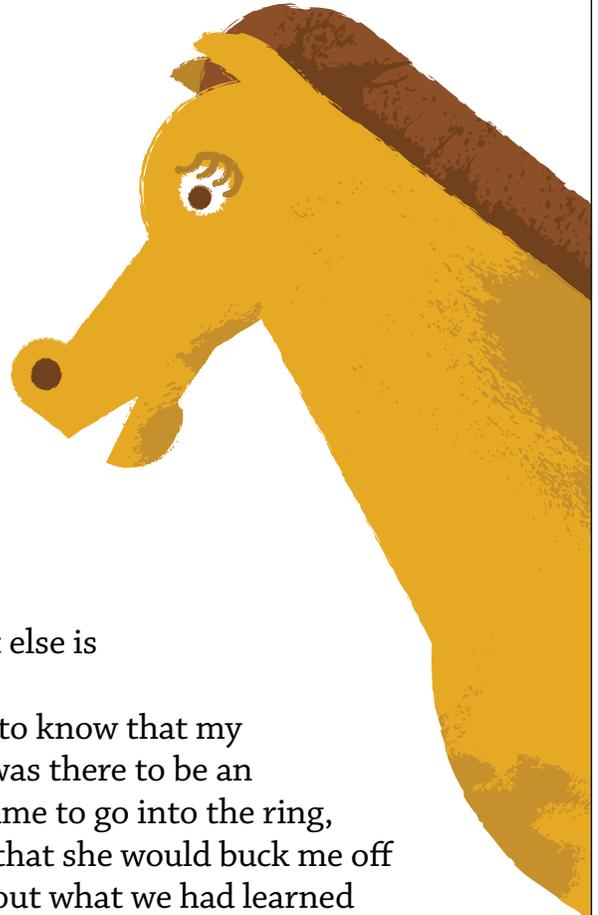
By Ashley, fourth grade, California

I got to learn how to ride horses for the first time at a summer camp for Christian Scientists. I had never been around horses before, and I was nervous. My instructors taught me how to mount a horse, ride a horse, and care for a horse. When it was time to learn how to “canter” on a horse, it was very hard for me to get over the fear of flying up and down in the air as the horse ran underneath me.

That day, for inspiration, some counselors were listening to a popular song with lyrics from this Bible verse: “Be still, and know that I am God” (Psalms 46:10). We talked about how we can feel God is always with us if we stay quiet in our thought and know that God is in control, no matter what else is going on around us.

On the final rodeo day at camp, I prayed to know that my horse was an expression of God, and that I was there to be an expression of God, too. As they called my name to go into the ring, my horse seemed nervous, and I was afraid that she would buck me off her. My counselor reminded me to think about what we had learned about being still and feeling and knowing God’s presence.

As my horse started to canter out into the ring, I could feel myself flying in the wind and thought, “Be still, and know that I am God.” I was not afraid anymore! My horse and I went through a whole barrels course with speed and grace. I really did feel like we were flying together, under God’s care. To my surprise, I ended up winning first place in the barrels that day. I even got a better time than some of the teenagers!



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I shared this with my church one Wednesday evening at a testimony meeting. I think it helped other people, too, because at the next testimony meeting, a woman shared how one night she thought she was having an allergic reaction. But then she remembered how I had said I overcame my fear by remembering, “Be still, and know that I am God.” She said she immediately felt fine and was able to fall right to sleep. That made me feel really good that I was able to help someone else. I am really grateful for what Christian Science is teaching me about God. ●

Ashley loves to dance, read, and swim in the ocean with her brothers.

Originally published in the February 9, 2015, issue of the *Christian Science Sentinel*.

Never left out

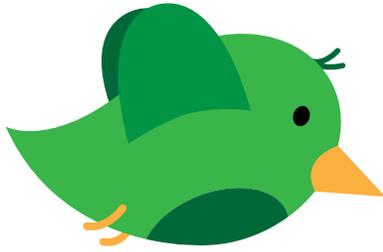
By Robert, fourth grade, Georgia

This past summer I was at the beach with my family. One day I was walking back from the pool to our villa, and my legs became very irritated. I couldn't walk normally or run at all. I was really sad because I was supposed to play tennis the next day. I told my mom, and she said we could pray about it.



“God’s feathers can’t be ruffled,” she said. I knew that God didn’t actually have feathers! So I prayed about what she meant, since she had said that many times before. She meant God is not ruffled, impressed, or upset, so as His reflection, I can’t be either. God’s thoughts are gentle and calm, and mine can be, too.

I kept praying, since I still couldn’t walk normally. So I went back to my mom, and she told me that she had the same problem years ago, and it was healed really quickly. She had walked miles on the



beach when this problem happened, and she needed to walk miles back. So she told me she'd prayed with a few ideas. One of them was that she was praying to know she was spiritual, not material. Also, she remembered that she was having trouble with someone in her family. And she saw it was mortal mind, or error, trying to make her upset and present this ugly picture of irritation on her body. Then she thought about how God's "feathers are not ruffled!"

In a poem that is also a hymn, Mary Baker Eddy talks about being "like brother birds, that soar and sing" (*Christian Science Hymnal*, No. 30). Once my mom corrected her thoughts, the irritation on her body was healed.

I kept praying. I had been a little sad because my brother wanted to spend time with his first girlfriend, not me. My feelings were hurt, and I felt alone. But when I prayed about being "brother birds," I saw that it was my feeling left out that needed to change. I saw that I could never be left out of God's love. Divine Love is not limited; it is super huge (Mrs. Eddy says God, Love, is "infinite"), and God's wings cover me, my brother, his new friend, my family, and everyone and everything in the whole world!

That night I felt much better, and my brother sat with me at dinner. Also, he let me sit with him and his girlfriend at the tennis game. The next day my legs were fine, and I played all day. I had so much fun! And I was happy to understand that I could not be left out of Love. ●

Robert plays soccer and is homeschooled. His favorite subject is history, and he is interested in animal conservation.



Originally published in the February 23, 2015, issue of the *Christian Science Sentinel*.

All is well

By Sahil, sixth grade, Chandigarh, India

One evening I was cutting a bottle for a project. The cutter was very sharp, and it stuck in my hand. I removed it and yelled out in pain. My grandmother and mother came to help. My mother cleaned my hand and tied a small piece of cloth to cover it. She told me about God's love, which never hurts, and also reminded me of "the scientific statement of being" from *Science and Health with Key to the Scriptures* by Mary Baker Eddy (see p. 468), which I had learned in Sunday School.

I then called a Christian Science practitioner for help. She lovingly told me these words from *Science and Health*: "Accidents are unknown to God ..." (p. 424). She also said, "You are the expression of God, Soul, and Soul cannot have pain." I started feeling better and prayed with these spiritual truths. Soon the bleeding stopped, and my mother covered the wound with a fresh cloth. I felt much better.

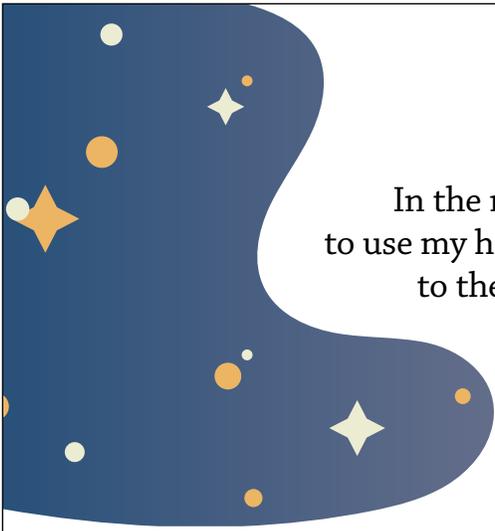
I prayed and remembered healings I'd had after falling from swings and while playing tennis. I was inspired and told my mother I wanted to sing a hymn from the *Christian Science Hymnal* with her. The second part of the first verse goes like this:

Precious is the Love that healed us,
Perfect is the grace that sealed us,
Strong the hand stretched forth to shield us;
All, all is well.
(Mary Peters, No. 350, adapt. © CSBD)

We sang the hymn together, and I really felt that "all, all is well." I had some food and went to sleep.

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In the morning there was no pain, but when I tried to use my hand, I had some difficulty. When I talked to the practitioner again, she told me that God always loves His children, and that I should thank God for His love. I thanked God for all the healings I'd had in the past.

Within two days, I could do all the things with my hand I usually do without any problem, and I don't have a scar now.

I was healed completely. I thank God, and I also thank the practitioner for her love and prayer. •

Sahil likes to play tennis and support hymn singing in Sunday School by playing the synthesizer.

Originally published in the March 2, 2015, issue of the *Christian Science Sentinel*.

When I said no to scary thoughts ...

By Zachary, seventh grade, New York

One recent winter I had many half days of school because of snow in our area. I was very excited for the weekend, too, because I had finished all of my homework and was looking forward to expressing joy in all of my weekend activities.

On a break from playing in the snow, I began reading a fiction book. The book was not a good choice because it talked about disease and said things about the sun that made me afraid. I like to be outside and began to think, "Maybe I have the illness the one character's friend has." I kept on reading. Suddenly, I snapped "awake." Why was I thinking these terrible thoughts?

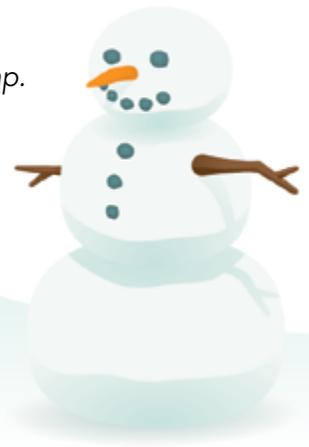
Sometimes things we read and see on TV and online put these little thoughts about disease into our heads. But I've learned we can immediately exterminate bad thoughts by listening to good thoughts from God. The illness in the book was not even real. It was imaginary. I

started to think about how every sickness and ungodlike quality is not real because God did not make it. So even though sickness may seem to lurk behind us, we don't need to be afraid. We can correct our thinking, throwing bad thoughts "out the window," exterminating them, so they won't bother us again.

What helped me was a very special line in *Science and Health with Key to the Scriptures* by Mary Baker Eddy. It says: "The blood, heart, lungs, brain, etc., have nothing to do with Life, God. Every function of the real man is governed by the divine Mind" (p. 151). This means that sickness cannot be a part of God's image, you and me. The Bible explains that we're made in God's image and likeness (see Genesis 1:26).

After praying this way, I wasn't afraid anymore and continued having an excellent day. ●

Zachary likes computers, playing sports, and going to summer camp.

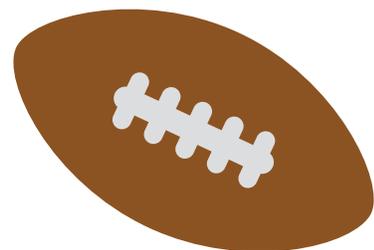


Originally published in the March 9, 2015, issue of the *Christian Science Sentinel*.

God is All!

By Noah, fifth grade, Missouri

Once when I was playing football on the turf at my school, I slipped and hurt my leg. But I had learned that pain didn't have power



over me because God is Love and God is All. I thought about the definition of *God* (see Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 587), which I had learned in Sunday School.



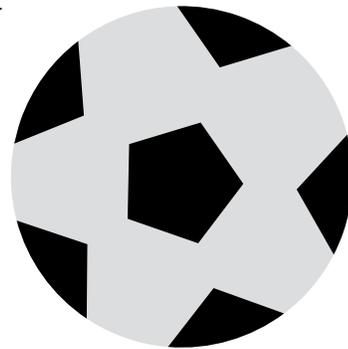
God is all-knowing, so He knows that good is what we are. He is all-seeing and sees only goodness. He is wise and loving, so He loves us no matter what. He is eternal and has no beginning and no end. There are seven synonyms for God—Life, Truth, Love, Mind, Soul, Spirit, and Principle. If God is all of these, and I reflect God, then that means I can express these synonyms!



Very quickly, I stood up and felt fine, so I continued having fun.

I knew very well that God can heal us, from a healing I'd had in third grade. I was going for a rebound in basketball and the ball fractured my finger.

When I was praying about this, I thought about how God isn't, wasn't, and will never be fractured. He is complete and He is All. I also thought that there is no pain in God. Soon the pain went away and I was healed. And now my finger is still perfect, just as it always was.



My parents are both Christian Science nurses, and they encourage me to open to a page in the Bible or *Science and Health* to find very Godlike inspiring ideas. I keep these ideas in my thoughts and use them to help me with healings. •

Noah likes playing basketball and soccer, and enjoys spending time with family.

Originally published in the March 30, 2015, issue of the *Christian Science Sentinel*.

Clear thought, clear skin

By Linden, *fourth grade, Missouri*

For a while, I had warts. They were mostly on one leg and foot. Sometimes, they got in the way, and I never wanted anybody to see them because it was embarrassing. I thought about them a lot.

My parents encouraged me to talk to a Christian Science practitioner, but I didn't want to. They were praying for me and sometimes gave me good ideas to think about, but I wanted to pray all on my own. Actually, I didn't work too hard at it, though. I kind of hoped that the warts would just disappear by themselves.

In the spring, the warts hurt, and I sometimes couldn't do what I wanted to do. At the same time, I was very excited to finally be going to a summer camp for Christian Scientists, but I was worried. It got hot there, and I would be in shorts and bathing suits all the time.

It was finally time to go to camp. I was nervous about people teasing me about the warts, and the idea of being away from my parents for a month seemed scary. I also felt happy, though, because I wanted to meet new people and spend time with some friends I already knew.

Throughout the summer, I had opportunities to make my thinking more spiritual. In my cabin, some people had a tough time getting along. But I realized that God, divine Love, put us together for a purpose, so Love was governing us, and we started to get along. Also, my first few nights of camp, the screen by my bed let in a lot of mosquitoes. They bit me and the bites were uncomfortable, and I was embarrassed by how I looked. I was also tired during the day because I hadn't been sleeping well. But I prayed to know that my happiness and energy come from God, and this helped me feel better. I was so grateful



to know how to pray the Christian Science way! As I rode horses, waterskied, swam (and passed a level!), laughed with my friends, climbed giant hills, and more, I was learning that God's love is all around us.

Before I left for camp, I thought I'd think about the warts all summer long, but I didn't. My thought was so full of good that there was no room for bad stuff to get in. I was knowing that I was God's loved child, so I was too busy expressing joy, happiness, love, gratitude, and helpfulness.

Soon after camp was over and I got home, I realized that the warts were gone! At first, I wondered what had happened. Then I realized that, all summer, I thought only about God's goodness. Half a year later, I realized that even the scars from those warts were gone. I am very grateful that God takes care of everything; God's truth gets rid of the whole error, not just "most of the problem." Clear thought, clear skin! ●

Linden likes sports, playing the clarinet, and singing. She also likes jumping on the trampoline with her brothers, playing with her dog, Tessa, and writing notes to people.

Originally published in the April 6, 2015, issue of the *Christian Science Sentinel*.

God knows me, and error doesn't!

By Whitney, third grade, California

One morning I went into my mom and dad's room and told them that my stomach hurt. Right that minute, we started praying. My mom and dad were telling me the truth about me. They reminded me that God can't make His children sick. God loves us.

My mom called a Christian Science practitioner for help. The practitioner told me that my upset tummy was like



a bad dream. And I could “wake up” from it. This was a helpful thought because I understood God and His loving protection.

Later when I went to bed, an angel came to my thinking (see definition of *angels* in *Science and Health with Key to the Scriptures* by Mary Baker Eddy, page 581). The angel was a thought that went something like this: “Whitney, I will protect you.” This angel thought had to be from God! It couldn’t have been from error. Error doesn’t know who I am, and it can’t tell me I am sick. Error is a mistake. It’s a belief that God is not All.

The angel thought I heard was good and helpful. I had learned in Sunday School that angel thoughts are always good, not bad. So understanding this made me feel comforted. I started to feel better and my stomach stopped hurting. This was a fantastic healing! ●

Originally published in the April 27, 2015, issue of the *Christian Science Sentinel*.

He gives His angels charge o’er thee,
No evil therefore shalt thou see;
Thy refuge shall be God most high;
Dwelling within His secret place,
Thou shalt behold His power and grace,
See His salvation ever nigh.

—Tate and Brady, *Christian Science Hymnal*, No. 99, adapt. © CSBD

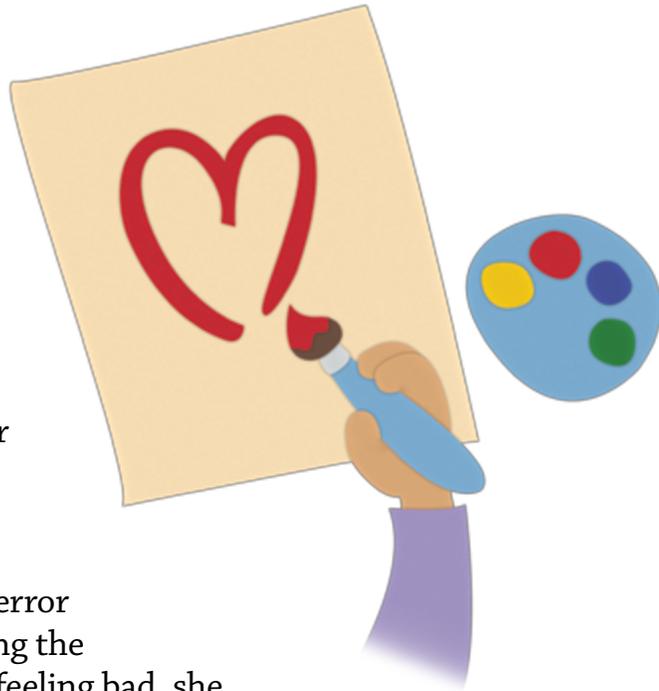
Love is what’s real

By Sky, fourth grade, Washington

One morning I got up to get ready for school but didn’t feel well. It was going to be an art day, and I like art a lot. I watched my brother and sister go outside and get on the school bus. I wished

I could go with them.
Instead, my dad helped me
into my room.

While I was in my room
I did my homework and also
thought about a healing my
Sunday School teacher told us.
She had a headache one day and
knew it was just bad thoughts, or
“error,” trying to make her think
God, Love, wasn’t with her. She
knew she could pray and lift her
thinking above the error, so the error
would disappear. Instead of saying the
day was ruined because she was feeling bad, she
felt her thoughts being lifted up, up, up, to God’s love.
She was healed.



The teacher also told us that God is good and is All. If God doesn’t
make something, it doesn’t exist. I tried lifting up my thoughts to God.
It didn’t work right away, because I had a lot of other thoughts like
“My stomach doesn’t feel well” and “I don’t want to talk because my
throat hurts.”

My mom came into my room and started reading the Christian Sci-
ence Bible Lesson to me. The subject was “Love,” and it started with,
“Love is of God” (I John 4:7). She read for a really long time—about 30
minutes. By the time she was finished reading and talking with me, it
felt like Love was the only real thing.

Love is the only creator, because Love is God. We’re not made up of
hate or sadness. We’re totally made by Love. I knew my throat couldn’t
hurt because all there is, is Love.

I thought about my Sunday School teacher’s healing again. That
lifted all my bad thoughts away, and a couple of hours later I realized I
was completely fine. I was so grateful that I was healed.

The next day I went to school, and all my homework I did the day
before was perfect! I got all “checks,” which means everything was

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right. There were no X marks on my homework. That was the first time that happened. Knowing more about Love erased the mistakes from my thoughts, too. ●

Sky likes swimming, soccer, and acting.

Originally published in the May 18, 2015, issue of the *Christian Science Sentinel*.

*Beloved, let us love one another: for
love is of God; and every one that loveth
is born of God, and knoweth God.*

—I John 4:7

God was telling me the way

By Alex, prekindergarten, New York

Alex told his healing to his dad, who helped him write it down so he could share it with us.

Alex says ...

Here's a healing from a cruise with my family. One night, my dad took my two brothers, my sister, and me to the arcade. Then I got lost and I couldn't find anybody. I thought my family went back to the cabin. I went to the elevator to go find the cabin. I was afraid because I was alone, but I knew God was with me, even when I was walking to the elevator. That made me feel better. I knew where to go because I had my room card on a strap around my neck, and the key had our room number.

I got off the elevator at the second deck; God showed me how to find the cabin. I was thinking about the part of a hymn I sing in Sunday School that says, "Shepherd, show me how to go" (Mary Baker Eddy, "Feed My Sheep," *Christian Science Hymnal*, No. 304). But

nobody was in the cabin, so I took off my shoes and lay down. Some scary thoughts tried to make me afraid, but I knew God loved me so much. I really felt that.

God told me to throw the bad thoughts into the garbage and to listen to only good thoughts like these: God is everywhere; God is always loving me; and God is here, making me happy and telling me the way to go. Soon I fell asleep. Then Ricky, my biggest brother, came into the cabin and found me. God brought me back together with my family. This showed me that when I listen to the truth, I can feel how God makes us safe, even if I'm all alone on a huge cruise ship.

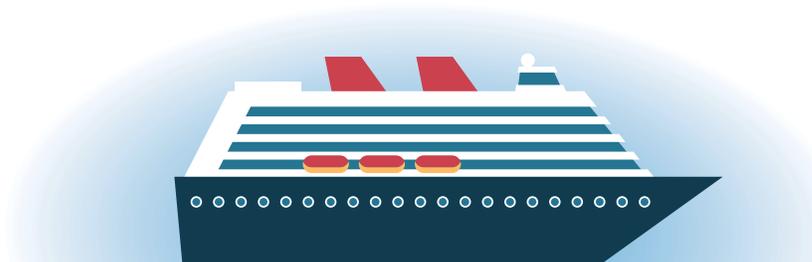
Alex plays ice hockey, tap-dances, swims, and skis.

Alex's dad says ...

When we noticed that Alex wasn't around, my three other children and I began running around to find him. Nothing. So we went to the ship's front desk to ask if somebody had seen Alex. Nobody had seen him, and the clerk told us to look around a bit more before filling out a missing person report.

We returned to the arcade, but Alex wasn't there. Soon we found my wife, who had not been in the arcade. Now everybody was nervous. As we talked about how to find Alex, I was silently praying to know that God is All and includes us all as His spiritual ideas, and that no idea of God could ever be lost. Although our eyes couldn't see Alex, God was with Alex, taking care of him. My kids and I returned to the front desk while my wife continued searching the arcade.

As I began filling out the missing person report, I felt calm, and suddenly I had an angel thought: Send Ricky (Alex's biggest brother) to the cabin, because maybe Alex found his way there. A couple of



minutes later, as I was giving the report to the clerk and describing Alex to a security officer, the clerk's phone rang. Ricky was on the phone line; he was in the cabin with Alex.

I'll never forget walking into the cabin. Alex was sitting on one of the beds with a big soft smile, perfectly calm. When my wife asked Alex how he got to the cabin, he said, "God was telling me the way." •

Originally published in the June 1, 2015, issue of the *Christian Science Sentinel*.

Let's be good porters!

By Kathryn Knox

Do you know what a castle looks like? Some castles were built with moats of water and drawbridges. Many others had a big locked-and-barred door.

If you were a person who didn't belong in the castle, would the person guarding the door just let you come in? I don't think so! If you wanted to get in, and were planning to do something bad, you might try to lie to trick the person at the door to let you inside. The person at the door always had to be alert.



In *Science and Health with Key to the Scriptures*, Mary Baker Eddy writes that we should "stand porter at the door of thought" (p. 392). One definition of a *porter* is a person guarding an entrance, like the

person guarding the castle. A porter is a doorkeeper. To be a porter can also mean guarding the “door” of our thought. What does this mean?

It means that we should let in only thoughts that are good and true—thoughts that come from God. For example, thoughts such as God is good, and you love being good because He made you in His image. Here’s another: God is with you, and keeps you safe as you learn how to swim.

We need to be watchful porters to keep out thoughts that do not come from God. For example, sometimes a thought comes like a trickster who pretends to be your own thought, trying to sneak in through the door. The trickster uses *I* like this: “I am afraid.” “I am sad and no one cares about me.” Or, “I am sick and don’t feel like praying.” But those thoughts are not your thoughts. They do not come from God, and they cannot come in and make you feel bad without your permission.

You are a *good* porter when you know yourself to be God’s spiritual likeness, and you find happiness in loving and caring for others. You are guarding your thoughts and you are not tricked by lies. You know that God doesn’t send sickness, because God is good. You love praying every day to feel and express God’s love.

You can be a good porter anytime by getting quiet and being alert to the thoughts that are coming to you. Are the thoughts you are thinking from God, good? You can decide right now to let in and listen to only the good thoughts that come from God.

You will feel strong and close to God’s love—healthy, free, and comforted—as you do this more and more. Messages from God, your Father-Mother Love, are always welcome at the door of your thought. No one and nothing can close the door of your thought on those messages. ●

Originally published in the June 8, 2015, issue of the *Christian Science Sentinel*.

Stand porter at the door of thought.

— Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 392

I prayed for my brother

By Blake, second grade, Utah

One day my brother Gavin and I were balancing on the couch. I pulled his foot out from under him. Gavin hit his ribs and neck hard on the wooden frame of the couch. Then mom yelled at me and sent me to my room.

I started praying while my dad stayed with Gavin. I prayed that Gavin is a spiritual idea and can't be hurt. God is All-in-all and Gavin reflects divine Love, so he can't be hurt.

My mom came upstairs and started scolding me before I could finish my prayer. Then we went to the hall and talked more calmly. Dad soon came upstairs with Gavin and said Gavin was OK. I felt so good when I saw Gavin was OK!

After that, my brother and I started to play again, and no one was angry. The next morning Gavin said, "Nothing hurts!"

My mom told me that while she was so busy being upset, I was helping Gavin by praying. Prayer heals, and that's what I used to heal Gavin. ●

Blake's favorite subject in school is reading. He also likes building with LEGO® bricks and learning about Christian Science.



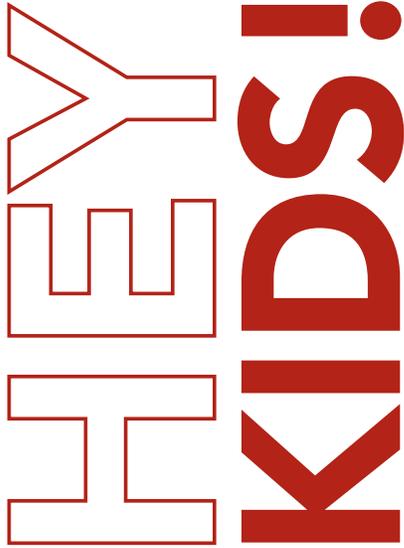
Originally published in the June 29, 2015, issue of the *Christian Science Sentinel*.

*Brood o'er us with Thy shelt'ring wing,
'Neath which our spirits blend
Like brother birds, that soar and sing,
And on the same branch bend.
The arrow that doth wound the dove
Darts not from those who watch and love.*

—Mary Baker Eddy, *Christian Science Hymnal*, No. 30

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