



CHRISTIAN SCIENCE Sentinel

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

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**THE
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Happiness and home

By HANNAH SIPE

Many people would gladly jump at the opportunity to live in Hawaii, but I didn't feel the same.

When my parents told me we were moving there, I threw myself down on the ground and burst into tears. I was miserable with the idea and was a very unhappy camper. I didn't want to feel stranded on some island in the middle of the ocean, disconnected from everything. Years later I was still holding on to the pain of leaving my "perfect" life behind in California. I was pretty much a walking pity party.

As time went on, living in Hawaii wasn't so bad, but I still had a hard time being genuinely happy. When I did feel happy, it was because I was relying on other people and circumstances for my happiness. To me, the only thing that would fix this was if I moved back home to California.

I felt like I was faking my way through life. This resulted in feeling unconfident, ungrateful, and dissatisfied. Even though I knew this needed to be healed, I chose to push this intuition aside. And when I came back to Hawaii after a year away traveling, the unhappy feelings were back and stronger than ever. Throughout the tough times, my parents were praying about this situation and wanted me to be happy.

Eventually I realized I was not appreciating all the good God was providing for me, good that was spiritual and already present. I was either stuck in the past or living in thoughts about the future. I couldn't find peace of mind because I was looking for it in the wrong places.

On a night when I was especially struggling with this issue, I finally turned

to God. I opened up to page 58 in *Science and Health with Key to the Scriptures*, where Mary Baker Eddy says, "Home is the dearest spot on earth, and it should be the centre, though not the boundary, of the affections." I suddenly felt a lot more at peace.

I realized I could never be disconnected from good because God would always be there and I could never be separated from Him or the right spiritual idea of home. This was a cornerstone in the change of thought that I had. Hymn 69 in the *Christian Science Hymnal* says, "Give me, O Lord, an understanding heart, / That I may learn to know myself in Thee" (James J. Rome). I began to focus on what was in my heart and on purifying my motives, instead of focusing on my circumstances. And in turn that led to learning more about who I was as the child, the expression, of God, and to growing spiritually.

All of the negativity that I had been feeling about my situation completely disappeared because I started to rely on God. No longer was I relying on other people or a certain place to provide happiness. I was happy because everything became inspiring to me and I felt surrounded by God's love. This caused me to be at peace with myself and become grateful for the opportunity to live right where I was.

I started living my life to the fullest and getting involved with different sports and making friends at school.





No longer was I relying on other people or a certain place to provide happiness.



Since I was content with my life and myself, new opportunities were constantly presenting themselves. This healing has given me a solid spiritual foundation on which to build. ●

Hannah Sipe will be a junior in high school in the fall and enjoys playing soccer and tennis. She also loves traveling and spending time with her friends and family.

Originally published in the July 13, 2015, issue of the *Christian Science Sentinel*.

'Gather out the stones'

By KATHRYN KNOX

Two teacher friends I know, Todd and Jeff, enjoyed hanging out together, but they were also competitive and often played creative tricks on each other.

Once, Todd tied a lot of forks and spoons under the hood and on the radiator of Jeff's car so that when he started the car in the morning to go to work, it would sound as if the engine were clanking and falling apart. Jeff got back at Todd by rearranging his whole classroom, turning all the desks upside down, and adding dozens of plastic flamingos all over the place.

Many times, they went on hikes or played sports together. On one particular hike, they decided to pack into the high

country and peak a mountain. Todd, who was very athletic and taught physical education, was surprised at his lack of endurance on this hike. He kept needing to stop on the mountain and rest, and had a slower pace in comparison to Jeff.

Todd finally arrived at the top, really exhausted. When Todd and Jeff unpacked their backpacks, Todd realized that he had been carrying quite a number of large, heavy rocks, which Jeff had added to Todd's pack at every resting place along the trail! Todd hadn't checked out what he was actually carrying, and this made his hike really difficult.

Isaiah 62:10 encourages us to "gather out the stones"—which is a great met-

aphor for being active in identifying and removing whatever would drag us down, make us neglect our duty, or inhibit our spiritual growth.

Just like carrying those rocks, plowing on through our days, without examining what we're mentally carrying, can limit our forward movement. Heavy thoughts can be added to our daily mental journey without our realizing it, unless we are being alert.

We might, for example, start to feel burdened or really stressed out. We can start to feel like a victim, or become afraid that something bad is happening (or bound to happen) in our lives, friendships, or bodies. We might think we don't have what it takes when it comes to school or a career. We may worry about not finding the right relationship that will last. We may even feel the world in front of us is out of control and there's nothing we can do about it. Heavy burdens to carry, for sure! These fears are all based on mental suggestions that don't come from God, Mind.

An experienced hiker once said that it's just as important to know what *not* to take on a long hike as what to pack. How do we identify early on what we're mentally accepting for our journey ahead, and assess whether it's helpful or not? One way is to commit to being a disciple, disciplined in giving time and attention to spiritual preparation. Mary Baker Eddy uses the phrase "in proportion" many times in her writings. In *Science and Health with Key to the Scriptures*, she says, "We approach God, or Life, in proportion to our spirituality, our fidelity to Truth and Love; and in that ratio we know all human need and are able to discern the thought of the sick and the sinning for the purpose of healing them" (p. 95). Also, "The human mind acts more powerfully to offset the discords of matter and the ills of flesh, in propor-



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tion as it puts less weight into the material or fleshly scale and more weight into the spiritual scale" (p. 155).

Proportion is related to the ideas of balance, coherence, consonance, orchestration, harmony, symmetry, and unity. Think of all the ways those concepts are important to your learning, to your relationships, and to your daily victories. Think of how putting weight into those areas can make a difference. Here are a few ideas young students of Christian Science have shared with me, ones that have helped them in praying and listening to God.

—Wake up just a little bit early and give yourself the gift of spiritual nourishment in prayer before you even get out of bed. Let refreshing thoughts of Spirit's omnipresence be your first thoughts.

—Write a note about a spiritual concept that you want to apply through the day. Read it when you can.

—Stay alert to claims of limitation, oppression, materialism, or contagion in their various forms—from images of hopelessness in the news to celebrity chatter, to coughing and sneezing overheard in class. You can flip the scene, knowing what's spiritually true with the purpose of healing. Your prayers can contribute to clearing up misconceptions of who we really are.

—Before sleep, take a few minutes to immerse in the spirit of God's loving embrace, safety, and comfort. Feel it. Claim it.

These types of habits promote spiritual growth. Just as we wouldn't par-

ticipate in a soccer tournament without giving time to practice, we have to give adequate and consistent time to our spiritual growth.

Think about what you're carrying that doesn't serve you, and "gather out

the stones" that are weighing you down. Enjoy praising Mind, Life, Soul, in your daily walk, making sure heavy burdens are not imposed on you. Then you can more effectively meet challenges along the way. ●

Originally published in the August 3, 2015, issue of the *Christian Science Sentinel*.

Genuine healing

By MERRAN WALLER

I had a healing! It's one that I'm so grateful for.

One day late last summer, when my mom and I were riding our bikes on flat terrain, my ears started to feel badly plugged up and they hurt. Immediately I had a pure, simple thought (something about being kind to others, as I recall), and my ears popped so that there was some relief.

Then an angel message came to me—it was the importance of being "genuine"—and I realized that my ears

popped a little more each time, the more I cherished genuine, spiritual, productive, grateful thoughts.

Sometimes it's easy for me to over-complicate Christian Science healing; however, this time I was happy just to be in the moment and willing to receive angel messages from God. As I wondered what else to pray about besides being genuine, I remembered something my grandmother had told me the day before about God's qualities. We had talked

What came to me was a desire to praise God and to see His full expression in myself and everyone around me.

about the fact that each of us is the expression of God, but that we all express God's spiritual qualities in an individual and unique way.

As I searched for a comforting thought, the idea came to me that when we're genuinely striving to see only good, we're naturally going to find it. What came to me was a desire to praise God and to see His full expression in myself and everyone around me.

Hymn 30 from the *Christian Science Hymnal* comforted me. The words come from a poem by Mary Baker Eddy. It starts this way: "Brood o'er us with Thy shelt'ring wing," and it continues, "Pray that his spirit you partake, / Who loved and healed mankind." It was so clear to me that we are all God's children and that He takes care of all of us, all of the time. The hymn also assures us, "The arrow that doth wound the dove / Darts not from those who watch and love."

As I began watching and loving more,



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being careful to accept that only God's goodness is real, and loving the goodness I saw around me, I felt more of the "purity and peace; hope and faith" Mrs. Eddy refers to in her definition of *dove* in *Science and Health with Key to the Scriptures* (p. 584).

All of these ideas kept pouring in, and my ears were feeling better. When my mom and I arrived back home after a few hours, I told my mom about my healing and how grateful I was. She shared this verse from a hymn, also a poem by Mrs. Eddy:

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And o'er earth's troubled,
angry sea
I see Christ walk,
And come to me, and
tenderly,
Divinely talk.
(*Christian Science Hymnal*, No. 253)

I felt such overwhelming joy, gratefulness, comfort, and love that I couldn't help but smile, and it was then that my right ear fully popped. And that was the end of the problem. I am so grateful for this experience and for God's constant, loving care! ●

Merran enjoys spending time with her family and hiking outdoors. She also loves playing soccer.

A memorable healing

By RUTH COOLIDGE

For a couple of years I had warts all over my hands. I was very bothered by them to the point of sitting on my hands or keeping them folded up in my lap. I never let anyone see my hands, if I could help it, because I was so embarrassed. I was also annoyed and discouraged that no matter how much I prayed about the issue, the warts remained. I alternated for a while between doing nothing to address the situation, and praying the best I knew how. My mom printed out lots of testimonies from the *Christian Science* periodi-



icals on healings of warts for me to read. While I loved the ideas shared, the testimonies frustrated me even more since I felt that I understood my spiritual perfection just as much as those people, but I still wasn't experiencing healing. I had firmly established in my thought that I was made by God as spiritual and perfect, that nothing ugly could latch itself to my true self, and that, because I understood this, I could expect to see the proof of my spiritual perfection in healing. I felt that I "got it," so I couldn't understand why the warts were still there! Eventually, I stopped obsessing

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I then realized that my healing was completely valid and it was done.

about the issue. If I happened to start focusing on my hands too much, I would reaffirm what I knew to be true spiritually, and then move on. There was no more work to be done, I felt sure. I felt I understood what I had to understand.

Then I started going to a small experiential education school in the western part of the United States, where Christian Science is part of everyday life. We were encouraged not to be afraid of challenges, but to let relying on God become more natural. The warts were still on my hands, but in the busyness and adventure of life at school I completely forgot about them.

After a few months at school, I noticed the warts getting smaller, and a few weeks after that they were gone completely. I was happy, of course, but I also didn't feel that this was a "real healing." I felt as if all I had done was give up and stop thinking about it, and I didn't think the experience was worth sharing. Then, in a Christian history class, which our whole school attends on Sunday nights, we started reading *Mary Baker Eddy: Christian Healer*. I really connected with this quote: "Stop trying so hard, make less of *personality*; know yourself, that you have nothing to treat; quit arguing so much. Have faith, by understanding that if *you believe* what you argue, it is already done" (Yvonne Caché von Fettweis and Robert Townsend Warneck, *Amplified Edition*, p. 227).

Relief washed over me. I then realized that my healing *was* completely valid and it was done. I had no longer been concerned that the warts would never go away, because I knew they never were part of me to begin with. And soon after that, they did disappear. I am so grateful for this healing!

Karen Coolidge (Ruth's mom)

In my daily Christian Science treatment for my daughter, I knew that she had the right to live with complete freedom and health, that she was right now the beautiful, clear, radiant reflection of divine Soul, and that all anyone could see in her was her God-given perfection. I knew that God didn't create anything that could harm, poison, or irritate her and that mortal mind could not deface the tablet of her being (see Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 227).

Also, this line from *Science and Health* was my constant companion: "A spiritual idea has not a single element of error, and this truth removes properly whatever is offensive" (p. 463). I also found many healings in the periodicals, which gave me comfort and conviction that this healing was inevitable.

I was always so grateful that my daughter's friends never drew attention to the warts. When she started the new school she mentions, I wanted her to have a fresh start, so I was disappointed that the warts were still there at the beginning of the year. But I persevered in my prayer and trusted that her perfection was intact.

When we went to visit our daughter for Thanksgiving, I was watching the adults and students play a game of street hockey. There I saw proof that the kids were truly, and lovingly, seeing my daughter as God's beautiful, perfect child, and so should I. I felt a huge burden lift off my shoulders.

When she came home for Christmas, there was evidence that the warts were disappearing. By the end of the break, they were gone. I am truly grateful for the certainty of healing when we trustingly turn to God. ●

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Designed to reflect God

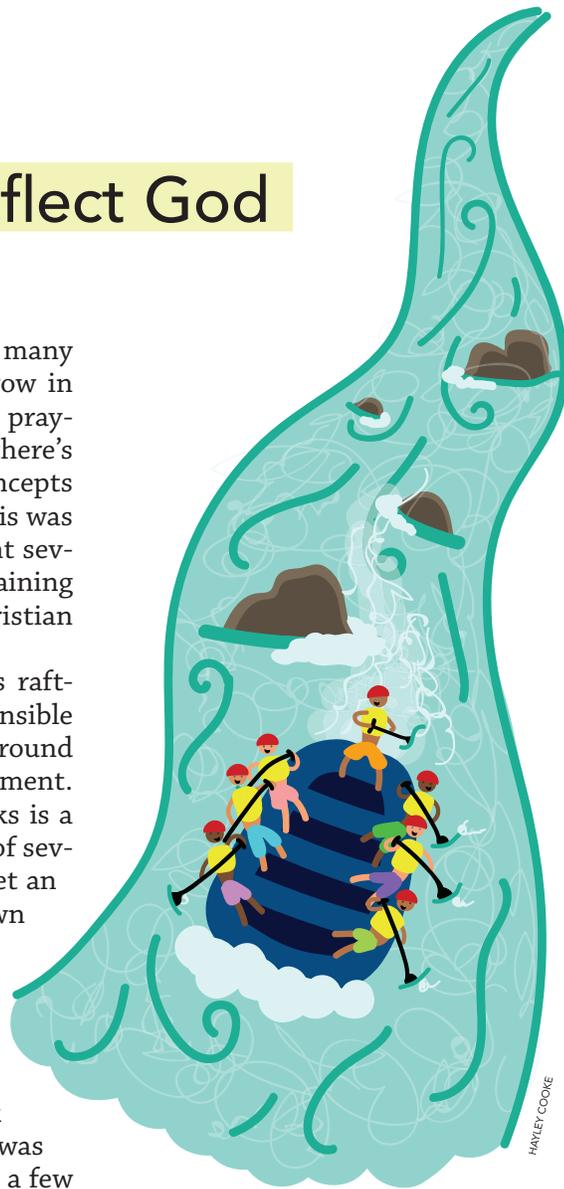
By MICHAEL UPTON

Throughout my life I have had many opportunities to learn and grow in Christian Science by reading and praying alone, but I've also found that there's a lot to be learned from sharing concepts and spiritual ideas with others. This was the case last summer, when I spent several months as a counselor-in-training [CIT] at a summer camp for Christian Scientists.

My "major" that summer was rafting, and, being a CIT, I was responsible for the safety of all the campers around me and also the care of the equipment. The way the rafting program works is a fellow counselor and I lead a boat of several campers, and most days we get an opportunity to take the boat down different rapids on the river.

It was midway through one day when the boat accidentally hit a rock and I was knocked out of the boat. When I fell out, I smashed my shin against a rock before I pulled myself back in. It was not immediately painful, but after a few minutes my leg hurt a lot and I saw that there was a deep dent in the shin bone, where I had struck the rock. At first I didn't feel as if I needed to pray, but later that night when I continued to feel pain, the idea came to me that God was always with me and there was no other power, nothing that could separate me from the love of God.

The next day my leg didn't hurt at all, and I was able to go about my CIT duties as usual—until partway through the morning when I bumped my leg on a chair while I was setting up for lunch. The pain I felt was very intense, unlike anything I had felt before, and this was



alarming. I continued to pray, knowing God was with me and governing me, and I couldn't be in pain under His care. While the pain subsided momentarily, other knocks brought it right back.

Later on, I was talking with a camper about the concept of evil. This camper had confided in me that he was having trouble understanding how everything could be made good by God and be rooted in His love, and yet we see so much evil in the world, from kidnappings in the news, to natural disasters, and more. As we sat down on the lawn, I told him

this was something I'd struggled to understand, too. While we talked about it, I shared what had been helpful to me in the past.

I told him that we're designed to reflect God's good qualities. That's our only purpose as God's children since we are God's spiritual expression. But sometimes we get caught up in our day-to-day lives or in scary news headlines, and forget what we really are and what we're made to do. It can be easy to buy into a picture of a material world, in which people are susceptible to fear, or injury, or lack. But that view is mistaken. God's creation is totally spiritual, and our role within that creation is to reflect God through spiritual qualities such as honesty, strength, and love for others. When we truly understand who we are and express these qualities, that's showing us our purpose as children of God, and we're proving it.

If we forget the path we've been shown by God, and buy into a picture of ourselves as helpless, or sick, or injured, we're believing that we're not God's ex-

pression but something material. But we're never helpless, since we can pray to remind ourselves that God created us, and everyone else, spiritually.

As I talked this over with the camper, it became clear to me that I had been forgetting my spiritual identity, which is always free, complete, and whole. A picture of an injury was never true about me, so it didn't have any power to stop me from expressing God. Such a picture was unreal and false, and couldn't keep me from performing my job as a CIT. I was doing good at a place so dedicated to God, Love. How could I forget who I really was even for a second?

With that thought, immediately I felt good. The next day I again grazed that same spot on my leg, but no pain came. The rest of the session was great, and I love how I can look back on this healing experience when I need some inspiration. ●

Michael enjoys playing musical instruments—specifically the piano, violin, Peruvian nose flute, didgeridoo, and the theremin.

Original published in the September 21, 2015, issue of the *Christian Science Sentinel*.

A deeper understanding

By SHANNON NAYLOR

When I was 16, I had a couple of different healings that deepened my understanding of Christian Science. The first happened toward the end of my junior spring, during softball season.

One day while we were doing a throwing drill, I turned away from the

field to listen to one of my coaches. A teammate had thrown the ball to me, a hard line from first base to left field. She shouted at me, and I turned around just in time to “catch” the ball with my face.

It had been a hard, fast throw, and my team rushed over, worried that I had

been hurt. I asked if I could go to the locker room. I appreciated the team's concern, but I knew that I didn't want to let their fear affect me. So I wanted to get my thoughts in order.

I wasn't in significant pain, but I could still feel where the ball had hit me. As I walked to the locker room, I remembered part of this passage from *Science and Health with Key to the Scriptures* by Mary Baker Eddy: "When an accident happens, you think or exclaim, 'I am hurt!' Your thought is more powerful than your words, more powerful than the accident itself, to make the injury real.

"Now reverse the process. Declare that you are not hurt and understand the reason why, and you will find the ensuing good effects to be in exact proportion to your disbelief in physics, and your fidelity to divine metaphysics, confidence in God as All, which the Scriptures declare Him to be" (p. 397). I silently declared that I was not hurt, but cared for and loved by God, as His perfect spiritual expression.

I remembered another time I'd been hit with a softball, and the laces had left



marks on my leg for days.

I was afraid that this instance would leave a mark, but I also almost wanted a "battle scar" to show off at a play rehearsal that night to prove it had happened. Neither of those thoughts came from God, though, and I knew I didn't actually want to give in to any part of the suggestion that I could have been hurt. I discarded them and reaffirmed that God's children could never be impressed or affected by mortal mind's false claims, because God's children express God, the only Mind. And I knew that the spiritual truths I'd been praying ap-

plied both to my teammates and to me.

When I reached the locker room, the pain had evaporated. I joined my team, and they checked on me politely, but without their previous worry. One of them commented that she was surprised that there was no mark, not even redness, despite the fact that it had been only a few minutes since I'd been hit.

The next healing occurred that summer at a Christian Science summer camp. I was in the rafting program, and I loved the challenge and opportunity to try things outside my comfort zone, knowing that I was surrounded by God's loving protection.

In the middle of a long day of rafting, my stomach began hurting. I told my counselors that I wasn't feeling well, and they had me sit in the middle of the raft so I didn't have to paddle (sometimes called "sitting princess"). We weren't near a good place in the river to stop, so I did my best to pray as the boat continued down the river. I tried to be calm and listen to God, but it was hard to focus on praying as we navigated rapids.

We stopped at a place called Jump Rock, where we could pull the rafts out of the water and have a snack. It was also where we could climb up a large rock that stuck out over the river and jump into the water, which I loved doing each time we rafted this section of the river. I felt disappointed that I wasn't feeling well enough to join in.

Most of the counselors were making sure that the rafts were secure or taking up lifeguard duty. One of my friends, a counselor-in-training at the time, came over to where I was sitting. He assured me that "all will be well" (Mary Peters, *Christian Science Hymnal*, No. 350). He stepped away, then turned back to correct himself: "All is well."

He went on his way to help lifeguard, but I started mulling over the difference

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between his two statements. It wasn't that the first one was wrong. It was true that all would be well—God's government wasn't going to dry up and blow away like leaves at summer's end. It was permanent. But the statement implied a present exclusion of good—that while now wasn't so great, the future would be. That was why my friend had turned back to correct himself.

I considered how my Sunday School classes had talked about God as infinite, without beginning or end. God always *is*,

no matter how we describe our relationship to Him in terms of time. All of God's goodness had to be true right then, had been true when it first felt as if something was wrong, and would continue to be true in all future "nows." It was impossible for me ever to be separate from God, good.

Immediately, the stomach pain evaporated, and I felt lively, active, and grateful. I was able to join my fellow campers on Jump Rock, and I'm pretty sure I hollered, "All is well!" as I leapt into the river. ●

Originally published in the October 12, 2015, issue of the *Christian Science Sentinel*.

Learning to trust God

By *CLAIRE LECORNU*

It's easy to think that we know ourselves better than anyone else knows us. However, over the past year or so, I've learned that God knows each and every one of us better than we know ourselves.

Two years ago, when I was a high school senior, I hadn't realized that concept yet. As I was applying to colleges, there was one school that I had my heart completely set on. It seemed as if it would be the perfect fit. However, I never truly "consulted" God throughout the entire college application process.

I had been attending a Christian Science Sunday School for the past 15 years or so, where I had learned that I would always be in my right place. In other words, I was always in the care and presence of God. At the time, though, I believed being always in "my right place" meant that if I thought a specific school was the

right one, then it had to be, even if this wasn't a spiritual intuition I'd received.

I soon learned that this was not the case. A few months after I applied to my top-choice school, I got a rejection letter in the mail. At first, I just felt really sad about the letter, but soon I started to feel angry with God. Why would Father-Mother God prevent me from being in my right place, I asked myself? Why would He not want me to attend the school that was so perfect for me? Was my concept of God as good and loving all wrong?

During this time, my parents kept reminding me that God is always guiding us. They reminded me of a passage from the Bible when Jesus prayed to God, "Not my will, but thine, be done" (Luke 22:42). My parents encouraged me to recognize that where God guides us may be different from what we plan,

but that we should want to follow only where God leads. I tried to pray with this concept but struggled to fully grasp the idea.

I ended up enrolling at a school that I had considered to be my “backup,” because it seemed like the best option out of the schools that had accepted me. By the time move-in day rolled around, I still hadn’t been able to get past the bitter feelings of disappointment in myself and anger toward God. I felt that I couldn’t trust God’s plan for me and that this school wasn’t where I belonged. I wondered whether I would fit in or make any friends, whether I would get along with my roommate or earn good grades.

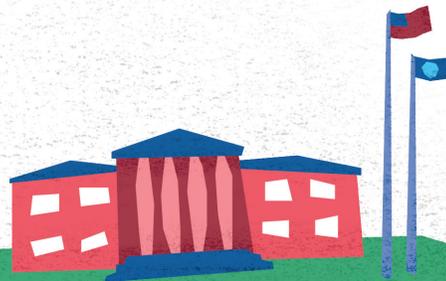
While sitting in a rental car with my mom, I shared these concerns with her.

My mom repeated something she had told me on many other occasions. She reminded me that disappointment is unfulfilled human will. By this she meant that when we focus solely on our material goals without input from divine inspiration, we can never be fully satisfied. As long as I was obedient to God’s will, I could never be disappointed.

As I said goodbye to my mom and walked back to my new dorm room, I worked on relinquishing the anger and disappointment. I tried to replace them with trust in God and the knowledge that I would always be led to my right place. Each one of us is God’s spiritual reflection, expressing His unlimited goodness. So as I went through orientation, I did my best to bring a positive attitude, remembering that good is spiritual and comes in an abundant flow from God, not from an acceptance letter.

In that first week, I made many new friends and came to recognize all the great things this school had to offer me. My concerns disappeared by the end of the first month. It couldn’t have been a better fit!

This experience helped me recognize that there’s never any need to worry about what God has in store for us. Our Father-Mother God governs all of Her children, and when we under-



KEN BAUGHMAN—STAFF

stand this, we are always exactly where we need to be. Because I understood this concept, when it came time for me to decide what I would be doing during the summer, I never felt any anxiety. I immediately turned to God, trusting that the good God had for me was greater than anything I could come up with myself.

In the spring of my freshman year, I started looking for summer internships. I continually prayed with a passage from *Science and Health with Key to the Scriptures* by Mary Baker Eddy that says: “Let neither fear nor doubt overshadow your clear sense and calm trust, that the recognition of life harmonious—as Life eternally is—can destroy any painful sense of, or belief in, that which Life is not. Let Christian Science, instead of corporeal sense, support your understanding of being, and this understanding will supplant error with Truth, replace mortality with immortality, and silence discord with harmony” (p. 495).

I knew that God had always taken

care of me, and I had no reason to think that wouldn’t be the case this time.

I found an internship that would allow me to live at home during the summer. It was with an organization that had exactly what I was looking for. I loved my work and made good friends with the other members of the office. Once again, I was lovingly placed exactly where I needed to be.

Christian Science teaches us that all-knowing, all-acting God constantly cares for all of us. Our Father-Mother knows us better than we know ourselves, because God knows our real identity, how He really made us as His expression. And because of this, God is able to give us everything we need. When we let go of self-will, we let go of our vulnerability to disappointment. When we “trust in the Lord with all [our] heart; and lean not unto [our] own understanding” (Proverbs 3:5), we can’t help but let God direct our paths. ●

Original published in the October 19, 2015, issue of the *Christian Science Sentinel*.

What I’ve learned about Mary Baker Eddy

By MIKAELA ALIOTO

In Sunday School earlier this year we were sharing things that had inspired us, and I heard myself saying, “Mary Baker Eddy is secretly fabulous!”—“fabulous” as in extraordinary, good, and wonderful. The teacher smiled and asked me to say more about what I meant by

that. As I was reading a biography of Mrs. Eddy’s life, I had learned some unexpected facts about her and how she lived. This was helping me understand how to keep a better spiritual focus while living in the world and staying up with the times. >

As Christians we often hear that we should be “in the world but not of it,” which relates to a statement Christ Jesus makes in John 17:14–18: “I have given them thy word; and the world hath hated them, because they are not of the world, even as I am not of the world. I pray not that thou shouldst take them out of the world, but that thou shouldst keep them from the evil. They are not of the world, even as I am not of the world. Sanctify them through thy truth: thy word is truth. As thou hast sent me into the world, even so have I also sent them into the world.”

However, with teenagers (and maybe adults, too) there is this culture of “things”—a heavy emphasis on style trends, food, technology devices, pop culture, social status, whom you’re hanging out with, what you post on social media, etc. Although I enjoy many of these things and keep up with the latest trends, I’ve been trying to find the right balance with religious study and spiritual growth.

Many wouldn’t associate religion with being up to date or in tune with the times. In fact, a life devoted to spiritual study can seem, on the surface, to contradict a love of modern trends and technologies. I know I pictured Mary Baker Eddy, as the Discoverer and Founder of Christian Science, spending her whole day reading the Bible and sitting in quiet prayer. And she did do a lot of that! But I thought she would frown upon any enjoyment.

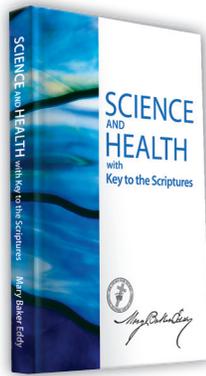
As I started reading more about Mrs. Eddy in a recently published biography, *A World More Bright*, by Isabel Fer-

guson and Heather Vogel Frederick, I was surprised to find she was more than just a devoted spiritual healer. She was also a fun and loving woman with a sharp sense of humor who was up with the times. She wasn’t just the Leader of the Cause of Christian Science, but she also was a powerful, independent woman. She was interested in and, at times, made use of the technological advances of the time—advances such as automobiles, phonographs, electricity. She loved music, eating

ice cream, appreciated beautiful and well-made dresses and household decorations, and liked purple as a color. She was no stranger to the outside world and went on daily carriage rides, sometimes even meeting and healing people while she was out, despite her busy schedule. She even required

the religious periodicals to stay fresh and current, as she included a provision in her *Church Manual* requiring the Directors of The Mother Church to be sure that these periodicals are “ably edited and kept abreast of the times” (p. 44).

In reading about these activities that engaged with the world, I began to catch a glimpse that we can bring a spiritual purpose to them. In order to heal mankind and help raise up people’s thought, one needs to meet that thought where it is. Also, our thought needs to progress out of its materialism and into spiritual understanding, which Mrs. Eddy describes in the first few sentences of *Science and Health with Key to the Scriptures*: “The time for thinkers has come. Truth, independent of doctrines and time-honored systems, knocks at the portal of humanity. Contentment with the past and the



As I was reading a biography of Mrs. Eddy’s life, I had learned some unexpected facts about her and how she lived.

cold conventionality of materialism are crumbling away” (p. vii).

Many would say Mary Baker Eddy was ahead of her time in discovering Christian Science, and it was her own spirituality and forward thinking that allowed the discovery of such a forward-thinking religion.

I’ve been seeing more clearly through Mrs. Eddy’s example and Christian Science teaching, that depending on material objects or wealth is not the source of our happiness or fulfillment; divine Soul is. Yet living life in the current world does

not mean thinking of Christian Science as a stodgy, boring practice. It means fresh thought, challenging assumptions of matter-based thinking, and not getting stuck in rituals or unproductive patterns. We can be aware of and enjoy the world around us while putting into practice the truths we know and love.

By learning more about Mary Baker Eddy and how she lived a life spiritually in tune with God, even in a changing world, I’ve seen how I can strive to enjoy life while still fulfilling a spiritual purpose. ●

Original published in the October 26, 2015, issue of the *Christian Science Sentinel*.

Learning to forgive

By JAPHET TEKILA

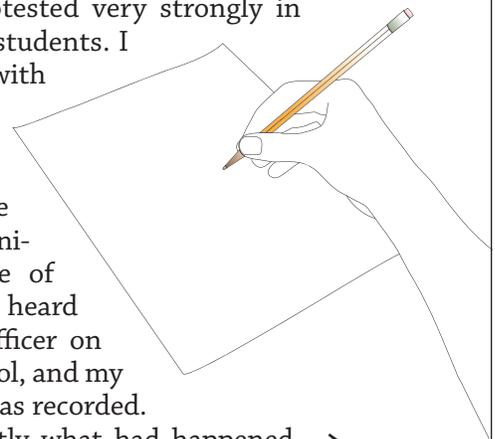
We read in the Bible that when Jesus was arrested, Simon Peter, who was present and had a sword, drew it and cut off the ear of Malchus, the servant of the high priest. Then Jesus said to Peter, “Put up thy sword into the sheath” (see John 18:1–11). Luke’s Gospel says that Jesus, touching the man’s ear, healed it (see 22:51). This represents for me a deep lesson in love and forgiveness that everyone can practice individually and daily. I really became aware of the power of this lesson three years ago, when something happened at my university.

In August of 2012, as I was taking an exam, one of the associate deans of the school came in. Immediately he walked toward me and scolded me for having my schoolbag next to me while the exam was already in session. I told him

that I’d kept it with me inadvertently. As I was getting up to move it away, he considered that the presence of my bag proved that I was cheating, although it was tightly closed. Then he grabbed my test sheet and wrote on it in red letters “Cheater.” I protested very strongly in front of all the students. I was very angry with him that day!

A few minutes later, as required by the rules of the university, my side of the story was heard by the police officer on duty at the school, and my interrogation was recorded.

I told him exactly what had happened. >



I was able to forgive this professor with all my heart.

However, the officer thought he would help me by advising me to admit that I had cheated. Then he would be able to plead my case with the associate dean. I refused emphatically since I had not cheated, and considered this request inappropriate.

I knew I could pray as I had learned in the Christian Science Sunday School. However, a sense of self-righteousness kept me from praying at first by telling me that prayer was not necessary.

Finally, after I had gone back home, “the ‘still, small voice’ of Truth” (Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 323) impelled me to turn to God and pray. Among the ideas that I found helpful was the Ninth Commandment, which says: “Thou shalt not bear false witness against thy neighbour” (Exodus 20:16).

These words were the foundation of my prayer and led me to understand why no one could bear false witness against my spiritual identity as the child of God. I prayed to understand that this professor, my neighbor, couldn’t know anything but good about me because God is the only Mind. The professor could see only perfection in me, since there is only one Mind that each one of us reflects.

I also prayed to understand that we are all “idea, the image, of Love” as it says in *Science and Health*, “Man is idea, the image, of Love; ...” (p. 475).

Nevertheless, the most important thing for me was to forgive this professor and show him Christly love. Chris-

tian Science has taught me that “the destruction of sin is the divine method of pardon. Divine Life destroys death, Truth destroys error, and Love destroys hate. Being destroyed, sin needs no other form of forgiveness” (*Science and Health*, p. 339). This kind of forgiveness, being divine, wipes out sadness and resentment, and it eliminates anger and regret. When one forgives on this spiritual basis, one regains self-control and puts up the “sword into the sheath.”

Praying earnestly, I was able to forgive this professor with all my heart. Acknowledging his spiritual identity, I started to see bit by bit that each one of us, as the child of God, is an individual and divine expression, being able to express love, goodness, peace, and to do good.

Two days later, the same professor came in the classroom while we were taking a different test. He apologized in front of everybody for the way he had acted toward me. Everyone was surprised. In October of that same year, during the second session, I was able to retake the test I had missed.

This healing demonstration was a great joy for me. There is no need to draw the sword of anger, hatred, revenge, or resentment. Only divine Love brings peace to hearts and adjusts everything harmoniously. ●

This article was originally written in French and has been adapted for the *Sentinel*. It first appeared as a testimony in the October 2015 French, German, Portuguese, and Spanish editions of *The Herald of Christian Science*.

Original published in the November 9, 2015, issue of the *Christian Science Sentinel*.

Swim lessons and spiritual growth

By EMILY MARTIN

This past summer I had the wonderful opportunity to go to Grenada on a trip with other teenagers who are Christian Scientists. It was an amazing experience! I felt so surrounded by divine Love everywhere I went, and I had many healing experiences throughout the trip.

Our group's goals while there were to teach swim lessons to children and teenagers, refurbish a community center, and spend time with the kids at a children's home. Teaching swimming lessons was one of the most rewarding experiences to me, and knowing that I was impacting people in such a positive way felt so good. But even more important was the opportunity for us to see the kids as spiritual,

loved, and cared for by their Father-Mother God, and to know that, because of who they truly were as God's children, they were capable of great things. Seeing their true God-given identity and potential helped me grow spiritually, too.

One afternoon, we had just taught two groups of kids in the morning.

After they left, a friend and I wanted to swim out to a buoy. The buoy marked the end of the designated swimming area for the beach, and our group had been cleared to swim out to it. Our class leaders, along with our host in Grenada, had encouraged us to try to swim

to it before we left. (A lifeguard was there because this was at a popular beach in front of the local dive and beach rental shops.) I have never really liked swimming out into the sea very far, so this was a stretch for me.

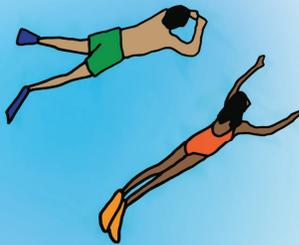
The waves were pushing us away from the buoy, and, while I was in the water, I asked my friend for some prayerful support. He shared with me that we expressed God's spiritual strength and I didn't have to be afraid. The purpose of the entire trip was to glorify God.

I remembered Hymn 460 from the *Christian Science Hymnal Supplement*, "Siyahamba." The refrain goes "We are walking in the light of God," and in my mind, I changed "walking" to "swimming," and applied the idea that even when I was swimming, I was in the light of God.

An idea that someone else had shared with me earlier came to me, and it was the fact that God had fully supplied me with all my abilities. So I had the tools to do what I was doing. God is omnipotent, all around me, and God always gives us everything we could possibly need to express Him.

I then turned over in the water and started to backstroke to the buoy. As soon as I did that, I felt a calmness and peace.

My friend encouraged me to expand my comfort zone and to continue striving for the buoy, even though he knew I wanted to go back to shore. He reminded me of something on page 288 of *Science and Health with Key to the Scriptures* by Mary Baker Eddy: "Science reveals the glorious possibilities of immortal man, forever unlimited by the mortal senses." That helped me know that whatever I felt was hindering me from swimming



KEN BAUGHMAN—STAFF

to the buoy was completely abolished by the understanding of my spiritual, God-given, limitless abilities. I realized that I was governed by Life, Love, and Mind.

While I was still backstroking to the buoy, the verse from the Bible, “Be still, and know that I am God” (Psalms 46:10),

came to thought. I immediately felt at one with God and at ease in the ocean. I made it to the buoy safely, and then swam back to shore without any problems.

I know that I am forever surrounded by Love, no matter where I go. ●

Original published in the November 16, 2015, issue of the *Christian Science Sentinel*.

Rebel!

By JENNY SAWYER

“I can’t wait to go to college,” my friend told me. “Then I can do whatever I want.”

“Like what?” I asked.

She stared off into the distance, as though contemplating the glorious possibilities. But when she looked back at me, her eyes held a flicker of doubt.

“I don’t know,” she answered.

She may have been alone in her indecisiveness, but she’s not alone in her desire to reinvent herself. Another of my high-school-aged friends is contemplating getting dreadlocks. And another told me she’s thinking of expressing her individuality in a way that “freaks out my parents—just a little.”

The common theme? *Rebellion*. The desire to redefine oneself, or to resist rules and authority. And, in fact, the world needs people like that. Rebels get things done. Rebels challenge tradition and overthrow stagnant regimes.

The problem is that what most of us end up defining as rebellion—tattoos, piercings, partying—is just a way of fitting in with another crowd. To really rebel,

you have to think—and act—differently.

What does that look like? Well, how about a man who faced down authority and had little patience for hollow traditions? His life was the definition of rebellion—and it changed everything.

Sure, Christ Jesus might not look like your traditional rebel. But in all he said and did, he was pushing against the boundaries of oppressive authority, tradition, even his family history. With his redemption of sinners, he redefined religious law. And when he healed the sick and raised people from the dead, he actually shook up his followers’ understanding of reality—breaking down the walls that would box us into a material, limited framework of existence.

Jesus blew open our concept of the universe, showing it to be Spirit-created and purely spiritual and good. He tore to pieces every label—weak, impure, too young, too old—and presented an amazing, totally liberated view of our identity: that the kingdom of heaven, meaning every gorgeous, God-reflected quality, is within each of us. That includes happiness,

confidence, health—whatever we need.

I love the way Mary Baker Eddy captured Jesus' rebellion when she wrote about it in *Science and Health with Key to the Scriptures*: "Jesus acted boldly, against the accredited evidence of the senses, against Pharisaical creeds and practices, and he refuted all opponents with his healing power" (p. 18).

She herself followed in his footsteps by rebelling against the traditional Christian view of life of her day. Namely, the belief that here and now, we're material, essentially cut off from God, but that in death, we'll finally reach heaven: spirituality and oneness with God.

Mrs. Eddy's life's work was about saying "no way" to that widely held notion, and about affirming our present spirituality instead. And like Jesus, she both "refuted all opponents," and proved what she taught, by healing. It took enormous courage to stand up, not just to entrenched theology, but also to a society that said that a woman couldn't possibly found and lead a worldwide religious movement.

But she rebelled against the naysayers, and by doing so, she gave us a road map for being rebels today. I love to think of Christian Science as the ultimate way to rebel—because it allows us to challenge what the rest of the world accepts as fact. For example, that getting sick is inevitable. Or that in some areas of your life, you're never going to measure up. What about that your past defines your present and future? Or that you can be a victim of circumstance or random evil.

Every moment of our lives gives us opportunities to think in a way that doesn't simply follow the crowd. And

yeah—it requires courage and boldness. Faith, too. But we can rebel and see the awesome freedom that results. Here's how: "We must look deep into realism instead of accepting only the outward sense of things" (*Science and Health*, p. 129).

That was what I had to do in college when everyone on my floor started coming down with the flu. It was hard not to get caught up in the misery-fest. But I knew from my study of Christian Science that looking "deep into realism"—in other words, turning away from this compelling picture of contagion—was the best way to be helpful.

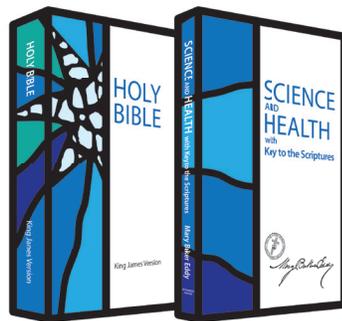
So I rebelled by doing something simple: I recognized the all-powerful presence of God, good, right where suffering seemed to be. I refused

to give in to the idea that there were laws of evil that could compromise our health and well-being. And I prayed to understand God's love and care for each of us.

I'm not going to take credit for healing my entire floor. But something interesting did happen when I began to rebel. The talk about flu symptoms faded. People stopped getting sick. And those who had been sick recovered rapidly.

It's probably stating the obvious to say that this rebellion didn't just have practical effects for my friends; it also left me feeling empowered. It helped me commit more fully to the kind of rule-breaking that makes a difference—rule-breaking that heals.

As Christian Scientists, rebellion should come naturally to us. Even better, it should have quick and obvious effects. So go ahead and rebel. If you do it right, you can help change the world. ●



Original published in the November 30, 2015, issue of the *Christian Science Sentinel*.

Finding home

By SHELBY

The tears caught me by surprise. I'd been so pumped for the new school year and my classes, but on Monday morning my throat hurt and I felt a chill as I was getting dressed for the day. The next thing I knew, I was crying. All these thoughts rushed into my head of how much I missed my family, how much I missed home.

"Are you OK?" my roommate asked.

Curled up on my bed, all I could do was shake my head "no."

Going to boarding school was a big decision. I'd been nervous to leave home and everything I was used to. But my old school hadn't been a very good environment, and I was looking forward to getting better support in my academic classes and to trying out new sports like basketball and swimming. So I decided to put my trust in my Father-Mother God and to start my sophomore year at this new school, even though it was far away from home.

I've always liked thinking of God as Father-Mother, because it reminds me that God is always with me and caring for me. I can ask God for help no matter what I need, and I can feel God's presence and care in any situation. I like knowing that I have that relationship to God, because then I know I'm never alone or separated from Love.

But I wasn't feeling so convinced of these ideas as I lay curled up on my bed.

My house mom came into our room and knelt down beside me.

"What's going on?" she asked.

I explained how the day before, everyone was talking about how they missed home. It hadn't affected me at the time, but now it was. She said she

understood—that her home was only 20 minutes away,

but she didn't get to see her family except on breaks and holidays, either. It made me sad to think of everyone being away from their families, but then she reminded me of God's fathering and mothering.

She even said it just the way my mom does: "Your Father-Mother God is always right there with you, no matter where you are."

I immediately started applying that thought to the way I was feeling, knowing that since my Father-Mother was caring for me, I could feel loved, not homesick. My house mom also suggested that I could find some verses in the Bible and *Science and Health with Key to the Scriptures*, by Mary Baker Eddy, that might be good to pray with. I started marking up my books with some of my favorite verses that help me think more spiritually.

I felt like this passage from *Science and Health* really applied: "Maintain the facts of Christian Science,—that Spirit is God, and therefore cannot be sick; that what is termed matter cannot be sick; that all causation is Mind, acting through spiritual law. Then hold your ground with the unshaken understanding of Truth and Love, and you will win" (p. 417). I clung to that thought, and as I wrapped myself in blankets, I thought of



something else that my mom used to tell me that always put me at ease: “You are wrapped in a blanket of God’s love.” To me, that’s so comforting, because I know that being wrapped in my Father-Mother’s love means I’m completely safe.

When I woke up from a nap, all the cold symptoms and thoughts of homesickness had vanished. I sighed happily as

I thanked God for always being there for me, especially when I needed Him most.

It might seem natural to feel homesick when you’re far away from home. But what I learned from this healing is that home is actually wherever our Father-Mother is. And since God is everywhere and always with me, I can feel the comfort and love of home wherever I am. ●

Original published in the December 7, 2015, issue of the *Christian Science Sentinel*.

Won it!

By BILLY BROOKE

It was the day of our first soccer game of the season, and both the junior varsity and varsity teams were eagerly awaiting the end of school and the beginning of the game. I, on the other hand, was not. I’d been fine the night before. But today was a different story.

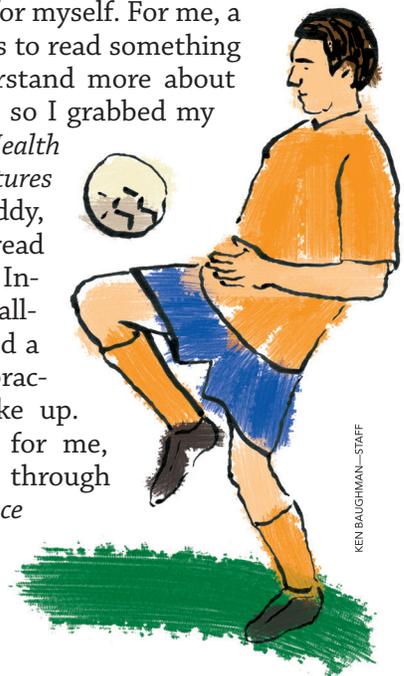
I’d woken up that morning with a sore throat, which I’d shrugged off, thinking it would be gone in a few hours. But by my sixth-hour class, I couldn’t move my neck without it hurting, and my throat was worse than before. While everyone else talked eagerly about the game, I found myself dreading it. The opposing team was one of our biggest rivals, and not all of our players were eligible to play, because they hadn’t gone to enough practices. This meant that we would be playing with less than the standard 11 players and would have no substitutes. Though I knew I should probably sit out the game, I also didn’t want to let my team down.

The unexpected cancellation of the game at the end of sixth hour solved my

dilemma. Soccer players were instructed to go to regular practice instead. When I told my coach I wasn’t feeling well, she let me leave once I had helped put the nets on the goals.

When I got home, my first thought was to start praying for myself. For me, a good place to begin is to read something that helps me understand more about God and His allness, so I grabbed my copy of *Science and Health with Key to the Scriptures* by Mary Baker Eddy, fully intending to read it until dinner time. Instead, I ended up falling asleep, then called a Christian Science practitioner when I woke up. She agreed to pray for me, and I began reading through the chapter in *Science and Health* titled “Recapitulation.”

One passage in particular caught



my attention. It reads, “The unlikeness of Truth,—named *error*,—the opposite of Science, and the evidence before the five corporeal senses, afford no indication of the grand facts of being; ...” (p. 471). This stood out to me because I could see that the things which seemed so glaringly real to me—things such as pain and sickness—actually couldn’t have any reality since they’re “the unlikeness of Truth,” or God. This meant I could know that although the five physical senses were telling me that something was wrong, the true picture of me as God’s perfect, spiritual likeness, told a different story. Focusing on God’s likeness, the way God created me, brings healing. After finishing the chapter, I went to bed.

The next morning, my throat and neck were significantly better, and I was

able to go to school. After school, I called the practitioner again, and she shared with me the idea that I was complete in all ways because that was how God created me. The definition of the word *complete* from Webster’s 1828 Dictionary is, “Having no deficiency; perfect.” Since a sore throat or neck would be an imperfection, I realized that pain and soreness couldn’t be a part of me. My whole being, as the expression of God, had to be perfect.

By the next day, I was completely well and ready to get back on the soccer field. When the next game finally arrived, I played without any problems. We won that day by a significant margin, but the victory that really stood out was this healing. ●

Original published in the December 14, 2015, issue of the *Christian Science Sentinel*.

Freedom from shin splints

By KATIE SWARTS

I’m an athlete. I love expressing freedom and dominion, as well as seeing it expressed all around me. I’ve played water polo, soccer, and softball, and I love playing on teams, as well as coaching.

A couple of years ago, I had been struggling with shin splints on and off for a few years. As an athlete, this had been a big problem. It had severely limited me. I tried stretching, which turned out to

be a temporary fix; the shin splints went away for a while, but then came back. During my first semester of college, I was playing on the women’s soccer team. I’d been out of practices for several weeks because my legs hurt too much to run, and sometimes even to walk. I sat on the side, watching my teammates have all the fun.

While I was sitting out, I prayed and sang my favorite hymn, Number 139



KEN BAUGHMAN—STAFF

from the *Christian Science Hymnal*. It starts out, “I walk with Love along the way.” I tailored it to my situation and thought, even while running and playing soccer, I run, knowing Love is with me. Divine Love is omnipotent and ever present. I am the complete expression of divine Love. The hymn goes on to say,

No more I suffer cruel fear,
I feel God’s presence with me here;
The joy that none can take away
Is mine; I walk with Love today.
(Minny M. H. Ayers, © CSBD)

I began to see that God is always with me and pain is not inevitable. In fact, it doesn’t have any substance because it doesn’t come from God.

A teammate shared a Christian Science article with me about a guy who declared, “No!” at his problems. I don’t remember the exact article, but I do remember that there was a lot behind that declaration—mentally he was refusing to let the mortal belief of pain or discord seem real, since God, good, is All. So I adopted this. Every time I felt discomfort I would firmly say, “No!” It was right to be participating on the field with

the rest of the team, and I wasn’t going to be impressed or bullied by a material belief. This was different from “willing” my way to get better or being stubborn about resting. It was a simple but powerful declaration of my spiritual status as God’s own daughter—spiritual, whole, and free from pain and fear.

The team theme that season was “Express, not impress.” That meant playing to express God, divine Love, through freedom, dominion, tenacity, persistence, and joy, rather than playing to impress the spectators and the other girls on the team. After being frustrated with sitting out practices, I resolved to express spiritual qualities even in the midst of this challenging situation and not to be impressed by it.

After a couple of weeks of seriously praying with these ideas, the pain left and I was able to rejoin my team with so much joy. I was rejuvenated physically and spiritually. I had a lot of energy. Life was good! I’d dealt with this belief for several years, but since this complete healing, the shin splints have never come back. It’s about two years later now, and I’m still playing sports with freedom and dominion. I am so grateful. ●

Original published in the December 28, 2015, issue of the *Christian Science Sentinel*.

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