



# CHRISTIAN SCIENCE Sentinel

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

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**A COLLECTION FOR KIDS**

**CHRISTIAN SCIENCE  
SENTINEL**

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**CONTENTS**

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**02 The boo-boo was gone!**

**03 When I wanted a puppy**  
*by LAURA LAPOINTE*

**05 It was gone!**

**06 Take another look**  
*by CHARLENE ANNE MILLER*

**08 Thank You, God, for my healing!**

**10 God and the goldfish**  
*by SHARON ANDREWS*

**11 I heard God!**

**12 Echo and the bees**  
*by REBECCA KNOX*

**13 Stuck with a bad habit? Not me!**  
*by CHARLENE ANNE MILLER*

**15 Christmas every day**  
*by JOAN WARE*

**16 The best Christmas gift**  
*by BLYTHE EVANS*

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

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# The boo-boo was gone!

By Nathan

I was walking in the woods with my grandma. We were kind of racing. She was showing me how fast she could run. Then I showed her how fast I could go. I didn't hear her tell me to stop running ahead of her.

I didn't see (or hear) the bee that was buzzing through the woods, and I ran right into it. It stung me on the hand, and I cried. My grandma saw me run into the bee, and she told me how much God loves me. To me that means that God wouldn't want me to get hurt and doesn't let me get hurt.

When I listened to Grandma, I was able to stop crying. My grandma was praying. Praying means talking to God and listening to God to help someone feel better. She told me about God and how I could feel God's love. We walked home, and my hand stopped hurting.

I wasn't mad at the bee because I knew the bee didn't want to hurt me. In Sunday School I've learned that God is Spirit. And I've learned that God made everything good and perfect—not harmful.

The boo-boo was gone by the afternoon.

My favorite thing to know about God is seven synonyms. Those are names like Spirit, Love, and Life. They make me feel happy. •

Originally published in the July 4, 2016, issue of the *Christian Science Sentinel*.



# When I wanted a puppy

By Laura Lapointe

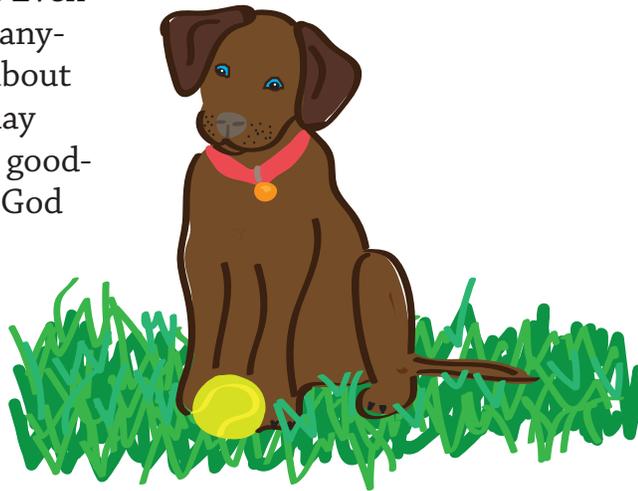
I felt as if I'd been asking for a dog my whole life. But my dad wasn't sure I was ready for the responsibility, so he gave me a challenge. In the middle of February, he said that I could pretend to have a dog for a week. I would have to do all the things that a dog owner would do, such as taking my "dog" out in the freezing cold, even before the sun came up.

To my dad's surprise, that whole week I got up extra early to take my pretend puppy out in the snow before 7:00 a.m. And after school, I came right home to take another long, freezing walk. I was so eager to prove I was ready to be a dog owner that I completed this challenge without complaining once.

Not long after that, my dad asked me what kind of dog I wanted. My mom and I did some research about types of dogs and settled on one that seemed perfect. Was this really happening?

No, it wasn't. The dog that had seemed so within my reach was not as close as I'd expected. Even after all my hard work and begging, my dad still wasn't quite ready for me to replace the imaginary pet with a real one. When it became clear that a dog wouldn't be joining our family any time soon, I sadly put away the pictures of cute puppies that I'd been admiring.

This was probably the first time I really learned to trust God with something that meant a lot to me. Even though I wanted a dog more than anything, I had learned some things about God in the Christian Science Sunday School that helped me trust God's goodness in my life. Since God is Love, God is always caring for us. Even when things seem difficult, or we aren't getting what we think we want, God's love is still there. It felt a little hard at first, but as I prayed to trust Love more, I



SUMMER SWITZER

did start to remember ways I had experienced God's love at home, at school, and at church, and I knew that love could never go away.

I also thought about how much I loved my dad, and I knew that by not rushing to get a dog he wasn't being mean. He just wanted to make the right decision for our family. Dogs do need a lot of attention, and on some days after school we were all busy with activities and practices.

These verses from the Bible describe what God was helping me do: "Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take" (Proverbs 3:5, 6, New Living Translation).

Rather than assuming that I knew what was right, I chose to trust God. As I did, I found it was easier to stop thinking about the disappointment of not getting a puppy. Instead, I began focusing on things such as improving my math skills (it wasn't my favorite class) and learning how to cook. I also joined my church, where I helped with floral arrangements and took care of babies in the nursery before Sunday School. As I got busy with these little but special ways of feeling and sharing God's love, the puppy stopped being the only thing I could think about, and I didn't have those feelings of sadness anymore.

About a year later, right before February vacation, my parents surprised me with the news that a puppy would soon be joining our family. Several weeks later, we brought home Wynfred, who became one of my best friends. He taught our family so much about love, forgiveness, and joy. But maybe the most important lesson for me was that I can't miss out on a single good thing, and I can always trust God with my heart's desires. You can, too. ●

Originally published in the August 15, 2016, issue of the *Christian Science Sentinel*.

# It was gone!

By Marin

One day at school, I was writing, and I felt something on my hand. It was a hard bump. I looked at it and thought, “It will go away quickly.”

Later that week, I looked at my hand, and the bump wasn’t going away. When my little brother held my hand, he quickly let go because he didn’t like feeling the wart. It made me feel embarrassed and sad.

A few weeks before summer camp, I thought it would be a good idea to pray about the bump. My mom and I discussed this idea from *Science and Health with Key to the Scriptures*: “A spiritual idea has not a single element of error, and this truth removes properly whatever is offensive” (Mary Baker Eddy, p. 463). I thought of myself as that spiritual idea, and so I knew I could not have any element of anything bad or any spot of error.

I also prayed with Hymn 53 in the *Christian Science Hymnal*:

Everlasting arms of Love  
Are beneath, around, above;  
God it is who bears us on,  
His the arm we lean upon.  
(John R. Macduff, adapt. © CSBD)

This helped me think of God as always with me, so He’s there when we’re scared or when we need help. His love holds me and supports me, so I didn’t have to be afraid.

I ended up going to camp. At night, I would secretly take out my Bible and *Science and Health* and open them up randomly. Then I would use my flashlight to read. I don’t remember a specific passage I read, but I do remember feeling God’s love each time I did this. I felt He knew and loved every bit of me and that His plan for me was only good.

I continued to pray quietly to myself but didn’t mention it to anyone. It was like a conversation I was having just with God. The bump was trying to distract me—making me think I was material and that I

needed to feel sorry for myself. It was trying to get me off-course. But then I'd argue back: "This doesn't need to be a part of me because I am a spiritual idea, made by God. This cannot destroy my happiness."

After two weeks, camp was over. My mom came to pick me up, and on my way home, I was just listening to God and hearing the good thoughts He gives me. When I looked down, where the wart had been there was a scab instead. All of a sudden, the scab fell off and underneath was pure, smooth skin. I was so happy! I felt God's "everlasting arms" around me and I knew I was His pure idea—without spot! ●



Originally published in the August 29, 2016, issue of the *Christian Science Sentinel*.

## Take another look

By Charlene Anne Miller

One morning, as the school day began, a new girl slipped into our classroom. Her name was Rosie, and she was tall, with olive skin and gray eyes. Like Jack, who had red hair and freckles, she didn't look the same as most of the rest of us. So my friends and I started teasing her.

But there was someone who saw Rosie differently from the way we did. My mom noticed Rosie and told me she could see Rosie's beauty. Imagine my surprise! But my mother was an artist, so I trusted her word about beauty.

My mom's comment also woke me up. I realized that I needed to start seeing things differently by getting beyond what I was seeing

with my eyes. I needed to see Rosie differently, and I needed to see myself differently. I needed to see both of us more spiritually.

In the Christian Science Sunday School, I'd learned many verses from the Bible that steered me in the right direction. So as I prayed and asked God to help me, I wasn't surprised when this passage came to mind with new meaning: "When I was a child, I spoke and thought and reasoned as a child. But when I grew up, I put away childish things" (I Corinthians 13:11, New Living Translation). This verse helped me see that I needed to take responsibility for my actions and be willing to change. I could do this by listening to what God was telling me about the other kids in my class.



Next I thought about the Ninth Commandment. It says we should not bear false witness against others (see Exodus 20:16). That means don't make up stuff about people. Wouldn't that also mean not making fun of others? Hair, eye, and skin color, how we walk and talk, don't define who we really are. And truly, we are God's children, His ideas. Not material, but wholly spiritual. So what really defines us are our qualities, such as love, kindness, gentleness, and joy. We don't see these qualities with our eyes, but we can feel them in our hearts because they are real, spiritual, and eternal. God is their source, and He expresses them individually and beautifully in each of His ideas.

Bearing true witness means seeing others as God's good children. What God is, His children are by reflection. So the child of Truth is honest. The child of Love is merciful and giving. Soul's child expresses beauty and delight.

I saw that I could help all my classmates by replacing my surface view of each of them with the facts of Spirit. This would help me see them as God was seeing them.

But what about seeing myself as God was seeing me? I knew I needed to do that, too, but I felt guilty after the way I'd acted. That's when this passage cheered and softened my heart: "Love has good manners" (I Corinthians 13:5, J. B. Phillips, *The New Testament in Modern English*). That verse reminded me that God made me to be unselfish and loving. So I reflected goodness! It was part of me. The more I saw myself that way, the easier it was to act that way, too.



Turn page 

I made up my mind to start being a true witness. What happened next? It took courage, but I told my friends about seeing Rosie in a new way. We agreed to invite her to join us at lunch and recess. The meanness stopped. Friendships grew.

What a happy ending to a story with a bumpy start! That year, I not only learned to be kinder to my classmates, but I also learned how important it is not to judge by what I'm seeing with my eyes. God helps us take another look and see who others really are. ●

Originally published in the September 12, 2016, issue of the *Christian Science Sentinel*.



LISA ANDREWS—STAFF

## Thank You, God, for my healing!

By Isa

**T**his summer, I was at a camp for Christian Scientists, and my stomach started hurting. I told my counselor about it, and she prayed with me. She said God was taking care of me. This comforted me.

It was family night up at the boys' camp, which is when you have dinner with the boys, then share testimonies together and sing hymns. After we left the boys, we got ready for bed. My stomach was still hurting, so I began to pray: "God's arms are all around me. Nothing can get between God and me." I know God doesn't have actual

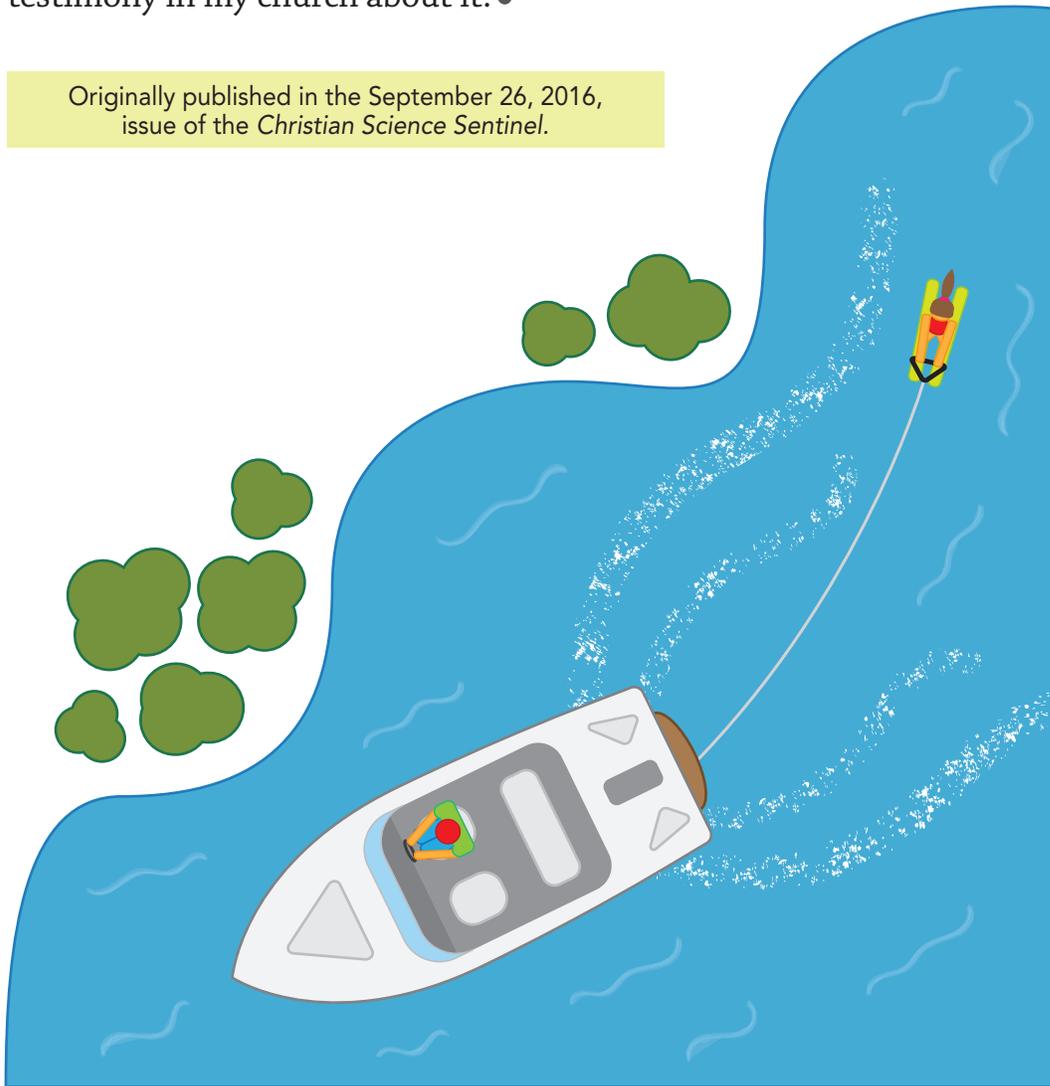
arms, but that was a way I liked thinking about how God holds me safely in His love.

In the morning I felt much better, but I didn't want to waterski, because I didn't want to face plant again. (A face plant is when you fall forward when you're on the skis and splash into the water.) My counselor comforted me and encouraged me, saying she was sure I wouldn't face plant that day.

The bell rang and I had to get ready to ski. I stayed up seven minutes! My stomach didn't hurt any more at all!

When I got home, I told my grandma, Ama, about my healing, and she reminded me to always thank God for my healings. So then I gave a testimony in my church about it. ●

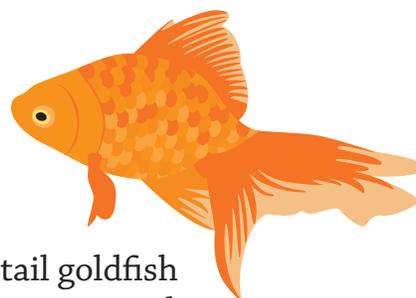
Originally published in the September 26, 2016, issue of the *Christian Science Sentinel*.



LISA ANDREWS—STAFF

# God and the goldfish

By Sharon Andrews



In a cozy tank, in a sunny room, lives a fantail goldfish named Molly. Molly is a happy fish and likes to spend her days swimming and blowing bubbles. Sometimes we play “follow the finger” with her. We place a finger on the side of her tank, and she swims toward it right away. She will follow your finger as you move it up and down along the glass and keep at it until you stop.

One day, I noticed that Molly wasn’t swimming as happily as usual. It seemed as if something might be wrong.

I wanted to help Molly, so I sat down by her tank and started to pray. When I pray, I listen very carefully for what God is saying about how good He is, and how much He loves and cares for His creation.

As I prayed, a good thought from God came to me about how I could see Molly as perfect and in balance. But that was hard, because she was swimming in such a strange way.

Then another thought came. This one told me that I could listen to God instead of believing what my eyes and ears were telling me. God always tells us the truth because God is Truth. So I knew I could trust what God was saying.

I closed my eyes and a line from *Science and Health with Key to the Scriptures* came to mind. It says, “Remove error from thought, and it will not appear in effect” (Mary Baker Eddy, p. 40). I knew this was God reminding me to give my attention to what is spiritual and true. That’s what I did for Molly. I knew she was perfect and whole and that God keeps each of His ideas so safe.

When I opened my eyes, Molly was much better! She still wasn’t swimming normally, but she was calmer. I knew that she was safe in God’s care, so I left the room and went to do some chores.

A bit later, guess what I heard? It was Molly going tap, tap, tap. This happens when Molly bursts bubbles against the walls of the tank.

I found her back to normal and swimming happily. She was perfectly healed.

Thank You, God, for taking care of all of Your creatures! ●

Originally published in the October 10, 2016, issue of the *Christian Science Sentinel*.

# I heard God!

By Nathan

**W**e were going on a canoeing and caving trip! I was excited for another fun activity at the summer camp for Christian Scientists where I was spending several weeks.

For the trip, I wore a pair of thick blue jeans over my swim trunks. Everything started out well. We went into the cave and it was fun.

I was in the back of the line of campers when my leg got stuck in a crevice between the rocks inside the cave. I tried to pull my leg out and that didn't work. That was a little scary.

We had a Christian Science practitioner with us. The practitioner said that we could be calm because God was right there. We could be calm and still and listening. Listening is a way of praying because it lets you hear good thoughts from God that help you.

We turned off our headlamps just for a second so we wouldn't be distracted by seeing my leg stuck. In the dark, a thought came to me to calmly, gradually push the heavy jeans off, even though they were wedged in the rock area. When I did this, I was able to free my leg. The practitioner said she had the same thought at the same time!

After that, she told me about how God is the one, all-knowing Mind and how we are never separated from God even if it seems like we're stuck "between a rock and a hard place."

The rest of the trip was great! I'm grateful for the way I learned to listen to God. ●

Originally published in the October 24, 2016, issue of the *Christian Science Sentinel*.

LESA ANDREWS—STAFF



# Echo and the bees

By Rebecca Knox

**M**y dog, Echo, is black with a little white stripe down his nose and floppy ears. He has lots of energy and is always ready to play.

Last summer, Echo and I were taking a walk around our neighborhood. He was sniffing in all of his favorite places and rolling around in the grass. It was a beautiful day!

Suddenly, Echo yelped and began to limp. There were some ground bees where we had been walking, and he had been stung several times on his paw and face.

Echo's jaw was swollen, and he also couldn't walk normally. I felt scared. I knew I could pray for him, and I wanted to pray for him. But I didn't know if I could pray well enough to help him.

I called my mom and she reminded me that God is the healer. God is already knowing each of His ideas, including Echo, as perfect and safe. That's the truth, and we don't have to make the truth true. Truth has all the power and is already true. This was a great idea! It made me realize that helping Echo wasn't all up to me.

After I hung up, I thought of the idea of everything in God's kingdom being in perfect harmony. The Bible says, "The wolf also shall dwell with the lamb, and the leopard shall lie down with the kid; and the calf and the young lion and the fatling together" (Isaiah 11:6). To me this meant that one idea of God can't harm another. All God's creatures live together in peace.

Back at home, I decided to read the Christian Science Bible Lesson right out loud to Echo. He lay at my feet and was calm as I read. I knew that the ideas I was reading from the Bible and *Science and Health with Key to the Scriptures*, by Mary Baker Eddy, were healing ideas.



LISA ANDREWS—STAFF

Turn page →

In about ten minutes, Echo could walk normally. In about thirty minutes his face looked much better. By that night he was bounding around in the backyard, completely free.

This healing taught me so much about the way God loves and cares for each of His ideas. ●

Originally published in the November 7, 2016, issue of the *Christian Science Sentinel*.

## Stuck with a bad habit? Not me!

By Charlene Anne Miller

**M**y fingernails looked awful! Biting them was a bad habit. Bad habits can be hard to break.

My parents tried to help me stop. But they didn't know why I did it. The reason was that sometimes kids called me names and said awful things. I bit my nails when I felt nervous and upset.

I wanted to stop. But how? I wondered if God could help me. I had felt God's guidance and care and healing power many times. So I prayed.

What did God say? The message I got was to love God and to love others. Jesus called these the two great commandments. These two commandments remind us to put God first in all things and to love others as you love yourself (see Matthew 22:36–40.)

Well, I loved me! And I tried to be loving with my brothers. Most of the time I obeyed my parents.

I thought about how I liked reading the Christian Science Bible Lesson every morning before school and going to Sunday School on Sundays. I was also learning to see others as God's children and had a deep-down good feeling when I did. So I knew I must love God, good, too.



LISA ANDREWS—STAFF

Turn page →

But maybe I could grow in the way I loved God and loved others. I listened for more ideas.

I had learned that God is divine Spirit. He is everywhere. At home, at school, during recess, lunch, and classes.

Did I love God enough to trust Him? To trust Him to always be with me and to give me loving thoughts and words? To inspire me to do the right thing? I wanted to with my whole heart. I knew God could help me behave myself “wisely in a perfect way” (Psalms 101:2).

Suddenly, I had some new ideas. I didn’t have to wait for others to be nice to me! I could love them first. I could start smiling more and ask about something that was important to them. Thoughtful questions asked with a kind heart. I could admire a haircut or a new outfit. Most important, I could see others more the way God sees them—as capable of loving, just the way God created us all.

There were so many ways to love my neighbor!

Putting these ideas into practice meant putting others first. Less thinking about me. I listened for God to direct me. Loving words came to me that I was able to say at just the right time. Kind actions happened naturally. I felt calmer and happier.

A few weeks went by. One day, during a moment of teasing when I would normally have bitten my nails, I put my hands down. The teasing had lost its power over me. I felt surrounded by God’s love. I knew I was forever loved and valued and worthy. I was certain that nothing anyone said or did could change that. And that was the end of nail-biting for me.

It felt good to be free of a bad habit! The victory was calm and peaceful and quiet. And it helped me see that bad habits are never really part of us. We can get rid of them forever by learning to see ourselves and others as God sees us: as pure and good—free to reflect Love. ●

Originally published in the November 21, 2016, issue of the *Christian Science Sentinel*.

# Christmas every day

By Joan Ware

It was the dirtiest, skinniest, scariest cat I'd ever seen. And what did I say when I first saw it? "Oh no! Not now!"

I had rescued puppies and kittens before, but not now! Christmas was almost here, and I had way too much to do. But that was exactly when my husband walked through the door with this cat he had found in a muddy pipe near his work.

"Can't do it!" I said.

But two daughters and one husband said, "Of course we can!"

So my husband carefully washed and dried her, my daughters made her a little bed and fed her, and I prayed and began to love her. We named her Kiki.

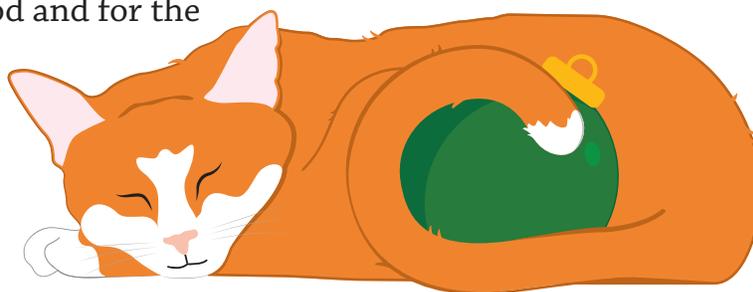
Kiki's favorite place to snuggle was right under the brightly lit Christmas tree. She spent hours there, purring her loudest. It almost seemed like she was saying, "See! I *am* your best Christmas gift!" And she was! She loved and adored us so much. And we all felt the same about her.

One day I was home alone when I began to feel very ill. I lay down on my bed and thought, "I need some help right now!" I didn't even call Kiki's name, but at that moment, she came into my room, jumped up on my bed, lay down very close to my face, and stared right into my eyes. She purred her loudest.

As I looked back into her eyes, I felt so much love. It was a love that was bigger than cat-love. It reminded me of our Father-Mother God, divine Love. Divine Love is always right with us, adoring us and taking perfect care of us. I felt all hugged in God's love. In just a few minutes I was totally well, got up, and made dinner for my family.

I was so grateful to God and for the way we had made room in our hearts and home that one Christmas for a kitty who needed help.

Making room in our hearts reminds me of



LISA ANDREWS—STAFF

when Jesus was born and there was no room in the inn for Joseph and Mary. So he was born in a barn. When Jesus grew up, he taught us about Love, divine Love, that loves always—and helps *us* love always. Not just when we have extra time. Not just when we feel like it. Not just when we're with our best friends. This Love that Christ Jesus taught us is actually law that governs how we live. It was for all time, wherever we are, and whomever we're with.

Christmas is a special time to practice the law of Love Jesus taught us. As we make room for this love from God, it makes it so much easier to love no matter what. Learning to love the way Jesus did actually heals. It makes the whole world a little brighter. It makes every day a Christmas day! ●

Originally published in the December 5, 2016, issue of the *Christian Science Sentinel*.

## The best Christmas gift

By Blythe Evans

It was the day before Christmas vacation! Yay! After the spelling test, our class was going to have a holiday party with treats, fun activities, and moms coming in to help. Then two weeks off from school! This had to be one of my favorite days of the year.

But then our teacher asked us to take out our journals and write about what we were going to give for Christmas. What? What we were going to *give*? All my friends were talking about what they were going to get. But when I thought about it, I realized that Christmas is totally about giving because Christmas is about God and His love. And divine Love always gives.

While there were things I wanted to get for Christmas that year, I realized that God had already given me, and everyone, the best gift possible—His Son, Christ Jesus. Jesus came to teach us about God as divine Love and how God helps and blesses everyone. What a gift!

Turn page 

As for my own giving, I had some baby-sitting money set aside that I could use. It wasn't very much, but I wanted to get a gift for everyone in my family. But wait a minute. Maybe gifts don't have to cost money. Maybe the best gifts are gifts of love—like God's gifts.

I started thinking more about Christ Jesus. Jesus taught us to love others even if they are not our friends or don't love us back. He showed us how to love, forgive, help, and heal others. What a gift!

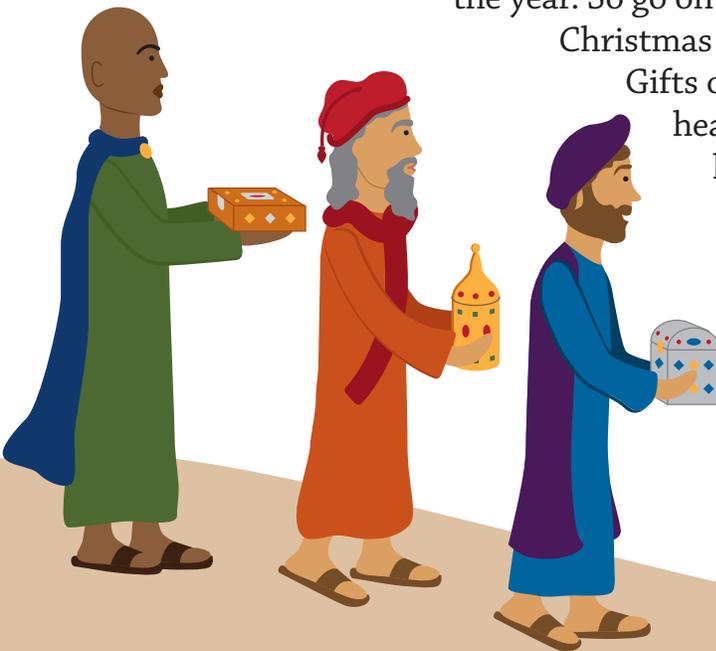
I also thought about Mary Baker Eddy. God showed her the truth about Himself as Spirit and man as completely spiritual, and she in turn gave that to us. She gave us Christian Science. And she gave us the gift of knowing the Christ—God's healing truth. Jesus expressed Christ perfectly, which is why we call him Christ Jesus. But the Christ is for all time—for us, too. A precious gift!

I realized I had already received the best gifts ever, and now I could show my gratitude to God and my love to my family and friends with gifts of love. Gifts like being friendly, kind, and unselfish; also sharing, and helping others. No money needed!

Giving really is what makes Christmas such a wonderful time of the year. So go on and make this your best Christmas yet; give *lots* of gifts!

Gifts of love, gifts from the heart, gifts that make you happy because you're making others happy.

God's love is the best gift of all, and we can share it with others at Christmas and every day of the year. Happy giving! ●



LISA ANDREWS—STAFF

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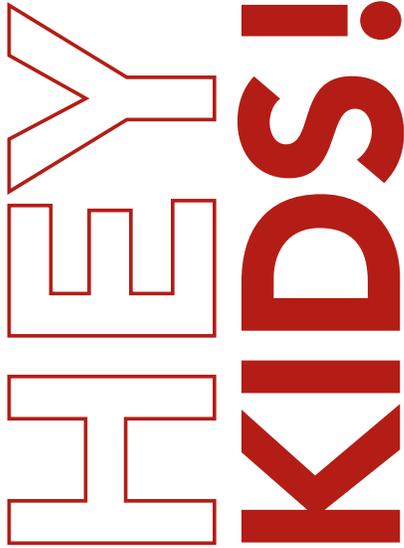
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