



CHRISTIAN SCIENCE Sentinel

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

JULY-DECEMBER 2019 jsh-online.com



A COLLECTION FOR KIDS

**CHRISTIAN SCIENCE
SENTINEL**

Published by
The Christian Science
Publishing Society

Editor
BARBARA VINING

Associate Editors
TONY LOBL
LARISSA SNOREK

Managing Editor
SUSAN STARK

Product Manager
MARLA SAMMULI

Staff Editors
SUSAN KERR
NANCY MULLEN
WILLIAM PAPPAS
TESSA PARMENTER
HEIDI KLEINSMITH SALTER
JENNY SINATRA
SUZANNE SMEDLEY
LIZ BUTTERFIELD WALLINGFORD

Managing Editor, Youth Content
JENNY SAWYER

Bible Lens Writer/Coordinator
CHERYL RANSON

Copy Editor
CAROL NIEDERBRACH

Senior Audio Producer
RITA POLATIN

Audio Producer
PATRICK HARBER

Editorial Production Coordinator
GILLIAN A. LITCHFIELD

Promotion and Design Services
Group Manager
ERIC BASHOR

Designer
ANNA LITWILLER

Illustrator
LISA ANDREWS

Production Manager
BRENDUNT SCOTT

CONTENTS

2 Doing my chores ... with God!

by JACK PHILLIPS

3 Two healings at summer camp

5 God is there to help

6 Lost something? Don't look. Listen

by RICK LIPSEY

8 How to fix a bad day

9 Love that's bigger than the ocean

by JOAN WARE

10 Do you know how big God is?

by DILYS BELL

12 When I was nervous about going to camp

13 Don't be fooled!

by CAROL MILLER

15 A very fast healing

16 A cozy talk with God

by JENNY SINATRA

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

Doing my chores ... with God!

By Jack Phillips

On Christmas morning when I was nine, I thought I'd been given the best present ever. It came in a very big box. I couldn't imagine what it was.

When I opened it, I found a lawn mower. Wow! It was a really cool, grown-up machine. I couldn't wait to try it!

But just a few years later, I no longer liked the mower, and I felt like my present had been a trick. Cutting the grass wasn't fun; it was a chore. Besides, the mower was too loud. And using it made me get too hot.

I tried to quit, but my dad laughed. He said that everyone in the family had a job, and mine was cutting the grass.

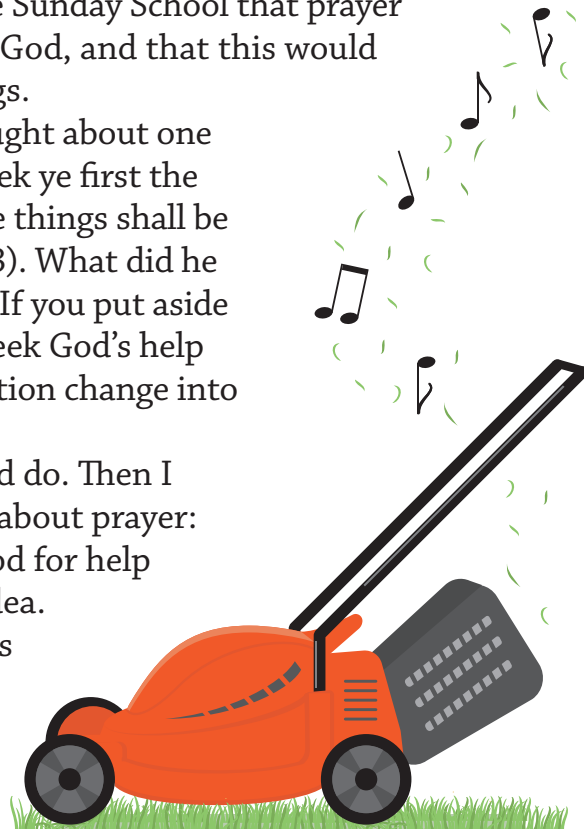
What would happen if I prayed? I wondered. I knew from attending the Christian Science Sunday School that prayer always helped me feel closer to God, and that this would wash away the unhappy feelings.

So I did pray. To start, I thought about one of Jesus' promises. He said, "Seek ye first the kingdom of God ... and all these things shall be added unto you" (Matthew 6:33). What did he mean? An idea occurred to me: If you put aside what you think you want and seek God's help instead, can you see a bad situation change into a good one? Yes.

So I asked God what I should do. Then I listened. That's what's so great about prayer: It can be as simple as asking God for help and then listening for a good idea.

How 'bout singing hymns? was the answer that came to me.

Now this was a surprise, because I was ashamed of my voice. People had always



LISA ANDREWS—STAFF

criticized my singing. But no one could hear me while I was mowing, because of the loud motor. And singing hymns from the *Christian Science Hymnal* made me feel confident and happy.

I started by singing a poem called “Christ My Refuge” by Mary Baker Eddy. It talks about the sweet inspirations from God that “bind the power of pain” (*Poems*, p. 12). It was just the right thought. It washed away my resentment. How could I feel resentful or grumpy when I’d felt so powerfully that God was there?

From then on, I had a great time cutting the grass. In fact, I was eager to do it. Instead of it being a chore, I now saw it as a happy time to pray and sing hymns. I even cut others’ grass for free. I would jump at the opportunity to feel close to God and sing.

Being healed of resentment was a double blessing. After all that practice, I was no longer ashamed of my singing voice. I could even sing confidently in public without fear or self-consciousness. And instead of dreading the sight of the lawn mower, I ended up spending many happy hours with it, getting the lawn cut while I glorified God. ●

Originally published in the July 8, 2019, issue of the *Christian Science Sentinel*.

Two healings at summer camp

By Jade

Last summer, I made my yearly trip to a camp for Christian Scientists. I was excited to see my friends and to have fun, but during the first week, my right ankle began hurting. The hurt didn’t go away, so I decided to have a chat with the camp’s Christian Science practitioner before bed one night. As we talked, a couple of tidbits stood out to me. I remember her saying that I couldn’t fall out of God’s arms, which made sense because I’ve learned in the Christian Science Sunday School that God is always everywhere and all around me, so I can’t ever fall out of His loving care.

I also learned that since God can't hurt, neither can I. To me this meant that since I am God's reflection, I can only be the image of what God is. God is always 100 percent good and perfect, so I have to be, too.



The next morning, as my cabin mates and I were heading back to our cabin, I was slower than the rest of the group because my ankle was hurting. But about halfway there, I started praying with the ideas I'd learned from talking with the practitioner, and I really meant what I was praying. I totally trusted God and didn't allow myself to have one thought of doubt. By the time we got to our cabin, I was able to walk, run, and skip again!

Another healing I had at camp was on a hiking trip during the second week. I had done this hike before and always experienced spinning vision during a particular part. But this year I was determined not to let that happen, because I knew that since God is all good, only good comes from God. And since God is All, good is the only thing I can experience. At the slightest feeling of spinning, I just said, "No!" For the next couple of minutes, I had that sensation a few times, but I kept saying "No!" until it stopped happening. I knew I was healed, and I haven't had a problem with my vision since then.

I am so grateful for these healings, because before this I didn't believe I could heal myself or others. I feel better now that I know I can do it. ●

ANNA LUTWILLER—STAFF

Originally published in the August 5, 2019, issue of the *Christian Science Sentinel*.

God is there to help

By Nick

One Sunday morning I had a very bad toothache. My mom had taught me to pray to God when I have a problem. So that morning I prayed to God and said, “Dear God, please make my tooth feel better.” I knew God would help me because God is Love and takes care of us. God gives us health and happiness and hope.

After that I prayed the Lord’s Prayer (see Matthew 6:9–13). One line of the Lord’s Prayer says, “Deliver us from evil,” and I like knowing that’s what God does. My toothache was evil because it was not making me feel good.

About ten minutes after praying this way, I felt better. My toothache was totally gone, and I was so excited to tell my mom and my Christian Science Sunday School teacher about my healing.

I’ve learned to pray to God each time I have a problem, because God is always there to help. ●

Give us this day our daily bread.
And forgive us our debts,  
as we forgive our debtors.
And lead us not into temptation,
but deliver us from evil:
For thine is the kingdom,
and the power, and the glory,
 **FOREVER!**  

ANNA LITWILLER-STAFF

Originally published in the August 19, 2019, issue of the *Christian Science Sentinel*.

Lost something? Don't look. Listen.

By Rick Lipsey



ANNA LITWILLER-STAFF

When you lose something, how do you feel? Frustrated? Angry? That's the way I used to feel. Especially if it was someone in my family who had lost something. A sweatshirt left on the playground or an elbow pad left in the hockey locker room. I'd react and search around frantically, usually without finding anything.

But recently, I've learned a more helpful approach: Don't look. Listen.

Huh? How can you find something without looking for it?

Well, one day when my son asked me to help him find a school library book that was missing, a new idea came to me: Let's pray. At first he said that was a silly idea. But soon he came around, and we sat down to pray.

The thought had come to me that rather than scouring the house, we should listen to God. God is always telling us what is true, because God is Truth. What was God telling us? That He is the all-knowing divine Mind, and could never, even for a second, lose anything.

I thought of something Mary Baker Eddy, the Discoverer of Christian Science, says about God in her book *Science and Health with Key to the Scriptures*. She explains that God is "the

all-knowing, all-seeing, all-acting, all-wise” (p. 587). That definition of God told me God is always fully aware of everything in His universe. And God created us and fills us with His thoughts, so we’re also always aware of the presence of every good idea. These thoughts wiped away my concern about a lost book and filled me with a confident peace. Almost immediately, we found the book under a pile of papers on my son’s desk.

Fast-forward a few weeks. Now the missing object wasn’t a library book but a tooth that had just fallen out. It was so small! And we had no idea where it could be.

“OK, Dad,” my son said. “I guess it’s time to listen to God.” I smiled—grateful we could pray instead of panic. Guess what? Minutes later we found the tooth on the carpet.

So forget about frantic searching. If you lose something, you don’t need to worry about looking. All you have to do is listen to God. ●

Originally published in the September 2, 2019, issue of the *Christian Science Sentinel*.

*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.*

—Mary Baker Eddy, *Poems*, p. 14

How to fix a bad day

By Stuart



One Saturday my family went to our friends' house to go on a hike and go boating. We had a great time.

But when we got back home, my brother was really mean to my mom. It ruined my mom's day. It had been such a fun day, so I felt really bad that it was ending this way.

Later, when I was going to bed, I heard a loud noise outside. So I went into my parents' room and looked out the window to see what it was. I didn't see anything outside, but I did see something about Christian Science in their room. It was a letter for my mom. When I looked at it, I noticed it said something about page 495 in *Science and Health with Key to the Scriptures* by Mary Baker Eddy. So I got a copy of *Science and Health* and read all of page 495.

As I read, I found something to help my mom! This is what it was: "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."

To me, this meant that fear and anger don't have the power to ruin anything, because Life, which is God, has all the power. When your day is really good, and something ruins it, you can still fix it by knowing that God's goodness is right there. So when I read that, I thought it was just perfect.

My mom was still upset, so I had to go really calmly to read that passage to her. But when I did, she said, "Thank you! This made my day good again."

I was super happy. And she even stopped being upset at my brother.

What I like about this experience is that there are a lot of situations like this, and now I know how to pray about them. I don't even need to have *Science and Health* with me, because I know this prayer works. And I can help other people, too—and maybe even myself. ●



ANNA LITWILLER—STAFF

Originally published in the September 16, 2019, issue of the *Christian Science Sentinel*.

Love that's bigger than the ocean

By Joan Ware

My favorite name for God is Love. If you look in the book of First John in the Bible, you can find where it says, “God is love” (4:8).

God is also our Father-Mother. That means God is our Father-Love and our Mother-Love. I like to think of God as my Mama-Love. That reminds me that I am always so loved. So hugged. And so safe. Mama-Love is everywhere. She's like an ocean that never ends. A forever ocean of Mama-Love!

One time I was on the actual ocean in a big ship. I had always loved going *to* the ocean to look for seashells. But I liked being on the beach—not way out in the waves!

At first we sailed right along the shore so we could see everything. We spotted a humpback whale and her baby, sea lions, and harbor seals. My favorite animals were the sea otters. They loved our ship and would swim nearby, pop their little heads up, and show off for all of us.

Sea otters are so cute and playful. When they're not diving for food, they come to the surface, put their fuzzy head and toes in the air, and float on their back. Mama sea otters hold their babies right in their arms on top of their tummy. They float along together in a big hug in their wide ocean home. I loved watching them. Maybe being on the ocean was a good thing!



But one day the fun stopped. We had sailed way out from the shore, and there was nothing but ocean on every side of the ship. Then it got windy and the waves got big. The ship would not stop rocking. And we had two whole nights and a day before we would get to land again. Many of us on the ship were not enjoying the waves at all.

That's when I remembered the sea otters and how the mamas would always hug those babies close. They reminded me of my big ocean Mama-Love who was hugging all of us

ANNA LUTWILLER—STAFF

right then. She was keeping us safe. I couldn't be afraid in Her Mama-Love arms.

I realized I could get quiet in prayer and feel that powerful Mama-Love hug. When I did, I wasn't afraid anymore. And when night came, I curled up in my bed, and it felt just like I was being rocked to sleep by the most tender, powerful Mama-Love.

Before I knew it we were at our stop. I got off the ship thinking, "Wow! What a fun time I had on our big ship trip!" I wasn't even afraid to think about going on another boat sometime, because I knew my Mama-Love would always be with me and everyone.

That's true for you, too! No matter where you are, no matter what's going on, you can never get outside that bigger-than-the-ocean Mama-Love. Ever. ●

Originally published in the October 7, 2019, issue of the *Christian Science Sentinel*.

Do you know how big God is?

By Dilys Bell

I first learned about God in the Christian Science Sunday School. I learned that God fills all space. Every bit, from here to there and everywhere. There's no space where God isn't. Wow! That means when you look at the stars at night, God is even as far as the farthest star—and beyond! And God is also as close as a hug from your mummy or daddy.

In Sunday School I learned something else, too. I learned that God is all good. All good filling all space means there's no room for anything bad, such as sickness or hate. This is a powerful thought that can help and heal you. I know, because it helped and healed me.

One night I woke up with a tummyache. I was frightened. So I prayed the way I'd learned to in Sunday School. I asked God for a good thought to help me. God's thoughts remind us that God really is everywhere. And they tell us that even though God is so big, He still

knows and cares for each one of us, His children, and all the animals, birds, and creatures.

When I prayed, I heard this idea: Don't tell God how big your problem is; tell your problem how big God is! That's when I knew for sure that there was no room for a tummyache, because God, good, was right there. And where God's goodness is, there isn't a place for pain or hurt. Here's how Mary Baker Eddy, who discovered Christian Science, writes about this in *Science and Health with Key to the Scriptures*: "... evil can have no place, where all space is filled with God" (p. 469).

After I heard that good thought, I wasn't scared anymore. The tummyache disappeared, and I went back to sleep.

I was very grateful to God for being everywhere, all the time, for everyone. That's more than big. That's infinite! ●



ANNA LITWILLER-STAFF

Originally published in the October 28, 2019, issue of the *Christian Science Sentinel*.

*Whither shall I go from thy spirit? or
whither shall I flee from thy presence?*

*If I ascend up into heaven, thou
art there: if I make my bed in hell,
behold, thou art there. If I take the
wings of the morning, and dwell in
the uttermost parts of the sea; even
there shall thy hand lead me, and thy
right hand shall hold me.*

—Psalm 139:7–10

When I was nervous about going to camp

By David

This past summer I went to a two-week sleep-away camp all by myself for the first time.

It takes a full day of driving to get from my house to the camp, so the day before, my mom and I drove to a town near the camp. After we checked in to the hotel, we ate dinner nearby. A couple of hours later, I started to feel very ill. I was nervous about going to camp and about making friends, and I started throwing up.



I have been learning the ninety-first Psalm in Christian Science Sunday School. I've memorized about half of it. Mom comforted me and reminded me about the verses that I know. The first two verses say: "He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust."

Mom and I talked about how I could always trust God, my Father-Mother, to be with me, even if I wasn't with my parents or brother. Also, since God is everyone's Father-Mother, everyone at camp is a child of God and expresses joy, goodness, and brotherly love.

Mom reminded me that joy comes from God, and God always gives us joyful, comforting thoughts. Sometimes, when you are trying to listen to God and do a good activity, bad thoughts like fear come in and try to take the joy away. But Mom reminded me that I didn't have to listen to any bad thoughts. Because my joy comes from God, nothing can take it away. It's always with me. We also talked about the other children—that they might be feeling the same way I was and that I could help them by being friendly, joyful, and loving.

Then Mom started to read me the weekly Bible Lesson (found in the *Christian Science Quarterly*), which is citations from the Bible and from *Science and Health with Key to the Scriptures* by Mary Baker Eddy. As Mom read through the Lesson, I started to feel better and got very

ANNA LITWILER—STAFF

tired. She told me later that she read through the Lesson two times and stayed up praying, but I don't remember because I fell asleep.

In the morning, I felt much better. We packed up the car and drove the remaining two hours to camp. We stopped and had a good barbecue lunch. I was still nervous. But I knew that bad thoughts didn't belong to me and couldn't take away my joy, so I didn't have to listen to them.

When we got to camp, Mom helped me get settled. By the time she left, I was busy getting ready for a swimming test.

I had a lot of fun at camp, and even though I wasn't with my family, I felt happy to be there. I made a lot of friends, and the two weeks went by very quickly. I am really looking forward to going back to camp next year. ●

Originally published in the November 11, 2019, issue of the *Christian Science Sentinel*.

Don't be fooled

By Carol Miller

If you've ever been to the desert, you may have seen what looks like water on the ground in the distance—even though there isn't any water there. This is a mirage. A mirage can trick us into believing something that isn't real—like train tracks getting closer together in the distance or an airplane getting smaller and smaller as it disappears into the sky after take-off.

In spite of what we see, we aren't tricked by these things, because we know the truth about what's going on. We know how train tracks are built and that airplanes always stay the same size, on the ground and in the air.

In the Christian Science Sunday School, I learned how knowing what God is helps us to understand the truth about many important things. It starts with understanding that God is good, Spirit, and



Love. And that God made everything and saw that it was “very good” (Genesis 1:31). This is a truth we can always rely on, no matter what we see with our eyes.

Here’s how it helped me. When I was in elementary school, I had warts on my hands, legs, and even my nose. I used to count them. I wanted the warts to go away—especially after kids started making fun of the one on my nose.

I’d also learned in Sunday School that I could turn to God when I had a problem. So I asked my mom if we could pray.

Each day, when I got home from school, Mom and I would read an article written for kids from different issues of this magazine. The articles were all about God, and they helped me realize that I needed to stop focusing on the warts and turn my attention only to God. This meant not being tricked into believing that God made something that was ugly. I like the way Mary Baker Eddy talks about this in *Science and Health with Key to the Scriptures*. She writes that to get rid of error—whatever appears true, but isn’t—we need to pour truth into our thoughts “through flood-tides of Love” (p. 201). Then the truth washes away anything that isn’t true. I knew this meant giving all my attention to God, good. I stopped counting the warts.

It wasn’t very long before I noticed that the warts were gone. What had seemed so real was only a mirage of error. I was healed.

With God’s help, I keep learning how to see only what is real and good and true. You can, too! ●

ANNA LITWILLER—STAFF

Originally published in the November 25, 2019, issue of the *Christian Science Sentinel*.

A very fast healing

By Eliette

This summer, when I was at my grandma and grandpa's house, I had a very fast healing.

Mommy was helping me get dressed, and she accidentally scratched one of my fingers with her long fingernail. A lot of skin came off, and it was bleeding.

I've had other healings before by praying, so Mommy and I prayed together for a moment, and then she went to get a band-aid. When she came back, she asked me to hold up my finger so she could put the band-aid on it.

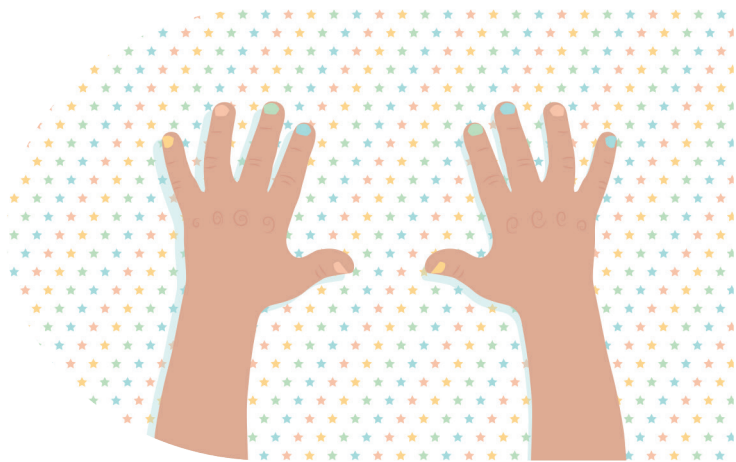
I looked at my hands, and there wasn't any scratch. I couldn't even remember which finger was hurt!

I said, "Which finger was it?" But it didn't matter, because I was healed!

Then I ran outside to tell my grandma about my fast healing.

Later, when Mommy asked me what I was thinking about while she went to get the band-aid, I said I was thinking about God. God is good and everywhere, and that means bad things, like a scratch, can't be anywhere. There is no place for a hurt to be because every place is God's place.

Thinking about God healed me! I was so excited about my fast healing that I jumped up right away to share it at my church's Wednesday night testimony meeting. And now I'm writing it down to say thank you to God. ●



Originally published in the December 9, 2019, issue of the *Christian Science Sentinel*.

ANNA LITWILLER—STAFF

A cozy talk with God

By Jenny Sinatra

Snow was falling outside the window. It was Christmas Day. Grandpa had just made a fire in the fireplace. The presents had been opened, and we'd just had a Christmas lunch with my favorite—pizza bites! Sounds cozy, right?

Except I wasn't feeling so warm and fuzzy. It was too icy to go outside, and my whole family was sitting around in one room. I felt annoyed with my sister and tired and crabby from listening to my dad's and uncle's long sports stories. What had happened? Minutes ago everything was fine. Now I just wanted Christmas Day to be over.

Finding somewhere to be by myself for a little while and feel God's love always made things better. So I climbed the stairs to find a cozy place to pray and talk with God. I didn't like having a mean attitude about my family. It made me feel all stirred up inside and like the joy of Christmas had been blown out like a candle.

As I sat in a big chair by the window and looked out over the lawn, I got quiet and still. I prayed to hear what God was telling me.

Geese flew through the gray sky. They didn't know it was Christmas. Actually, I realized, God doesn't think some days are special and some days aren't. God doesn't give love based on a calendar; God is Love that never changes.

Christ Jesus' coming to the world as a baby in a manger was a very holy event—one that would never be repeated. It showed that God's tenderness is with us and heals us. This is what we celebrate on Christmas. And even though Christmas Day is just once a year, the Christ—the bright and clear message of God's love—



ANNA LITWILER—STAFF

lives with us and can be felt every day. I knew then that I could let my unhappiness melt into peace because of what God is and what God does for His children.

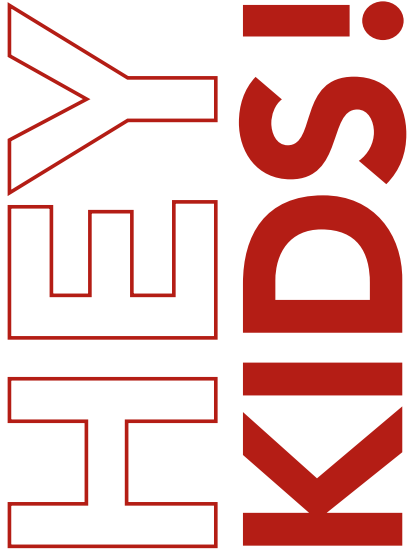
I spent some more time upstairs just looking out the window and loving God. When I went back down to the living room, I looked around. Grandpa was playing cards with my dad and uncle, and my mom and sister were reading and resting on the couch. Where before I'd felt crowded by too many people in one room, now I felt peace. I felt love that could only come from God. That love belonged in every house, in every apartment, in every corner of the wide world.

You don't have to wait until a tough moment to have a cozy talk with God. You can talk with God anytime, for any reason. When you take that time, you get exactly what you need to keep going—just like I did on that Christmas Day. ●

Originally published in the December 23, 2019, issue of the *Christian Science Sentinel*.

A COLLECTION FOR KIDS

DOWNLOAD THIS ISSUE: jsh.christianscience.com/kids2019-2



Got something to share?
Got a question?

Write to sawyerj@csps.com

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

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

myBibleLesson

DESIGNED FOR YOUTHFUL
THINKERS OF ALL AGES!

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

christianscience.com/bible-lessons/mybiblelesson < < < < < < < <

CONTACT US

general inquiries

jsh-online.com | “Contact us”
or cssentinelradio.com

article & testimony
guidelines/submissions

jsh.christianscience.com/submit

letters to the editor
sentinel@csps.com

SUBSCRIBE

print subscriptions & renewals

cssubscribers.com
888-424-2535 (US), +1-515-362-7462 (int'l)
weekdays, 9:00 a.m. to 5:30 p.m. (ET)

single copies Available at Christian
Science Reading Rooms. See your
local telephone directory or visit
jsh-online.com | “Directory”

MAGAZINE PROMOTIONAL & REPRINT INFORMATION

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

The **CHRISTIAN SCIENCE SENTINEL** was founded in 1898 by Mary Baker Eddy, and its mission remains the same: “to hold guard over Truth, Life, and Love” (*The First Church of Christ, Scientist, and Miscellany*, p. 353). The *Sentinel* continues to report on the unlimited ways that the healing power and presence of the Christ activates, uplifts, and transforms the lives of people around the world. The design of the Cross and Crown seal is a trademark of the Christian Science Board of Directors and is used by permission. *Christian Science Sentinel* is a trademark of The Christian Science Publishing Society. Both trademarks are registered in the United States, the European Union, and in other countries. © 2019 The Christian Science Publishing Society.