

Sentinel Watch - November 2020

Phone Edition

These descriptions are intended to support branch churches and individuals who would like to share and promote the upcoming Sentinel Watch topics. You're more than welcome to adapt these descriptions for your individual use. Feel free to use the information in a way that best meets the needs of your community.

November 2-8, 2020

Peace during a time of economic turmoil

Guest: Susan Tish

On the upcoming Sentinel Watch podcast, our guest shares how she struggled with anxiety when life changes for her family coincided with a recession, and how a shift in the way she perceived the changes going on brought her freedom from fear. She explains how understanding what God knows about the spiritual reality of His perfect universe changes the way we see change. To hear how God's changeless goodness is always with us to comfort and guide us, listen to the upcoming Sentinel Watch podcast on JSH-Online.com.

November 9-15, 2020

Mary Baker Eddy's ideas—empowering women and men, in business and life

Guests: Chris Raymond and Kim Proctor

On the upcoming Sentinel Watch podcast, two entrepreneurial women discuss the empowerment that the ideas of Mary Baker Eddy can bring to the careers and lives of every woman and man. To hear more about how Christian Science can empower progress in your life, listen to the upcoming Sentinel Watch podcast on JSH-Online.com.

November 16-22, 2020

What is Christian Science and how does it heal?

Guest: Melanie Wahlberg

On the upcoming Sentinel Watch podcast, our guest shares her insights about what Christian Science is and how the spiritual laws of God that it teaches have consistently healed problems that she has faced. She also explains how these spiritual laws are taught and illustrated in the Bible and in the Christian Science textbook, Mary Baker Eddy's *Science and Health with Key to the Scriptures*. To hear more about what Christian Science is and how it heals, listen to the upcoming Sentinel Watch podcast on JSH-Online.com.

November 23-29, 2020

Conflict resolution

Guest: Elisabeth Seaman

On the upcoming Sentinel Watch podcast, our guest shares how her experience as a Holocaust survivor led her to want to help others solve their disputes peaceably. She explains how discovering Christian Science led her to a career in conflict resolution and mediation where she is able to help others solve disputes. And she gives examples of seeing God guide her in her work as a mediator. To hear how to peaceably resolve conflict in your life, listen to the upcoming Sentinel Watch podcast on JSH-Online.com.

November 30 - December 6, 2020

Overcoming Distractions

Guest: Tom McElroy

On the upcoming Sentinel Watch podcast, our guest talks about how easy it can be to get distracted from the healing focus of discerning and revealing the ever-present kingdom of heaven within us, which Jesus pointed to and proved. He gives examples of what he has learned in Christian Science about God's constant care for us as divinity's spiritual offspring, and how this has helped him identify distractions more easily and refocus on God's true nature and perfect universe. To hear how you can overcome distractions keeping you from

understanding and experiencing the kingdom of heaven within, listen to the upcoming Sentinel Watch podcast on JSH-Online.com.

December 7-13, 2020

Praying about elections

Guest: Allison Rose-Sonnesyn

On the upcoming Sentinel Watch podcast, our guest reminds us that “one on God’s side is a majority,” as US abolitionist Wendell Phillips said. Our guest also shares how a higher, spiritual view of God’s infinite goodness truly governing all can help mend divisions, end conflicts, and find peace when politics seems to divide us, and illustrates this with experiences from her own time working with politicians. To hear how you can effectively pray about elections and support unity in our government, listen to the upcoming Sentinel Watch podcast on JSH-Online.com.

December 14-20, 2020

Mastering pandemic fears with spiritual truth

Guest: Evan Mehlenbacher

On the upcoming Sentinel Watch podcast, our guest discusses various aspects of dealing with the pandemic from a spiritual perspective that removes fear and leads to healing. He also shares his own experiences of the healing of contagious conditions through this spiritual understanding. To hear more about how we can overcome the fears surrounding the pandemic and find healing, listen to the upcoming Sentinel Watch podcast on JSH-Online.com.