



# CHRISTIAN SCIENCE Sentinel

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

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SENTINEL**

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**CONTENTS**

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**2 Always included**

**3 Let's help the world by  
living the Golden Rule?**  
*by CLEMENTINE LUE CLARK*

**5 Catching light**  
*by MELISSA FOSTER*

**6 A quick healing at camp**

**7 24/7!**  
*by BETH CAMPBELL and DEBRA PALM*

**9 Just like your Father**  
*by JOAN WARE*

**11 A psalm for you**

**13 How I prayed during my basketball game**

**14 The first time I prayed for myself**  
*by ANNA REIGHART*

**16 When the ice show came to town**  
*by SUSAN ADAMS*

**17 Let your light shine this Christmas**  
*by BETH CAMPBELL*

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*See page 19 for submission, subscription, and contact  
information. We look forward to hearing from you!*

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# Always included

By Caio

Last year, in July I spent a few days in the United States at a camp for young Christian Scientists. I went with a group of Christian Science Sunday School students from my city, Rio de Janeiro, and from other Brazilian states, such as São Paulo and Acre, and three adult companions, also from Brazil.

I thought the Brazilians would be staying together, maybe divided into two groups, but I ended up staying in a cabin with four people from other countries, including our cabin leader, and I was the only Brazilian there. Due to my age, I ended up being separated from my traveling companions, because at that camp the cabins are assigned according to age.

I started to cry, as I was feeling a little nervous because I didn't know anyone in that cabin. So I talked to the cabin leader, who said that he would, on the following day, try to get me reassigned to a cabin with other Brazilian boys.

But during the night I remembered that in Sunday School I had learned that it is God who always keeps us in the right place and with the right people. I also prayed acknowledging that I can never be separated from or outside of God's love, because God is infinite Love and, being infinite, fills all space. I also thought that if as God's children, created in His image and likeness, we all express God's love, I could not be separated from the love of friends. I really felt that I was in my right place, and that therefore, there was no reason for me to change cabins.

The next day they didn't change my cabin, and I didn't raise the issue again. As I started to talk to the people in my cabin, I



felt at ease with them and made friends with everyone there. I talked to them about Brazil, and I even taught them a few words in Portuguese. Everyone expressed many good qualities toward me, such as kindness, and I saw this as the natural expression of God’s qualities by His children—each one of us.

I enjoyed my camping experience so much that I didn’t even feel time go by! It was very important for me to learn that I am always included in divine Love’s care, and that therefore, I am always in my right place. •

Originally published in the July 13, 2020, issue of the *Christian Science Sentinel*.

## Let’s help the world by living the Golden Rule

By Clementine Lue Clark

Something we’ve been talking about a lot in our house is how to help when we see unfair treatment. Maybe you’ve felt treated unfairly before—like by an older brother or sister. Or maybe you’ve seen people treated unfairly because they look or seem different. One thing a lot of people are becoming more aware of right now is that there is a pattern of not-nice treatment of people of color, especially Black people. This isn’t fair, but it’s been happening for such a long time that many people do it without even realizing it.

This unfair treatment happens all over: in our schools, in sports, in our towns, and many other places, too. It is called systemic racism. But we don’t need to accept it as normal. So our family wanted to think about what we can do to change things. How we can pray.

We thought of a rule that can help us. Not a rule like “Wash your hands before dinner.” This is actually a rule that people all over the world know and follow. It’s called the Golden Rule. It’s in every religion—sometimes said in different words, but always with the



Do to others as you would have them do to you  
-Luke 6:31

same meaning. In the Bible it's written this way: "Do to others as you would have them do to you" (Luke 6:31, New International Version). Basically, this means that we should treat others the way we want them to treat us. Jesus taught us how to do this, and we can follow his example of treating others with love, understanding, fairness, and compassion.

Here's one example of how Jesus lived what he taught. One time, he talked to a Samaritan woman, even though Jesus was a Jew, and Jews and Samaritans didn't get along and often didn't treat each other very nicely. But Jesus didn't care that the woman was different, or a person he wasn't supposed to like. He loved people no matter what, because he knew that's what God, Love, causes each of us to do. God knows us all as His dear children, and Jesus showed that we can see each other that way, too. Through his love, he lived the Golden Rule.

Imagine how cool it would be if we all lived the Golden Rule—no one being bullied because of the color of their skin, and no one being a bully to anyone else. Living the Golden Rule is a way of praying that can help anyone who's being treated unfairly. It means being your best self—the way God made you, reflecting all of His goodness—and seeing the best self of everyone else, too.

This isn't always easy. It can take work to be sure we are always being fair and loving just like Jesus. But God is always there to give you the right thoughts and actions, and will show you how to love in just the right ways.

You can help make sure the world is safe and fair for everyone by listening to God, seeing others the way God sees them, and expressing love no matter what. Our family is committed to doing this. Will you join us? ●

Originally published in the July 27, 2020, issue of the *Christian Science Sentinel*.

# Catching light

By Melissa Foster

Catching fireflies was part of the fun of summer for my brothers and me. With a big jar at the ready, we'd run through the night with a net, gently capturing the brightly glowing insects. Leaning in, we'd watch them blink in the darkness, until it was time to let them go.

I'm someone who's always loved chasing after light. As cool as fireflies are, though, their glow only lasted for a "flash" during those summer evenings. But in my Christian Science Sunday School, I was discovering a whole new kind of light that lasts forever. It's the radiant presence of God's love—infinite and eternal like Him. It can never flicker out or fade away. It shines over all His creation, chasing away the darkness of fear and sickness and bringing comfort and healing to each of His children. I was learning to expect light when I prayed.

A few years later, when I was a teenager, I had an opportunity to do just that. My mom and dad and I had been praying with a Christian Science practitioner to heal a stubborn problem that was keeping me from enjoying school and my activities and friends. This wasn't how I'd pictured this time—not having enough strength to keep up. I wanted to feel better. But most of all I wanted to feel the healing comfort of God, divine Love.

One day, after I'd been praying on my own and listening to God, I stood up and walked into another room. In a moment, the room was filled with a brilliant light. Nothing like this had ever happened to me before! I felt like I was standing in the pure atmosphere of God's love, actually right within the kingdom of heaven. The joyful words came to me, "This is where I truly live!"

Along with this realization of complete safety came the total relief that we are all truly and completely spiritual because God is Spirit. And that meant I must always include



ANNA LITVILLER—STAFF

the qualities of health, strength, and wholeness. No longer did I think of myself as a sick girl. I knew I was God’s loved idea, His daughter. Within just a few weeks, that persistent problem totally disappeared, and I was back to my normal, energetic self.

As for the beautiful light of fireflies, seeing them will always be a delight. But the healing light I experienced that day is the brightest and most thrilling of all to me. And it’s a light that’s there for all of us to discover. ●

Originally published in the August 10, 2020, issue of the *Christian Science Sentinel*.

## A quick healing at camp

By Meg

One summer, I went to a camp that I love for Christian Scientists. One day, my cabin mates and I went to the cabin next door. I was wearing only socks, and as I walked into the other cabin, I stepped hard on something sharp. Instantly, I felt a pain in my foot, and my eyes started to water. I looked at the bottom of my foot, and there was a thumbtack stuck in it. I started crying.

One of my counselors asked me why I was crying, and I told her what had happened. She helped me to a deck chair and went to find the camp mom.

One of my friends had a copy of the *Christian Science Hymnal*, and she and all the other girls from both cabins started to sing Hymn 148, which begins:

In heavenly Love abiding,  
No change my heart shall fear;  
And safe is such confiding,  
For nothing changes here.  
(Anna L. Waring)



ANNA LUTWILLER-STAFF

The hymn reassured me that God’s love doesn’t change and that His love always keeps everyone safe. I was surrounded by God’s love no matter what. The pain went away as my friends sang the hymn to me. I felt too loved to be in pain.

In the middle of the hymn, my counselor came back with the camp mom, and she got the tack out. There was no blood! There wasn’t even a mark at all. It looked as if nothing had happened. It reminded me of what I’d learned in the Christian Science Sunday School about how there is no spot where God is not, since God is ever present.

I was able to do all my activities that day with no problem and had a great rest of my time at camp. I am grateful for this healing. ●

Originally published in the August 31, 2020, issue of the *Christian Science Sentinel*.

## 24/7!

By Beth Campbell and Debra Palm

**Y**ou probably know there are seven days in a week. But did you know that every day of the week you can learn more about God? God has many names. The Bible tells us that God is Love. He is also called Shepherd, creator, our Father, and our best friend.

*Science and Health with Key to the Scriptures* by Mary Baker Eddy talks about *God* like this: “GOD. The great I AM; the all-knowing, all-seeing, all-acting, all-wise, all-loving, and eternal; Principle; Mind; Soul; Spirit; Life; Truth; Love; all substance; intelligence” (p. 587).

So when you wake up on Monday, you can think of Love being with you. You feel Love when you share your toys and help others. Love is everywhere.

On Tuesday it will be terrific to think about God as Life. Your Life! You feel Life when you wake up eager for a new adventure. Life is everywhere. *Turn page* 



Wednesday will be worth waiting for when you think of God as Truth. Truth says you are always good. Truth makes you honest. Truth is everywhere.

Thursday can be thrilling when you know that God is Spirit. Spirit tells you that you are always safe and secure. Spirit is your creator. Spirit is everywhere.

Friday is a fantastic day for understanding God as Soul. You recognize Soul when you notice the colorful flowers blooming or the bright sun shining. Soul is everywhere.

Saturday is a day for staying true to God as Principle. You feel Principle when you stay balanced on your bike, even when you're going fast. Principle is everywhere.

Sunday is sweet with staying close to God as Mind. Mind helps you see that we are all brothers and sisters in God. Mind always gives you happy thoughts. Mind is everywhere.

The most wonderful thing is that every hour of every day, and even in the middle of the night, you can think of God in so many ways. God is there for you; Love is there for everyone because God is everywhere—24/7! ●

Originally published in the September 14, 2020, issue of the *Christian Science Sentinel*.

# Just like your Father

By Joan Ware

**D**id you know that you're just like your Father? I don't mean you're just like the man you call Daddy or Dad. But like God—your real Father—as it says in the Bible.

Because God is our Father, we are His children. In the very first chapter of the Bible, it tells us that “God created man in his own image” (Genesis 1:27). Wow. An image of something can't be different from the original. So since God is Love and good, we must reflect that same Love and goodness. Since there's nothing dark or bad in God, there can't be anything dark or bad in us. God, our loving Father, helps us see ourselves this way, too. Our Father gives us the good thoughts we need in order to recognize and express all the goodness He's causing in us.

One day I got to share some of these ideas with an elementary school friend of mine. I asked him what his favorite school activity was.

“Being with my special teacher,” he told me.

He said he had a special teacher because he got so angry. He got angry at school with the other kids and at home with his sisters. Then he said, “I'm just like my dad.”

I was surprised. I told him that I didn't see him that way. I saw him as a wonderful, creative story writer. And I'd seen him give his sisters big hugs at school. I had never seen him angry.

I told him that he always has a choice to make when things go wrong. And that his dad always has his own choices to make, too. I shared that I'd learned that when I feel angry, I really do have a choice about how I respond, no matter what anyone has done to me and no matter what choices someone else is making.

I'd learned that if I could stop, wait, and listen with my thoughts, I would get an idea that would help me choose a better way to go forward. Kind of like a stoplight: *Turn page* 

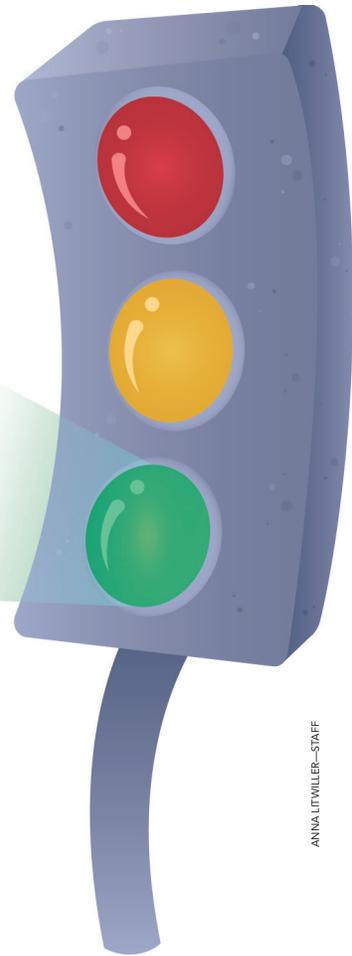
RED = STOP.  
YELLOW = WAIT AND LISTEN.  
GREEN = GO WITH THE BETTER IDEA.  
A better idea is always one that matches up with the goodness in us—the goodness that’s from our Father, good.

My friend liked these ideas. I found out that his teacher saw him making progress in class. He was learning how to make better choices instead of just getting angry.

Later, when I saw my friend again, he told me about a time when he’d been at the end of a very long line to go down a water slide. Before, he would have gotten angry. But this time something different had happened. The idea had come to him that he could be patient and wait his turn. He was able to do that.

What’s true for my friend and me is true for you, too. Your Father, God, is always right there with you. Always helping you see yourself the way He sees you. Always causing good and love and kindness in you. Always sending just the ideas you need to live that goodness. As you practice doing that more and more, you’ll see just how much like your real Father you actually are. ●

Originally published in the September 28, 2020, issue of the *Christian Science Sentinel*.



ANNA ITWILLER-STAFF

# A psalm for you



1. If you climbed to the top \_\_\_\_\_ of a  
 2. If you walked in the deep \_\_\_\_\_ of a  
 3. If you went to the bot - tom \_\_\_\_\_ of a



snow - co - vered moun - tain and hid in the feath - ers of a gol - den eag - le,  
 trop - i - cal \_\_\_\_\_ rain forest and rode down the riv - er on the back \_\_\_\_\_ of a croc - o - dile,  
 blue - green o - cean and tick - led the tenta - cles of a rub - ber - ry \_\_\_\_\_ oc - to - pus,



Love would be \_\_\_\_\_ there be - cause God is e - ver - y - where. (If you)  
 Love would be \_\_\_\_\_ watch - ing you be - cause God is al - ways \_\_\_\_\_ with you.  
 Love would e - ven \_\_\_\_\_ be there be - cause God is e - ver - y



where. And if you climbed a rain - bow to the top \_\_\_\_\_ of the red \_\_\_\_\_ and



slid down the o - range to the bot - tom of the vio - let, God would catch you in His arms



\_\_\_\_\_ in His arms be - cause you're so so dear \_\_\_\_\_ to \_\_\_\_\_ Him. \_\_\_\_\_ If

WORDS: Toni Albert  
 MUSIC: Emma Schaefer



20 B $\flat$  B $\flat$

you were a-fraid or sick \_\_\_ or \_\_\_ sad, \_\_\_ if you felt lost \_\_\_ in the dark-

23 B $\flat$  E $\flat$  B $\flat$

- ness of a storm-y night, God would light-en \_\_\_ the dark - ness \_\_\_ with His pure

27 E $\flat$  B $\flat$  F E $\flat$  F E $\flat$  F

light; God would re-mind you that you are His child, \_\_\_ al-ways safe and well in

31 E $\flat$  F B $\flat$  E $\flat$  B $\flat$  E $\flat$

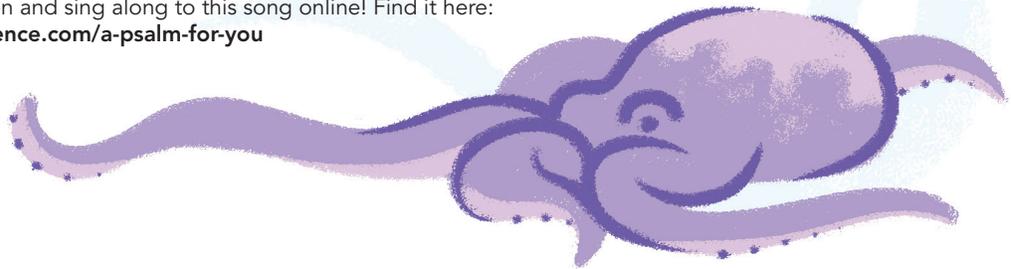
His own care where - ev-er you \_\_\_ are. God's love is there be-cause

36 G m F B $\flat$  G m F B $\flat$

God is e - ver - y - where, be-cause God is e - ver - y - where.

ANNA LUTWILLER-STAFF

You can listen and sing along to this song online! Find it here:  
[christianscience.com/a-psalm-for-you](https://www.christianscience.com/a-psalm-for-you)



Originally published in the October 12, 2020, issue of the *Christian Science Sentinel*.

# How I prayed during my basketball game

By Audrey

I love playing sports, especially basketball. I play point guard, and I think basketball is a really fun game. Basketball teaches me how to be part of a team and how we can support each other.

Last year we had a game against a hard team, and during the first half we were losing badly. So at half time, I felt I needed to pray. I excused myself to go to the bathroom, where I could get quiet, and I prayed. I don't remember the exact words I prayed with, but I remember thinking about some things I'd learned in the Christian Science Sunday School: that God was with me and my teammates, that God gives everyone the qualities they need to do their best, and that we can always hear God's ideas, which are always good. I knew we weren't competing to be good or to get a victory, but were playing because we loved the game and being together as a team.

One of my favorite passages from *Science and Health with Key to the Scriptures* by Mary Baker Eddy describes what I was feeling at the time: "God is everywhere, and nothing apart from Him is present or has power" (p. 473). I knew that God was right there on the court with us and that God's, Love's, presence was powerful!

After that, I heard the whistle blow for the second half, so I ran out to the court feeling really blessed. I realized that I was no longer hot and tired like I was during the first half. Now I felt really energetic and happy! Everybody on the team started playing their best, and we all worked together really



ANNA LITWILER—STAFF

well. We ended up winning, but that wasn't nearly as important as realizing that God was always there and that when prayer changed how I was thinking about things, my experience of the whole game changed.

On the court, there are lots of voices from parents, coaches, teammates, and opponents. Some things they say are helpful and some are not. My experience praying during this game taught me that even when I'm not sure which of those other voices to pay attention to, I can always listen to, and trust, God. ●

Originally published in the November 2, 2020, issue of the *Christian Science Sentinel*.

## The first time I prayed for myself

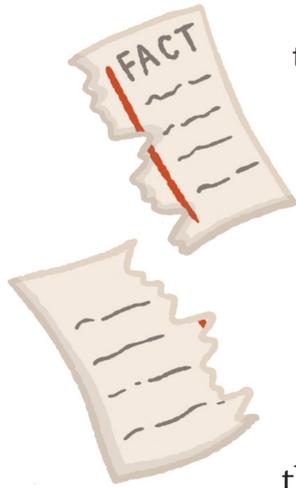
By Anna Reighart

One Saturday my family had plans to go bowling, but that morning I woke up with a stomachache. I wanted to eat but I wasn't hungry, and nothing tasted good. I just felt uncomfortable.

I told my mom how I was feeling. She reminded me about what I'd learned in the Christian Science Sunday School: that God loves me so much, and that because He loves me so much, I didn't need to be afraid. God's love would heal me. My mom said she would pray for me, and I went upstairs to take a nap.

When I woke up from my nap, I remembered something else I'd learned in my Sunday School class. I'd learned I could pray for myself. I decided to give it a try. My teacher had told us to take a piece of paper and draw a line down the middle. She'd said to write down on the left-hand side of the paper all the things that are wrong. So I wrote down things like "My stomach hurts." "I am hungry, but I can't eat anything." "I really want to go bowling with my family, and I'll be so sad if I can't go!"

Next she'd told us to write down on the right-hand side of the paper, across from each problem, a spiritual fact—something about God and God's perfect creation—that addressed that problem. I



thought about the ideas I'd learned in Sunday School that could help.

Across from "My stomach hurts," I wrote, "God is All-in-all." I knew that God is All, the only power! So it wasn't possible for my stomach to hurt, because nothing else besides God can have any power.

Across from "I am hungry, but I can't eat anything," I wrote down one of Jesus' Beatitudes: "Blessed are they which do hunger and thirst after righteousness: for they shall be filled" (Matthew 5:6). To me, this meant that God would not leave me hungry. It was normal and

natural to eat lunch, so I could trust God to help me be able to eat comfortably.

Across from the third point, I wrote, "God is my Father-Mother." I knew that as my Father-Mother, God was giving me everything good. So it made sense that I could participate with my family in a joyful activity like bowling.

The last step of what I learned in Sunday School is really important: You tear the paper in half, straight down the line you drew in the middle of the page. You take the left-hand side of the paper (which has all the problems listed on it) and throw it in the trash. And then you have only the right-hand side of the paper, where you can see all the spiritual facts, which are true. This reminded me that I could toss out any bad thoughts about me—because God wasn't giving those to me—and stick with the good ideas from God that I'd been praying with.

Shortly after throwing away the list of problems, I felt perfectly well. I went downstairs, ate a sandwich, and then went bowling with my family. I was totally healed!

This experience taught me that knowing what's true—and staying with it—is a powerful way we can each pray for ourselves. ●

Originally published in the November 16, 2020, issue of the *Christian Science Sentinel*.

## When the ice show came to town

By Susan Adams

**T**he colorful flyer on the bulletin board at the ice rink caught my eye. A famous ice show was coming to town! I asked my mom if my younger sister, Val, and I could take the bus to the arena, just the two of us. She said yes!



The day of the show, we excitedly boarded the bus. But as I put the coins into the change counter, I realized I hadn't figured the fare correctly. I had to use part of the money for our return trip to get us to the rink.

The ice show was magical—all glamour, glitter, and grace. But I worried how we were going to get home. Even if I'd had money to call Mom on a pay phone, she couldn't pick us up because my dad had the family car.

I had no idea how to get the money I needed to pay for our return ride. All my life, though, I'd learned from my parents and Christian Science Sunday School teachers that God is our Father-Mother, always loving and protecting us. "God is our refuge and strength, a very present help in trouble" (Psalms 46:1) were the words on our Sunday School wall.

So I began to pray, knowing that no matter where I was, God's love and care were also there. Suddenly I remembered that my friend Sheila had said she and her family were going to the same ice show. But how could I possibly find her in the crowd? Then another idea came to me. I could take a quick walk around the arena at intermission to look for her. Even though people were crowded up to the rafters, I knew that since God is good and all-knowing, I could trust His guidance. And from other experiences I'd had, I also knew that being obedient to God's direction is always right, even if we don't see how it will help us.

I didn't have to go far before I noticed a person in the very top row of the arena jumping up and down and waving her arms. It was Sheila! When she climbed down to me and I told her what I needed, she happily lent me the money.

I was so grateful for this beautiful example of God’s loving care, which supplies whatever we need whenever we need it.

Later, as Val and I walked to the bus, the words of Hymn 342 from the *Christian Science Hymnal*, which my mom sang to me every morning, came to thought and rang so true:

This is the day the Lord hath made;  
Be glad, give thanks, rejoice;  
Stand in His presence, unafraid,  
In praise lift up your voice.  
All perfect gifts are from above,  
And all our blessings show  
The amplitude of God’s dear love  
Which every heart may know.  
(Laura Lee Randall, © CSBD)●

Originally published in the November 30, 2020, issue of the *Christian Science Sentinel*.

## Let your light shine this Christmas

By Beth Campbell

**C**hristmas! Is it your favorite holiday? On Christmas we celebrate the birth of Jesus Christ, the Son of God.

The Bible tells us that on the night of Jesus’ birth, the angel of the Lord appeared to shepherds who were watching their sheep in the fields. God’s glory shone on them. Can you imagine what that must have been like? At first, they were very scared. But the angel said, “Don’t be afraid!” and, “I bring you the most joyful news ever announced, and it is for everyone! The Savior—yes, the Messiah, the Lord—has been born tonight in Bethlehem!” (Luke 2:10, 11, Living Bible).

Why do we love Jesus and feel joy about his birth? Jesus came to teach us about God and how much God loves all of us. Jesus is our

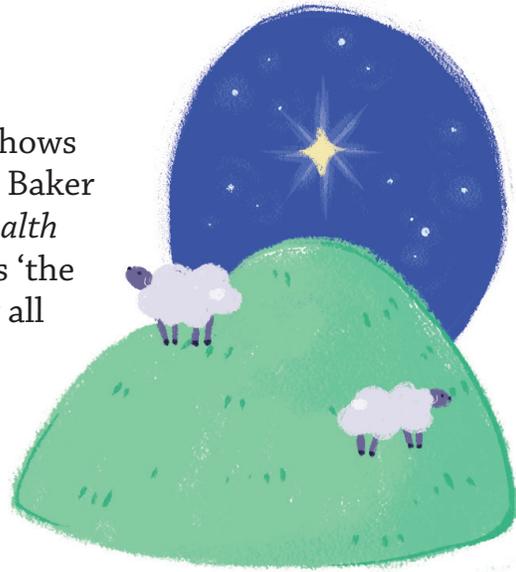
Way-shower, which means his life shows us the way to live. Here's how Mary Baker Eddy explains this in *Science and Health with Key to the Scriptures*: "Jesus was 'the way;' that is, he marked the way for all men" (p. 46).

In one of his main teachings, called the Sermon on the Mount, Jesus explained how we can be happy and live in harmony with each other by following God. Jesus taught us to love everyone. He taught us to forgive each other and to be peacemakers. He told us, "You are the light of the world" (Matthew 5:14, New King James Version).

Wow! What does it mean to be the light of the world? Every kind deed you do is like a little light shining. When you help someone who is feeling bad, you are expressing God's love and lighting the world. When you forgive a friend, you are brightening the world with God's pure love.

One time a friend got mad at me and said something mean. Then I got mad at him and said something mean back. Afterward, I felt very sad. I wasn't sure what to do, but I prayed and asked God to help me. Later that day I was visiting a bakery with my family. I saw a special treat that I knew my friend loved, and I had the idea to buy it for him. When I gave it to him, he was surprised, and he smiled. The bad feelings melted away because of God's love shining through both of us. I knew we were friends again. What a happy feeling I had!

When we follow Christ Jesus' teachings, we are lighting up the world with God's love. Remember how the glory of God was shining on the night Jesus was born? We can also brighten the world by letting our light shine, and not just at Christmas, but every day! ●



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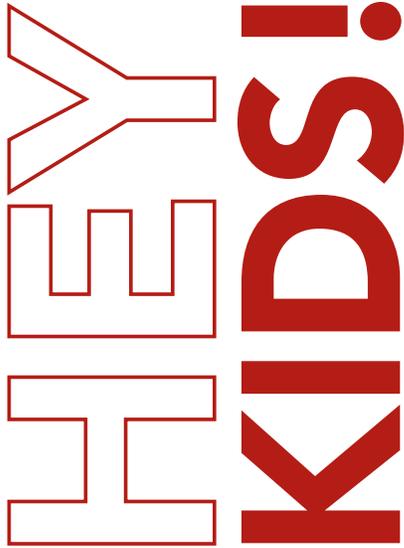
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## A COLLECTION FOR KIDS

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

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