



Christian Science Sentinel

"What I say unto you I say unto all, *Watch*" —Jesus

July–December 2021 | cssentinel.com

A Collection for Kids

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*Thou wilt shew me the path of life: in thy presence is fulness of joy;
at thy right hand there are pleasures for evermore.*

— Psalms 16:11

A Collection for Kids: July–December 2021

CHRISTIAN SCIENCE SENTINEL

*Published by The Christian Science
Publishing Society*

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We look forward to hearing from you!

Henry and the knights

Virginia Anders

HENRY WAS VISITING his aunt and uncle. He got to go to the beach and play in the waves. He went to an air show and watched the planes.

One day, his uncle told him that they were going to a dinner show where you eat with your hands instead of silverware, like they did in olden times, and watch knights on horseback. Henry didn't know what a knight was. His uncle told him that knights stood up for good and defended people from bad things. Henry thought that was a good thing to do and that maybe, someday, he'd like to be a knight, too.

At dinner, Henry discovered he liked eating with his hands. And he especially liked the horses, and the knights in their suits of armor.

Later, though, Henry didn't feel so happy. As he was going to bed, he told his aunt that he didn't want to go home.

"Why not?" she asked him.

He told her about the kids at school who knocked his papers out of his hands and stomped them into the mud. He hid from them at recess.

His aunt could see that he was feeling worried and unhappy. She put her arms around him and asked if he had ever talked to God about this. Henry said he didn't know how.

His aunt explained that one way to know God is through the names for God that you can find in the Bible and in a book called *Science and Health with Key to the Scriptures* by Mary Baker Eddy.

"I read from these books every day to learn more about God and how He cares for us," she told Henry. She said that they could go through the names together and that he could think of each name for God sort of like a knight that was always with him and protecting him. The names she shared with him were Principle, Mind, Soul, Spirit, Life, Truth, and Love.

She told Henry that the "knight" called Principle was defending him with God's law of good. Mind was telling him just what to do. The "knight" known as Soul was holding him in harmony. She told him about Spirit, Life, and Truth, which were telling him that he could see all the kids as



ANNA LITWILLER — STAFF

God’s children, good and loving. The “knight” of Love was holding him close and safe.

His aunt told him that he was constantly surrounded by God’s goodness, so he was never alone. God was always with him—on vacation, at home, and at school. Henry felt comforted and went to sleep.

Two days after he got home, Henry called his aunt and uncle to tell them he wasn’t afraid anymore. He knew the knights of God were with him. Things changed at school, too. The bullying stopped.

Henry learned that anytime we’re feeling afraid, we can always turn to God for help. And God’s power of good is always there to defend us and protect us.●

Originally published in the July 12, 2021, issue of the *Christian Science Sentinel*.

... take unto you the whole armour of God,
that ye may be able to withstand in the evil day,
and having done all, to stand. Stand therefore,
having your loins girt about with truth, and
having on the breastplate of righteousness;
And your feet shod with the preparation of the
gospel of peace; Above all, taking the shield
of faith, wherewith ye shall be able to quench
all the fiery darts of the wicked. And take the
helmet of salvation, and the sword of the Spirit,
which is the word of God:

—Ephesians 6:13–17

Let's go up the mountain

Annette Dutenhoffer

THERE ARE BIG mountains where I live. Sometimes I drive on a winding road up, up, up to the top. I can see the beautiful scenery below. I can see the puffy clouds above. It's still and quiet. It's a place where I like to think about God's goodness right there with me.

No matter where you are, you can be still and quiet. You can let your thoughts go up, up, up to feel and know how close God is.

In Christian Science Sunday School, I learned that Jesus let his thoughts go up to God all the time. He knew God, Love, was always with him, and everyone else, too.

Did you know that Jesus was a healer and a teacher? His students were called disciples. He wanted them to understand God the way he did, so his life was all about showing and teaching God's goodness and power.

One day, Jesus and his disciples went up on a mountain for a lesson. Today we call that lesson the Sermon on the Mount. (You can find it in the book of Matthew in the Bible, in chapters 5–7.) Jesus taught how to act in ways that help us feel close to God, and how natural it is to do that when we feel God's presence. When we feel close to God, goodness and kindness are like a light shining out from us. That light is a warm happiness that people can feel deep down inside, even though they can't see it with their eyes.

Do unto others as you would have them do unto you

One of the ways we live that light is by following something Jesus taught called the Golden Rule. It says that you should treat others the way you would like to be treated. (You can find the Golden Rule in Jesus' Sermon on the Mount, Matthew 7:12.)

When my daughters were little girls, they learned about the Golden Rule in Sunday School. But sometimes they didn't get along very well. They forgot about the Golden Rule! If one sister did something unkind to the other, the other would repeat the same unkind thing right back. We called that the "muddy rule," because it makes people feel like they're sitting right in the middle of a muddy puddle. It doesn't make anyone's thoughts go up high or feel God's presence. It doesn't make anyone feel bright or shiny.

You could say that following the "muddy rule" is treating people in a bad way because they treated you in a bad way. But following the Golden Rule is treating people the way you want to be treated even if they don't treat you in a kind way. Obeying the Golden Rule makes getting along easier, and it also makes everyone happy. That's what my daughters found when they treated each other kindly and with care.

When you follow the Golden Rule, it shows that you love God, that He loves you, and that God loves everyone else, too. And when you do that, you feel like you're enjoying the beautiful view from a mountaintop! •

Originally published in the July 26, 2021, issue of the *Christian Science Sentinel*.

“If it’s not God, then I’m not home”

Bailey

ONE DAY WHEN I woke up, my ankle hurt. But I knew what to do. I had learned in Christian Science Sunday School that I could open my thought up to hear God’s thoughts. Listening to God is one way to pray.

I started praying, and the thought that came to me was a camp song. It is called “The Telephone Song.” It goes like this:

Singer 1: Hey, [name of singer 2]!

Singer 2: Someone’s calling my name.

Singer 1: Hey, [name of singer 2 again]!

Singer 2: I think I hear it again.

Singer 1: You’re wanted on the telephone.

Singer 2: If it’s not [name of another person], then I’m not home.

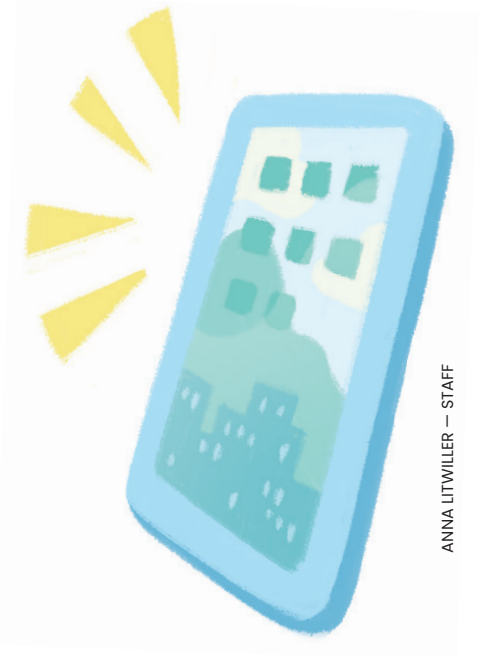
I realized that the thought that my ankle hurt was like Singer 1 trying to call my name or get my attention. So I decided that I could be like Singer 2 and take only calls that were coming from God. And I could say, “If it’s not God, then I’m not home!”

After that, I felt completely better, and my ankle hasn’t hurt since.

From this experience I’ve learned that you can choose to take only calls from God. I think this is a way of being watchful. In the Bible, Jesus tells a story about a porter who is supposed to be watching the house and not falling asleep (see Mark 13:34–37). We can be watchful with our thoughts and let in only the good ones.

So next time a thought comes knocking at your door, you can be a porter and say, “If it’s not God, then I’m not home!”•

Originally published in the August 9, 2021, issue of the *Christian Science Sentinel*.



ANNA LITWILLER — STAFF

Praying all by myself

Cara Cusack-Theodule

WHEN I WAS a kid, I loved going to Christian Science Sunday School each week. I loved my teacher. She was always so cheerful. I loved sitting around a table with the other kids, talking about stories in the Bible. Most of all, I loved what I was learning, because it made me feel so comforted.

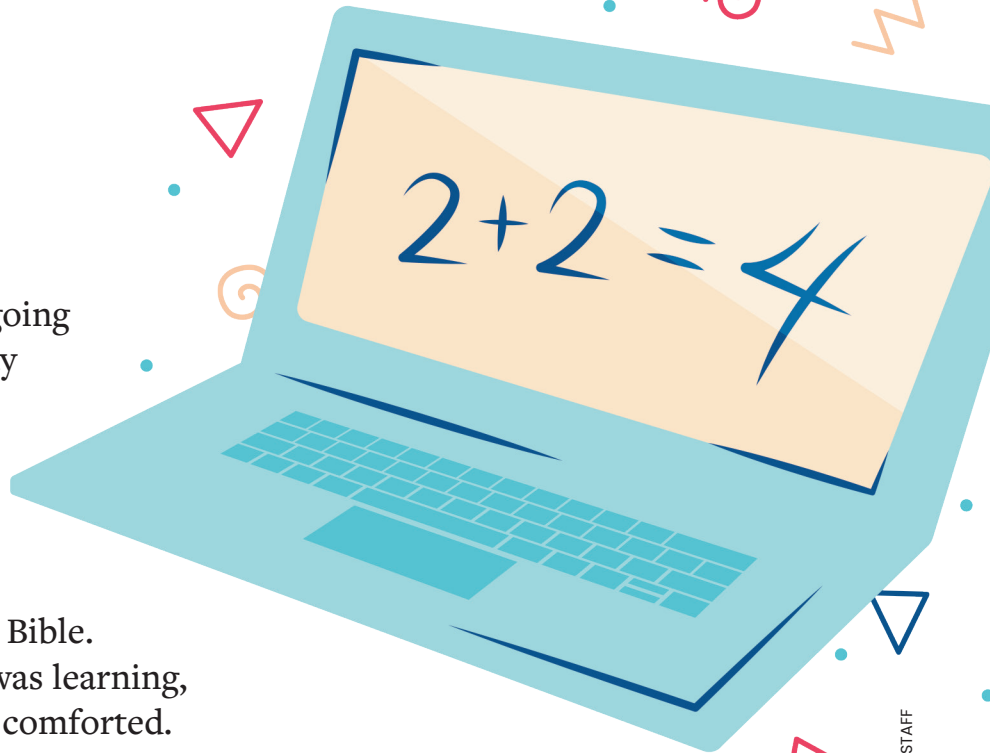
Sunday School was about God and about how to pray. One of the first ideas I learned to pray with was “There is no spot where God is not.” That means God is everywhere. That means Love (another name for God) is everywhere. There’s not one tiny place where God, Love, isn’t.

Another thing I learned in Sunday School is that these ideas we talked about weren’t just for Sundays. They were for every day. I could pray with them and be healed. So, one day I decided to pray all by myself about some warts that were on my hands.

I prayed to understand that “there is no spot where God is not.” I didn’t just say the words. I really thought about what they meant. And I listened with my thoughts to hear God telling me how true that idea was for me.

One day when I was praying, I realized that since God is everywhere, Love must also be everywhere—ever present. And since Love is ever present, warts couldn’t be present. There’s no room for anything ugly where Love is.

One thing that’s cool about praying is that when God shows you something new and true, it really sticks. It’s like knowing that $2+2=4$. Once you know that, you don’t ever think $2+2=5$ again. Because you know what the fact is.



That's what happened for me with my hands. Once I knew that only Love could be present, I didn't think about the warts anymore. And soon, I noticed the warts were completely gone. I was healed.

I was so grateful for this healing that I even shared it at a Wednesday testimony meeting at my church. It was the first testimony I had ever given! I loved sharing what I had learned in Sunday School and how it helped me.

Putting what you learn about God into practice is fun and healing. And helping others by telling them what you've learned is fun and healing, too. Try it! •

Originally published in the August 23, 2021, issue of the *Christian Science Sentinel*.

God can help with the scary things

Jenny Sawyer

I COULDN'T SLEEP. Every time I closed my eyes, I saw something I didn't want to see. I saw two cars crashing into each other, just like I'd seen one afternoon when my carpool was driving home from school. It had been a scary thing to see, even though everyone in both cars had been OK in the end, and our car hadn't been part of the crash. And it was scary every time I remembered it.

Sometimes images or memories bother us. It might even feel like they won't stop coming back, no matter how much we wish they would go away. What can we do then?

One thing I learned in Christian Science Sunday School is that we can always ask God for help. It doesn't matter if we need help with something little or something big. God will always give us what we need to be peaceful and move forward.

I wasn't sure how God could help me with this bad memory that wouldn't go away. But I decided to ask for help anyway. Asking is a way of praying, and you can do it with your thoughts, or just feel that desire in your heart.

When I prayed, thinking about my need for help, I started getting some really good thoughts. It was like turning on the faucet in the sink—all of a

sudden, all these comforting and loving thoughts came flowing right in. I could tell they were from God because they came with a feeling of peace. Also, they were ideas I'd never thought of before.

One idea was that I could trust God more than what I'd seen with my eyes. God reminded me that He is Truth, so if I wanted to know the real truth about things, only God could tell me.

What was the truth God was telling me? God was saying, "I am good and cause only good." So, no matter what I'd seen, in reality only God's goodness had been there. Only divine Love, God, holding and comforting everyone, had been present. And God was helping me feel His love and goodness so tangibly that there was no more place for sadness or fear.

God also reminded me that because He is everywhere, safety is everywhere. God is protecting each of us, every moment, all the time. The Bible says that we "live, and move, and have our being" in God (Acts 17:28). What could be safer than that?

These ideas were powerful. They started to make more sense and feel more real to me than the scary image of the crash. I even began to feel like I could trust them. And as I held on to these good thoughts, I noticed that the image began to fade away. My fear went with it.

If you see something that is scary, or remember something that makes you sad or upset, God is there to help you, too. You can listen for the truth God is telling you about that image. You can trust what God is saying. Then you'll feel the all-powerful love that wipes out bad memories—for good. •



ANNA LITWILLER — STAFF

Originally published in the September 6, 2021, issue of the *Christian Science Sentinel*.

Safe on the school bus

Virginia Anders

EVERY MORNING BEFORE Greg left to ride the school bus, he and his mom did something special. They played the piano and sang a hymn from the *Christian Science Hymnal*. Their favorite starts out this way:

Through the love of God our Saviour
All will be well;
Free and changeless is His favor;
All must be well;
Precious is the Love that healed us,
Perfect is the grace that sealed us,
Strong the hand stretched forth to shield us;
All, all is well.

(Mary Peters, No. 350, adapt. © CSBD)



They liked the idea of being sealed by God’s grace. Greg’s mom would remind him that nothing bad could ever touch him because he is always one with God. Greg was sealed in God’s goodness, never out of God’s care.

Then out the door he would go!

One day after school, Greg was put on the wrong bus. He tried to tell the school that his bus driver was Mr. Johnson. But the school told him he had to go on Mrs. Hester’s bus. Greg felt upset riding around on the wrong bus. He didn’t know where he was going or where he was supposed to get off.

But then he remembered the hymn he and his mom liked to sing. He remembered that he was sealed in God’s goodness and that God was right there with him. He was safe no matter where he was.

The girl who was sitting next to him started to talk to him. Her name was Mindy. He said his name was Greg, and he told her he was on the wrong bus and wasn’t sure how to get home.

“That’s OK,” Mindy told him. “You can come home with me, and my mom will help you.”

Greg got off the bus and went to Mindy’s house. He knew his mom’s phone number, so they could call her. Greg’s mom was so happy to hear from him and said she would drive right over and pick him up.

Greg was excited to see his mom. He was also excited to tell her how he’d prayed on the bus. He’d gotten to see proof that he really was always safe in God’s care. •

Originally published in the September 20, 2021, issue of the *Christian Science Sentinel*.

ANNA LITWILLER — STAFF



You can be a healing helper

Susan Booth Mack Snipes

LILY WAS JUST learning to read, but she already knew that there were healing ideas in the Bible that could help her when she had a problem. Sometimes, on the way to school Mom would play a recording of that week’s Bible Lesson from the *Christian Science Quarterly*. They would talk about ideas from the Bible and from *Science and Health with Key to the Scriptures* by Mary Baker Eddy that helped them feel close to God and stay close to God all day long. Lily had had many healings with ideas from the Bible as she listened to the Lesson on the way to school.

One day, when Lily’s little sister, Maggie, fell down and got hurt, Lily was the one upstairs with her. There were grownups downstairs who could have comforted and helped Maggie. But Lily knew she could help, too. She knew just what to do!

Quickly, she ran to her desk and got her Bible. She brought it over to Maggie. Lily didn’t want to take time to find her favorite passages, so she just opened up the Bible and started reading aloud. She felt sure that God would have a good message to comfort Maggie.

The passage wasn’t one she’d read before, either in the Lesson or in Christian Science Sunday School, but she wasn’t worried. Here’s what she read: “He put the altar of burnt offering by the door of the tabernacle of the tent of the congregation, and offered upon it the burnt offering and the meat offering; as the Lord commanded Moses” (Exodus 40:29). There were some big words that Lily couldn’t quite read. But she did know the



GINGER MACK EMDEN

word *offering*, and she hugged Maggie close and told her, “God is offering you a healing.”

Maggie stopped crying right away. She knew that when a friend offers you a cookie or offers to take you to the playground, all you have to do is say yes and thanks! She smiled up at Lily, and Lily knew that Maggie was saying yes to her healing.

“Let’s go play again, OK?” said Lily.

Away they went! Maggie was healed, and she and Lily had fun playing together the rest of the afternoon.

Later, Grammy told Lily that she had heard her helping Maggie. She said she was so grateful to know that Lily knew just how to help. Then Lily smiled at Grammy because she realized God had offered her something, too. God had helped her to be a healer. •

Originally published in the October 4, 2021, issue of the *Christian Science Sentinel*.

*Rise up and walk! God made you free,
Born of His liberty.
Carefree and strong, you are His song,
Perfect for all to see.
Mountains and seas, great rising trees,
Echo the joyous song:
Heaven is here, harmony’s bliss
To everyone belongs.*

—Peter Allen, *Christian Science Hymnal:
Hymns 430–603*, No. 565, © Peter Allen

God is the one

Dahlia

HI! MY NAME is Dahlia, and I'm seven years old. I go to the Church of Christ, Scientist, in Portland, Maine. I like to give testimonies on Wednesday nights and attend the Christian Science Sunday School there on Sundays. Sunday School is fun, especially when we answer questions about God by playing "red-light, green-light." I like that God is good and helps me.

One time when I was on a field trip with my school, I fell on the way to the playground and scraped my knee. I prayed, and then I didn't feel any pain. I got back up and started running to the playscape.

During school vacations, my mom asks me to read something every day. One day when she asked me, I decided to write a poem and read it to myself. I was just thinking of things that rhyme and things that are true, like things about God I'd learned in Sunday School. Here it is for you to read, too!

God is the one
I love the most.
He is light and power.

Nothing can stop me
from loving Him,
not even a dark hour.

God is the one I love the most. ●

Originally published in the October 18, 2021,
issue of the *Christian Science Sentinel*.

ANNA LUTWILLER — STAFF

My healing of an earache

Evie

ONE MORNING DURING the summer my ear started hurting. I told my parents, and they said we could call a Christian Science practitioner to help with the healing. A practitioner is someone who, if you don't feel well, prays for you and reminds you that God is always with you.

The practitioner reminded me that we can never be separate from God. She told me how a shepherd is always watching over every sheep in his flock. And if a sheep becomes separate from the flock, the shepherd will go find it, and put the sheep over his shoulders, and bring it safely back to the others. The practitioner said we can think of this as like the way God turns us back to His love. God tells us that we are loved and that we can never be separated from His love and care.

I thought for a very long time about what the practitioner said. It helped me.

Later in the day, I was having so much fun that I forgot all about my ear hurting. And when I thought about it again, I realized it wasn't hurting anymore. My parents said I had had a healing, and I felt very happy. •

Originally published in the November 1, 2021, issue of the *Christian Science Sentinel*.



Finding Fluffy

Holly Bolon

MY LITTLE SISTER Laurel was sitting on Mom’s lap, crying. Mom was hugging her and talking to her, but the crying didn’t stop. I wondered what was wrong.

Mom told me that Laurel had taken her little white toy kitten, Fluffy, to school the day before. Now Fluffy was missing.

“Maybe she dropped her while walking home,” Mom said to me. And she asked me to try to find Fluffy.

I loved my sister and wanted to help. I put on my coat, hat, boots, and mittens, and opened the front door. What a surprise! It had snowed a lot during the night. Everything was white. How would I ever find little white Fluffy?

Then I thought of something I’d learned in Christian Science Sunday School. It was from the Bible: “God is love” (1 John 4:8). I knew this meant that God loves each of us and takes care of us. Our teacher had told us that we can think of God as our best friend. When we have a problem, we can ask God for help. God talks to us by giving us good ideas, or angel messages, that tell us what to do. We just need to listen for them in our thought.

As I stepped into the snow, I asked God to help me. I told Him I loved my sister and wanted her to be happy again. I said I would listen very hard for His good ideas. I was glad that angels were with me.

Slowly, I walked the seven blocks to school, trying to see if Fluffy was somewhere in the snow. When I reached school without finding her, I turned around and began to walk back. I felt a little discouraged.

But I remembered I could trust God to tell me what to do. Just then, I had the thought to turn right at the next corner. Soon, I saw two little blue spots in the snow. I bent down to look more closely. They were two blue eyes belonging to one fluffy stuffed kitty! I reached down and pulled Fluffy out of the snow. I was so happy! Clutching Fluffy, I ran as fast as I could the rest of the way home.



ANNA LITWILLER — STAFF

I burst into the house, pulled off my boots, and ran to find my sister. When Laurel saw Fluffy in my arms, she reached out and took her and hugged her as hard as she could.

I told Mom about asking God to help me. She was as happy as I was that God’s angel thoughts had guided me to Fluffy. And you know what? I’ve never forgotten that God loves each one of us and helps us when we ask Him to. All we need to do is listen. •

Originally published in the November 15, 2021, issue of the *Christian Science Sentinel*.

God never changes

Joan Ware

I LIVE WAY up high in the mountains. Some of them are over 14,000 feet tall! My favorite one, the one I see out my window, looks like an elephant. I even gave it a name: “Ellie.”

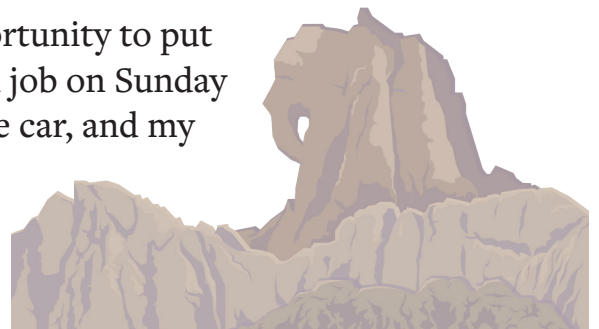
I love that mountain. It never moves. Never leaves me. Even when it gets covered over with bright yellow fall leaves or deep winter snow, it stays the same mountain—always.

My mountain reminds me of God. God never changes. Never leaves us. Is always Love. And God is forever good.

Here’s something else that never changes: We can feel God’s presence with us no matter what. God’s presence can feel like a mother’s hug or a father’s protecting arms. It can feel like guidance, too. If we don’t know what to do, God is right there giving us the exact ideas we need for the very next step. We can hear God’s answers even in the toughest times. His care for us is always there, no matter what.

When I was in fourth grade, I had an opportunity to put this idea into practice. My mom had a church job on Sunday and had to be at church early. So she took one car, and my brother and sister and I went with my dad in the other car.

One Sunday after church, I stayed to talk to my Sunday School teacher. I didn’t



ANNA LITWILLER — STAFF

notice how empty the Sunday School and church were getting. When I went outside, there were no cars in the parking lot. And the parking lot around the corner was totally empty, too. Both my parents had left—without me!

Because I had just had a wonderful Sunday School class and a special talk with my teacher, I didn't panic. I stayed calm and listened for ideas. Should I try walking home? "No," came the answer. Should I knock on a door and ask for help? "No," came the answer. Both answers were very clear. I could tell that even though things around me felt uncertain, God was still right there. God's guidance wouldn't leave me.

Then the idea came very gently to just sit on the church steps and wait. I could use that time to see all the good that was going on around me. There were beautiful trees and flowers, warm sunshine, bikers, and happy families.

I could stay filled with goodness and gratitude. I was grateful for my Sunday School and my teacher. I was grateful that I knew God and that He was always caring for me. God would never leave me. Never forget me or abandon me. I would always be right there with God. Hugged and safe.

Before I knew it, there was my dad in the car. He'd thought I'd gone home with my mom. And my mom had thought I'd gone home with my dad. Oops! I was very happy to see him as I hopped into the car.

I was also grateful I had been able to stay so calm, peaceful, and unafraid because I'd known that my forever Father-Mother God was right there with me. Just like God is always with you.●

Originally published in the December 6, 2021, issue of the *Christian Science Sentinel*.

A Christmas gift . . . for God?

Virginia Anders

MOLLIE WAS VERY excited about Christmas. She loved all the lights and decorations hung up at home and around her town.

Now it was the day before Christmas, and she was helping her mom wrap presents. The gifts weren't for them. These were special presents for the senior center Mollie and her mom visited every year at Christmastime.

Mollie and her mom were listening to Christmas carols and singing along. When they finished wrapping, Mollie's mom made hot chocolate. As they sat down to drink it together, Mom asked Mollie what she'd learned in Christian Science Sunday School about Christmas.

Mollie remembered the story in the Bible pretty well. She told her mom about Joseph and Mary and how they had to stay in a stable where the animals lived, because there was no room for them in the inn. When baby Jesus was born, he had a little bed in the straw. Then the wise men brought him gifts, and angels told the shepherds about his birth.

"Why was baby Jesus special?" her mom asked as they sipped their hot chocolate.

Mollie told her it was because God sent him.

"That's right," her mom said.

Mollie's mom explained that God loves everyone, so He sent Jesus to tell about God's love and to show everyone God's love through healing. Because of what Jesus taught, we know that God is good and is Spirit and that we are God's children—good and spiritual. So we can be healed, too. This is the greatest gift ever given.

After they finished their hot chocolate, Mollie and her mom packed up all the presents and drove to the senior center. As she drove, Mollie's mom explained that one of the reasons they were giving gifts was that the Bible says, "It is more blessed to give than to receive" (Acts 20:35). So, instead of Christmas being just about getting gifts, she said, it was important to give them, too. After they arrived, Mollie and her mom took all the presents inside and helped serve Christmas dinner.

When they got home, Mollie was tired but happy. She and her mom sat by their Christmas tree and looked at the twinkling lights. Mollie was quiet—thinking.



ANNA LITWILLER — STAFF

“You know how when I get a present, I give a present?” she asked her mom. “If God gave us the present of Jesus to show us we’re loved and cared for, shouldn’t we make sure to give God a present, too?”

“What do you think you could give?” Mollie’s mom asked her.

Before going to bed, Mollie wrapped a small box and put it under the tree. The next morning, after they opened all the presents, Mollie’s mom found the little box. The label said, “To: God. From: Mollie.”

“I figured out the perfect gift to give to God!” Mollie exclaimed.

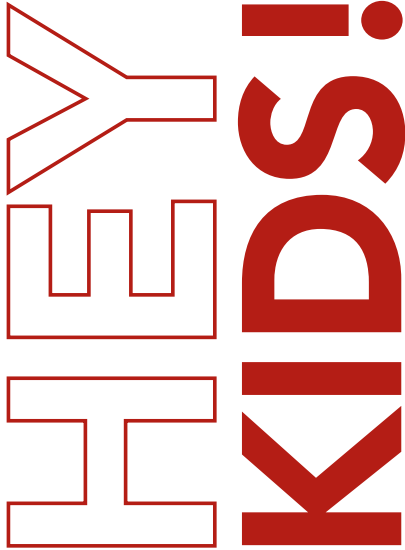
They opened the box together, and inside was a note that said, “Thank you, God.”

Gratitude was the perfect gift. •

Originally published in the December 13 & 20, 2021, issue of the *Christian Science Sentinel*.

A Collection for Kids:

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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!

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