



# Christian Science Sentinel

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

July–December 2024 | [cssentinel.com](https://cssentinel.com)

## A Collection for Teens



© MASKOT/GETTY IMAGES. MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY

Can I pray for my  
friends who aren't  
Christian Scientists?

Page 2

A week full of healing

Page 7

Trusting God, even with the  
little things

Page 15

# A Collection for Teens: July–December 2024

## CHRISTIAN SCIENCE SENTINEL

*Published by The Christian Science  
Publishing Society*

**Editor:** Ethel A. Baker **Associate Editors:** Tony Lobl, Larissa Snorek, Lisa Rennie Sytsma **Operations Manager:** Peter Whitmore **Product Management:** Graham Thatcher; Karina Bumatay **Content & Youth:** Jenny Sawyer **Copy Editor:** Carol Niederbrach **Bible Lens:** Cheryl Ranson **Staff Editors:** Nancy Humphrey Case, Susan Kerr, Nancy Mullen, Tessa Parmenter, Cheryl Ranson, Roya Sabri, Heidi Kleinsmith Salter, Julia Schuck, Jenny Sinatra, Suzanne Smedley, Liz Butterfield Wallingford **Audio Production:** Amy Richmond; Carlos A. Machado, Natasha K. Telschow, Sophie Ungerleider **Print & Web Production:** Gillian Litchfield, Brendunt Scott **Design:** Aaron Cranford

See **page 20** for submission, subscription, and contact information. We look forward to hearing from you!

## CONTENTS

|                                                            |    |
|------------------------------------------------------------|----|
| Can I pray for my friends who aren't Christian Scientists? | 2  |
| Amanda Kamau                                               |    |
| When a man approached me at the mall                       | 3  |
| Wendy Orfila                                               |    |
| I found joy again                                          | 5  |
| Rhea Patel                                                 |    |
| Do prayer and exercise go together?                        | 6  |
| John Biggs                                                 |    |
| A week full of healing                                     | 7  |
| Sara Lang                                                  |    |
| God's guidance during my travels                           | 8  |
| Isabel Clark                                               |    |
| Safe from a severe storm                                   | 10 |
| Nancy New                                                  |    |
| Trusting God saved my life                                 | 11 |
| Fisher Ledbetter                                           |    |
| Healed of anorexia                                         | 13 |
| Name Withheld                                              |    |
| When I wanted to stand up to the principal                 | 14 |
| Heidi Kleinsmith Salter                                    |    |
| Trusting God, even with the little things                  | 15 |
| Dean Ziesler                                               |    |
| In a bad mood?                                             | 17 |
| Allison Adams                                              |    |
| Love is an active prayer                                   | 18 |
| Beck Riedel                                                |    |

# Can I pray for my friends who aren't Christian Scientists?

Amanda Kamau

**Q:** How can I help my friends who aren't Christian Scientists when they have a problem? Can I pray even if they haven't asked me to?

**A:** I was on a weekend trip with some childhood friends when one mentioned that she was experiencing recurring urinary tract infections (UTIs) and wanted to stop by the store to pick up medicine. As we drove, I remembered an experience I'd had in college.

One day during my freshman year, I felt the symptoms of what seemed like a UTI coming on. I knew I could pray about this because I'd experienced Christian Science healing before and knew

**Sitting in the car that day with my friends, I had no intention of imposing my beliefs on them. But I found myself thinking of my own healing.**

the effectiveness of turning to God for help. I called my mom, and she assured me that we could pray together.

While praying and looking up some spiritual ideas for inspiration, I came across a sentence in *Science and Health with Key to the Scriptures* that helped me a lot. It says, "Harmony in man is as real and immortal as in music" (Mary Baker Eddy, p. 276).

I thought about songs that I like and how they're pleasant and peaceful. If those songs weren't recorded, produced, or performed well, they wouldn't feel right, because it's natural for music to be harmonious. I thought about how that applied to me. I'd learned from studying Christian Science that God is Spirit and that my identity is the expression of God. So, my identity

is wholly spiritual. Likewise, since God is good, as God's expression, I'm good and can experience only goodness. I also express harmony and peace because God is the source of those qualities. This brought me comfort. I continued praying with these ideas for a few days until I was completely healed. I've never experienced UTI symptoms again.

Sitting in the car that day with my friends, I had no intention of imposing my beliefs on them. But I found myself thinking of my own healing, and that same quote came to mind. In college, I'd applied the word *man* in the statement just to myself. But now, having studied Christian Science a little more deeply, I understood that *man* is actually an inclusive term meaning all of God's children, including my friend.

I wasn't trying to pray for her, because she hadn't asked me to. I was just thinking about that quote during our car ride and understanding it a bit more. We were soon at our next destination, and my friend told us we could stop at the pharmacy afterward.

When we got back in the car about an hour later, my friend said she was "weirdly, feeling better," so we should wait a little longer before taking our pharmacy detour. As the day went on, she didn't mention going to get medicine again.

At the end of the day, I asked if she still needed to make a stop. She told me the pain had gone away, and I realized she'd had a healing. I silently gave gratitude to God. I also realized later that because I'd learned I didn't have to feel any bodily discomfort, I knew that she didn't have to feel any either because she too was created to express harmony.

Before I went to sleep that night, I thanked God again, but I felt a little strange that I hadn't

mentioned or explained to my friend what had happened from my perspective. I knew, though, that if it was right to share, the opportunity would arise naturally.

On the long car ride home, the topic of religion came up, and I freely shared about Christian Science and what I'd been thinking about the day before. I even explained that I thought my friend had had a healing. She was surprised—but agreed! And she said she was grateful to hear about what I'd been thinking.

I'm so grateful for this experience for many reasons. It proved to me that prayer is never about changing someone else's thoughts about a situation but about being aware of how I'm thinking about things and praying to have my own thoughts

uplifted. Sometimes when praying, it's tempting to ask for a situation to be changed. But prayer is really about aligning our thoughts with what we know is true about God and letting that correct view shape how we're seeing ourselves and others. If I'm seeing or experiencing anything other than God, good, I know there is something that I can do about it and that can help both me and those around me.

I also learned that we can always help our friends, even if they don't ask us to pray for them. This experience wasn't about attempting to fix my friend. It was an opportunity to understand and demonstrate Christian Science healing more fully and to share with my friends something that's very special to me. When we open our hearts to God, we'll know the best way to do that. •

Originally published in the July 8, 2024, issue of the *Christian Science Sentinel*.

# When a man approached me at the mall

Wendy Orfila

**I WANTED OUT FROM** under my parents' thumbs—I wanted independence. It was 1975, and I was trying to find my way in the world—hip-huggers, halter tops, bandannas, bare feet, and all.

One weekend, I was enjoying a brief window of freedom while shopping at the mall. I was deep in my own thoughts and completely unaware of my surroundings.

As I walked out of a store, a man approached me. He was very friendly and showered me with compliments. That got my full attention. He told me he was a producer and wanted me for a hair spray commercial. This wasn't as bizarre as it might sound—the mall was in Los Angeles.

Of course I wanted to be in a commercial! He even had my lines all typed out for me to start

practicing. He wanted me to go with him to the studio to see how I'd do on camera.

But I had a voice in my head that I couldn't ignore, saying, "You need to talk to your mom first!" There were no cellphones then, so I called my mom from a pay phone at the mall, and she agreed that he could meet with her, if he followed me home in his car.

At home, he presented my mom with his business card, and we all sat in the living room discussing my new career. She asked him lots of questions, and he had answers for all of them. She told him that she wouldn't let me go to the studio alone and that she'd have to come with me. He said OK. He thanked her for her time and said he would send a car for us the next day.

But the car never showed up. When I called the number on the card, the person on the phone was unaware of anyone by the name or job title on the card. The whole thing had been a lie.

My mom told me she'd been praying about the situation. She had been studying Christian Science, and my sisters and I were required to attend Christian Science Sunday School. I wanted nothing to do with it, but it wasn't optional. Still, as it

## I realized that God had been with me, protecting me from this scam.

became clear that the man's intentions had not been good, I recognized that her prayers had made a big difference in keeping me safe from danger.

My mom helped me see that I'd actually been protected from harm. She pointed out that this man couldn't have seen my hair because it had been covered with a bandanna. So then how could he have thought I'd be good for a hair spray commercial? I was devastated that my dream had been crushed, but through the disappointment, I was still grateful that it hadn't been worse—that I hadn't been kidnapped or harmed.

I felt something special that day, realizing that my mom's prayers had made a difference. God says in the Bible, "Do not fear, for I am with you" (Isaiah 41:10, New International Version). I realized that God had been with me, protecting me

from this scam. And I knew then that God is with me everywhere, whether or not I'm thinking of Him. It showed me that our "intuition" is actually God speaking to us. While I don't need to walk around scared, I can be wise and listen for that inner guidance—God's voice.

I'm grateful to say that after this experience, I wasn't looking over my shoulder when I went out. While I always try to be aware of my surroundings, I also know that I am always walking with God and that that keeps me safe.

Even if we encounter people who might appear to have ill intentions, the reality is that we are all created in God's image and likeness, as the Bible says. God is good, and that's what we are, too. As the reflection of God, we all include qualities such as purity, goodness, innocence, and safety. As we recognize these qualities in ourselves and others, we'll experience more of God's protection.

Years later, the same voice that protected me from that man at the mall also told me that my daughter needed my help. She was on a date, and I had no idea where she was. Worst of all, she wasn't answering her phone. I prayed to know that she was in God's care and was safe. She made it home and told me how a scary situation had de-escalated. I was so grateful to have been reminded that we are always under the care of our Father-Mother God and that safety is our right.

When you listen for God's voice, no matter the situation, you will hear Him. And His care will be there for you—just as it was for me. ●



Originally published in the July 29, 2024, issue of the *Christian Science Sentinel*.

# I found joy again

Rhea Patel

**A FEW YEARS AGO**, I heard something disturbing on the radio here in Singapore, where I live. Someone shared a scary experience they had been through, and the details frightened me. I didn't know what to think. I was feeling overwhelmed by thoughts about what I'd heard, and my happiness started to fade. These feelings even affected my schoolwork. I decided to pray because I knew prayer could help me.

I started thinking about where my happiness comes from. I've learned in Christian Science that since God is the only power, the only creator, and only good, qualities such as joy come from God, so they can't be taken away, even by scary or bad

**Someone shared a scary experience they had been through, and the details frightened me.**

thoughts. My joy could never go away because God is ever present, so the happiness and joy that I express must always be present, too.

One way I like to pray is by thinking about this instruction by Mary Baker Eddy in *Science and Health with Key to the Scriptures*: "Stand porter at the door of thought" (p. 392).

This means that we can shut the door on bad thoughts when they come to us, because they're not from God. I realized I needed to be more careful about what thoughts I was letting in.

Whenever the experience I'd heard about came back to thought and made me fearful, I paused and replaced those thoughts with a loving thought from God—something I knew that was comforting and true. I think this is really



AARON CRANFORD — STAFF

important, because sometimes we aren't aware of the thoughts we're believing. And we don't realize how much they affect the way we're feeling throughout the day.

God has given us, His children, the dominion to reject any ungodlike thoughts. Mrs. Eddy explains how: "Know, then, that you possess sovereign power to think and act rightly, and that nothing can dispossess you of this heritage and trespass on Love" (*Pulpit and Press*, p. 3). Rejecting a thought means we don't have to listen to it or be scared of it. And since these bad thoughts don't come from God, they don't actually have any power anyway, and that's why we can say no to them and "think and act rightly" instead.

As I continued to "stand porter" with my thoughts, I started to feel a lot happier. It was as if I had been dunked in love and joy—feelings I knew were from God. The story I'd heard no longer affected me, and I felt peaceful.

This experience taught me to stay alert and make sure to accept only thoughts from God, Love. I am so grateful to God for this healing, and I know that whenever thoughts come into my head that are not from God, I can dismiss them because I have dominion over them. If you're struggling with something similar, you too can stand up to those thoughts.

Today, I feel so close to God, which makes me feel very happy! ●

Originally published in the July 15, 2024, issue of the *Christian Science Sentinel*.

# Do prayer and exercise go together?

John Biggs

**Q:** I've learned in Christian Science that I can pray about my health and expect to be healthy. But I also hear about moving my body, exercising, and doing physical activities to be balanced. Do prayer and exercise go together?

**A:** 7 . . . 8 . . . 9 . . . oof. I was just finishing a set of Spiderman push-ups when something in my back went all weird. Awkwardly, I struggled to stand up. Bouncing on my toes for a second just to see . . . Wow, yeah, I was done exercising for the day.

Gingerly I walked home, sure that I'd feel better tomorrow. I was training for a big endurance obstacle course—a ten-mile run interspersed with twenty different obstacles—and this intense workout I'd been doing seemed like just the thing to get me ready for it.

But now this injury threatened to derail it all. For the rest of the week, I couldn't run, much less do other exercises. And then one week turned into two.

Now, I'm a practicing Christian Scientist, and that means I'm accustomed to turning to God in prayer to find a solution whenever I'm facing something difficult. And I had been praying about this injury. But you know, what I was really praying for was to be able to get back out there and continue my training because I didn't want this intense race to be a miserable failure.

And that's what I finally realized on my third week out of commission. I was glumly looking at my workout plan, wondering when God would help me get back to it, when I realized why that thought made no sense. Why did I think God would help me untweak my back but that doing well in the race itself would be all on me? Why did I think that my success in the race—doing my best or maybe even better than I thought I could—depended entirely on what *I* did to make that happen? Huh. That was interesting. Was it possible that God might actually be

of help to me in every aspect of the race? Not just in the needed healing, but in every single way—including the assurance of success in my upcoming event?

I have to tell you, this line of thought brought me such a wonderful feeling of openness and joy! I love praying—I really do. And the idea that prayer could be of real benefit even in completing this big race was thrilling.

But I wanted to go deeper. I knew I wasn't going to pray, "Please, God, let me succeed in this race." Instead, a familiar passage from the Bible came to mind: "Have you not known? Have you not heard? The everlasting God, the Lord, the Creator of the ends of the earth, neither faints nor is weary. His understanding is unsearchable. He gives power to the weak, and to those who have no might He increases strength. Even the youths shall faint and be weary, and the young men shall utterly fall, but those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint" (Isaiah 40:28–31, New King James Version).

Oh, wow. Now I got it! The entirety of my life—my health, prospects, career, and yes, even this obstacle course—was renewed and strengthened by God. My role was just to wait on Him—actively watching for God and His loving activity. Not only could an injury not come between God and me but *I* couldn't come between God and me either. My working out was not a replacement for God's love; it was an avenue and opportunity to feel and express His strength. So I could certainly love to exercise freely and well, but I didn't have to elevate that exercise to a position where I thought it had actual power over me to make or break my success or determine my health.

Well, this sense of true praise and freedom sang through me. I was completely healed—and

back to burpees, Spiderman push-ups, and long runs the very next day. The race went well, too! Rather than being a separate thing, this activity was now the outflow of my prayer. And truly, the best part was that I'd discovered that my joy, my

strength, my capacity were all sourced in God, who is certain and sure. And availing myself of His love through activity was simply a seamless way, one among many, for me to honor His love and His allness. ●

Originally published in the August 12, 2024, issue of the *Christian Science Sentinel*.

# A week full of healing

Sara Lang

**THE BEGINNING OF SUMMER** break always meant a week of “camp” at my aunt’s house with my younger sister. Every year, we rode horses, played with her pets, worked on art projects, baked, swam, and learned more about God.

One morning, while we were getting ready for Christian Science Sunday School, my sister and I were warming up Pop-Tarts. She had adjusted the toaster to the highest setting. Without realizing that, I removed one from the toaster, and it broke open. The filling was really hot, and it burned my hands. The large blisters that formed scared me.

When I told my aunt, I knew she was praying for me, and she bandaged my hands. Then we all piled into the car for church.

I was upset with my sister. Why had she set the toaster to such a high setting without telling me? Would this prevent me from participating in the fun activities we were planning to do this coming week?

I sat in Sunday School and wished I could be somewhere else. I felt that God had left me to be in pain and that my week was ruined. But as we sang hymns and I listened to the class discussion, the anger melted away. I realized that my sister hadn’t intended to hurt me, and God, who I know is ever present and divine Love, hadn’t left me. I remembered how the healings I’d had always made me feel closer to God. This was another

opportunity to experience that. As I cherished these ideas, I was pain-free by the end of the day.

A few days later, my uncle brought home a new puppy. His name was Tuck, and we were excited to play with him. While my sister and I were riding horses one day, Tuck darted out from the other side of the fence and ran around my horse’s hooves. He was on a leash, but before he could be pulled back, the horse stepped on his paw. Tuck was in pain, and my aunt thought his hip and leg might be injured, too, so we brought him inside.

I asked my aunt if I could sit alone with Tuck for a few minutes because I wanted to pray for him. I grabbed my copy of *Science and Health with Key to the Scriptures*, a book written by Mary Baker Eddy, who is the Discoverer and Founder of Christian Science. I had read from this book before when I’d needed to pray about something, and I knew that reading from it now would help Tuck. I flipped open to this line: “The divine Love, which made harmless the poisonous viper, which delivered men from the boiling oil, from the fiery furnace, from the jaws of the lion, can heal the sick in every age and triumph over sin and death” (p. 243).

After reading this aloud, I said, “Tuck can be delivered from the hoof of the horse.” I looked at him sitting peacefully beside me, and I knew

that he was OK. I felt such a pure, strong love for Tuck. I had never experienced a feeling like that before. It wasn't a human love for him—it was feeling the presence of divine Love, God. And I

**I remembered how the healings I'd had always made me feel closer to God. This was another opportunity to experience that.**

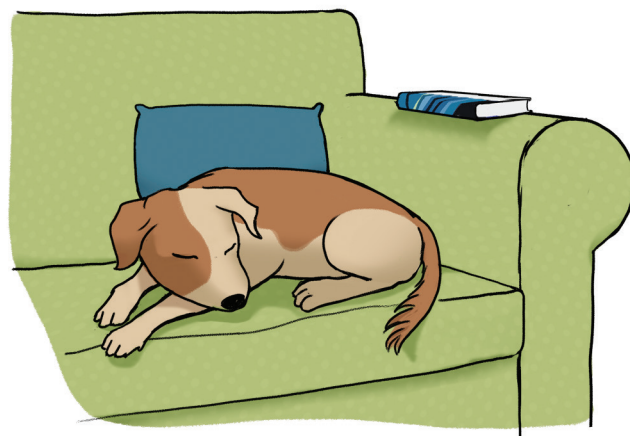
knew the horse and Tuck also expressed and could feel Love. I was overwhelmed by this loving divine presence and basked in it as I held Tuck.

A minute later, Tuck jumped down from the chair. He started running in joyful circles around the room. I could tell that his paw was completely fine. I also happened to glance down at my hands, and where a minute before there had been a burn, the skin was now perfectly clear. I had been instantaneously healed, and so had Tuck, just by feeling Love's presence. I was so happy.

A few days later, while we were sitting around the dining room table, Tuck ran under my chair as I was getting up, and the chair leg

caught on that same paw. I was afraid that I had hurt him, but I stopped myself before I could agree with that thought. I had just witnessed such a wonderful healing. How could I not see Tuck as perfect always? There was no room for an accident, as we had just proved. Tuck kept running around just as freely as he had before. The healing was complete, and it has remained that way.

This experience showed me that healing doesn't have to take time. It can even be instantaneous. Just feeling God's presence can be enough. ●



AARON CRANFORD — STAFF

Originally published in the August 26, 2024, issue of the *Christian Science Sentinel*.

## God's guidance during my travels

Isabel Clark

**I WAS SPENDING THE** semester in London with a program for high schoolers. After a busy week, I decided to visit my aunt and uncle for the weekend. They lived two hours away by train. I'd been feeling stressed and wanted some familiarity.

When I arrived at the train station, already running late from my long walk, the ticket machine, instead of printing out the single train

ticket that I was expecting, printed out four. I asked a station attendant why that was, and he told me that two of them were for the outbound journey and two for the return—and that I needed to get on a train on the other side of the city that was leaving in half an hour!

Worry and a sense of urgency building inside me, I rushed to the London Underground to try

to get across the city. I'd never been away from home for so long before, and all I wanted was to see my family. Tears welled in my eyes as I noticed a giant crowd around the entrance to the Underground. I figured I wouldn't make the train, which only made me want the comfort of my family more. I was also worried because my phone battery was low.

But I wasn't helpless. I've known since I was a little kid that I can always turn to God for help. So I started singing to myself a hymn that I know

**I needed to get on a train on the other side of the city that was leaving in half an hour!**

from Christian Science Sunday School. It's called "Mother's Evening Prayer" and is so comforting because of my memories of singing it with my grandmother. The first verse says,

O gentle presence, peace and joy and power  
O Life divine, that owns each waiting hour  
Thou Love that guards the nestling's faltering flight!  
Keep Thou my child on upward wing tonight.  
(Mary Baker Eddy, *Poems*, p. 4)

Love and Life are synonyms for God, so this reminded me that God is the only power and that Love was in control. I realized that I could accept that God was governing everything and that all I had to do was listen for His guidance. No matter what happened, I knew I was loved and protected.

I kept singing this hymn to myself like it was a prayer, and when I sang the verse that ends with "Lo, I am with you always,"—watch and pray," I suddenly became aware of a voice behind me. A woman was speaking to an attendant, asking him how to get to Paddington Station—the exact station I needed to go to. This felt like an angel message from God. In *Science and Health with Key to the Scriptures*, angels are defined, in part, as "God's thoughts passing to man; spiritual intuitions, pure and perfect" (Mary Baker Eddy, p. 581). I felt Love's control and direction.

I told the woman that I was going to Paddington Station, too, and that I didn't know exactly how to get there. She said we would figure it out together! I walked practically arm in arm with the woman as we looked for—and found—our train. She made me feel so comforted, and I lost all worry. I made it to my aunt and uncle's house and enjoyed my time with them.

I am forever grateful for the way that God guides us, no matter where we are in the world! •



Originally published in the September 9, 2024, issue of the *Christian Science Sentinel*.

# Safe from a severe storm

Nancy New

**ONE NIGHT, WHILE CAMPING** on the North Rim of the Grand Canyon, my mom and I were caught in a ferocious thunderstorm. The intensity was unlike anything we had ever experienced, and we were afraid of trees falling on the tent or the wind blowing the tent down with us inside. Because of our high elevation, it felt like we were deep in the heart of the storm, and there was nowhere we could go. Though we felt trapped and afraid, we realized there was still something we could do: We could pray.

In other situations, when I've felt paralyzing fear and turned to God for help, I've always found freedom from the fear. I've learned that God, who is Love, is right with us. All we need to do is turn

**“It felt like we were deep in the heart of the storm, and there was nowhere we could go.”**

toward and embrace this truth and let it chase away the dark storms of fear. This certainly was a challenge that night, but we both diligently turned to God and prayed.

These words about God from the Bible came to me: “Thou wilt keep him in perfect peace, whose mind is stayed on thee” (Isaiah 26:3). I asked myself, What is perfect peace? How can I feel it in the middle of this storm? What does it mean to have a mind stayed on God?

I realized that perfect peace is a feeling of utter calm and complete trust that comes from understanding that only good is present because God is All and always with us. God is never off duty. Perfect peace comes from trusting God, not our personal sense of things. It comes from witnessing the harmony of God in ourselves and in our world, because God's ever-presence means that harmony is ever present.

We can experience this perfect peace by learning more about God and our relation to Him and staying focused on that. This is keeping our mind, our thoughts, “stayed on [T]hee.” We can mentally turn away from the noise and drama, whether literal or figurative, that paint a picture of something other than God's goodness. We can turn instead to the reality of good and stick with that.

Right in the middle of that storm, I sang out loud this verse from Hymn 148 in the *Christian Science Hymnal*:

In heavenly Love abiding,  
No change my heart shall fear;  
And safe is such confiding,  
For nothing changes here.  
The storm may roar without me,  
My heart may low be laid;  
But God is round about me,  
And can I be dismayed?  
(Anna L. Waring, alt.)

I mentally wrapped my mom and me in God's love and said wholeheartedly, “No, I am not afraid. The storm can roar all around us and without us! God's loving presence surrounds us completely.”

I knew and felt that God was right there with us. I remembered the concept from the ninety-first Psalm in the Bible about finding shelter and protection under the wing of the Almighty, and I pictured God's presence as a shield right above us. I acknowledged God as the only power and felt the peace promised in these prayers.

The storm moved on, and the next morning, though our tent was surrounded by deep pools of water and piles of huge branches, we were completely dry and unharmed.

The local residents said there hadn't been a storm that severe in the area for over a hundred

years and expressed great concern that we had been out in it. We assured them that we had been perfectly safe because we'd known God was with us.

Over the next few days, we saw numerous road washouts and facility closings that were caused by the storm. But we didn't hear reports of any injuries. We continued to be grateful for the truths and divine protection we felt so strongly that night—for us and for everyone else. Turning to God and understanding His presence and power had chased away our fear and replaced it with a deeper conviction of His strong protection and with perfect peace.

I am wholeheartedly thankful for our Father-Mother God, for the efficacy of prayer, and for the perfect peace that is our natural state and divine right—no matter what. ●



AARON CRANFORD — STAFF

Originally published in the September 23, 2024, issue of the *Christian Science Sentinel*.

## Trusting God saved my life

Fisher Ledbetter

**I WAS RAFTING ON** the churning waters of the Arkansas River. The waves, intimidating to the other people in my boat, didn't scare me a bit. We flew around a bend in the river, each rapid being nothing more to me than friendly bumps. I was so happy, so ready, so assured. I plowed my paddle forward.

"Stop!" our guide shouted. But I didn't hear him. I was too busy playing chicken with the waves.

Our boat rammed into an unseen rock. I flew out of the raft, hit the frigid water, and had the wind knocked out of me. I surfaced quickly, my life jacket pulling me up. But I began to panic because I was far enough away that my raft-mates couldn't see me. That's also when I realized that I was the only one in the water.

I struggled to make my way across the river toward the raft. My body was too close to the

riverbed for kicking to be of much help. Every time I kicked, my legs slammed into rocks, bruising and cutting my knees and thighs. I didn't know what to do. Even worse, there was a huge, whirling, whitewater abyss ahead.

If I hadn't been terrified before, I certainly was then. The water gushing below me created a torrent that pushed me away from it and back toward it at the same time. I let out a screech as I went down into the icy depths.

I remembered stories I'd heard of people who got stuck in these torrents. I struggled, violently flapping my arms, but it seemed hopeless.

Just then, an idea from God—divine intelligence and Love—came to thought. I knew it was from God because it brought me peace even in the middle of this scary situation. It was surprising

how clear the thought was. I realized that even though it seemed that all I could see was danger, there was another way to look at things. I could trust in God. On the heels of this idea, I had the thought to let my arms fall to my sides and lie flat on my back. I did, and a second later, I shot out of the hole.

The water seemed calmer. I looked around and saw the sun. It was framed so perfectly in the sky above me, and it directed my eyes to something floating beside me. It was a rope! I grabbed it instantly, then checked to see if it came from the raft. It did. I was so relieved, and yet I also

**I remembered stories I'd heard of people who got stuck in these torrents. I struggled, violently flapping my arms, but it seemed hopeless.**

understood how this outcome was possible—it was because I trusted God instead of getting swept away by fear. I pulled on the rope with all my remaining strength, and the guide pulled me in. I said a special thank you for that message from God.

There's a story a Christian Science Sunday School teacher told me about a fly trapped between two panes in a window. It flew back and forth trying to escape, but it was so distracted by the light coming through the panes from outside that it didn't see an opening at the bottom of the window. The teacher blocked out the light between the window panes to direct the fly to the opening. The fly noticed the opening only after the light had been blocked. I like this as a way of thinking about what happens when we turn away from the distractions of fear and confusion and turn toward God—toward the light of Truth. Then we always find a way forward.

This experience taught me that we must shift our perspective to God, Spirit, and the truth of our existence as wholly spiritual. We are already complete and secure because God creates and maintains us. No human deliberation or worry can get us to the best, most inspired solution, but our whole-hearted trust in God, who is divine Mind, can. As Mary Baker Eddy, the Discoverer of Christian Science wrote, "Neither material finesse, standpoint, nor perspective guides the infinite Mind and spiritual vision that should, does, guide His children" (*Miscellaneous Writings 1883–1896*, p. 373).

I'm grateful to have learned that we can turn to God and trust Him to guide us no matter what. ●

AARON CRANFORD — STAFF  
© SABELSKAYA/ISTOCK/GETTY IMAGES PLUS



Originally published in the October 7, 2024, issue of the *Christian Science Sentinel*.

# Healed of anorexia

Name Withheld

**IN HIGH SCHOOL**, I was really focused on body image and beauty. I spent a lot of time comparing myself to other girls. This led me to feel that I needed to lose weight to become what I thought was attractive. I started restricting my food intake, exercising to burn calories, and weighing myself to check my “progress.”

Even though I grew severely thin and was obviously endangering myself, I didn’t care. I still had a negative view of myself and continued to look for beauty in my ever-thinning image in the mirror.

Before this, I’d always loved reading the Bible and *Science and Health with Key to the Scriptures* by Mary Baker Eddy and attending Christian Science Sunday School. But as I slipped further into these disordered behaviors, my love for spiritual growth

**I started to identify beautiful spiritual qualities of God that constitute who I am.**

diminished. I felt more and more apathetic about God, Christian Science, and church. It seemed like I was stuck in a downward spiral.

Over time, my parents noticed that my eating habits had changed and that my body looked unhealthy. Although I never told them about the anorexic thoughts I was dealing with, I knew that they were supporting me by praying for me daily. They also provided the types of food I was willing to eat, took me to Sunday School, and encouraged me to turn to God for healing.

After engaging in this unhealthy behavior for a while, I finally felt led to dive back into reading the Bible and studying *Science and Health* along with it. What I read in *Science and Health* explained the spiritual meaning of the Bible and helped connect the ideas in the Bible to my everyday life.

I loved reading the first chapter of Genesis in the Bible. It describes who we really are—our

spiritual identity—this way: “And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. So God created man in his own image, in the image of God created he him; male and female created he them. And God blessed them” (verses 26–28).

As I studied these verses, I realized that I had been hoping my body would tell me who I am or confirm something about my identity. But this hope was empty from the outset because we are made in God’s image. The Bible tells us that God is Spirit, so we are Spirit’s own image. That means that our true identity is spiritual and can never be known or assessed by what’s in the mirror.

I started to see that this spiritual image is the true and only representation of who I am. Then one day this passage from *Science and Health* grabbed my attention and helped me understand this idea even more deeply: “Now compare man before the mirror to his divine Principle, God. Call the mirror divine Science, and call man the reflection. Then note how true, according to Christian Science, is the reflection to its original” (pp. 515–516). Spirit is my original, so as Spirit’s image or reflection, I am and do only what Spirit is and does. I am pure because Spirit is pure. I am good because God is only good. Although I wasn’t able to put this into words at the time, I can see now that I was beginning to understand this new concept of myself as the image of divine Spirit rather than a physical body.

I started to identify beautiful spiritual qualities of God that constitute who I am. Some of these are boundless joy, compassion, trust, and intelligence. I also realized that these qualities are eternally consistent—unlike changing standards of physical beauty. And although an expression of joy may be noticed through a smile, spiritual qualities themselves can’t be measured by looking in a mirror.

Through my prayers and study, I started to feel satisfied and grateful to see myself as God's reflection. I also loved attending my local Christian Science Sunday School again.

My mistaken obsession with trying to find satisfaction in the mirror fell away naturally, and so did all the unhealthy habits. Without worrying about what I was eating, I also returned to a healthy weight.

Six years later, this healing has remained solid and unshakable. I now thoroughly enjoy cooking,

eating ice cream, skiing, and running for all the right reasons.

It's clear to me today that studying the Bible and *Science and Health* was the most effective step toward overcoming—and permanently healing—anorexic thoughts and habits. My entire viewpoint was transformed, and I began living with a new-found love for God, myself, and those around me. I also found great joy in expressing my God-given beautiful qualities through daily activities. I am forever grateful for this healing. ●

Originally published in the October 21, 2024, issue of the *Christian Science Sentinel*.

## When I wanted to stand up to the principal

Heidi Kleinsmith Salter



AARON CRANFORD — STAFF

**I WAS FIRED UP.** During my junior year of high school, the principal had started enforcing rules that seemed unfair to many students. I was pretty comfortable speaking my mind, including when I disagreed with a teacher or someone else in authority. So I was ready to tell him what I thought.

In the past, though, I hadn't always shared my thoughts in the most sensitive manner. Also, during this time, I was becoming more dedicated to my study and practice of Christian Science. While I felt it was right to stand up for what I believed, I knew there was probably a better, nonconfrontational, way to do it. And I was confident I could find this better way by praying.

One of the books I turned to a lot was *Science and Health with Key to the Scriptures* by the Discoverer of Christian Science, Mary Baker Eddy. In it, I found this helpful passage: "Love inspires, illumines, designates, and leads the way. Right motives give pinions to thought, and strength and freedom to speech and action" (p. 454).

This was a good starting point for my prayers. I really examined my motives. My goal wasn't to argue or to prove anyone wrong; I just wanted fairness for everyone. I reasoned that because my motives were right, they were supported by divine Principle, God. I could listen to God for the best way forward—a way that wouldn't mean backing down from what I believed but that was grounded in divine Love. I knew that the school principal was more likely to be receptive to ideas that were communicated thoughtfully.

As I prayed, it was also helpful to consider how Christ Jesus stood up for what was right. For example, when religious officials brought to Jesus a woman they wanted to kill with stones for the sin she'd committed, demanding to know what he thought, "Jesus stooped down, and with his finger wrote on the ground, as though he heard them not." When they continued asking, he answered, "He that is without sin among you, let him first cast a stone at her" (see John 8:3–11).

Jesus took a stand against the group's violent plan. But he didn't respond with anger or unkindness. His response was firm but calm, and the outcome was peaceful. He also firmly but tenderly rebuked the woman's behavior.

This biblical account reminded me of a hymn from the *Christian Science Hymnal* that says,

Gracious Spirit, dwell with me:  
I myself would gracious be,  
And with words that help and heal  
Would Thy life in mine reveal;  
And with actions bold and meek  
Christ's own gracious spirit speak.  
(Thomas T. Lynch, No. 88, alt.  
© CSBD)

Boldness and meekness might seem like opposites, but to me, they describe Jesus' speech and actions. The strength and grace he expressed came from his receptivity to God as divine Mind and from humbly listening to God as divine Love.

I realized that instead of just speaking my mind, it was more important to listen to God and let Love guide my speech and actions. Then my words could actually "help and heal."

After praying for several days, I decided to organize my thoughts into a letter to the principal. I wrote, read, and revised my letter until I felt it was clear and had the right tone—bold and meek. I had my parents read the letter, too, and they agreed that it was a responsible approach.

When the principal received my letter, he called me into his office to discuss it. While he defended his position on several of the points, he agreed that some of the new policies could be relaxed. For the remainder of the school year, he followed through with this, which expanded some opportunities for students.

As I was scheduling my classes for the following year, the principal asked if, instead of taking a study hall (a class period set aside for independent study and homework), I would use that hour to work as an aide to his secretary. I happily accepted the offer and enjoyed working in the principal's office throughout my senior year, grateful for our newfound mutual respect.

Taking a stand for good is important and needed. And as we listen to God's direction, our speech and actions will be guided—boldly and meekly—in ways that will bring peace and healing for us and for others. ●

Originally published in the November 4, 2024, issue of the *Christian Science Sentinel*.

## Trusting God, even with the little things

Dean Ziesler

**I HAD VOLUNTEERED TO** bring food coloring for a project at school. But on the day of the project, I forgot it. For a moment, I was stressed because I knew people were relying on me, and I felt I'd let them down.

But instead of freaking out, I asked myself what I was going to do. I could call my mom, or I could tell my classmates and teacher that I'd

forgotten. Just then, though, a sentence that I'd read on the wall of my local branch Church of Christ, Scientist, came to me. It says, "Divine Love always has met and always will meet every human need" (Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 494).

Attending Christian Science Sunday School has taught me that God, divine Love, meets our need,

big or small. Sometimes we get an idea that meets the need, and sometimes the actual thing that's needed is supplied in an unexpected way. This was comforting to remember, and I moved on with my day. Even though I didn't know how things would work out, I trusted the promise that God meets every need.

Later that morning, I asked my art teacher if there was food coloring at the school. He said no. I felt a little deflated. The class in which we'd be doing the project was approaching, so I didn't have much time.

From attending Sunday School and summer camp for Christian Scientists, and from reading the Bible with my mom, I knew about people in the Bible who'd turned to God to meet their needs. Moses had times of despair when he was leading the Israelites through the wilderness after their escape from Egypt. There were many problems and setbacks, but God kept providing for them.

One of the problems they faced in the desert was figuring out how to get food and water. At one point they even wished they'd stayed in captivity, where they'd had plenty of both. But then God provided food for the people to eat and showed Moses

there, and I got nervous. But I trusted that the teacher was listening to, and being led by, God because God speaks to all of us, just as He meets all of our needs.

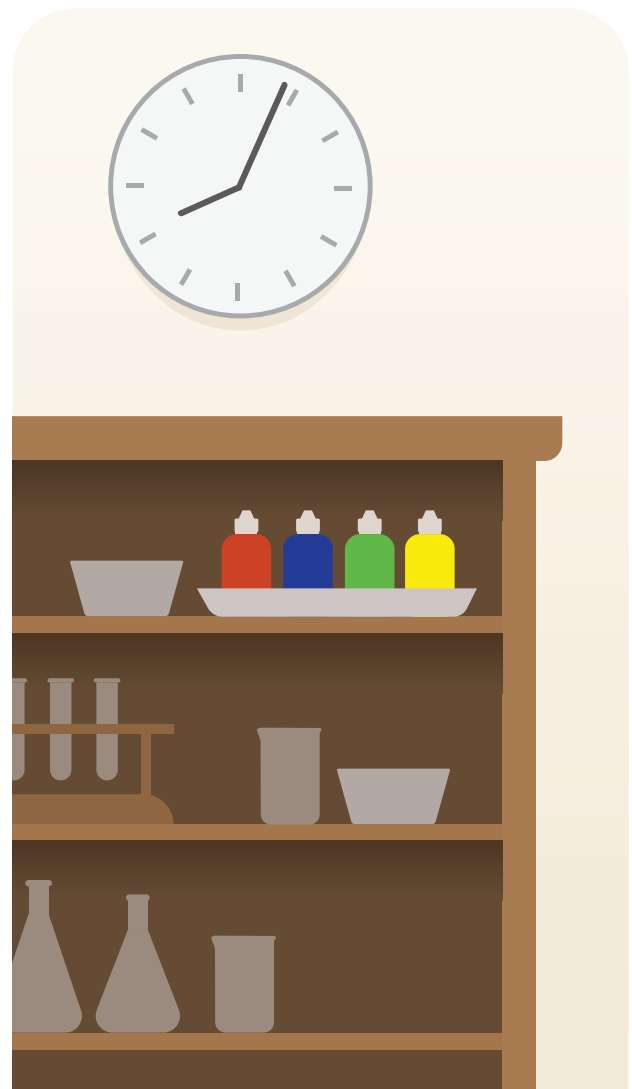
Then she looked in a different location and found the food coloring. I was so relieved. The project was the next period, so this had all worked out in the nick of time! In class, we were able to do the project, and everyone really enjoyed it.

This experience taught me that I could listen to God and trust Him. The most meaningful part, though, was witnessing how God meets everyone's need, no matter how small. ●

**“Attending Christian Science Sunday School has taught me that God, divine Love, meets our need, big or small.”**

how to get water from a rock (see Exodus 16:13–15 and 17:5, 6). That story was a good reminder that I could trust God to provide me with an idea that would solve things. I felt a surprising confidence that everything would work out.

Another idea came to me in my next class. I asked my teacher if she had any food coloring, and she directed me to the science lab. The science teacher told me she had food coloring, but when I looked where she had told me it was, it wasn't



AARON CRANFORD — STAFF

Originally published in the November 18, 2024, issue of the *Christian Science Sentinel*.

# In a bad mood?

Allison Adams



**ONE MORNING I WOKE** up really tired. It felt like I'd hardly slept at all.

I'd been working on a project that required me to look into a microscope every day for several hours, and I wasn't looking forward to another day of it. I was expecting it to be long, tedious, and tiring. In short, I was grumpy. I was also stressed about getting a late start. Feeling grumpy and stressed was a really bad way to start the day.

Once I got to the lab and got my slides set up under the microscope, I looked for something to listen to while doing my work. I usually listen to

**Feeling grumpy and stressed was a really bad way to start the day.**

audiobooks, podcasts, or music, since listening to something helps with the monotony. That day, I decided to listen to an episode of the *Sentinel* Watch podcast. I wanted something more than just entertainment; I wanted spiritual inspiration, and I'd been inspired by *Sentinel* Watch episodes in the past.

The episode I tuned in to was about finding hope. The guest explained that each morning she listened to the weekly Bible Lesson from the *Christian Science Quarterly*. She also prayed on the way to her job to know that she could hear God's messages throughout the day, express His qualities—such as focus, intelligence, joy, and a sense of purpose—and observe His activity in her day. This idea really caught my attention. It made me realize that by dwelling on my feelings of grumpiness, I was acting as if God was not part of my day, and as if I was separate from God.

There are two ideas from the Bible that have helped me understand that I can't be separated from God. The first is that we are all made in God's image and that everything God made is good (see Genesis 1:27, 31). To me this means that I am the reflection of this all-good God. God is good, the source, and I am inseparable from this goodness as its effect.

The other idea is the last line in the Lord's Prayer, "For thine is the kingdom, and the power, and the glory, for ever" (Matthew 6:13), with its spiritual interpretation in *Science and Health with Key to the Scriptures*: "For God is infinite, all-power, all Life, Truth, Love, over all, and All" (Mary Baker Eddy, p. 17).

When I put the two ideas together, I understood that since God made everything good, including me, there is no place where grumpiness can even exist. And because God is All, I must always be with God. There is no outside to All!

As I thought about these ideas, I felt lighter, freer, and happier. I was able to complete my work with a sense of accomplishment while listening to more inspiring *Sentinel* Watch episodes as well as audio versions of a few issues of the *Sentinel*.

I was so grateful for this realization that because we are all God's loved children, none of us has to accept or tolerate a situation that seems to be lacking good. Instead, we can pray by knowing that God is infinite good, so there is no room for anything that feels like good's opposite. And the more I hold this fact of God's goodness in my thoughts, the more I see and experience it in my daily activities.

We are always held in God, good, and knowing this brings lightness, peace, and joy to our days. ●

Originally published in the December 2, 2024, issue of the *Christian Science Sentinel*.

# Love is an active prayer

Beck Riedel

**AS AN ACTIVE TEENAGER** who sometimes struggles to find the patience to sit down and pray, I like the idea that I can pray while being active. But it wasn't until I was biking through Acadia National Park that I was able to put this form of prayer into practice.

This bike trip with a group of other teenage Christian Scientists was one of the most fun experiences of my life. I zoomed along at twenty miles per hour, saw beautiful lakes, and biked hands-free around twisty roads. However, when I attempted to brake on a gravel section of the road, I fell. I got cuts and bruises on my legs and hands—the worst of which were two gashes on my right palm.

I was immediately hit with fear. I had been having so much fun, and now that fun seemed to be over because of my injuries. How was I supposed to enjoy the rest of my trip?

As I clambered back onto my bike, I couldn't grip the handle with my right hand. Then, suddenly, I was struck with gratitude.

Bigger than my fear was my gratitude to be in a park that I'd never visited before. I was grateful for the group I was with and the opportunity to spend time with them. I was grateful for all the fun I'd had during the trip so far and all the exciting things I'd been looking forward to for the rest of it. Because gratitude is giving thanks for good, and good comes from God, gratitude is really an active way of praying.

After a few moments of thinking this way, I found that I could hold the handlebars better.

Eventually, I was back up and biking with everyone else, having a great time despite the pain.

When we arrived at the end of the trail, I was walking to the restroom to wash off the dirt and gravel from my fall when someone from the group asked me for help with an issue that they were having. Instead of focusing on the pain in my hand, I directed toward this friend the love from God I was feeling, along with my gratitude. I was so grateful for my friend and supported them the best that I could by praying.

When I was finally able to wash my hands, I noticed that most of the cuts on my hand were already gone without any sign that they'd ever been there. The few remaining cuts and bruises healed quickly and painlessly over the next few days.

Later, I came across this passage from a book called *No and Yes* by Mary Baker Eddy that helped me better understand and learn from this healing. Mrs. Eddy writes, "True prayer is not asking God for love; it is learning to love, and to include all mankind in one affection" (p. 39). If I had been so focused on my own injuries that I hadn't taken the time to express to someone else the love that comes from God, who is Love itself, this healing might not have happened so quickly.

This experience helped me realize the importance of getting out of myself and making love a part of my prayers. By actively turning outward and expressing God's love to others, it's possible to experience healing. ●



AARON CRANFORD — STAFF

Originally published in the December 30, 2024, issue of the *Christian Science Sentinel*.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

---

## A Collection for Teens:

DOWNLOAD THIS ISSUE: [jsh.christianscience.com/teens2024-2](http://jsh.christianscience.com/teens2024-2)

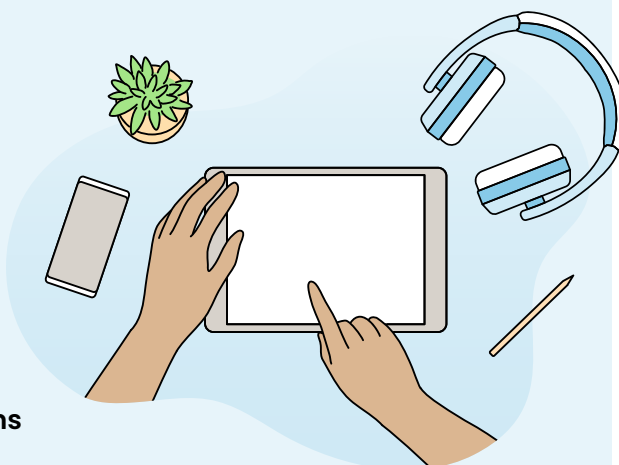
# Hey, teens!

## Have you had a healing experience?

Check out the Teen Writer's Corner to learn how to write about your healing.



[jshonline.com/submitteens](http://jshonline.com/submitteens)



### CONTACT US

[jsh.christianscience.com/contact-us](http://jsh.christianscience.com/contact-us)

#### Article & testimony submissions:

[jsh.christianscience.com/submit](http://jsh.christianscience.com/submit) or

Christian Science Sentinel, Submissions  
210 Massachusetts Ave. P03-10  
Boston, MA 02115 USA

#### Letters to the editor:

[sentinel@csps.com](mailto:sentinel@csps.com)

### SUBSCRIBE AND RENEW

[cssubscribers.com](http://cssubscribers.com) or 888-424-2535 (US),  
+1-515-362-7462 (int'l); M-F, 9:00 a.m. to  
5:30 p.m. (ET).

#### Single copies:

Find a Christian Science Reading Room  
at [directory.christianscience.com](http://directory.christianscience.com).

**The Christian Science Sentinel** is an official publication of The First Church of Christ, Scientist, in Boston, Massachusetts, published since 1898. The *Sentinel* is "intended to hold guard over Truth, Life, and Love" (Mary Baker Eddy, *The First Church of Christ, Scientist, and Miscellany*, p. 353) and was established by Mrs. Eddy, who is the Discoverer and Founder of Christian Science, and the author of the Christian Science textbook, *Science and Health with Key to the Scriptures*—the book that "contains the full statement of Christian Science" (p. 456).

**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](mailto:Copyright@csps.com); write to: Permissions, The Christian Science Publishing Society, 210 Massachusetts Avenue, P09-10, Boston, MA USA 02115; or visit: [jsh-online.com/permissions](http://jsh-online.com/permissions). **The design of the Cross and Crown** 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 internationally. © 2025 The Christian Science Publishing Society.