



Christian Science Sentinel

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

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A Collection for Kids



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"God is Love." More than this we cannot ask, higher we cannot look, farther we cannot go.

—*Mary Baker Eddy, Science and Health with Key to the Scriptures, p. 6*

A Collection for Kids: January–June 2023

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Newby, Brendunt Scott

Promotion and Design Services Group Manager

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Design

Aaron Cranford

Illustrator

Anna Litwiller

CONTENTS

When I prayed for my dogs Peter	2
My Shepherd and me Julia Schuck	3
A healing after I fell off my bike Maryann Mckay	5
The story of Jonah Jenny Sawyer	6
Fynn walks in the light of God Davya Flaharty	8
No more scary images Angel	9
Let's learn about the 23rd Psalm Fenna Corry	10
I had a healing at school! Westley	11
Goodbye, Goliath Virginia Anders	12
A healing in the middle of the night Alea	14
The story of Abigail Jenny Sawyer	15
God was with us on our rafting trip Bingitt	18
A very fast healing of my wrist Clyde	19

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

When I prayed for my dogs

Peter

I WANT TO SHARE a couple of cool healings I've had with my dogs.

One morning before church, my dog Coal got out and went running down the street. He wasn't wearing his collar with his identification on it, so we were worried about what might happen if he got too far from home.

My dad and I went out to look for him. I started to pray the way I've learned in Christian Science Sunday School, because I knew we didn't have much time to find him before we had to leave for church. I knew that the thought that my dog could be lost didn't come from God, who is Love and all good. So, instead of listening to that thought and being afraid, I could listen to God, who would help me find him. Soon after I had that thought, we saw Coal down the road and were able to catch up with him in someone's backyard. When he saw us coming, he even sat down and waited for us. We brought him home safely and quickly, and I was so grateful to God.

I have another little dog named Fille. One day, I decided to take her for a walk. I called for her the way I always do. She usually comes, but this time she didn't. I looked for her on her bed, but she wasn't there. I was starting to get worried. Then I went outside to look for her in case she had gotten out somehow. If she does get out, she usually just stays on our street, but I didn't see her anywhere. Now I became even more worried and checked every corner of the house.



ANNA LITWILLER — STAFF

Then I remembered that I could pray about any situation, including this one. I stopped searching and started to pray. In my thoughts I just said, “God, where is she?” Right away the thought came to me, “She is in your parents’ closet.”

I went upstairs to look, and there she was! Fille had gotten locked in when someone closed the closet door. I was so happy to find her, and I said, “Thank you, God!” She was so happy to be free from the closet, and we went for a fun walk.

I am grateful to know that I can turn to God in any situation, and that He’ll always be there protecting, guiding, and taking care of me. ●

Originally published in the January 2, 2023, issue of the *Christian Science Sentinel*.

My Shepherd and me

Julia Schuck

IRELAND IS SUCH a cool place! There are sheep that roam the hills in the country, friendly people in the city, and so many fun things to do.

I’d traveled with some friends from school to Ireland from my home in the United States, and I was having a great time with them in the Irish countryside. We were all staying in a big house. Around us were sheep farms, mountains, and green rolling hills.

One day, though, as I was messing around with my friends, I jumped up and down and badly hurt my ankle. It was hard to walk.

For a few days, I tried my best to keep going. But my ankle just hurt more and more. That’s when I decided to pray about it. I grew up learning about Christian Science, so I knew that turning to God is always helpful.

I lay down on my bed and got my thoughts really quiet. I’d learned in Christian Science Sunday School that it’s helpful to be quiet when I’m praying so that I can hear all of the good things God is telling me.

As I was listening to God, I felt I should look out my bedroom window. I noticed a group of sheep running in circles around a farmer who had just come outside. He was carrying a bucket full of food. The sheep were so happy to see him, and they were jumping all around him. It was so cute!



I realized that the farmer and his sheep were sort of like God and me. God was taking care of me, and, like the sheep, I am so joyful and grateful for God. My joy couldn't be taken away from me by anything—not even a hurt ankle. God was right there with me.

I knew God had shown me how much He loves me by having me look out the window. And watching the sheep and the farmer made me feel loved, too—like God was wrapping me up in a warm, woolly blanket.

I rested for a little longer, then I got up to join my friends. As the day went on, my ankle didn't hurt as much. I just kept thinking about the sheep and the farmer,

reminding myself that God, my Shepherd, was taking care of me.

My ankle got so much better so quickly! I even hiked a mountain the next day. With every step I took, I could feel God caring for me. And after that healing, I was so joyful for the rest of my time in beautiful Ireland. •

Originally published in the January 16 & 23, 2023, issue of the *Christian Science Sentinel*.

The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters.

—Psalms 23:1, 2

A healing after I fell off my bike

Maryann Mckay

“LET’S TAKE TURNS riding down the hill!” my cousin Lanie suggested.

I was visiting my cousins for the summer, and Lanie had a new shiny blue bike. She lived at the top of a very steep hill, and she said we could go really fast. I went first. But as I rode down the hill, I lost control of the bike and fell.

My dad was watching from the top of the hill and ran over to me. Lanie’s bike was OK, but I wasn’t. It was hard for me to get up, so my dad picked me up and carried me into the house. As my parents tucked me into bed, they reminded me that God loves me. I knew they were praying for me, because that’s what our family has always done whenever there’s been a problem. I didn’t feel scared about the fall because I knew my parents were taking care of me.

I fell asleep, and when I woke up later, there was a Christian Science practitioner sitting by my bed. I recognized her because she was one of my parents’ friends. I was surprised to see her, but she told me that everything was OK and that she was praying for me. I understood what she meant, because I attended Christian Science Sunday School and had learned to pray and expect healing. She was so calm and loving that I felt calm, too. She helped me remember that God was right there with me, loving me and taking care of me, so I was thinking about God’s love instead of the fall.

I was grateful that she came to see me and spend time with me talking about God. I was also grateful for my mom and dad. Gratitude includes thanking someone when they help us or make us feel loved.

I talked to the practitioner every day, and she assured me that God was loving me and that I could expect to be out of bed soon. After a few days, I felt so much better—like the fall had never even happened! I was doing all of my favorite activities again, like swimming and riding my own bike.

I learned that gratitude is a way of trusting God. We can be grateful to God when everything is going well. And if we have a problem, we can still be grateful to God for taking care of us and helping us find healing. •

Originally published in the February 6, 2023, issue of the *Christian Science Sentinel*.

The story of Jonah

Jenny Sawyer

JONAH

Hi! I'm Jonah. You can find my story in the part of the Bible that has my name: the book of Jonah.

My story is all about how God is with you wherever you go. If you go in the wrong direction, God is there to turn you around. If you make a mistake, God's love is there to show you what's right. No matter where you are, God is there.

Here's how I found that out for myself.

NARRATOR

Jonah lived a long time ago in a place called Israel. He was a prophet. That means his job was to listen to God and to tell other people what God had told him.

But one day, Jonah heard a message he didn't like very much. God wanted him to go to a city called Nineveh. He asked Jonah to tell the people there to stop doing bad things and to worship God instead.

Jonah didn't want to do that. Those people were Israel's enemies.

Did Jonah stomp his feet? Did he shout, "No way!" The book of Jonah tells us he did something even more naughty. He decided to get on a boat that wasn't going *to* Nineveh but *away* from it!

Jonah thought he could run away from God! But no matter where you are, God is there.

Jonah? Are you listening?

Jonah thought he was sailing all the way to a city called Tarshish. But he didn't get very far. One day, there was a huge storm. The sailors were worried. The wind was so strong, and the waves were so big, that they thought the ship might break into pieces!

What was Jonah doing during all of this? He was asleep.

Jonah? Wake up!

The captain of the ship woke him up. He asked Jonah to pray for the storm to stop. But Jonah knew there was only one way the winds would calm down. He had to get off that ship. And the only way off when you're in the middle of the ocean is . . . going overboard!

Jonah? Have you learned your lesson?

But even in the middle of the ocean, God was there. God had prepared a whale to swallow Jonah. And that's where Jonah stayed for three whole days and three whole nights. In the whale's belly.

God had been with Jonah back in Israel. He'd been with him even when Jonah thought he was running away. And now He was with Jonah when he was in the belly of the whale, praying to be saved. And where was God when the whale spit Jonah out onto dry land? God was there, too.

After three days in a whale's belly, Jonah probably wanted to take a bath and have some breakfast. But wait. He still had a job to do. And God was there to remind him.

"Go to Nineveh," God told Jonah again.

This time, Jonah listened.

He went to that city of his enemies, and he told them what God had told him. The people listened. They stopped doing bad things.

The city was saved because God was there, too. Just like God was with Jonah. And God is with you, and me, and everyone. Always.

JONAH

Can you see now that my story is all about how God is always with us? But that's not the only thing it's about. Every story can have lots of meanings, depending on how you think about it.

Here's what one kid learned: "Jonah taught me that even when we do a bad thing, God doesn't see us as bad. God is good and sees only good. God keeps knowing us as good always, and that's what helps us remember that we are good—and then we can do good!"

And here's what another said: "I learned in Sunday School that there is no spot where God is not. Because of Jonah, I know that's true. God was even with him deep in a whale's tummy!"

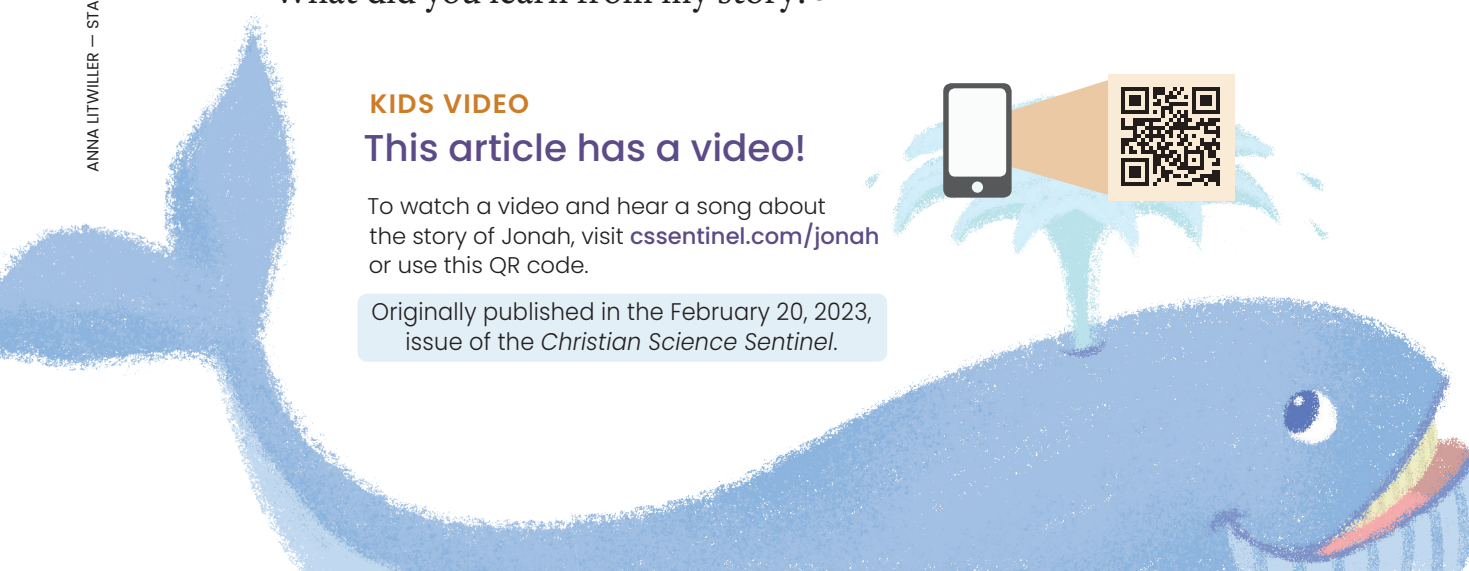
What did you learn from my story? •

KIDS VIDEO

This article has a video!

To watch a video and hear a song about the story of Jonah, visit cssentinel.com/jonah or use this QR code.

Originally published in the February 20, 2023, issue of the *Christian Science Sentinel*.



Fynn walks in the light of God

Davya Flaharty

IT WAS FYNN'S first time at a summer camp for Christian Scientists. Camp was far from home, but his mom, dad, and big sister came, too. Fynn was excited to try archery, play in the swimming pool, and paddle a kayak. The counselors at camp sang silly songs with the campers and made them all feel welcome.

But one morning when Fynn woke up in his bunk, his foot was really hurting. He did not want to walk on it. His mom said they could pray. She also said there were people at camp who could help if he needed it. She was thinking of a Christian Science practitioner and a Christian Science nurse.

Fynn wanted to pray, but it was time for breakfast, and he was hungry, so they decided to pray on the way. When his mom asked if she could carry him to the dining lodge, Fynn agreed.

His dad and big sister walked ahead, while Fynn's mom carried him piggyback. As they went, Fynn's mom started singing Hymn 592 from the *Christian Science Hymnal: Hymns 430–603*. It begins, “We are walking in the light of God” (Eng. trans. Gracia Grindal, GIA publications).

His mom got the idea to change the words of the hymn as a way of praying. They were walking up a steep hill to the breakfast lodge, so they sang, “We are hiking in the light of God!” And since Fynn was riding piggyback, they sang, “We are piggybacking in the light of God!” Fynn laughed at this idea and thought of one of his favorite activities at camp: “We are kayaking in the light of God!” They sang the whole song like that: “We are hiking, we are kayaking, we are piggybacking in the light of God!”

When Fynn and his mom reached the dining lodge, Fynn jumped down from his mom's back and ran to catch up with his dad and sister. His foot was fine. He could now run in the light of God! And he did—for the rest of camp. •



ANNA LITWILLER — STAFF

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No more scary images

Angel

LAST YEAR AT SCHOOL, there was a bad accident in the schoolyard when a tree fell. Even after a few weeks, I still couldn't get rid of the images of what I'd seen. Each night as I was trying to fall asleep, I was reminded of what had happened.

I attend a Christian Science Sunday School, where I've learned to turn to God when I need help. One night when I was praying before bed, I remembered a poem called "Mother's New Year Gift to the Little Children" by Mary Baker Eddy. I had learned it in Sunday School. It goes,

Father-Mother God,
Loving me,—
Guard me when I sleep;
Guide my little feet
Up to Thee.
(*Poems*, p. 69)



The poem helped me feel better because it reminded me that God is loving and guarding not just me but everyone at my school.

I also talked to my Sunday School teacher about what had happened. He told me that God is Love and that because He is Love, we are always kept safe from every danger. I started to understand that God is always protecting me whether I am awake or asleep, so the pictures of the incident couldn't harm me or make me feel scared. Soon after praying this way, I wasn't thinking about the images at all anymore, and I could sleep again.

I am happy to know that God protects us all every moment. I'm so grateful for God—and also for Sunday School, which helps me understand more about God and His love. •

Originally published in the March 20, 2023, issue of the *Christian Science Sentinel*.

Let's learn about the 23rd Psalm

Fenna Corry

HOLLAND LIVES ON A FARM. Her mom and dad grow many different kinds of vegetables. They also raise sheep.

Every year, there are a few baby lambs that need extra care. Sometimes it's because the sheep mom has never been a mom before and doesn't know how to feed her baby. Sometimes it's because a mother has triplets—three lambs at one time!—and doesn't have enough milk to feed all of them. When this happens, Holland's dad brings the baby lambs from the pasture right to the backyard so they can be cared for there.

Holland loves feeding the baby lambs from a bottle with sheep's milk in it. At first, the lambs stay in a fenced area in the yard to keep them safe. But as they get older, they can run around all over the backyard. When Holland comes home from kindergarten, the lambs hear her coming and excitedly run out to meet her.

Maybe the lambs remind you of something called the 23rd Psalm that you've learned in Sunday School or read in the Bible. It's all about how God is our Shepherd, taking care of us the way Holland and her family take care of the little lambs. Here's how it begins: "The Lord is my shepherd; I shall not want" (verse 1).

One day when we were talking about this psalm in our Christian Science Sunday School class, we got to watch a video of Holland. It showed the little lambs following her through the yard. So when we got to the part in the psalm that says, "Surely goodness and mercy shall follow me all the days of my life" (verse 6), we pictured the lambs following Holland. You can think of goodness and mercy as a little like the lambs—with us wherever we go. Those qualities won't leave us, because they come from God. They are ever present, just like God is.

We know what it means when something is good. But did you



ANNA LITWILLER — STAFF

know that goodness is part of us? This is because God is good, and He makes us good—like Him.

How about mercy? What would it look like to have mercy always with us and within us? Well, it would mean that we can always be kind and forgiving. Mercy helps us find ways to love others, even when they haven't acted nicely. And God's mercy is always present to help us find forgiveness if we have made a mistake.

Our Sunday School class loved thinking about all the ways the 23rd Psalm helps us feel God's shepherding care and learn how to express God's qualities. You can even pray with the ideas in the psalm and be healed. Try it!•

Originally published in the April 3, 2023, issue of the *Christian Science Sentinel*.

I had a healing at school!

Westley

MY NAME IS WESTLEY. I am a first grader.

One day at school, when I was running inside from recess, I tripped and hit my knee. Normally, I'd tell my mom, but she wasn't there. Even though I was all by myself, I knew that God was right there with me because He is all around and nothing can get in between God and me. I know this because I am learning about God in Christian Science Sunday School. I've also had other healings, so I knew I would be OK.

When I was taking my snow gear off inside, I didn't look at my knee. Instead, I was quiet, and I felt calm thinking about God. Later, when I was in gym class and running around, I was happy, and my knee was just fine.

This is the first time I prayed on my own and had a healing at school. I'm grateful that I can pray all by myself. You can, too!•



Originally published in the April 17, 2023, issue of the *Christian Science Sentinel*.

Goodbye, Goliath

Virginia Anders

KYLE WAS VISITING his aunt. On Sunday, he got to go to Christian Science Sunday School. After Sunday School, he was excited to tell his aunt about the story of David and Goliath in the Bible.

This is what he shared: There was a giant named Goliath. He was really big and scary-looking, and he was part of an army called the Philistines. Goliath told the soldiers in the Israelite army that they needed to send a man to fight him. But they were afraid.

There was only one person who wasn't afraid. His name was David, and he wasn't a soldier. He was only a kid! David was also a shepherd, who protected his sheep. David knew that even though he couldn't see God, God had been with him when he'd fought off a lion and a bear. David was sure that God would help him defeat Goliath, too. So David took five smooth stones and his slingshot and slung one of the stones at Goliath. This defeated Goliath, and the Israelites were saved.

Kyle thought that was pretty cool. After he shared what he'd learned, his aunt asked him if he wanted to go for a walk and look for his own stones. Kyle thought that would be fun. So they walked along a riverbed, picking up stones here and there.

When they got home, his aunt asked him to put the rocks he'd found on the kitchen table. Then she asked if he had any "Goliath" fears in his life.

As they talked, Kyle understood that any big scary thing he had to face, such as nightmares or learning to swim in the deep end of the pool, could be called a Goliath. His aunt talked with him about spiritual stones, or thoughts from God, that could destroy Kyle's Goliaths.

These are Kyle's stones:

- God is Love, and He loves me.
- I am never alone. God is always with me because God is ever present.
- There is nothing that can harm me, no matter how big, because God is the only power, and God is good.

Kyle wrote down each thought that the stones represented, so he had these God ideas to help him defeat any Goliaths. Using these ideas, Kyle

faced down the fear of swimming in the deep end of the pool. The stones reminded him that God is always with him, even in the pool. Knowing that God is good also helped Kyle understand that nightmares don't have any power because good is always all around him. Kyle now looks forward to swimming, and he also stopped having nightmares. His Goliaths were defeated!

What stones would you use to fight any Goliath fears in your life?•



Originally published in the May 1, 2023, issue of the *Christian Science Sentinel*.

I will say of the LORD, He is my refuge and my fortress: my God; in him will I trust.

—Psalms 91:2

A healing in the middle of the night

Alea

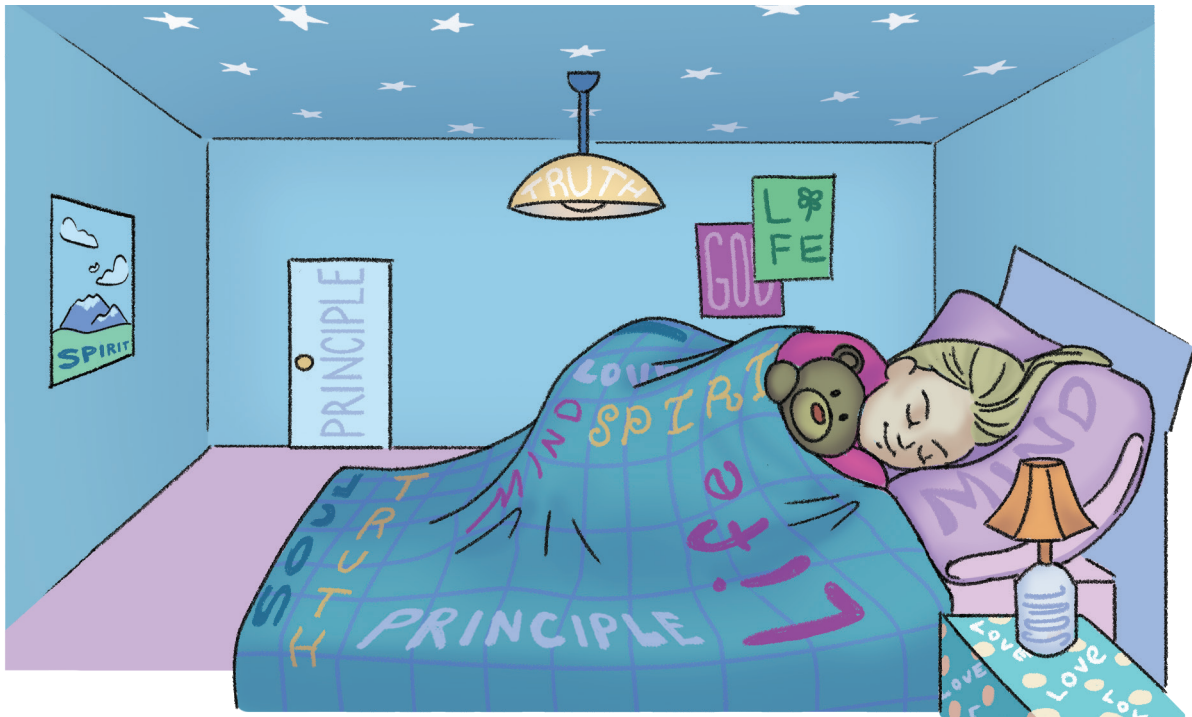
I AM NINE years old, and I had a healing.

One night, I woke up to a bad pain in my stomach. I went to my parents' room and woke up my mom to tell her what was wrong. My dad also woke up, and he asked me if I wanted him to pray for me. I said yes.

After my parents started praying, I decided that I should pray, too. I go to a Christian Science Sunday School, where I learn about God and that God is everywhere, so there's no place where He isn't. I always like to remember that by saying a rhyme I learned in Sunday School: "There is no spot where God is not."

I also know that I'm surrounded by God's love and that He created me perfect. There is no room for sickness, since I am perfect and perfectly loved.

Before I knew it, my stomach felt normal, and I went back to my room feeling calm. I fell back asleep in no time. The next morning, I woke up feeling great! I thanked God and had a great day. •



ANNA LITWILLER — STAFF

Originally published in the May 15, 2023, issue of the *Christian Science Sentinel*.

The story of Abigail

Jenny Sawyer

ABIGAIL

Hi! I'm Abigail. You can find my story in the book of the Bible called First Samuel.

My story is all about how God made us to be peacemakers. Do you know what a peacemaker is? You could say it's someone who stops a fight. And that is part of it, but it's also something bigger. A peacemaker is someone who feels God's peace and shares it with others. And that peace makes people happy and keeps them safe. Here's how I found that out for myself . . .

NARRATOR

Abigail's story begins with her husband. He was a man named Nabal. He owned lots of sheep and goats.

The Bible says that Nabal was often in a bad mood. Maybe that's why, when some men came to him and asked for food, Nabal said mean things and didn't share anything with them.

Bad idea, Nabal.

These same men had protected Nabal's shepherds and sheep from harm. Nabal should have been happy to share with them—not just because sharing is good, but because he owed them for the help they'd given him. But Nabal was thinking only about himself.

Bad idea, Nabal.

These men who asked for food worked for a man named David. And when they told David how Nabal had treated them, David was very, very mad. He was so mad that he wanted to start a fight with Nabal.

"Strap on your swords!" David told his men. They were going to teach Nabal a lesson.

Meanwhile, one of the shepherds who worked for Nabal ran and told Abigail what had happened.

"Do something quickly!" he told her. "Otherwise, something very bad will happen."

Abigail worked fast. Here are all the things she gathered to take to David:

- Two hundred loaves of bread.
- Two bags of wine.
- Meat ready for cooking.
- Roasted grain.
- A hundred raisin cakes.
- Two hundred fig cakes.

Good idea, Abigail!

Abigail jumped on a donkey and left right away to go meet David. But she didn't tell Nabal what she was doing.

Good idea, Abigail.

Before long, Abigail met David on the road. He was not in a good mood. He was ready for battle. But Abigail was prepared: God was there, helping her be a peacemaker.

As soon as she saw David, Abigail got off her donkey and fell down on her knees.

She apologized for her husband's actions. And she thanked God for stopping David before he could do something bad in revenge.

"Please take this gift," she added, showing him everything she'd brought. And she told David how God had blessed him.

Good idea, Abigail!

Abigail did more than stop a fight that day. She brought peace to David's heart so that he could feel God's presence. Right there, David stopped feeling angry. He started feeling thankful instead. David thanked God for sending Abigail to meet him. He thanked God for stopping him from doing something bad. David even felt so much peace that he gave some peace back to Abigail.

"Go home in peace," he told her.

Abigail did. Because God's peace was already in her heart—just like it can be in yours when you follow God and choose to be a peacemaker, too.

ABIGAIL

Can you see now that my story is all about how God made us to be peacemakers? Maybe it can help you think of a time when you were a peacemaker and how that made you feel close to God. Or maybe it can help you remember to be a peacemaker in your family or with your friends.

Here is what some Christian Science Sunday School students had to say about being peacemakers:
“Abigail’s story happened a long time before Jesus. But it still reminds me of a beatitude that Jesus gave us: ‘Blessed are the peacemakers, for they will be called children of God’” (Matthew 5:9, New International Version).

And here’s what another said:
“Peace comes from God. It’s a spiritual quality that we express, so it can’t go anywhere. It can’t be taken away by anyone or anything. So we always have peace to give, and God helps us give it!”

What did you learn from my story? •



ANNA LITWILLER — STAFF

KIDS VIDEO

This article has a video!

To watch a video and hear a song about the story of Abigail, visit cssentinel.com/abigail-story or use this QR code.

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**Blessed are the peacemakers: for they shall
be called the children of God.**

—Matthew 5:9

God was with us on our rafting trip

Bingitt

IN THE SUMMER we went on a trip in Alaska on a big red raft. It was Mommy, Daddy, and me. One day there was a storm. The rushing waves got everyone wet. The sky was getting dark like nighttime. Daddy was paddling, and I was with Mommy in a corner of the raft. I had my life vest on, but I was scared and crying.

Mommy said we could think about a hymn we had been memorizing. It says,

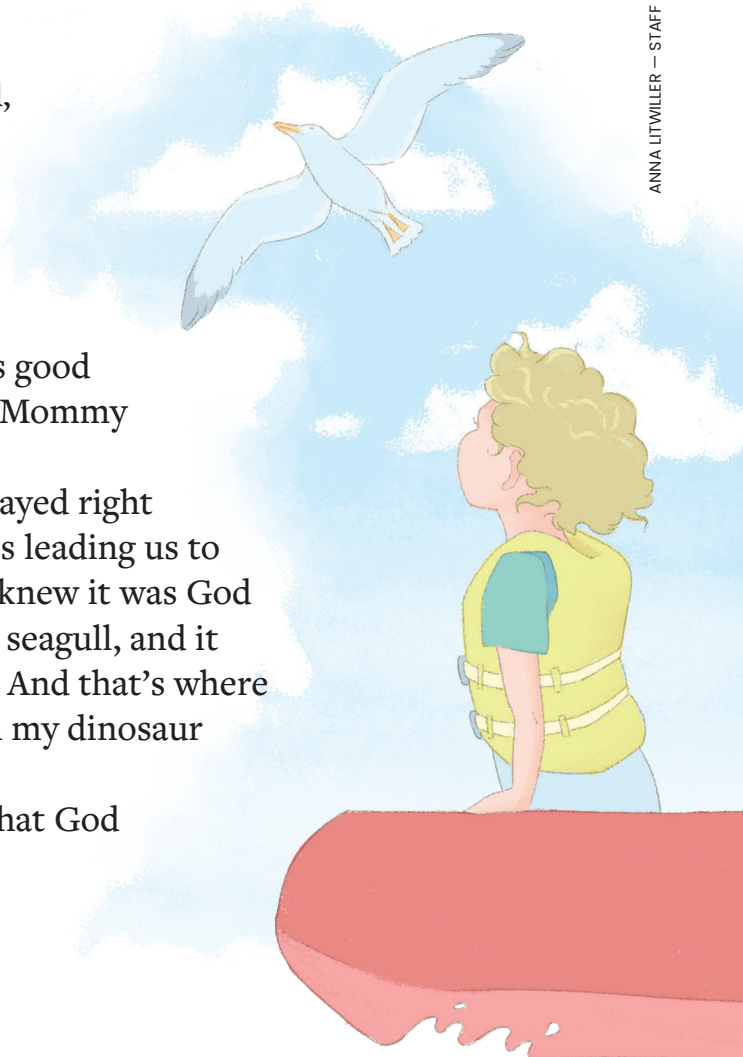
He knows the angels that you need,
And sends them to your side,
To comfort, guard and guide.

(Violet Hay, *Christian Science Hymnal*, No. 9, © CSBD)

The hymn is talking about God giving us good thoughts that help us when we feel scared. Mommy said God would give us our angel.

Then a seagull fluttered overhead. He stayed right above us for a long time. We thought he was leading us to a campsite! My fear went away because we knew it was God giving us what we needed. We followed the seagull, and it took us to the only spot there was to camp. And that's where we camped! We put up a tent, and I slept in my dinosaur sleeping bag.

I'm glad that Mommy was praying and that God helped me not be scared and kept us safe. •



ANNA LITWILLER — STAFF

Originally published in the June 5, 2023, issue of the *Christian Science Sentinel*.

A very fast healing of my wrist

Clyde

WHEN I WAS in third grade, I fell and injured my wrist three separate times. Each time, it would feel fine after a while, and then I would fall on it again.

One day, I was hiking with my family, and I slipped on a patch of ice. I put my hand down to break my fall and injured the same wrist again. This time, it hurt a lot.

My mom and dad took me to the hospital. The doctor took an X-ray and found that the wrist was broken, so he put a temporary soft cast on it. He told us to return in a few days for a hard cast. We went home and prayed because it was still hurting a lot. I've learned in Christian Science Sunday School that prayer can help with lots of things, including pain.

My mom and I talked about how I am God's reflection, so my relation to God can't be broken. After this, I really knew that my relationship with God was perfect and always will be, no matter what. This also means that God takes good care of me because God is Love.

I went to bed. In the morning I woke up, and the pain was completely gone. At my next appointment a few days later, the doctor X-rayed my arm again. He told us that he couldn't believe it, but the bone had almost completely healed. Instead of getting a hard cast, I just got a support that was easy to put on and take off. A few days later, I insisted on taking the support off because my arm felt normal. We took it off, and I never put it on again, because I didn't need it!

I am very grateful for this healing. Even though I had been told I wouldn't be able to do swim team or any water sports all summer, I was able to start swim team on the first day of practice and could swim with no problem. God took good care of me. •

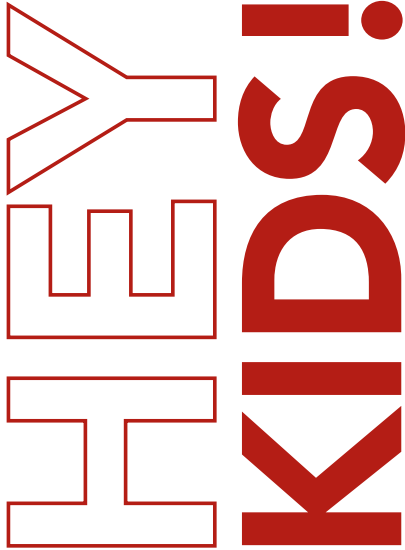


ANNA LITWILLER — STAFF

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