



CHRISTIAN SCIENCE Sentinel

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

JULY-DECEMBER 2014 jsh-online.com



A COLLECTION FOR KIDS

**THE CHRISTIAN SCIENCE
JOURNAL, SENTINEL, HERALD**

Published by
The Christian Science Publishing Society

Editor
DAVID C. KENNEDY

Managing Editor
SUSAN STARK

Managing Publisher
JOHN SPARKMAN

JOURNAL/SENTINEL

Editors
ROSALIE DUNBAR
SUZANNE SMEDLEY
JOAN TAYLOR
JENNY SINATRA
ROGER GORDON
NANCY MULLEN
MAIJA BALDAUF
LIZ BUTTERFIELD WALLINGFORD

Copy Editors
FRANK SMITH
AARON BINGHAM

Audio Producers
RITA POLATIN
WILL PAPPAS

HERALD

Editors
DER HEROLD (GERMAN)
SUSANNE SMITH

LE HERAUT (FRENCH)
SYLVIE UPDEGRAFF

EL HERALDO (SPANISH)
PATRICIA DEL CASTILLO

O ARAUTO (PORTUGUESE)
ANA PAULA CARRUBBA

DESIGN & PRODUCTION

Designers
JENNIFER ODEGAARD
KEN BAUGHMAN
LISA ANDREWS

Editorial Production Coordinator
GILLIAN LITCHFIELD

Editorial Support
LINDSAY BOGGS

Periodical Design and Marketing Manager
MARLA SAMMULI

Production Managers
BRENDUNT SCOTT
SAL GILIBERTO

CONTENTS

02 'Rock the ice!'

03 A sweet song to sing
by KATHRYN A. T. KNOX

04 Bullied? Don't give up!

06 When Pintado came home

07 My softball story

08 Shine the light

09 My healing on cookie delivery day

10 Love and courage
by BLYTHE EVANS

12 Pause and pray

See page 13 for submission, subscription, and contact information. We look forward to hearing from you!

'Rock the ice!'

I play many sports, but ice hockey is definitely my favorite. I'm in fourth grade and have played hockey for six years. Last spring I wanted to join a very competitive hockey program. This program had tryouts lasting for three nights.

When I found out I would miss the first night because of a school trip, I was bummed. But my dad and I prayed. We talked about how God loves us so much. God totally governs our lives, and God would never let us miss out on anything good.

I was really grateful when the hockey coaches said that going on the class trip wouldn't hurt my chances of getting a spot on a team. On the second night of the tryouts (my first night), I had a good attitude, thinking everything would be all right. But after we got off the ice and the coaches put up team lists, a lot of kids, including me, were not on any team yet. Some kids and parents were disappointed and mad. But you know what? I felt fine.

I was thinking that no matter what unfair or bad things seemed to be happening, the only thing that was really happening was God. God is good and He's taking care of everything. God is putting me in the right place at the right time, even if it's not where I'd planned on being. Standing beside the team lists, I prayed. I was calm and happy.

On the last night of tryouts, I was mostly thinking hockey thoughts about what I needed to do and knowing that I could just have fun and "rock the ice." Because all the A-level (top-level) teams had already been picked, it looked like my only chance was to make a B team. When the coaches put up the lists that night, I was totally surprised: I was on an A team! Because I'd played so well in the final tryout, the coaches changed their minds and switched me from a B to an A team. The tryouts taught me that trusting God and expressing God's goodness really is the best way to go. ●

Ricky plays center and left wing on his hockey team, and his favorite NHL team is the New York Rangers.



Ricky
New York City

Originally published in the July 7, 2014, issue of the *Christian Science Sentinel*.

A sweet song to sing

By Kathryn A. T. Knox

One time, I saw a little boy at the side of a swimming pool, grabbing on to his mom's legs, refusing to let go. He didn't want to jump into the water. Of course, he didn't know how much fun swimming would eventually be. At that moment, he was scared of what he thought lay ahead. Fear can sometimes make us run away from something, not want to do something, or feel confused about what to do next.

My grandson Chace is in preschool. He likes his Sunday School class. One morning, though, he was just feeling afraid and confused. He said, "I don't know what to do," and he was crying about leaving home for church. He just wanted his mommy and daddy. I told him about a song that had been sung to his own mommy and auntie when they were little. I said I'd tell him the words to think about.

You can sing this song using your own tune, or you can say it as a poem. Chace and I made hand movements to the words. After saying it twice to Chace, who listened carefully, he brushed his tears away. Soon, he was in Sunday School and happily in his class. Here is the song for you to enjoy too, no matter where you are:

Where I am, God is.
I am His,
the loved child of God.

If I go to school,
or far away,
or to a pool,
or to a mountainside,
God is by my side.

I have no fear,
'cuz Love is right here.
And I can't go away,
and I can't ever stray,
God's loving me today,
and so I'll pray.... (repeat first verse)



© TASSEL78/ISTOCK/THINKSTOCK

Turn page →

Happiness is part of you always. Angel thoughts, messages from God (see Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 581), surround you. Angels help you be strong and comfortable. You can always turn to God in prayer so you'll no longer be afraid. ●

Kathryn A. T. Knox loves reading good books and watching insects in the garden with her grandchildren. She's also written books for kids, too.

Originally published in the August 4, 2014, issue of the *Christian Science Sentinel*.

Bullied? Don't give up!

By Carolin, Bavaria, Germany

In third grade, my best friend, whom I knew from kindergarten, was in my class. We were very happy. In the beginning all went well, but then she'd often say mean things to me. It all had started when I was elected to be class representative. Maybe my friend was envious. Anyway, she stirred up the other kids against me.

By fourth grade it was so bad that all the kids in my class were against me. I felt really lonely and started to feel as if something was wrong with me.

One day I couldn't take it anymore, and I talked to my mama about it. She comforted me a lot. When I stopped crying, she told me that God loves me and He loves the other kids. His love keeps me safe from envy so that nobody can cause trouble against me. She also said it is important that I stick with the Golden Rule and not fight with the same "weapons" as the others.

I knew the Golden Rule from the Christian Science Sunday School: "Do to others as you would have them do to you" (Matthew 7:12, New Revised Standard Version). I tried very hard to really follow this rule.

Turn page 

My mama also talked with my teacher and with the mother of the friend who'd been bullying me.

At first nothing changed. During recess, I would stand around alone. Groups of kids from my class would come over to call me names, insulting and pushing me. One time they accused me of stealing a hat. But I hadn't. The hat showed up the very next day.

At home, I cried a lot. It was good that Mama was there. We prayed together and talked about things, especially about God, and how He is always my friend. Also, that God is there in school, too, and He is with the other kids. And in my Sunday School class, we talked about how with God's help we can deal with and stop bullying. God protects us, and we never have to be afraid.

Mama and I prayed some more to see my friend as God's child, with only good qualities. I did that as much as I could. And I noticed that I was not really mad at this friend. I still liked her. And suddenly I realized that she needed a friend more than ever. Mama also said that the other kids would realize they could find a true friend in me. "Don't give up," she said. "Your life is determined by God, not by others."

Soon more and more kids played with me during recess again. And then my friend was all alone. But I did not want to let that happen. With all those good thoughts I'd been thinking over the past months, I walked up to her. And then all my anger was gone, just like that, and we made peace.

Do you know what is really nice about this? I have not become weaker, but much stronger, inside. And I have realized that you can really solve bad situations like this with prayer. •

Carolyn likes to dance hip-hop and read, and she loves animals.

Carolyn's article was originally written in German and was published in the April 2014 German, French, Portuguese, and Spanish editions of *The Herald of Christian Science*.

Originally published in the August 18, 2014, issue of the *Christian Science Sentinel*.



© ALLEV/NATS/ISTOCK/THINKSTOCK

Pedro
Belo Horizonte, Brazil



COURTESY PHOTO

When Pintado came home

I have a dog called Pintado (which means “Spotty” in English). He used to live on the streets, and he was very skinny and poorly cared for. Mommy, Grandmother, and I took care of him and fed him, and since then he has lived with us.

One day, Pintado escaped and went missing for many hours. I was afraid that he would be run over by a car, or that someone would harm him. It was raining a lot, and I was also afraid that Pintado had not been able to find shelter.

Then I called my aunt, because my mom was working. My aunt told me we should pray together to know that in God’s kingdom nothing is ever lost. I understood that Pintado was not lost, and that God would show him his way back home. We also affirmed in our prayers that God was with Pintado, caring for him.

After praying, I fell asleep for a few hours. When I woke up, I went to the front gate and there was playful Pintado, with a wagging tail, waiting for me to open the gate and let him in. He had found his way home, despite the heavy rain. I was grateful for this proof that God cares for me, for all His children, and for all the animals. ●

Pedro loves flying kites and playing soccer. He also likes playing with Pintado and with his mom’s cats.

Pedro’s account was originally written in Portuguese and was published in the May 2014 Portuguese, French, German, and Spanish editions of *The Herald of Christian Science*.

Originally published in the September 1, 2014, issue of the *Christian Science Sentinel*.

My softball story

One day after school my mom said I had a softball game. So I got ready, putting on my team shirt, socks, and cleats. When we got to the field, I remembered that at my last game the girl pitching to me had hit me hard in the side with the ball. I remembered I'd cried a lot.

I told my mom that I didn't want to play softball anymore. I didn't want to be hit by the ball again. She said she would pray for me. She told me that God had only good for each of us. He didn't make one of His ideas to hurt another.

When I was almost up to bat at the game that day, I was worried, but I saw the pitcher was very good and only threw strikes. Then, right before it was my turn, both of my coaches came to me and said to "smack the ball hard" (I had not hit any balls in games yet, even though I'd been a good batter in practices).

Suddenly I had trust and started thinking that the girl wouldn't hurt me because God made her. We are both God's children, so it's like we are sisters and part of the same family. I kept thinking over and over again that she was not going to hurt me. Then, I hit the ball really hard and high into the air!

I started running as fast as I could, and then the other team got me out at first base. But I still knew it was a fantastic hit. All my teammates said, "Nice job." I ran up and jumped into my mom's arms in joy!

After the game, when we were all saying, "Good game," to the other team and stuff, I was grateful and said, "Thank you," to the girl who had pitched me the ball. The game after that one I hit the ball both times I batted and scored a few runs.

I'm so glad to not be scared anymore! Also, I learned that one of God's family could not hurt another member of His family. I'm thankful to know this. ●



Jade
Washington State

Jade likes sports and plays the violin. She also likes to spend time with her family and friends.

Originally published in the September 15, 2014, issue of the *Christian Science Sentinel*.

Shine the light

One day I saw some spots on my body, and they were itchy. It started with just a few, but as the day passed there were more and more.

My mom texted my dad and then called a Christian Science practitioner. I talked to the practitioner on the phone. I've learned in the Christian Science Sunday School that God is Love and I am safe. Nothing bad can make me sick or afraid.

My dad came home, and we read the Christian Science Bible Lesson [at myBibleLesson.com] together. There were cartoons in the Lesson. In one of them there was a pirate ship that was pointing its cannons at a fort with people in it. A mean pirate said, "Surrender!" But the people in the fort shined the "light of truth" on the pirate ship, and there was nothing really there. The ship, which was supposed to be so bad, had disappeared.

That cartoon helped me a lot. My dad said that whenever we saw those spots on my body, we would keep knowing, shining, the light of truth—the truth about how God made me healthy and happy.

We also read about a girl named Priscilla. All her friends said she would get chickenpox. But she said, "No!" I loved that because I thought I could say "no" to sickness, too ("Priscilla says 'no,'" from the February 28, 2000, issue of the *Sentinel*).

The next day, when I woke up, I felt fine. My school said I had to stay home for a few days, so I stayed home and played. Whenever I felt itchy, I said, "No!" The spots disappeared in a couple of days. I was very glad that God healed me. ●



COURTESY PHOTO

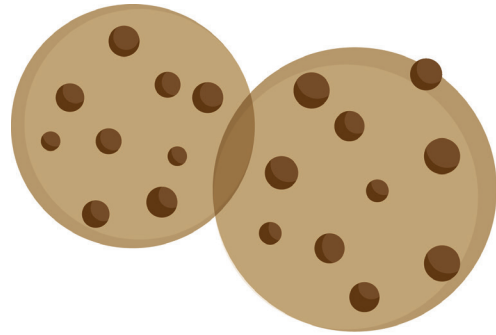
Isa
California

Isa likes to read and write stories. She also likes to swim and play with her sisters and friends.

Originally published in the September 29, 2014, issue of the *Christian Science Sentinel*.

My healing on cookie delivery day

By Caitlin, fifth grade, California



KEN BAUGHMAN-STAFF

My name is Caitlin, and I am in the fifth grade. One day, when I was seven, I was in my room when my sister called me and said, “We are going to pass out the Girl Scout cookies we sold.”

I told her I was coming, and I opened my door and closed it behind me. My fingers were smashed near the hinges of the door. I pushed open the door and got my fingers out. I fell to the floor crying.

I prayed about my hurt fingers. My sister came to check on me. She told me some “God thoughts”—truths about God—and then she helped me up, and we went downstairs to see my mom. I showed her my fingers, and I looked at them for the first time. They didn’t look good, and I couldn’t move them. The fingers had started to bruise.

My mom prayed for me and told me I could not be hurt because I am God’s child and I am spiritual. She also called a Christian Science practitioner. My mom explained to the practitioner what had happened, and then I talked to the practitioner. As I listened to her tell me about God, I started to feel better and stopped crying. After my mom hung up the phone, I prayed with my mom and we listened to God.

My mom told me that when she was praying, she was thinking about what a nice day we had been having as a family, and that she knew nothing could disturb our peace as a family. She told me that God’s law of harmony was still in action and could not be interrupted.

After about ten minutes I looked at my fingers, and there was no sign at all that anything had happened. I could move them and I could not feel any pain. I told my mom. She said we could go ahead and deliver the cookies. The rest of the day was great! •

Caitlin enjoys playing sports, doing gymnastics, and playing piano.

Originally published in the October 13, 2014, issue of the *Christian Science Sentinel*.

Love and courage

By Blythe Evans

I know a little girl named Joy who adored her baby brother Evan. She could hardly keep from hugging and kissing him every time she saw him! Evan thought Joy was pretty special, too. Later, when Evan felt a little scared at night, he would go and climb into bed with Joy and fall asleep. Their mom used to smile when she saw them there together in the morning.

There is a little girl we read about in the Bible who really loved her little brother, too. Her name was Miriam, and do you know what her little brother's name was? Moses.

When Moses was a baby, the Pharaoh who ruled the people tried to get rid of all the Hebrew baby boys. So Moses' and Miriam's mom hid baby Moses in a basket, then floated it on the Nile River. Miriam loved her brother so much she stayed to see what would happen to him.

Pretty soon, the Pharaoh's daughter came down to the river and found baby Moses in the basket. He was crying. Pharaoh's daughter wanted to help him. Then Miriam, who was watching nearby, did something very brave. She went up to Pharaoh's daughter and asked if she should go get a woman to help care for the baby. Pharaoh's daughter said yes, so Miriam ran to get someone to help. Guess who she got? Moses' and her own mom! Miriam's love and courage had helped save her little brother (see Exodus 2:1–10).

Later when Miriam was a grown-up, she got sick. Her other brother, Aaron, asked Moses to pray for her. Even though Miriam and Aaron had sometimes acted a bit jealous of Moses and said some unkind things about him, Moses still loved them very much and prayed for Miriam to be well. Miriam was soon all better (Numbers 12:1–15).

Christ Jesus, too, taught us we should love our brothers and sisters no matter what. In fact, he taught us our brothers and sisters aren't just those in our family. He said whoever is obedient to and loves God



KEN BAUGHMAN-STAFF

Turn page ➡

is his brother and sister (see Mark 3:35). Jesus taught us we should make sure we show love for one another through our daily thoughts and actions.

Mary Baker Eddy, who discovered Christian Science, had brothers and sisters she loved very much. Later in her life, even as there were some disagreements between her sisters and her, and they didn't always act like they loved her back, she was still able to write, "'Love one another' (I John, iii. 23), is the most simple and profound counsel of the inspired writer" (*Science and Health with Key to the Scriptures*, p. 572).

Loving our brothers and sisters, either brothers and sisters in our own family, or brothers and sisters who are in the greater family of God, is a very natural thing to do. It brings us joy knowing we are being obedient to our Father-Mother God. •

Originally published in the October 27, 2014, issue of the *Christian Science Sentinel*.

I walk with Love along the way,
And O, it is a holy day;
No more I suffer cruel fear,
I feel God's presence with me here;
The joy that none can take away
Is mine; I walk with Love today.

—Minnie M. H. Ayers,
Christian Science Hymnal, No. 139, adapt. © CSBD

Pause and pray

By Robert, fourth grade, Georgia

A few months ago I hurt my toe. My mom saw that I was limping, and I told her what had happened. She was reading the Christian Science Bible Lesson, and so she started reading out loud from *Science and Health with Key to the Scriptures* by Mary Baker Eddy, right at the place where she was.



KEN BAUGHMAN-STAFF

I didn't understand what the sentences meant, so we looked up a lot of the words in the dictionary. It took us 30 minutes or more to do this. (I wasn't expecting a *big* sermon, I just wanted to tell her about my toe and then go watch TV while she prayed for me!) But by the time we finished reading, I wasn't limping anymore.

Here is what my mom read out loud from *Science and Health* to me:

"A material body only expresses a material and mortal mind. A mortal man possesses this body, and he makes it harmonious or discordant according to the images of thought impressed upon it. You embrace your body in your thought, and you should delineate upon it thoughts of health, not of sickness" (p. 208).

We talked about each line, and I understood why I was made by God in His image and likeness (see Genesis 1:26, 27). I understood I was made to be perfect and fine (never hurt). I also learned not to just go watch TV when I need help, but instead to pray! ●

Robert has four dogs and two turtles right now. He likes to work in his vegetable garden and also plays soccer and ice hockey.

Originally published in the November 10, 2014, issue of the *Christian Science Sentinel*.

A COLLECTION FOR KIDS

DOWNLOAD THIS ISSUE: jsh.christianscience.com/kids2014-2



Got something to share?
Got a question?

Write to sinatrajen@csps.com

We love to receive your stories,
drawings, healings and poems.

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

myBibleLesson

DESIGNED FOR YOUTHFUL
THINKERS OF ALL AGES!

Want to **dig deeper** into each Bible
Lesson from the *Christian Science Quarterly*
and have **a lot of fun** at the same time?
myBibleLesson helps you do that!

christianscience.com/bible-lessons/mybiblelesson < < < < < < < <

CONTACT US

general inquiries

jsh-online.com | "Contact us"
or cssentinelradio.com

article & testimony
guidelines/submissions

jsh.christianscience.com/submit

letters to the editor
sentinel@csps.com

SUBSCRIBE

print subscriptions & renewals

cssubscribers.com
888-424-2535 (US), +1-515-362-7462 (int'l)
weekdays, 9:00 a.m. to 5:30 p.m. (ET)

single copies Available at Christian
Science Reading Rooms. See your
local telephone directory or visit
jsh-online.com | "Directory"

permissions & postal address
see page 24

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; write to: Permissions, The Christian Science Publishing Society, 210 Massachusetts Avenue, P03-10, Boston, MA USA 02115; or visit: jsh-online.com/permissions.

The **CHRISTIAN SCIENCE SENTINEL** was founded in 1898 by Mary Baker Eddy, and its mission remains the same: "to hold guard over Truth, Life, and Love" (*The First Church of Christ, Scientist, and Miscellany*, p. 353). The *Sentinel* continues to report on the unlimited ways that the healing power and presence of the Christ activates, uplifts, and transforms the lives of people around the world. The design of the Cross and Crown seal 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 in the United States, the European Union, and in other countries. © 2015 The Christian Science Publishing Society.