



CHRISTIAN SCIENCE Sentinel

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

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Healing on a hike

By EMILY DE WULF

It was a spontaneous idea. My mom and I decided to go for a hike. We knew wherever we stopped, we were going to express endurance, patience, courage, and qualities from God, divine Soul, such as joy and harmony.

My mom and I drove four hours to the mountains to go on a backpacking trip with our dogs. We packed very light—the majority of the weight was our food. When we got to the trailhead, we suited up the dogs with their own little packs to carry and started off.

We trekked through meadows and climbed over the remains of avalanches. We passed through bushes and forests to reach the top of the mountain, where the union of two mountain ranges was visible to us. It took us half a day to get up to our campsite—ultimately, we climbed up 3,000 feet.

Once we reached the top, we had to find a spot to spend the night. The mountain air cooled us down and made the leaves on the trees flutter and billow. After passing several campsites, we settled on one. It was located next to a small creek with trees enclosing us from all directions.

We clipped each of my dogs to a separate tree, then started unpacking our supplies. All of a sudden we heard one of the dogs whimpering and the rep-

etitious sound of his snapping jaw. We quickly turned our heads to find a swarm of wasps around both of the dogs. They were unable to defend themselves because they were tied to the trees. I was sympathetic toward both of my dogs' helplessness. So I decided to run in and unhook the one closer to me, pushing

down my rolled-up pant legs and pulling up my socks to shield myself. I ran in determined to get the leash off the tree.

As I was running, I felt a sharp pain in my left leg, and then my right, and I became infuriated at the wasps' aggressiveness. But then the thought came to me that they were just trying to protect themselves from what they perceived as danger. I decided to change my perception of the wasps. I thought about their persistence and protection over their vespiary, their nest.

I got my dog away from the tree, and we were soon able to free the other dog as well. My legs were in pain, but I did not want

to accept the false thought that pain was inevitable. I knew that God was always protecting me. I kept thinking how all of God's creations have to live in harmony. If we accept that we live under the government of one divine Mind, then none of Mind's ideas can be in conflict.

My mom, seeing me struggling with the pain, proposed the idea of going back



*I kept thinking
how all of God's
creations have to
live in harmony.*

down the mountain that moment. But I felt that going back down wouldn't accomplish anything. Instead, I went and sat down by the creek and started to pray out loud a quote that I have had memorized since I was very young, a quote that provides me with the understanding of my true strength and security: "the scientific statement of being" from *Science and Health with Key to the Scriptures* by Mary Baker Eddy. My mom joined in as I repeated it:

"There is no life, truth, intelligence, nor substance in matter. All is infinite Mind and its infinite manifestation, for God is All-in-all. Spirit is immortal Truth; matter is mortal error. Spirit is the real and eternal; matter is the unreal and temporal. Spirit is God, and man is His image and likeness. Therefore man is not material; he is spiritual" (p. 468).

I realized how helpful it can be to have quotes memorized for when you are away from home, online resources, and books and periodicals. When in need, you have your favorite memorized hymns, passages, or verses to pray with.

After repeating that quote, I started to feel forgiveness. When we forgive someone or something for hurting us, we are freed from carrying around that anger, that frustration, that burden of disliking or fearing that person or, in my case ... wasps! I watched as my dogs, who had both been in the thicket of wasps just ten minutes ago, danced around me joyfully. My thought became at peace, and I stopped focusing so much on pushing the thought of pain away. I understood more about how pain is a false belief and doesn't have actual substance or reality. I then stood up and started to collect wood for the fire without discomfort, and I was able to continue the trip with ease.

It has become much clearer to me how false the pain was, and that it never was a part of me. It could never have been true, since I am a child of God. What was true, and is always true and real, is God's permanent goodness. ●

Emily De Wulf is a senior in high school in Seattle. She is a part of the DiscoveryBound National Leadership Council, likes playing many sports, and enjoys hiking and backpacking.

Originally published in the January 12, 2015, issue of the *Christian Science Sentinel*.

From frustrating game to golden opportunity

By KIERSTEN SHEEHAN

I have attended a summer camp for Christian Scientists for five years now, and throughout those five years I have always been in the horse programs. For the past three summers, I have participated in the polocrosse program for high schoolers, where you learn the rules in order to play, and later on in the session

you even participate in a real tournament outside of camp. Polocrosse is a team-oriented sport that is played all over the world. It is a combination of polo and lacrosse on horseback.

This past summer, I was getting moved up to a higher level of game for the tournament I was going to compete in. It

is an understatement to say I was nervous for that first game! While “tacking up,” or putting the equipment on my horse, before the first game of the day, I could tell she was feeling my nervousness, and this only seemed to make her more antsy and excited for our game, which was only an hour away.

As I mounted my horse, she was ready to take off. Getting her to walk and not canter to the polocrosse field is usually one of the simplest tasks I have, but this time it turned into a difficult one. I finally managed to keep her calm enough while doing our warm-up.

Right as we were going into the first lineup to start the game, she started “crow-hopping.” (Crow-hopping is when horses do tiny jumps with their back arched and their hind legs stiffened.) I was used to her doing this in lineups during our practices, so I normally knew what to do in order to get her to stop. But I felt completely consumed by nervousness. The first half of the game I was

I was energized and ready to play, with a new perspective on how to go about the game.

letting this get the best of me, which affected my playing and allowed the other team to get a big lead against my team. I burst into tears right as I walked off the field; I just wanted the game to be over!

One of my teammates came over and calmed me down by telling me how this was not the “real me” being expressed, and how all of this nervousness was just “error,” or the belief in a power besides God, trying to come into my thought and take away my joy and my freedom. This encouragement helped, and I managed to stay under control for the second half of the game. But afterwards I went straight back to the trailers in order to untack and

take care of my horse, feeling that I had let my counselors and teammates down.

There was a long period of time before my next game, so I decided that it was the perfect opportunity to pray in order to get my thoughts in the right place. I borrowed my head counselor’s copy of *Prose Works* and opened it up to an article titled “Heart to Heart” by Mary Baker Eddy (*Miscellaneous Writings 1883–1896*, pp. 262–263). I read through it multiple times and felt I’d finally found what I had been missing all morning in my first game. What stuck out to me the most was this last line: “Always bear in mind that His presence,



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power, and peace meet all human needs and reflect all bliss.”

I thought about how God’s “presence, power, and peace” met our needs as a polocrosse team, and how we express qualities of God as we play. For example, our responsibilities were different; some teammates needed courage and “power” as they took on an offensive position and set the overall pace, and others needed “peace” as well as alertness as they calmly defended the goal.

Through these realizations, I immediately felt as though I had just woken up from a long nap. I was energized and ready to play, with a new perspective on how to go about the game. Whenever the feeling of uncertainty started to creep into my thoughts, I firmly rejected the false suggestion by knowing that God’s presence, power, and peace are all

I need. Though my team didn’t win on the scoreboard, we’d all won by making lots of progress in our playing abilities.

My team ended up getting third place in that tournament, and later on that summer we went on to getting second place at another tournament. It did not matter so much to us what place we got, though. What mattered was that we played with some of the best and most inspiring riders and horses in the sport.

I am so grateful for all the spiritual growth I’ve experienced as a Christian Scientist over the years. I look forward to all the new experiences, as my understanding of Christian Science only becomes clearer and stronger. ●

Kiersten Sheehan is a junior in high school. She loves playing volleyball and polocrosse and also enjoys acting, as well as being an active member of stage crew.

Originally published in the February 16, 2015, issue of the *Christian Science Sentinel*.

Overcoming procrastination

By ANDREW BOYD

I’m a senior in high school, and this past year I have especially struggled with the idea of not having enough time and motivation to get my schoolwork and other responsibilities taken care of. It seemed I spent more time avoiding my responsibilities than I spent facing them. In most cases I ended up doing everything at the last minute.

Fortunately, I found this passage in *Science and Health with Key to the Scriptures* by Mary Baker Eddy: “Wait for your reward, and ‘be not weary in well doing.’ If your endeavors are beset by fearful odds, and you receive no present reward, go not back to error, nor become a sluggard in

the race” (p. 22). What this passage tells us is that we should not be reluctant or afraid to do what God guides us to do. This spoke to me because one of the reasons I was avoiding my responsibilities was because I did not see any immediate benefit in facing them; however, after reading this quote, I realized that I was becoming a “sluggard in the race,” which made me feel very uncomfortable with myself. This passage pretty much defined my experience with procrastination, and it was very helpful for me to stumble upon this when I most needed it.

Further on down that page it says, “When the smoke of battle clears away,

you will discern the good you have done, and receive according to your deserving.” After reading this, I chose to make an effort to face my responsibilities head-on instead of avoiding them, and I found that not only in the long term did I feel better about myself, but in the short term also. What I enjoy about this second quote is that, while we don’t have to earn God’s impartial love, there is a direct relationship between how much good you do and how much good you see manifested in your life (according to your deserving); if we work hard to do what’s right, we are rewarded well. This comforts me.

An important thing that I discovered after this experience is that I was afraid of my responsibilities instead of being grateful for them. Some lines in *Science and Health* that I found helpful state: “Through great tribulation we enter the kingdom. Trials are proofs of God’s care” (p. 66). This shows us that, while God does not send us trials, meeting and conquering adversity with courage is a form of blessing because it allows us to strengthen our spiritual understanding and prove God’s allness. This passage has inspired me to be grateful for my challenges because they help me get closer to God and His kingdom. In addition, I



We should not be reluctant or afraid to do what God guides us to do.

found that being grateful for challenges (as well as for the good) in my life has made me a happier and less doubtful person.

This experience reminded me of the story in the Bible when Moses is told by God to go to Egypt to free his people. Initially he is reluctant to leave his home because he doesn’t believe he has the ability to do what God is asking him to do. However, his actions in Egypt are guided by God, and he overcomes his troubles

with the help of God. This shows that trials are proof of God’s care because Moses confronted the task that was before him with the help of God, and he trusted more in God as a result. I often think of this story when I have fears in my own life that I am struggling with, and I thought about this story as I prayed about overcoming procrastination.

Anyway ... I am so grateful that both the Bible and *Science and Health* have so much inspiration on overcoming fears and being grateful for our challenges. These books have inspired me to recognize God’s presence as I face everyday issues and have triumphs, too. ●

Andrew Boyd lives in California, where he enjoys surfing and playing the guitar around family.

Originally published in the March 16, 2015, issue of the *Christian Science Sentinel*.

The help we needed

By RILEY CAPP

It was the second session of the summer, and I was working as a counselor-in-training at a camp for Christian Scientists. I was part of a seven-day backpacking program, and our trip had gone very well. We were on our last peak climb and had to get up and over Mt. Harvard. There was decent climbing weather in the morning, and it didn't look as if there would be any threat of rough weather. This soon changed, though, as we got closer to the peak around noon, which was supposed to be the ideal time to reach the summit, since we needed time to head back.

Clouds began to roll in on our group, and we soon lost sight of the top of the mountain. That's when a friend joined us.

Our friend was a scruffy mountain goat who had started following us as we got close to the top and would not let up. When we got to the peak the menacing-looking clouds and wind were upon us, and we had to hurry to get down off the mountain. We managed to get off the summit, all the while praying about God's ever-presence, and our safety within His arms. I can remember one of the ideas we shared was, "There is no spot where God is not." Although this is a basic concept to pray with, there was something about it that was comforting

high up on the mountain surrounded by bad weather.

Then we encountered another obstacle. With all the cloud coverage around us we had no idea which valley we needed to go down into to get to camp. All of us were unsure whether or not the clouds would go away and if the ones off in the distance, which had the look of lightning, would also join. When all seemed to be out of our hands, we looked over and saw the mountain goat standing on the rocks off by one of the valleys!

We looked at our map and decided this was the way we needed to go, and the goat proceeded to lead our group through these rocks on a path that would have been very difficult to find. The moment we started to follow this goat we looked up and saw that the clouds around the

peak of the mountain that were on top of us had dissolved, and there was a circle of blue sky. For miles and miles around there was nothing but dark, ominous clouds, except for our little circle of blue sky. It was in that moment that I realized how true and yet simple God's First Commandment from the Bible is, "Thou shalt have no other gods before me" (Exodus 20:3). I saw that even something that appears as unpredictable and mighty as the weather has no power over God. Actually, God is the only power. So even as we



I realized how true and yet simple God's First Commandment from the Bible is.

make smart decisions about our outdoor adventures, we can't make weather into a "god" or something we have to worship.

During precamp, before the kids arrived, the camp's Christian Science practitioner told us how important it was to follow this First Commandment and get rid of any notion there is a power, place, or presence other than God. With the mountain goat (who we all agreed was evidence of God's care) and the wisdom of God, divine Mind, leading the way, we were able to traverse the rocks and get off the mountain safely. Once we were

off, the clouds swooped in and covered the summit again.

This was simply the best illustration to me of the fact that God is right there shielding us under His wing, and that knowing His ever-presence and affirming it is the most effective and healing prayer. ●

Riley Capp is finishing up his senior year of high school. He was in the play The Diary of Anne Frank in the fall, and is currently in the musical Legally Blonde. Riley also enjoys choir, dance classes, and spending time with a good book.

Originally published in the March 23, 2015, issue of the *Christian Science Sentinel*.

God guides us continuously

By JESSICA LAYS AMORIN DOS SANTOS

In 2010, when I was still living in Rio de Janeiro, Brazil, I had the opportunity to spend the month of June in the United States. Among other activities, I visited a college I was interested in applying to.

It was a wonderful visit. I liked this college very much and was excited about the possibility of studying there. However, the thought of being away from my boyfriend—one I had at that time in Brazil—of being away from my family, and of leaving behind my life in Rio de Janeiro made me feel sad and fearful. I also felt nervous about the application process, which involved preparing for two tests in English and getting the required scores to be accepted by that college. I was feeling happy and, at the same time, very anxious.

A few days later, when I was with two friends in a shopping mall in another state we were visiting in the US,

I suddenly felt very ill and dizzy. I was having difficulty breathing and couldn't stand and felt as if I was going to faint. My friends and I took a cab to where we were staying in that town. I called my mom, who recommended I contact a Christian Science practitioner. Soon after talking with the practitioner, I felt very reassured in the certainty that all was well, as the words of this hymn assure us: "Through the love of God our Saviour / All will be well" (Mary Peters, *Christian Science Hymnal*, No. 350).

I felt embraced by God's love and safe in His care. I realized that I didn't need to carry the weight of decisionmaking, because divine Love was already revealing, among its infinite possibilities, the place that was right for me. Our life is the continuous unfolding of infinite good. This good is already present, and God is constantly revealing it to us.

The Bible says: "And be not con-

formed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God" (Romans 12:2). I understood that I didn't need to be nervous, because not my personal will, but only God's loving will, was—and always is—in action. His will is always "good, and acceptable, and perfect," for all His children.

My thoughts calmed down. At that moment, I knew in my heart that I should apply to that college I had just visited. Never before had an answer come so clearly to my thought. In half an hour the symptoms vanished. I was completely well and haven't felt similarly ill since then.

As part of the application process I gathered all the necessary documents and had

them translated. I also filled out all the forms and questionnaires in the application and studied and took the two tests I mentioned before. I was accepted and have been studying at this college since August 2011.

This year, in May, I will graduate, with a major in mass communication. Now, when I think of the myriad professional opportunities ahead of me, I don't feel anxious or worried because I know I can rest in the certainty that God is always revealing to me the right path I should take. ●

Jessica enjoys working on graphic design projects, singing, and spending time with friends.

Originally written in Portuguese, this article first appeared in the March 2015 Portuguese, Spanish, French, and German editions of *The Herald of Christian Science*.

English originally published in the April 13, 2015, issue of the *Christian Science Sentinel*.

Love conquers hate

By LAUREN WEISS

Children never fail to surprise me—whether it is their extensive knowledge of dinosaurs, their never-ending energy, or their unconditional love and forgiveness. I have been a baby-sitter for several years. I've looked out for children while they played outside, and I've helped fix meals and made sure they got ready for bed. And there have been times when they have handled things better than I ever could.

One boy I babysit, Peter, was born without a forearm. This may seem to some as a real loss, but it has never stopped him from rock climbing, swimming, and playing just as normally as any other kid. After a while, you realize he is whole, inside and out. A hymn from the *Christian Science Hymnal* says this about God, and man as His reflection: "In Thine own image we may see / Man pure and upright, whole and free" (Violet Hay, No. 12,



© CSBD). So I try to remember this and see the spiritual qualities that children, and everyone, express.

One day this summer I was at the pool with Peter and his two younger brothers. We were playing in the sand, when another little boy approached Peter and said, “I hate you because of your funny arm.”

That floored me. What a horrible thing to say! My sisterly instincts made me want to yell and protect Peter from the bullies I’ve heard him talk about, but I’m so glad Peter spoke first. He looked straight back at the kid, hurt hidden in his eyes, and said: “It’s not nice to hate. I try to love.” Then he walked away.

I had to walk away, too, to hide the tears welling in my eyes. At first I was crying because I was sad that the little boy would say something so hurtful to Peter, but then I was crying because Peter had handled the situation in such a forgiving manner, and I couldn’t help but marvel in the strength of his love. It reminds me of how much Christ Jesus loved, despite so much hate that came his way. His thoughts were so filled with love that he healed people who didn’t even fully appreciate or understand what he was doing (see Luke 17:11–19). And I’m learn-



I’m learning how important it is to follow Jesus’ example.

ing how important it is to follow Jesus’ example.

After I had collected myself, I noticed that the other kids weren’t letting the boy who’d insulted Peter play with them, because Peter had not been the only one he’d been mean to.

But then Peter’s youngest brother walked up to the boy, the same boy who had just insulted his big brother. He asked if the boy wanted to play with him! The boy smiled and nodded, and they both

joined the other kids for a peaceful afternoon at the pool. All was forgiven.

One of my favorite quotes is included in an article in Mary Baker Eddy’s *Miscellaneous Writings 1883–1896*. It says,

“... we should go forth into life with the smallest expectations, but with the largest patience; with a keen relish for and appreciation of everything beautiful, great, and good, but with a temper so genial that the friction of the world shall not wear upon our sensibilities; ...” (p. 224).

This quote came to me that day at the pool. The ideas from this quote and Peter’s example have been a big help to me in dealing with others.

For example, I am a leader of a group at school, and at the beginning of the semester there was some turmoil in the group. Two of my friends were having issues with each other, and the animosity was tough on the group dynamic. The argument stemmed from jokes taken the wrong way and blind dislike for one another.

I prayed, thinking of how easily and quickly the issue at the pool was solved when love was applied and practiced. I knew that my two friends were made by God to be just as loving as the little boys.



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It was not their true nature to take offense when no wrong was meant. I also prayed for patience and the ability to not get pulled into the situation. I had to watch my thought and be the first to forgive the person I believed to be the cause and perpetrator of the drama.

In just a couple of days, the whole situation got better. I wasn't worried about arguing in the meetings anymore, and we were getting things done. It seemed that my friends had forgiven each other, and I was so grateful. They aren't best

friends, but they are working together, and we haven't had any more issues.

I've learned that if you are met with another's hatred for you, you pray to love, and appreciate that many others actually want to love, too. There is nothing stopping us from changing the world into a more childlike, forgiving place. Eventually, we won't have to try so much anymore, and we'll just love. ●

Lauren Weiss is in the 12th grade at a school of the arts, focusing on drama and vocal music.

Originally published in the April 20, 2015, issue of the *Christian Science Sentinel*.

Resolving to pray about college essays

By LIAM POLING

Senior year in high school is something that many students look forward to as a year to relax a little bit and get excited about going to college. Yet there is a hurdle left to jump over ... college applications, especially the essays.

Many students, including me, start off thinking these essays can't be too much work. And just like many students, I realized I was incorrect. Having to write essays about the same topics over and over, often getting them edited and reedited by peers, teachers, and parents, and finally deciding to write a totally new essay started to feel really stressful for me. As this stress started to get the better of me, I turned to prayer in Christian Science.

I had taken on an assignment to read *Science and Health with Key to the Scriptures* by Mary Baker Eddy from cover to cover over the course of a year. I was

behind on this assignment, but as I was reading one morning, a thought stuck with me, which was "Rise in the conscious strength of the spirit of Truth to overthrow the plea of mortal mind, *alias* matter, arrayed against the supremacy of Spirit" (pp. 390–391).

I was able to work with this idea, to lift my thoughts above the temptation of stress and "overthrow" the worries of deadlines and whether or not my college essays were good enough. Knowing that I have God, and "the conscious strength of the spirit of Truth," to help me, I could see that no matter what issues I encountered with my essays or how many times I had to fix something, God, divine Mind, would lead me to the right ideas I needed.

Another issue that came along with these essays had to do with the topics I was writing about. I decided that to appeal to colleges, I should write about

how my past has given me strength and resolve. Some pretty difficult things happened in my past, including death in the family, and also my parents' divorce. Writing about all of that was not only tough but also difficult to do while not sounding like someone asking for pity or remorse. I soon realized I needed to focus on how I grew spiritually throughout these experiences.

One thing that helped me focus on this spiritual growth was going back and praying about these things. I prayed to know that no matter who or what gets separated from us materially, we are all still "tributary to God, Spirit, and to

God, divine Mind, would lead me to the right ideas I needed.

nothing else" (*Science and Health*, p. 481). Being able to think about these experiences from a spiritual perspective, instead of just looking at human events, made me feel better about both my writing and my past.

After writing these college essays for some time, I got tired of it and decided to take a break. That's when I came across something else from *Science and Health*, from the chapter "Recapitulation": "Material man is made up of involuntary and voluntary error, of a negative right and a positive wrong, the latter calling itself right. Man's spiritual individuality is never wrong. It is the likeness of man's Maker" (p. 491).

This definitely helped me because I was able to realize that even if what

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seemed like "involuntary" bad things had happened to me in the past, they only made up the mortal, material story. Mortal story lines are not true about me or anyone and could never affect my true spiritual identity as God's child, or my relationship to God. After reading and praying with that statement from *Science and Health*, I felt a lot better about talking about these different topics in my writing, and I stopped feeling like others would pity me for these events that did not make up my true spiritual identity.

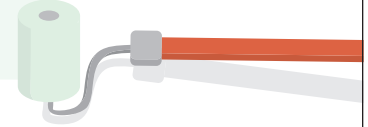
Now I am able to write my college applications to the best of my ability without feeling upset or stressed out. Being able to write these applications without the negativity has made the whole experience of applying for college more enjoyable and has made me even more grateful for God's guidance. ●

Liam Poling is a senior in high school who swims, plays video games, and enjoys reading a good book.

Originally published in the May 4, 2015, issue of the *Christian Science Sentinel*.

Nothing could hold me back

By SOPHIA-ANNETTE HATHAWAY



Ever since my first year of summer camp, when I overcame homesickness, I've used the analogy that we are like snails and turtles, taking our home with us wherever we go. I like the idea that our home isn't a place; our true home is our consciousness of God's presence, where we can feel loved, and close to our family and friends, whether they are physically with us or not.

This idea has helped me through many of my traveling experiences and was on my mind in the months leading up to my trip to Peru with a group of teens who were Christian Scientists. I thought of these friends as family. I kept knowing that I would be in my right place. I also kept in mind the idea that God is with me wherever I go. I used these ideas to prayerfully prepare for my trip.

When the day to go finally came, I met up with my group in Miami, and we took a flight to Lima, Peru. Once there, we took another flight to nearer where we would be staying and helping in a small village. This was to be our "service trip," where we would be doing practical things to help out the villagers.

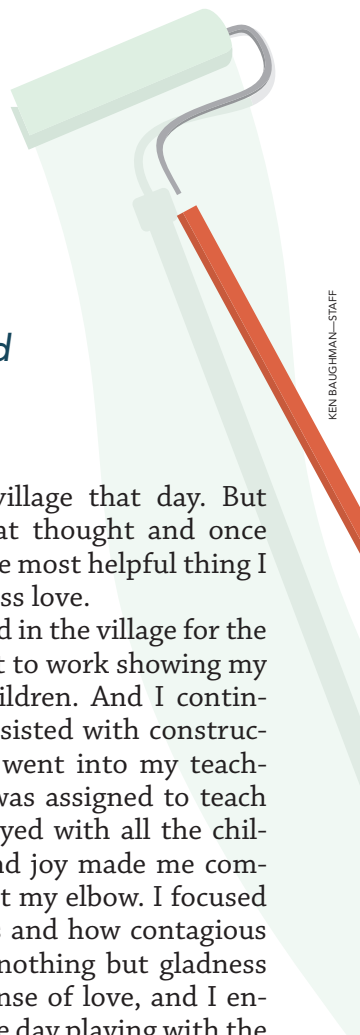
After a few days, I was having the time of my life. I had bonded with many of the children in the village, and I loved helping them so much! It was incredibly inspiring to see the joy they expressed, despite the fact that they didn't have many material possessions. Our group kept in our thoughts this line from page 494 in *Science and Health with Key to the Scriptures* by Mary Baker Eddy: "Divine Love always has met and always will meet every human need."

After finishing in the village one afternoon, some of us in our group decided to play football in the courtyard where we were staying. We were having a ton of fun, when I caught the ball but then dropped it as I bumped hard into a nearby wall. I felt a shock in my elbow but, thinking nothing of it, continued to play.

Then, I ran into the end zone and jumped up to catch the ball, but missed it. When I landed, a sharp pain went through my ankle. I decided to stop playing and went and watched on the sideline. Panic went through my mind, including the fear of a recurring injury, since I had sprained the same ankle the year before.

Immediately I began to challenge the thought that I was anything less than a whole and intact child of God, and I began to claim that God is all-powerful and loving. I prayed with a line from page 262 in *Science and Health* that has helped me in the past: "To begin rightly is to end rightly." I prayed with the idea that it was impossible for me to start the trip and the football game knowing myself to be a perfect child of God but then end with believing I was a hurt mortal.

One of my group leaders noticed me sitting on the sideline and asked what was wrong. I told him what had happened, and he immediately shared some thoughts, including the idea that nothing could hold me back from expressing God. I prayed with this idea for a couple of minutes. I needed to know that it was the truth about me and that nothing could stop me from expressing God's qualities, such as love, joy, and strength. It was impossible for me to be negatively affected



*I kept in mind the idea that God
is with me wherever I go.*

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by expressing these qualities. As I continued to think about these ideas, we were all called to go to dinner, so I got up and walked slowly toward the dining room. I still felt a sharp pain whenever I put my foot down, but I continued to pray.

After dinner, I talked with some friends, and they gave me spiritual ideas as well. They helped me see that since my motives for being in Peru—to serve others and express God's love—were pure, I could not experience anything but goodness and purity. With these thoughts in mind, I decided to go to bed.

As I was getting ready for bed, I noticed my elbow was still swollen and bruised. When I went to see my other class leader, she reiterated that nothing could keep me from expressing my love of God and my love for the community where we were working. I took these thoughts, prayed to realize that they were true, and went to bed.

When I woke up, I joined the group to read the Christian Science Bible Lesson and then went to breakfast. After breakfast, I remembered my ankle and realized that I could no longer feel any pain and that there was no swelling or bruising. I was overjoyed! I also noticed the swelling had gone down in my elbow, but it was still hard for me to move it and lift objects freely. I began to worry about how I would be able to do any con-

struction in the village that day. But soon I refuted that thought and once again knew that the most helpful thing I could do was express love.

After we arrived in the village for the day, I went straight to work showing my love for all the children. And I continued to pray as I assisted with construction tasks. I then went into my teaching group, which was assigned to teach sports, and we played with all the children. Their love and joy made me completely forget about my elbow. I focused on their happiness and how contagious it was. There was nothing but gladness and a profound sense of love, and I enjoyed the rest of the day playing with the children and painting their school.

At the end of the day, I realized that I no longer felt any pain, and when I looked down at my elbow, it was fine. I was so thankful! The rest of the trip was amazing, and I was profoundly changed, not only by the volunteer work I did, but by the prayerful work I had the opportunity to do. ●

Sophia-Annette Hathaway is a senior in high school in California. She has been an athlete all her life and has had plenty of opportunities to practice Christian Science while playing sports, and in school.

Originally published in the May 11, 2015, issue of the *Christian Science Sentinel*.

Always under God's protection

By ANALIA JURADO SALGADO

I have attended the Christian Science Sunday School since I was a young child. I've loved learning about my spiritual identity and that God always keeps me protected and safe.

Every morning I study the Christian Science Bible Lesson. I pray for myself, knowing that only God governs and directs me. I pray to know clearly that I'm the perfect image of God, and that I'm receptive to His ideas, to all the good He has for us. I thank God for all the good I have, from the tiniest thing to the biggest, knowing that divine Love has only abundance for each one of His children.

I've been able to prove how important it is to pray for ourselves first thing every day. When our thought is spiritually uplifted, and we suddenly face a challenging situation, we naturally turn to God, infinite Mind, and receive the spiritual ideas that we need to heal a problem. I've been able to prove this on several occasions.

One day, I went to the gym with a friend. When I finished my exercise routine, I stayed to keep her company, chatting with her while sitting on one of the machines and exercising my legs without paying attention to what I was doing. When she finished, we stretched, and I felt a very strong pull in one leg. It was very painful, and the trainer at the gym told me that,

since I overdid it with the weight and the amount of exercise, I'd probably torn a muscle. He told me to have an X-ray taken and go to a traumatologist.

Walking back home was very hard. That night, the pain woke me up several times. The next morning I saw some bruises, and I felt I shouldn't accept that

I'd suffered a tear, so I began to pray.

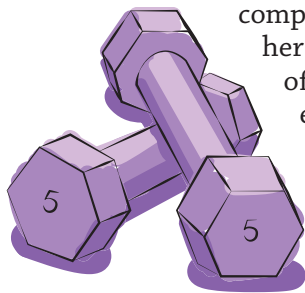
I like to pray with these seven synonyms for God: Principle, Spirit, Life, Truth, Love, Soul,

and Mind (see Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 465). I like to think of God's omnipresence, that God is All-in-all, and how I'm the spiritual reflection of perfect Life. In the situation I was facing, I prayed to know that there couldn't be a part of my identity that didn't express complete harmony. Very inspiring ideas began coming to my thought, such as that when we are working and praying, we are advancing in the understanding of Spirit, and nothing can interrupt that progress.

When I finished praying, I went back to my usual activities, and I suddenly realized that I hadn't felt any pain for a while. And that night, I had not a single bruise left.

Another time, I decided to go with my parents on vacation. We were in the car and took the highway toward the sea-coast. That day it was raining a lot. My parents were chatting, and I was in the back seat checking my cellphone and trying to sleep a little. Suddenly, the car skidded, and my father exclaimed, "We're in the air!" At that moment I shouted: "God, help us! My dear God, protect us!"

*I had the certainty
that God was taking
care of us.*



The car began tumbling violently out of control, but I was feeling secure; I had the certainty that God was taking care of us. Then the car turned over several times on the grass. I was just thinking that only God was present there.

When the car finally stopped, I was the last to get out, and I immediately saw that my parents were safe. We hugged each other at that moment and recognized that we had to be very grateful because there was no doubt that divine Love had protected us.

The insurance company determined that the car was totally destroyed. All the people that saw the car thought the occupants were critically injured or even

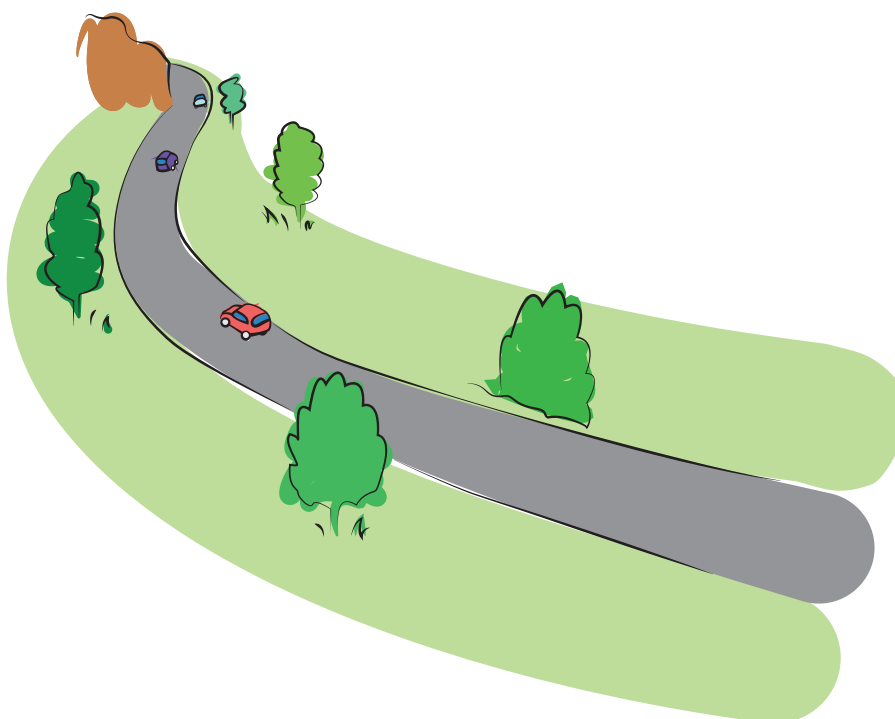
dead. The truth is that we had not even a scratch.

That night, we were told that we should undergo medical examinations for the insurance company. X-rays were taken and tomographies were made, which showed we were completely well.

I'm deeply grateful for these demonstrations of the protection that God provides us every moment. ●

Analia loves to play the viola in her free time.

Originally written in Spanish, this article first appeared as a testimony in the April 2015 Portuguese, Spanish, French, and German editions of *The Herald of Christian Science*.



KEN BAUGHMAN—STAFF

English originally published in the May 25, 2015, issue of the *Christian Science Sentinel*.

Our unity with God

By RACHEL LUTHER

On a Friday, late last August, I was volunteering and helping with the last day at a camp. The next day was a big paddle board race I had trained for all summer, and my official cross-country season for school was starting on Monday. I had almost finished the day and was taking a bike ride, when I tumbled off of a low, approximately five-foot, bridge on my mountain bike. I hit the ground with

my arm extended and immediately was in a lot of pain. Right away, I started to pray, but the pain soon overwhelmed my thoughts.

I was taken to my mom's work nearby, and she began to share with me that there was no way I could have fallen out of God's care. Later we called a Christian Science practitioner for help, and she assured me that God loved me and I had never and could never be separated from God.

That night my mom read to me a lot from the *Sentinel*, *Science and Health with Key to the Scriptures* by Mary Baker Eddy, the Christian Science Bible Lesson, and a book that had lectures and arti-

cles on Christian Science. I don't remember the exact passages she shared with me, but I do remember feeling comfortable in my mom's loving embrace. The next day was my paddle board competition and I wasn't able to compete, but I tried to encourage others by cheering them on while they raced by.

I was feeling quite a bit of pain and fear, but my mom helped me by continuing to share with me that I was in God's care; I had always been in God's care and God wouldn't and couldn't cause me to be injured or in pain. My prayers included the ideas that "accidents are unknown to God ..." (*Science and Health*, p. 424), God is the only cause and creator, and "there is no pain in Truth, and no truth in pain; ..." (*Science and Health*, p. 113).

A decision to have my arm set was soon made, in part due to a passage in *Science and Health* on page 401. The passage says, "Until the advancing age admits the efficacy and supremacy of Mind, it is better for Christian Scientists to leave surgery and the adjustment of broken bones and dislocations to the fingers of a surgeon, while the mental healer confines himself chiefly to mental reconstruction and to the prevention of inflammation."

The weekend after I got a cast on my arm was Labor Day, and we went to the coast. I read my copy of *Science and Health* for five hours before we left that afternoon. Some things that stuck out to me were: "God is the creator of man, and, the divine Principle of man remaining perfect, the divine idea or reflection, man, remains perfect. Man is the expression

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of God's being" (p. 470). I saw that God is perfect and is always perfect. If man is His expression and reflection, then we are the exact likeness of that perfection.

I also really liked the question and answer "What is man?" on page 475, and this part of the answer: "Man is incapable of sin, sickness, and death. The real man cannot depart from holiness, nor can God, by whom man is evolved, engender the capacity or freedom to sin." Man comes from God, good, so in reality there is no way for us to sin, or be sick, or in pain, because we cannot depart from holiness, and our connection to God cannot be broken or damaged in any way.

Another recurring challenge for me was in looking for a cause. I kept thinking, *Why* did I break my arm? *Why* did I fall off that low bridge, etc.? At first I thought maybe I had fallen so I could be humbled and learn to support my paddle board team, but I soon saw my reasoning was incorrect. While we can learn lessons from tough times, I gradually came to see there was absolutely no cause besides God.

That Wednesday I had a breakthrough. I felt no more pain, and I knew it was because I wasn't looking for a cause for it anymore. There was no cause because I had never been broken. God is the only cause, and God is nothing but whole, good, and perfect. I am God's reflection, so there is nothing in me that can cease to reflect His perfection. Once I realized this truth, I no longer had any fear or pain.

The next day my mom and I went in for my checkup. I went there knowing that no material image could show

my true spiritual wholeness. The doctor emphasized how well and quickly things were healing. I was able to get my cast off in a little over three weeks.

After this, I was having trouble with my running after I'd missed two weeks of practice. I was extremely nervous before one of my cross-country meets, but after competing in the meet, I realized that I had nothing to fear because "God is our refuge and strength, a very present

help in trouble" (Psalms 46:1). I soon began to run with joy and was grateful for the wonderful healing proof I'd just had at the meet of God's ever-present care and love. My running greatly

improved and I even set a record for our school for a freshman 5K time. Two other girls and I from our team went to compete at the state level, and I was selected as girls most valuable player. God was my refuge and strength throughout the track season. There was no way I could have achieved any of those things without leaning on God.

I am so grateful for all I learned from this experience. We are truly not separated from God, and our expression of Him can never be broken or stopped. ●

Rachel Luther is a freshman in high school. She runs cross country and track, and in her free time likes to windsurf, stand up paddle board, read, and take pictures.

*I gradually came
to see there was
absolutely no cause
besides God.*

Originally published in the June 15, 2015, issue of the *Christian Science Sentinel*.

The Christ in my life

By MORIAH EARLY-MANCHESTER

Last year I began a study abroad year at a university in Munich, Germany. In the first month, I immediately had many opportunities to learn more about God, to put into practice what I was learning, and to experience healing.

One morning in the third week after my arrival, I woke up early and felt extremely lonely and homesick. I had been feeling this way a lot and it came in waves—some days I would be really happy and grateful to be abroad and then a second later I would feel overwhelmed, sad, and alone. I had prayed a lot ever since I got to Germany, but quite honestly I don't think that I had been living consistently with my prayers (see Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 9).

On this particular morning I received a text, out of the blue, from a close friend who lives in Munich and who is a Christian Science practitioner. She wanted to share some spiritual ideas with me that had come to her. I read her text numerous times, letting the ideas sink in. In particular, I really took the message to heart to “let my light shine.” I was already familiar with these words by Christ Jesus from his Sermon on the Mount, in which he urged his listeners: “Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven” (Matthew 5:16). She also encouraged me not to wait until people recognized my goodness, but rather to begin to see others first in the way that God sees them. Not only did I take these concepts to heart, I also began to really live them.

I deeply felt the healing influence of the Christ in my life.

Over the next few days I found ways to “let my light shine”—to step outside of myself, to turn outward and to look for opportunities to actively love others. As I began to practice what I was learning in Christian Science, the loneliness and homesickness simply vanished and didn't return.

I thanked God for my friend and the inspiration she had received. I deeply felt the healing influence of the Christ in my life and knew it was in my friend's life, too. This experience helped me see more clearly that we find true joy, comfort, and peace when we focus thought outward, when we demonstrate divine Love by giving to others, and when we cherish and appreciate all that God has created.

A second experience I'd like to share happened a few days later. I was planning to run in a 10K race on Sunday. This race was part of the Munich Marathon, and a couple of thousand runners would be participating in the 10K. I was really looking forward to it, since I had been planning and training for it for several months. On Saturday I began to experience flu-like symptoms. By the evening I felt very unwell. At first I was afraid that I wouldn't be able to run. Immediately, I turned to God and spent a couple of hours earnestly praying. I firmly held on to the fact, as taught in Christian Science, that I am spiritual, not material. I knew that turning to God for healing is effective and that the mental suggestion of flu could have absolutely no impact on me as God's spiritual idea.

The more I prayed, the more I felt a very deep conviction that I would be able to participate in the run. During my prayers, I received an email from a friend who was also going to run on Sunday. She told me that she had come down with some kind of bug, and so was unsure if she would be able to run. Immediately I realized that I needed to extend my prayers beyond myself and handle the suggestion of contagion. I acknowledged that the fear of falling ill is what perpetuates contagion and that the antidote to fear is love. If our thought is filled with love for God and love for our neighbor, there is no room for fear to breed contagion. This brings to mind a hymn that I was working with, Hymn 145 from the *Christian Science Hymnal*. Part of it reads: “In atmosphere of Love divine, / We live, and move, and breathe” (adapt., © CSBD). I realized that the atmosphere of Love is all there is, and that’s the atmosphere we truly live in!

That night I went to bed feeling very reassured and absolutely certain I would

be able to run. When I woke up, I felt completely well. I went to my race, ran the fastest I had ever run for a long distance, and felt a complete freedom from all the symptoms that had tried to present themselves the day before.

I am so grateful for these two experiences. They continue to teach me that the Christ—“the divine message from God to men speaking to the human consciousness” (*Science and Health*, p. 332)—is an ever-present influence in our lives, and that by turning to prayer and to God for healing, we can feel a deep conviction that divine Love will guide and protect us and enable us to accomplish whatever we are required to do. ●

Moriah Early-Manchester is a student of Global Perspectives and Educational Studies at Principia College.

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FINISH

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