



# 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 2021

## CHRISTIAN SCIENCE SENTINEL

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We look forward to hearing from you!

# Be a good porter!

Annette Dutenhoffer

**WATCHING IS SOMETHING** we do all the time. Sometimes we watch TV. Sometimes we watch Mom bake cookies. I like to watch my dog play with her toys!

In Christian Science Sunday School I learned about another kind of watching from a book called *Science and Health with Key to the Scriptures* by Mary Baker Eddy. It says, “Stand porter at the door of thought” (p. 392). A porter is someone who stands by the door and lets people in who are supposed to go in. A porter also keeps people out who aren’t supposed to go in.

So what does it mean that you are like a porter at the door of your thoughts? It means letting in only thoughts that are good and true—thoughts that come from God, because God is good.

Watching what you’re thinking keeps you safe, just like watching for cars when you cross the street.

Watching the thoughts that are coming to you also keeps you happy, like the feeling you have when you’re with good friends.

One time, someone I loved very much died. Every time I thought of him, I felt sad because I couldn’t see him anymore. It made me cry sometimes. I forgot all about being a porter. Instead of listening to comforting thoughts from God, I let in sad thoughts telling me that what I loved about my friend was all gone.

Then I remembered that I could stand porter and watch my thinking. I wanted to be a good porter and let in only true and happy thoughts about my friend.

I learned in Sunday School that *Life* is another name for God. And since God is always present, Life is always right here, too. God never stops being the only Life or causing all the good in my friend and



ANNA LITWILLER—STAFF



me and everyone. So I realized I could let in good, happy thoughts that told me that my friend's kindness, helpfulness, and fun were still here. They are always present, just like God—qualities I could express and see in others and remember about my friend. And this made me happy instead of sad.

I started watching everything around me very closely, just like a good porter. I watched the man who bags my food at the grocery store. The helpfulness that I loved in my friend was expressed by the bagger, too! And every time I laugh, I know that it's the same joy in me that God is still causing in my friend.

Watching my thoughts and being a porter helped comfort me. And even though there are times when I still wish I could talk with my friend, I don't feel bullied by the sad thoughts anymore. Instead, I'm busy feeling happy as I let good thoughts come right in the door of my thinking.

Each day, there are lots of thoughts that come to us, whether we're playing with our brother or sister, doing homework, or hearing our mom and dad talk about things going on in the world. And each moment, God will help us know which thoughts to let in and which thoughts to shut out.

Will you be a good porter, too?●

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

## Let's go on an adventure

Virginia Anders

**CHARLIE WAS MAD.** Everyone had to stay at home. He had to be quiet and leave his parents alone during the day when they were working. He loved playing video games on his computer, but he didn't love that there wasn't much else he could do. So many things were shut down because of the pandemic. He couldn't go to school or play with his friends.

The only time things felt OK was when his gran came over to be with him. His gran knew he was mad and tried to talk with him about God and God's care for everybody—including Charlie. But all Charlie could think about was that there was nothing fun to do anymore.

One day his gran asked if he wanted to go on an adventure. Charlie thought that sounded great. He wanted to do something fun. So his gran



started to talk with him about what she called a “divine adventure.” She said he could leave right then.

“How?” Charlie asked.

“Close your eyes,” she told him. “Pretend you’re in a space pod.”

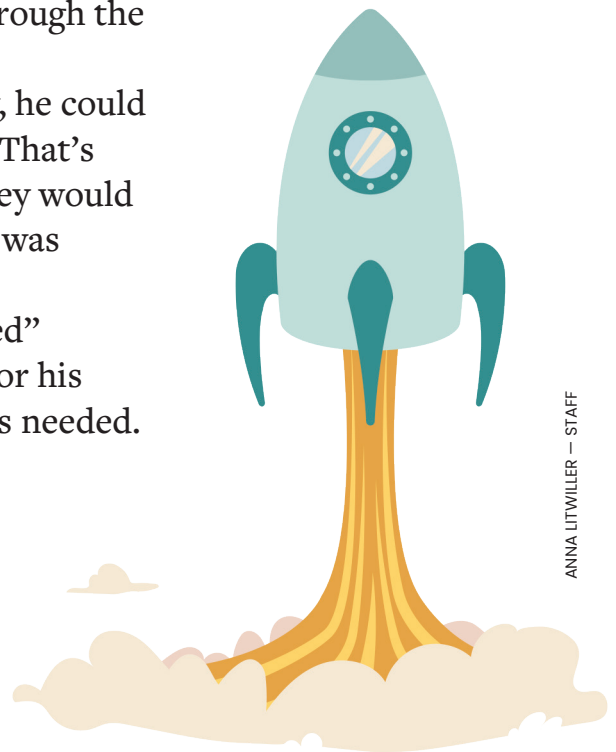
She told him that space pods always get communications from the mother ship. Because this was a divine adventure, the “mother ship” was God; God is always giving us good thoughts, and Charlie would be receiving them. Charlie had learned about this in Christian Science Sunday School. He could recognize thoughts from God, because they made him feel good instead of bad, happy instead of mad. God’s thoughts are unselfish, too. They inspire us to think about others and to express God’s goodness to everyone, everywhere.

Gran told Charlie that he had everything in his pod that he would ever need. God, as the mother ship, was supplying him with love and was constantly communicating with him and caring for him. Charlie’s job was to express God and beam love wherever he was sent. Charlie thought that sounded like fun—flying through the universe in his own shuttle, totally safe.

Gran told him that as he flew through the day, he could listen for his instructions from the mother ship. That’s how he would get his missions. Gran told him they would be important missions that only he could do. He was needed. Love was needed.

So each morning Charlie woke up and “radioed” the mother ship—prayed and listened to God—for his assignment for that day. He asked where love was needed.

Charlie got lots of great missions. He walked the dog. He wrote to other people stuck at home. And as he continued his missions, he wasn’t mad anymore. The divine adventure took him to new places in his thoughts where he’d never been before. And that really was fun! •



ANNA LUTWILLER — STAFF

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# A valentine . . . from God?

Jenny Sawyer

**THE CLASS PARTY** was over. The valentines I'd received were tucked into my backpack and my candy treats into my lunchbox. But the best part of Valentine's Day was still waiting at home. Every year, my mom made a treasure hunt for my sister and me. There were clues hidden all over the house and a surprise at the end.

The first clue—a rhyme!—was sitting on the dining room table. From there, I followed my mom's verses to the laundry room, then to the swing set in the backyard, and finally to my sock drawer. Inside was a valentine from my parents with a book from one of my favorite series. I felt so loved, and I ran to thank my mom right away.

Of course, we don't have to wait for Valentine's Day to feel loved. And we don't even have to wait for our parents or grandparents or friends to tell us that we're loved in order to feel safe, happy, and comforted. That's because every day at every moment you're getting lots and lots of love messages straight from God—divine Love.

In Christian Science Sunday School, our class read about how to recognize these messages. Mary Baker Eddy, who discovered Christian Science, explained it this way: “. . . we know their presence by the love they create in our hearts” (*Miscellaneous Writings 1883–1896*, p. 306).

So we know God is loving us when we hear a good thought telling us that we're smart, creative, or kind. We know we're getting a love message from God when we have an idea about how to be a peacemaker, or how to choose loving words when we talk to someone in our family. And God's valentines also give us love in our hearts for others—like when we feel inspired to do something nice for someone or to smile at a neighbor on the sidewalk.



Some of these messages even come printed on paper just like a real valentine. You can find them in the Bible and in all of Mrs. Eddy's books, including *Science and Health with Key to the Scriptures*. Here are a couple of love messages just for you:

"I [God] have always loved you, so I continue to show you my constant love" (Jeremiah 31:3, Good News Translation).

"Divine Love always has met and always will meet every human need" (*Science and Health*, p. 494).

On days when we're feeling sad or grumpy, we might have to look or listen a little harder for God's messages of love. But they're still there for us. Like on the day I wrote this article for you—I was having a pretty bad afternoon. But as I mentally shut the door on all the crummy thoughts and got quiet inside, I started hearing all sorts of good and loving thoughts. And I knew those thoughts were from God, since God is good and is Love. The more I listened to those good thoughts, the better I felt, until the bad stuff disappeared altogether, and only love was left.

It wasn't even Valentine's Day, but I'd still gotten a little glimpse of God's infinite treasures of love. You can, too—today and every day. That's because God's love is always there for you. No treasure hunt necessary to find it!•

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ANNA LITWILLER — STAFF

You are  
**CREATIVE**

You are  
**KIND**



# Hymns can help!

Fletcher

**I LOVE HYMNS** because they help me feel close to God. When I feel close to God, I feel like I know that God is good and that God is with me.

One day my mom took me to the bike track, but I was scared of going down bumpy hills. I decided to sing Hymn 1 from the *Christian Science Hymnal*. It says,

Be Thou, O God, exalted high;  
And as Thy glory fills the sky,  
So let it be on earth displayed,  
Till Thou art here and now obeyed.  
(Tate and Brady)

I picked that hymn because it was the hymn I could remember best when I was scared.

After I sang it, I wasn't afraid, and I was excited to try the bumpy trails again. I started riding, and I could do it. It wasn't scary!

One day I wrote my own hymn. I named it "God is good!" The words are:

God is good!  
You don't hear Him with your ears,  
but you hear Him with your heart.  
He loves you a lot,  
so listen to God.  
Honor Him with love.  
When you are scared, turn to God.

If you want to write your own hymn, you can. All you need to do is think about how good God is and tell that in your hymn. Have fun! •

Originally published in the February 22, 2021, issue of the Christian Science Sentinel.

# A song can be a prayer

Emma Kieran Schaefer

**HI! MY NAME** is Emma, and I'm a singer-songwriter. I love to write songs because it helps me express qualities like love and joy that I've learned come from God.

When I'm writing words to a song, I often get thoughts from God that spark ideas for what to write. When I'm writing, I usually think about how the story I tell can remind the listener of how wonderful they are. God made each of us so good—actually Godlike—and I really love to bring that out in my songs.

Did you know that the Bible has songs in it? The book of Psalms is full of them. That's because a psalm is a song. If you read the psalms, you'll see that some of them are also prayers that helped the author when he was feeling sad or afraid or upset. He may have started out feeling bad, but as he praised God through his song, he felt better. Just as praising God through song helped him, it can help—and heal—us, too.

Last fall, I wrote a song that I want to share with you. The message is really important to me, because when I was in elementary school, my classmates bullied me. I was very shy and didn't know how to stick up for myself.

In Christian Science Sunday School, though, I'd learned that sometimes people need to be reminded what kindness is. The best way to do that is by



ANNA LUTWILLER - STAFF

expressing God's love through our own actions, just like Jesus did. For me, being more loving helped me feel loved.

As time went on, I became more confident. Even when the other kids weren't kind, I remembered what I had learned in Sunday School and did my best to help them understand that they also had the ability to express kindness. I wrote this song for anyone who wants to pray about bullying. Here's one part that, to me, is like a prayer:

Sometimes people forget that they are God's brilliant reflection.  
It seems they act in ways that don't express their true perfection.  
Reminding them what kindness is, is something you can do.  
And help them understand they can express God's goodness too.

You can listen to my song by going here: [christianscience.com/aloneatschool](https://christianscience.com/aloneatschool).  
What kind of song would you write?●

Originally published in the March 8, 2021, issue of the Christian Science Sentinel.

When my heart is lost in sorrow,  
and light seems far and dim,  
There's a tender prayer I can always pray:  
Simply praising Him.

Praise the creator. Let all within me sing!  
For that's what I am made to do, and  
comfort it will bring.

—Susan Booth Mack Snipes, *Christian Science Hymnal*,  
No. 595, © In Our Field Productions



# Climbing my gratitude ladder

Teddy

**IN CHRISTIAN SCIENCE** Sunday School, we read a story in the Bible about a man named Jacob. Jacob was sleeping in a lonely place one night. He dreamed that there was a ladder to heaven, and he saw God's angels going up and down on it (see Genesis 28:10–19).

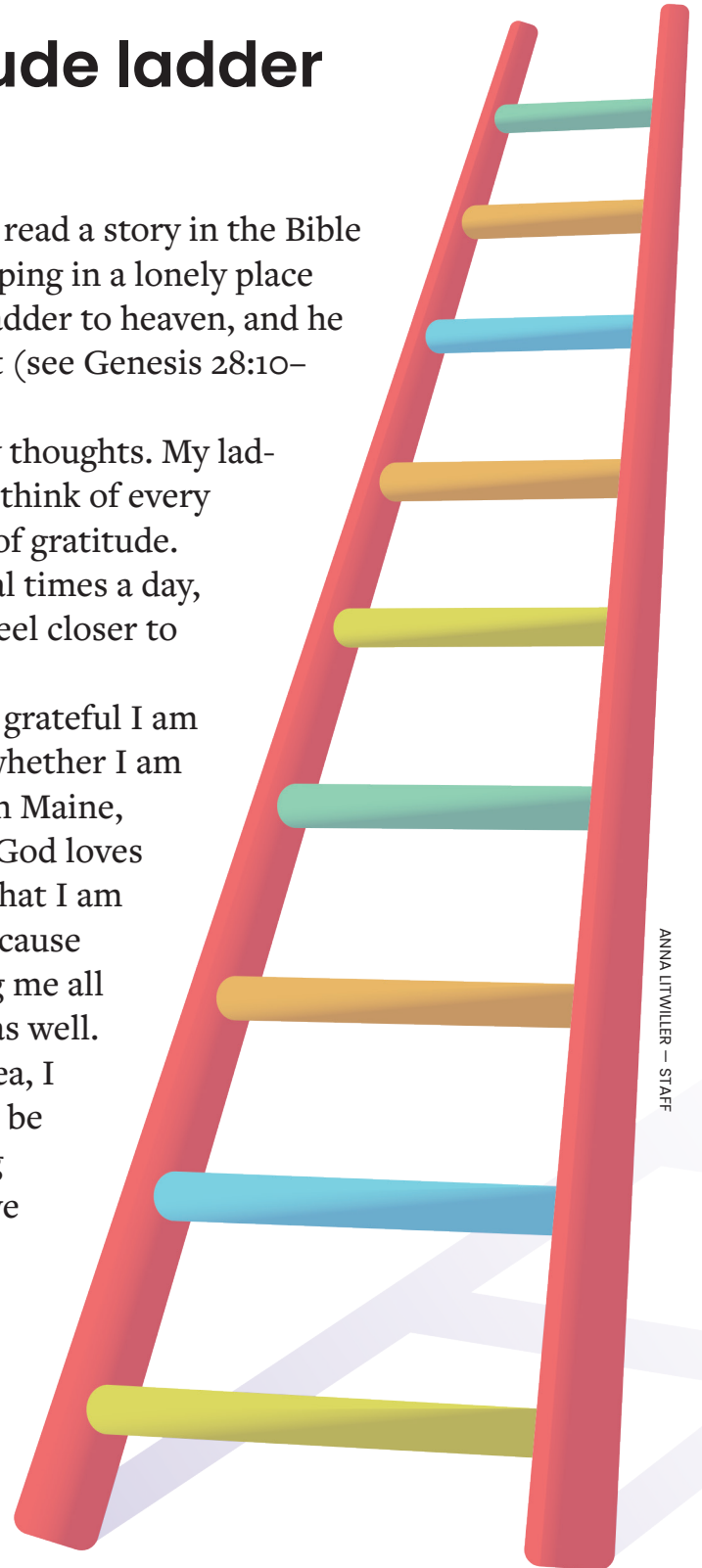
I have a ladder like that, too. It's in my thoughts. My ladder is exactly like Jacob's, except I like to think of every rung as an angel idea, or a good thought, of gratitude. I try to use it every day, sometimes several times a day, because every time I express gratitude I feel closer to God.

One of the things I think about is how grateful I am for what I know about God. I know that whether I am in school, on the tennis court, or sailing in Maine, God will always take care of me, because God loves me and is all-power. Another example is that I am grateful for Mary Baker Eddy's hymns, because one night when I had a fever, my dad sang me all seven of her hymns, and the next day I was well.

One time, when a hurricane hit our area, I was really scared. But I used my ladder to be grateful and to listen to God's comforting messages until I felt safe and calm. And we were all safe.

I love expressing gratitude. It always makes me feel close to God and to good. When I feel close to God, it feels like when I am relaxing to classical music—I am peaceful and happy.

I'll never get tired of climbing my ladder or feeling grateful to God!•



Originally published in the March 22, 2021, issue of the Christian Science Sentinel.

# A healing at the beach

Jennifer

**I WAS PLAYING** on the beach with my mommy and daddy when I saw a sparkly, round blue thing lying on the sand. It was very pretty, so I picked it up to look at it.

It was a jellyfish. It had a long tail, and when the wind blew, the tail whipped around and stung me.

It hurt so much! And there were rashes on me where I'd been stung. I couldn't stop crying, so we left the beach. I said I was never going in the ocean again!

On the way home, my daddy reached into the back of the car where I was sitting so he could hold my hand. That made me feel better. Then I thought of something I learned in Christian Science Sunday School that also made me feel better.

I said, "I am God's perfect child, right?"

My dad said, "Yes, of course you are!"

Right then, I stopped crying. I wasn't scared or hurting anymore because I knew that since I was perfect, I couldn't be hurting. God was always keeping me safe, just the way He made me.

By the next day the rashes were gone. I knew I didn't have to be afraid of going to the beach again, because God would always be with me. There's not a spot on me, or at the beach, or anywhere else where God is not. In the afternoon we went back to the beach, and I had so much fun snorkeling. •

Originally published in the April 5, 2021, 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

ANNA LITWILLER — STAFF

# Lost and found

Hilary Harper-Wilcoxon

**GREGORY HAD A** new rocket. It was a gift from his grandpa, and he couldn't wait to fly it. The rocket was blue with red stripes, and Gregory was sure it would go all the way to the moon.

As soon as they could, Gregory and his mom took it out into the field near their house. The rocket went up, up, up, but when it came down, down, down, it disappeared into the woods. Gregory and his mom looked and looked, but they couldn't find it anywhere.

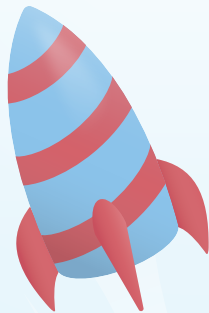
"Let's sit here on this log and pray," Mom said after they'd been looking for a while.

Gregory sat down quickly. He knew from going to Christian Science Sunday School that God always has an answer, even when we don't.

Gregory and his mom were quiet for a minute, praying their own prayer thoughts. Then his mom asked him a funny question.

"Is God a mean God, who likes to play tricks on us?"

"Oh no!" Gregory said quickly. "God loves us."





It was good to remember God’s love at a moment like this. Gregory knew God’s love was here, there, and everywhere, taking care of everyone. He didn’t doubt it for a minute. There was a sentence they’d read about that in Sunday School, from a book called *Science and Health with Key to the Scriptures* by Mary Baker Eddy: “Divine Love always has met and always will meet every human need” (p. 494).

While Gregory was thinking about these things, his mom said something else: “Let’s listen to God for a good idea to help us. Just like we do when you’re not feeling well.”

Gregory listened with his thoughts. His mom listened with her thoughts. It was so quiet that it almost seemed like the woods were listening with them.

“I see the parachute, Mama,” Gregory suddenly said. He’d thought he’d seen his rocket’s parachute several times while they’d been searching, but it never turned out to be what he thought it was. This time, though, he was sure of it.

Gregory pointed, and there it was! A parachute, with the rocket still attached, hanging in a tree.

Gregory looked at his mom, and his mom looked at him, and they both said a quiet, “Thank you, God.”●

Originally published in the April 19, 2021, issue of the Christian Science Sentinel.

ANNA LITWILLER — STAFF



# Missing Mom?

Joan Ware



ANNA LITWILLER — STAFF

**HALEY WAS SAD.** She was sad almost every time I came to help at preschool. All she wanted was to know when her mom was coming to get her. She didn't even want to play. She would rather stand at the door watching for her mom.

One day Haley climbed up on my lap, and we talked. I told her that her mom was at her job. But her mom was thinking about her and loving her. Her mom was keeping her so close, right in her heart, all day long. And she would come just as soon as she could.

Then I told Haley that if she was missing her mom, it was because she loved her mom so much. So both of them were already filled up full with love for each other.

"But," I told her, "love doesn't stop there!" We talked about all the people who loved her.

Her teachers.

The other children.

Me!

"It's like you're in one big love family!" I said.

Then we checked each face as her classmates sat at the snack table to see if we found happy love faces. Boy, we sure did! All around the table we found only huge smiles. Soon Haley felt happier, jumped off my lap, and found a pretty butterfly costume to wear. She joined right in with all the other kids and had a fun day until her mom came.

The love that Haley felt came from God, because God is Love. And God's love is everywhere, with everyone, all the time. God's love is so big that we are actually *in* Love. And we can know it and feel it.

God's love never leaves us. Always holds us. Loves us. And fills us full of good, happy thoughts so we can show that love to others.

If you ever miss your mom or dad, you can remember big God-love just like Haley did. Then look all around you. Love has to be showing. When we feel this love, we can share it anytime, anywhere, with anyone. Now that's something to smile about!●

Originally published in the May 3, 2021, issue of the Christian Science Sentinel.

# “My stomach felt as good as new”

James

**ONE DAY WHEN** I was playing outside, riding my bike near a golf course, my stomach started hurting. I got off my bike and lay down on the grass. I got very still.

After I closed my eyes, I thought of some God-thoughts that I had learned in Christian Science Sunday School. I thought about how God is with me, so nothing bad can get to me. And nothing can stop me from doing good, because I am God’s good and perfect child.

Praying these thoughts was like thinking of being in a beautiful, peaceful place, and it made me happy. And then my stomach felt as good as new. I biked and had fun. The end. •

Originally published in the May 17, 2021, issue of the Christian Science Sentinel.

ANNA LITWILLER — STAFF





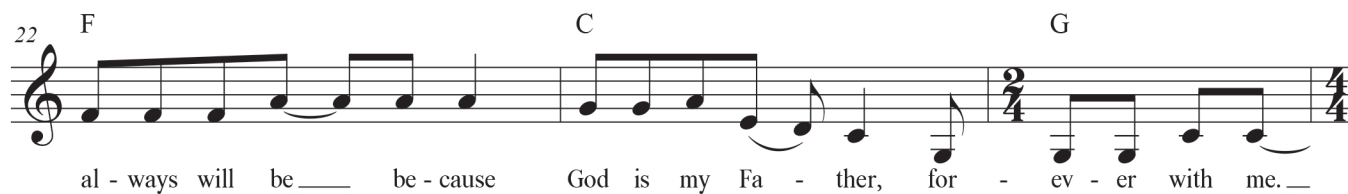
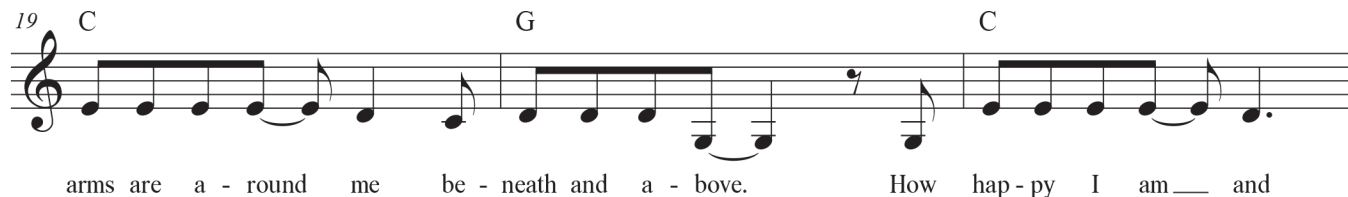
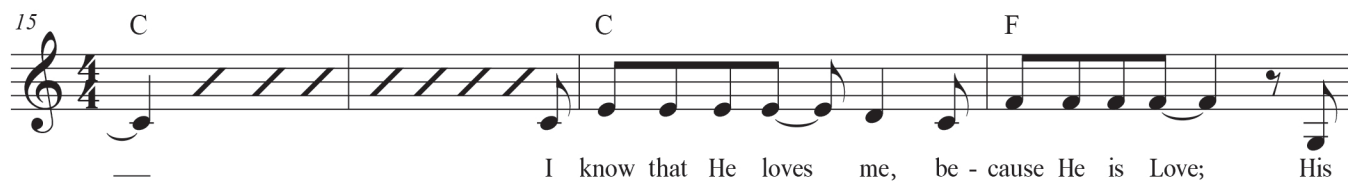
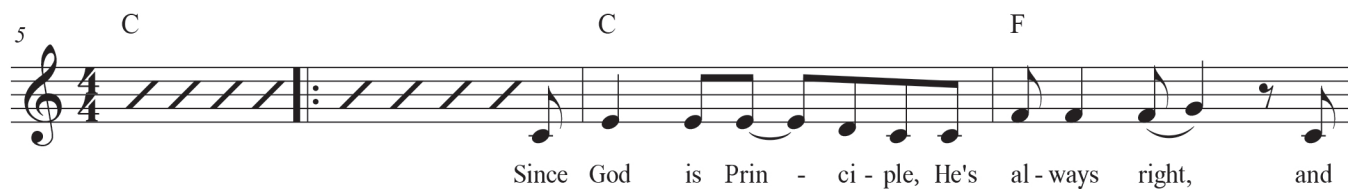
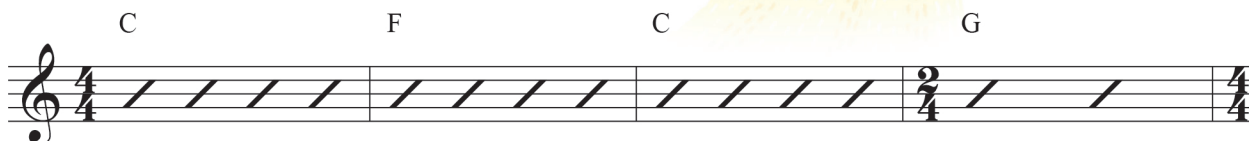
## Because God is . . .

♩ = 120

Swing ♩ = ♩<sup>3</sup>♩Emma Schaefer  
Virginia L. Scott

to play in the key  
of the recording,  
transpose to  
Db major  
(CAPO 1)

## Intro

Listen to this song at [youtu.be/MsZuhiimvKE](https://youtu.be/MsZuhiimvKE).

Originally published in the May 31, 2021, issue of the Christian Science Sentinel.

# Parsley learns about Love

Gay Bryant Flatt

**PARSLEY WAS A** beautiful black and white cat who lived down the road. But when Parsley's family had to move away, I took him in.

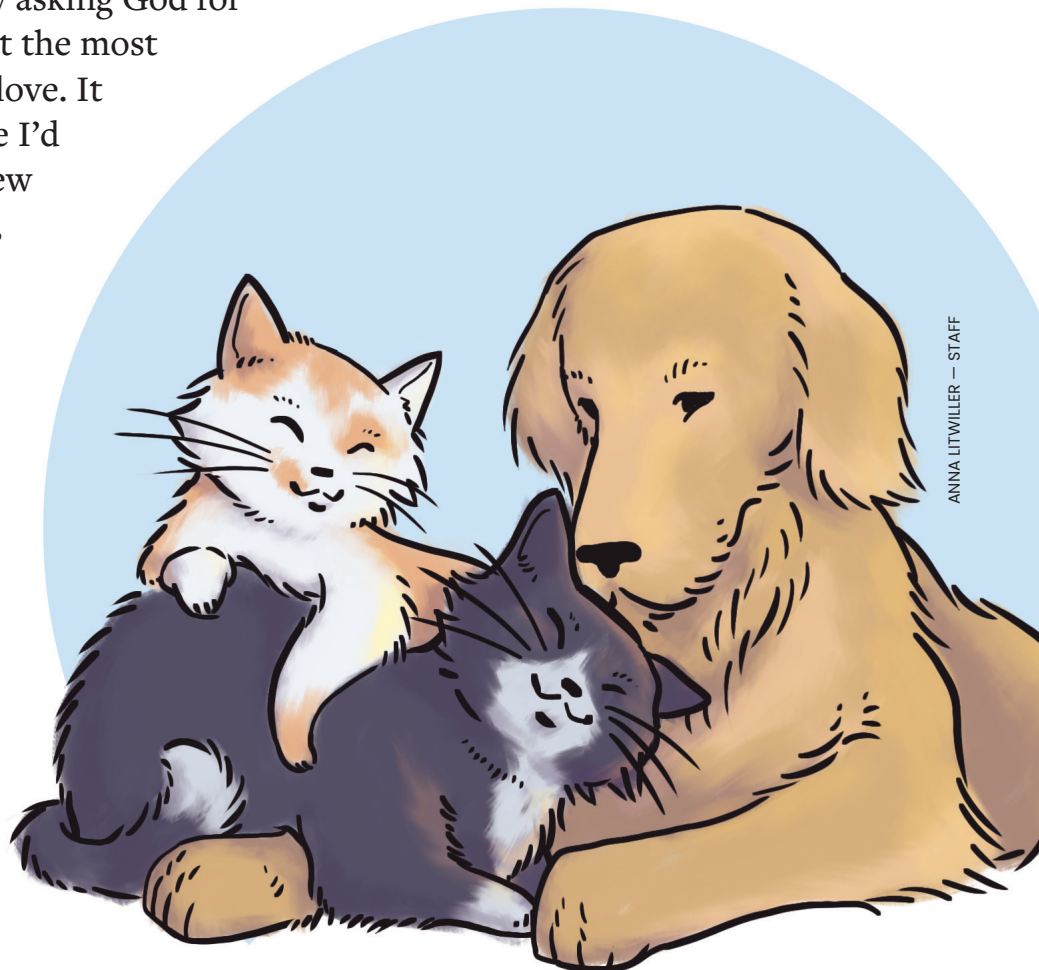
Poor Parsley! He didn't like his new home. Another cat and dog were living there already!

Parsley missed his old house so much that he kept going back, and then I would have to go and fetch him home. When he did stay home, he mostly hid in the cupboard and only came out for meals.

One day I noticed that Parsley had a large lump on his ear. I had often prayed for my other pets, and they'd had healings. So I knew I could pray for Parsley as well.

Parsley allowed me to pick him up. As I stroked him, I prayed by asking God for an answer. As I did, I felt the most overwhelming sense of love. It was bigger than any love I'd ever felt before, so I knew it must come from God, divine Love. It was all-embracing, and I could feel that it included everyone, everywhere—even little animals.

I felt very peaceful, knowing that divine Love was taking care of everyone and everything. Parsley sat quietly with me for a little while, then jumped down and went on his way.



ANNA LITWILLER — STAFF

When I saw him again the next day, Parsley's ear was perfect. It was like no bump had ever been there.

But something even bigger and better had happened. From then on, Parsley was loving and affectionate. No more hiding away in cupboards. No more running away to his old house. He had become one of the family, making friends with my other cat and dog and acting like he really belonged. He especially liked to sit on my lap when I prayed and read the weekly Bible Lesson found in the *Christian Science Quarterly*.

Parsley now knew he was truly loved, and he lived happily with us for many years. He had felt the touch of divine Love, as I had, and it changed everything for the better.●

Originally published in the June 14, 2021, issue of the Christian Science Sentinel.

**And God saw every thing that he had  
made, and, behold, it was very good.**

—Genesis 1:31

# My first healing happened at camp!

Cassidy



ANNA LUTWILLER — STAFF

**MY NAME IS** Cassidy, and I live in Los Angeles, California. I go to Christian Science Sunday School, and two years ago was my first time going to a summer camp for Christian Scientists. It was also my first time going to sleep-away camp, and I was both excited and nervous.

On the second or third day, I got a rash, a sore throat, and a headache. I was upset because I had to miss out on some activities, like “sock attack” (a game like “capture the flag”) and a social. Not feeling well also made me really homesick, and I didn’t think I could stay at camp for three weeks.

I went to the cottage where the head of camp lived so I could text my parents. I told them how much I missed them and loved them. My mom sent me a long text telling me how much she loves me and that I was going to be OK.

My older sister was also at camp. She visited me and offered to miss the social to be with me, but I told her she should go. Just seeing my sister helped. Also, one of my sister’s friends wrote me a letter, and that made me feel better, too.

A little later, I went to the Christian Science nurse’s cabin. She gave me banana bread, applesauce, hot cocoa, and water. She was so kind to me. She helped me by sharing spiritual ideas like the ones we talk about in Sunday School—including that God loves me and is with me all the time. While I was at her cabin, I realized how much love there was at camp. I had learned in Sunday School that God is Love and that Love is everywhere. But now I really saw that. Once I realized how much love was around me, I felt better right away.

I fell asleep in the Christian Science nurse’s cabin, and when I woke up, the headache, sore throat, rash, and homesickness were gone. I was completely fine. This was my first healing, and I was so excited!

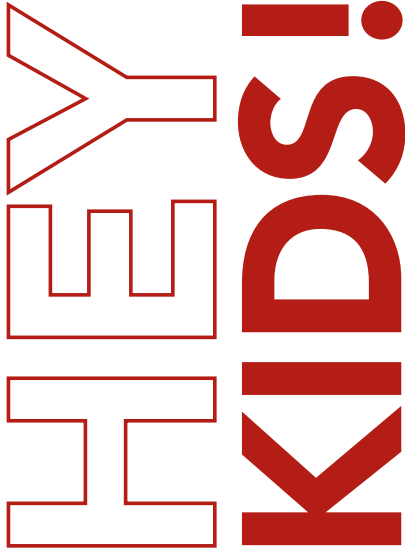
At our next camp testimony meeting, I told my story. I had an incredible time at camp. I can’t wait to go back!•

Originally published in the June 28, 2021, issue of the Christian Science Sentinel.

## A Collection for Kids:

DOWNLOAD THIS ISSUE: [jsh.christianscience.com/kids2021-1](http://jsh.christianscience.com/kids2021-1)

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Got something to share?

Got a question?

Write to [sawyerj@csps.com](mailto:sawyerj@csps.com)

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

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

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