



# 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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# A Collection for Kids: January–June 2024

## CHRISTIAN SCIENCE SENTINEL

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We look forward to hearing from you!

# Prayer helped me

Daniel

**I WAS WITH** my family at a garden center. I didn't feel very well.

I asked Mummy if I could go to the restroom, and she said yes. I went in there to have some time to think.

This is what I thought. I knew that God was with me. In Christian Science Sunday School, I have been learning that God's love is everywhere and that I am always in His loving arms. I prayed a children's prayer written by Mary Baker Eddy that I learned in Sunday School. It goes like this:

Father-Mother God,  
Loving me,—  
Guard me when I sleep;  
Guide my little feet  
Up to Thee.

(*Poems*, p. 69)

I wasn't going to sleep just then, but praying that prayer helped me feel God's love. Then I said the "Daily Prayer" and the Lord's Prayer.\*

I felt much better after praying. So I went to find Mummy. She told me that she had been praying, too. I was feeling good again as we went back to the rest of my family.

Thank you, God. •

*\*You can find the "Daily Prayer" in the Church Manual (Mary Baker Eddy, p. 41) and the Lord's Prayer in chapter 6 of the Bible's book of Matthew.*



CAROLINA VILCAPOMA — STAFF

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

# Always safe with God

Nancy Mullen

**MY FRIEND JOHN** had gotten a very special gift: a kitten! He had a snowy white coat with a gray face, ears, paws, and tail. John named him Julius. They were buddies. Soon Julius grew from a kitten into a beautiful cat.

One day, John found out that Julius couldn't live with him anymore. The man who owned his apartment said, "No pets allowed!"

John was sad. But he knew it was right to follow the rules, so he started looking for a new home for Julius.

There was a farmhouse where no one lived, and John thought Julius would be safe there until he could find him a new family. We took Julius to the farmhouse and put his bed and litter box in the attic, where it was warm. We also left him lots of food and water.

But a couple of days later, when we went back to check on him, he wasn't there. We called his name. We searched high and low. No Julius. Then we noticed an open window in the kitchen.

"Maybe Julius went outside," John said.

So we searched outside. Still no Julius.

We sat down under a tree a little bit away from the house, and I started to pray. I had been learning from Christian Science that God is the loving Father-Mother of all of us. And since God is infinite, He is everywhere. I knew that meant Julius couldn't really be lost. He couldn't be outside of God's loving care. I knew that Julius was safe and that God would help us find him. So I got very quiet and listened for God's guidance. Then, I heard a meow.

"Did you hear that?" I asked John.

He hadn't heard it, but just then there was another meow. We weren't very close to the house, but I knew what I'd heard, and I was sure it was Julius.

Inside the house, I found Julius hiding in a corner of the attic. He had been there all along. I picked him up and took him outside to John, who was so happy to see his friend.

"How did you hear Julius meowing?" John asked me. "We were so far away, and Julius' meow is so little."

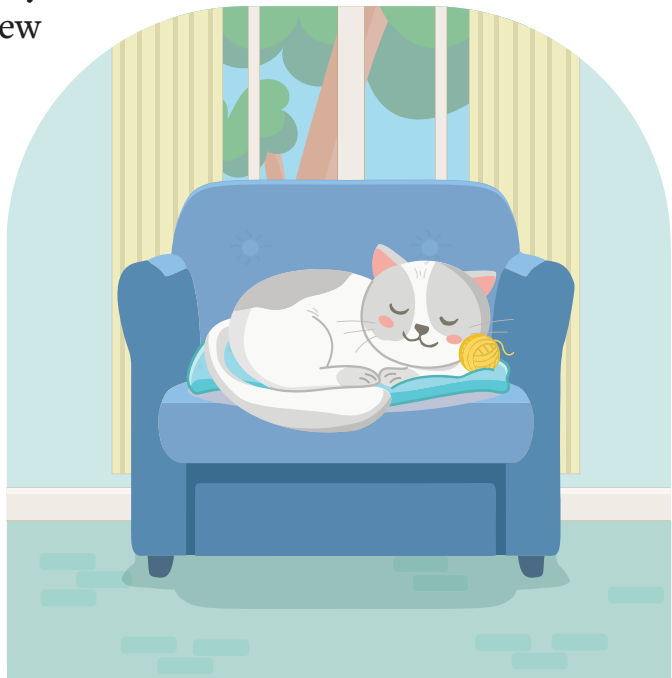
I could see why it was hard to believe. But I found the answer to John's question in Mary Baker Eddy's book *Science and Health with Key to the*



*Scriptures*. It says: “The inaudible voice of Truth is, to the human mind, ‘as when a lion roareth.’ It is heard in the desert and in dark places of fear” (p. 559). This means that we can always hear God, no matter what. And I knew it was God that had helped me know what I needed to know and hear what I needed to hear to find Julius.

A few days later, John found a home for Julius with a family that loved him. They even had other cats and dogs Julius could play with.

Isn’t it good to know that, just like Julius, we can never be outside of God’s love? He is always caring for us and keeping us safe. •



CAROLINA VILCAPOWA — STAFF

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

## I got back on my bike the next day!

Lily

**I WAS RIDING** my bike with my dad and sister to a summer camp in my neighborhood. It was a nice summer morning.

When we crossed a big road by our house, I swerved really hard because a car was coming. I fell off my bike and slid on my shoulder. I started crying because I was scraped up. My dad and sister came over to me. Dad helped me up and told me that Love, God, is all around me, just like I’d learned in Christian Science Sunday School.

Then Dad took us home. I was still crying when we got back to the house. I wasn’t very calm. My dad cleaned me up, and we called a Christian Science practitioner. She talked to me about how I’m cared for and watched over by God, so I’m always safe. I know that God never leaves me because

He's everywhere, and I am protected by His love, like my dad said. The practitioner also helped me remember that thoughts like being afraid to ride my bike again or being scared of cars on the street can't control me, because they're not from God. God gives me only good thoughts.

I also thought about the story Jesus told about a good Samaritan (see Luke 10:25–37). In the story, the nice Samaritan helps another man who has been hurt. The Samaritan is unselfish, kind, and loving. It made me feel grateful for how my dad helped me get up off the street, get cleaned up, and call the practitioner.

My dad stayed with me until I felt better. After praying, I didn't worry about the scrapes anymore, and they healed fast. Nothing was hurting anymore, and we still got to camp on time.

I got right back on my bike the next day! I didn't feel scared at all. I even joked with my dad when we were biking home from my ballet class. I was about to run into a trash can, but I didn't, and we laughed about it. I'm glad that I learned to be more aware when riding my bike.

I'm grateful that God was protecting me both times. I also learned that we can always pray and be healed. •



CAROLINA VILCAPOMA — STAFF

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

# I got healed after a dog bite

Joshua

**I WAS AT A PARK** with my dad, and we were playing soccer together. My dad accidentally kicked the ball toward a dog. When I went to get the ball back, the dog got scared because it thought I was running toward it, not the ball. The dog jumped at me and bit me on the arm. It really hurt, and I was scared.

My dad took me home to get me cleaned up. On the drive home, we talked about what had happened. I said I would never trust dogs again! But then we talked about how the dog wasn't trying to hurt me. It just got scared. This helped me not be mad at the dog. It was a short drive, but I forgave the dog.

When we got home, my mom and dad cleaned and bandaged my arm. We all prayed, which is something I've been learning how to do through Christian Science. Praying can help us listen to good thoughts that are always coming from God, and those thoughts heal us. While we prayed, my dad and I read a story in the *Sentinel* by a girl who had also been bitten by a dog (Hannah, "Dog bite—healed quickly," June 20, 2011). She shared how she prayed, which was helpful, and we prayed in a little bit of the same way.

We talked about how dogs can't be bad, because they're God's creatures, and God is only good. Also, everything I am comes from God, so I have only good in me and can't be hurt. You come from God, too! You and I are all good and can't be hurt because God is perfect, and if God can't be hurt, then we can't either.

That same day, my arm stopped hurting. After a couple of days, my arm was all healed. It was like nothing had even happened. I was still a little worried about some big dogs for a few weeks, but that went away, too. Now, dogs are one of my favorite animals!•



CAROLINA VILCAPOMA — STAFF

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

# Love helped the wren

Deborah Harris

**MIA LOVES TO** see the birds in the garden at home. She knows the names for almost all of them.

One morning before school, Mia heard a loud bang against the windowpane. A bird had flown into the glass. She ran to the window and saw that a wren was lying on the path outside. Mia was sad and wanted to help the bird. She remembered from Christian Science Sunday School that God is Love and that Love is everywhere. She knew she could ask Love, God, what to do.

Mia likes to think about Love showing her what to do, just like in the hymn she had sung in Sunday School that week. It was called “Feed My Sheep,” and Mia knew all the words by heart. She thought she could sing it for the wren as a kind of prayer!

The first verse goes like this:

Shepherd, show me how to go  
O'er the hillside steep,  
How to gather, how to sow,—  
How to feed Thy sheep;  
I will listen for Thy voice,  
Lest my footsteps stray;  
I will follow and rejoice  
All the rugged way.  
(Mary Baker Eddy, *Christian  
Science Hymnal*, No. 304)



ANNA LITWILLER — STAFF

After she finished singing the hymn to the bird, Mia didn't feel upset anymore. She told her mom how she had prayed. Her mom said that simple prayers are helpful, and so is listening for God's thoughts, the way Jesus always did. Mia loves the Bible stories about Jesus and was happy she had done something good.

As Mia and her mom left for school, Mia thought about the bird again. She looked back at the house just in time to see the wren flutter its wings and fly off to the highest branch of a nearby tree.



Mia had an amazing day at school. She had been nervous about going to school, because she was new and wouldn't know anyone. But these feelings had all disappeared because she'd been feeling so much of Love's presence even before the school day had started. Mia had even gone over to talk to a group of classmates, and they ended up being really nice. Changing schools was OK.

The wren reminded Mia that God, Love, is always there to help her, just like He had helped the wren. •

Originally published in the March 11, 2024, issue of the *Christian Science Sentinel*.

## Easter every day

Sara Hoagland Hunter

**“WHAT IS EASTER** all about?” I asked my dad one day.

I had a feeling that I knew the next thing he would say.

“What have you learned in Sunday School?” he asked me with a smile.

I knew it wasn't bunnies, but I had to think awhile.

“My teacher said that Jesus Christ showed life is for forever.”

“That's right,” said Dad. “God is our Life and never changes, ever.”

Dad told me then why Easter is his favorite day of all

And why he celebrates it summer, winter, spring, and fall.

I said I didn't get it—Easter's just one day a year.

But then he told a story you'll be very glad to hear

About how Jesus' enemies tried everything they could

To stop him healing people and to stop him doing good.

He knew that they would try to end his life and think they did,

But he would pray and rise up from the tomb where he was hid.

ANNA LUTWILLER — STAFF



When his disciples saw him, they could not believe their eyes.  
Then they remembered he had said in three days he would rise.  
They knew then every lesson that he taught them had been true  
And that their lives were safe in God—just like for me and you.  
So now I know that even though it's Easter once a year,  
I can be happy every day that Easter good is here.  
No matter what it looks like, Jesus showed that nothing bad  
Could ever end God's goodness or could keep us feeling sad.  
Because we live in God's great love, we're always Easter glad!

Originally published in the March 25, 2024, issue of the *Christian Science Sentinel*.

## I prayed at school and was healed

Lily

**I WAS WALKING** through the hallway at school when my stomach started to hurt. I thought about going to the nurse, but then the word *God* popped into my head. This made me think about praying. I started to pray by saying, “God, please help me.”

Then another word popped into my thoughts: *Thanks*.

I remembered reading Bible stories in Christian Science Sunday School where Jesus started his prayers by thanking God. I started my prayer again, and this time I thanked God for everything He has given me.

I thanked God for being my Father-Mother. I thanked Him for all the good in my life: for my home, clothing, food, school, family, friends, teachers, neighbors, and life, and for the love and forgiveness God always gives me.

As soon as I sat down in class, my stomach stopped hurting. Then I had one more thing to say thank you to God for! •

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

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# I kept praying until all my fear was gone

Ethan

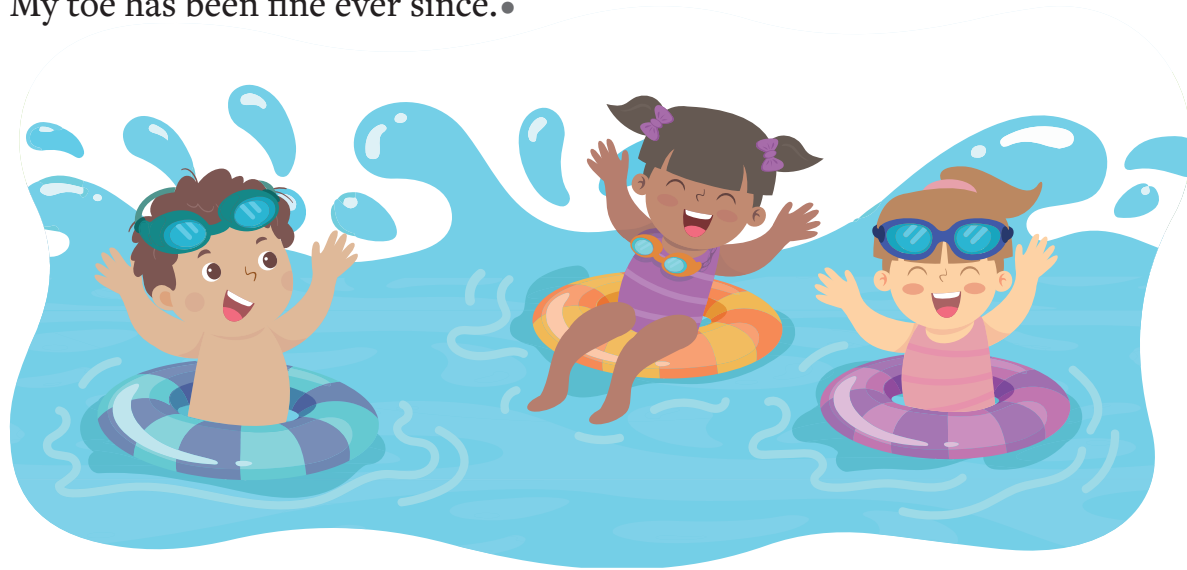
**I HAD A HEALING** I would like to share.

One night, when I was getting into bed, my toenail got caught on my sheets and split down the middle. I was worried because I was going on a family vacation that included a water park, and I thought I wouldn't get to enjoy it because of my toenail.

I've learned how to pray when I feel worried or scared. I told my parents what had happened, and we started praying. I've been attending a Christian Science Sunday School, so I know that God, who is Love, takes care of me and never stops. I also know that I can't miss out on anything good, because God is good. This helped me feel better about my toe, and I stopped worrying. I thought more about God and His love. I kept praying until all my fear was gone.

Then one day I went to our neighborhood pool with some friends. While I was swimming, I saw that my toe was fine in the water. I was so happy!

Soon, the nail completely healed, and I was able to enjoy our vacation. My toe has been fine ever since. •



CAROLINA VILCAPOMA — STAFF

Originally published in the April 22, 2024, issue of the *Christian Science Sentinel*.

# Avery and the butterfly

Dottie Zellers

**IT WAS AN EARLY SUMMER DAY.** Avery was playing outside. It was fun to play at Ya Ya (Grandma) and Grandpa's house. Avery liked climbing on the big rocks outside and playing pirate ship.

So Ya Ya was surprised when Avery suddenly came inside. She was holding something very gently in her hands. When Ya Ya looked more closely, she saw that it was a butterfly. It wasn't moving, and one of its wings seemed to be broken or hurt. It didn't seem to be able to fly.

"Will you pray for the butterfly, Ya Ya?" Avery asked.

They had prayed together before, when Avery wasn't feeling well. And Avery had had lots of healings. She had learned that God is always here to help, no matter what. She knew God could help the butterfly, too.

Ya Ya said they would pray right away. They took the butterfly back outside and put it on a bush. Ya Ya explained that they could start their prayer by thanking God, just like Jesus did in the Bible. Avery and her grandma thanked God for His loving care for all His creatures. Then Ya Ya told Avery about a helpful idea from a book called *Science and Health with Key to the Scriptures* by Mary Baker Eddy. It says, "All of God's creatures, moving in the harmony of Science, are harmless, useful, indestructible" (p. 514).

Ya Ya told Avery that *indestructible* means that none of God's creatures, including the butterfly, can ever be hurt because they are spiritual. And something spiritual is always safe and complete. Ya Ya said that she and Avery could



ANNA LITWILLER — STAFF

pray by holding on to what was true about the butterfly, no matter how things looked.

“God’s healing love is here,” she told Avery. “And loving is healing, and healing is loving.”

That gave Avery an idea. She began talking to the butterfly. “I love you, butterfly,” she said. “I love you, butterfly. And God loves you. God loves you!”

Then something wonderful happened! The butterfly flew to the next bush. Avery and Ya Ya kept praying, and soon the butterfly flew up into the air with no problem. It circled overhead and flew off.

“Ya Ya,” Avery exclaimed, “I think the butterfly came to me because I know God is Love!”•

Originally published in the May 6, 2024, issue of the *Christian Science Sentinel*.

## I prayed in math class

Arianna

**ONE DAY,** I was taking a math test at school. It was hard for me to understand one of the questions. I sat there, confused, and looked around the room, back at my computer, and then at my teacher.

My teacher came over to my desk. He asked if it would be helpful if he read the math question out loud to help me understand it in a different way. He read the question and then asked me, “What are they asking here?” and, “What do you think?”

Math was usually a struggle for me. But I knew from Christian Science Sunday School that another name for God is Mind. God is intelligence, and the Bible tells me that I reflect God. So I listened for a good thought from God to know how to answer.

Suddenly, as I was praying, it was easy to understand what the



ANNA LUTWILLER — STAFF



question on my math test was asking. I answered the teacher right away and even showed how I came to the conclusion before answering correctly on my computer.

Before this, I had been bummed about being bad at math. But after the test, my teacher said I got a score that was above my sixth grade level. Hearing this helped me feel much better and more confident about math. I was very grateful and happy. I know where my intelligence comes from, and I express it always, in every class, because God is ever present. •

Originally published in the May 20, 2024, issue of the *Christian Science Sentinel*.

## Healing at hockey camp

Alison Inches McKown

**HUNTER LOVED SPORTS**, especially hockey. He played hockey on the kitchen floor and in the backyard. When he was big enough to wear skates, he played ice hockey with a travel team.

One day, Hunter's coach told him about a really cool hockey camp. The coaches at the camp had all been professional hockey players. Hunter dreamed of being a pro hockey player one day. So Hunter's parents agreed to let him go to the camp. The only problem was that the camp was attended mostly by older kids.

"I'm only seven," Hunter thought, feeling scared. "How am I going to play against older boys? They're going to be bigger and better than I am."

The more Hunter thought about it, the more afraid he felt. Then, a few days before camp Hunter's stomach started to hurt.

Hunter told his mom, and she said she knew something that could help. Mom got out a book that had helped Hunter before because it has lots of stories about God in it. They sat down with that book—the Bible—and read a story about a boy named David. David had to face a giant warrior named Goliath, who was strong and fierce. Everyone was afraid of him.

But David wasn't afraid. David knew that God had been with him when he defended his flock of sheep against a lion and a bear. So David knew God would be with him when he faced Goliath. And even though David



ANNA LITWILLER — STAFF

was only a young shepherd, he defeated the warrior, who was bigger, older, and stronger (see I Samuel 17:19–50). David didn’t listen to fear, Mom said, so Hunter didn’t need to either. Just like God was with David, God was with Hunter.

Now it was Hunter’s turn to be fearless like David. Hunter and his mom talked to a Christian Science practitioner, and they all prayed. After that, he wasn’t as scared about playing hockey with older kids.

Before the first practice at hockey camp, Mom helped lace Hunter’s skates. Hunter’s stomach was still bothering him. He waited for all the other kids to leave the locker room. Then he began to cry.

Just then, the practitioner called to see how Hunter was doing. The practitioner was so sure that God didn’t make fear because God is Love, that Hunter began feeling God’s love, too. There was no more room for fear in Hunter’s thoughts because they were all filled up with God’s love. The fear and the stomachache disappeared at the same time.

Zoop! Hunter jumped off the bench, raced out of the locker room, and zoomed onto the ice.

Did Hunter have fun at hockey camp? He sure did! He even won an award for being the best player at camp.

Most of all, he had learned a lesson about how to keep fear out. And keeping fear out helped him become better at his favorite sport.

When Hunter grew up, he even became a professional hockey player! •

Originally published in the June 3, 2024, issue of the *Christian Science Sentinel*.

## Notes

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# Learning to listen to God

Winnie

**I WAS ENJOYING CAMP** with my family. One day, I noticed that some kids were playing on the other side of a yellow bridge. I wanted to go play with them. But I was nervous because I use a power chair to get around. The bridge was steep, and I didn't want to tip over.

I learned something in Christian Science Sunday School that has helped me when I feel nervous or afraid. I decide if my thoughts should get a red light, a yellow light, or a green light. That means I pay attention to my thoughts to see if I should stop them (red light), if I should get quiet and listen for God to tell me what to do (yellow light), or if a thought is really from God (green light). I know that God is good. So any thoughts that aren't good are not from God and get a red light.

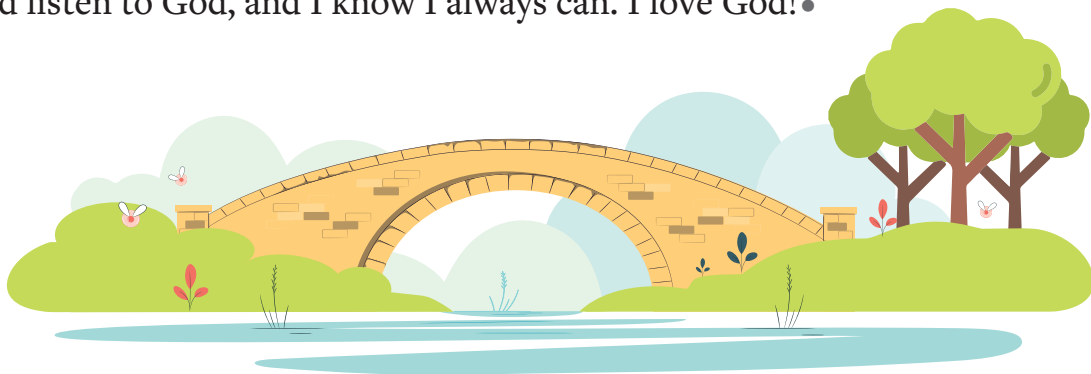
A thought came to me that I could go slowly over the bridge in my chair. My mom also told me to go slowly, and I listened.

I've learned in Sunday School that God gave us dominion, which is a kind of power. I've read about this in Genesis, the first book of the Bible. So I knew I had dominion over any scared or nervous thoughts. If I felt nervous at all, I still knew I was safe every time.

I got across and was able to play with the other kids!

I went over the bridge three or four more times during camp. Each time I slowed down and took a moment to listen to God before I kept going. I felt safe every time, and I was.

I have learned that going slowly with many things is a good idea, especially when you feel like rushing. It is an amazing feeling to slow down and listen to God, and I know I always can. I love God!•



CAROLINA VILCAPOMA — STAFF

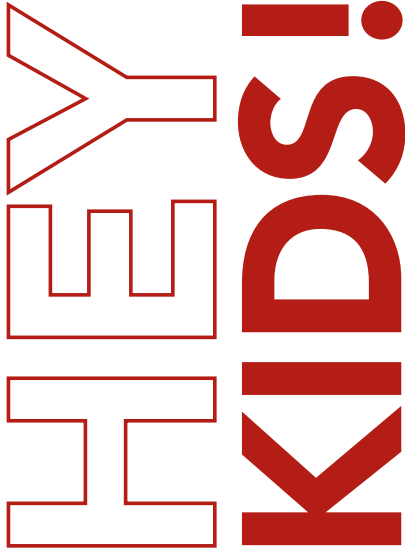
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drawings, healings and poems.

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

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