



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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The story of Ruth

Page 3

Pure hearts and window washing

Page 10

How I prayed for my mom when she didn't feel well

Page 11

A Collection for Kids: January–June 2025

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CONTENTS

What Tony the tortoise taught me about prayer	2
Gillian Fraser	
The story of Ruth	3
Jenny Sawyer	
My throat didn't hurt anymore	6
Guadalupe	
You can do this, too!	6
Emmer	
Helping Mum when she lost something important	8
Ania	
How I prayed when a storm was coming	9
Jane	
Pure hearts and window washing	10
Grace and Kayla	
How I prayed for my mom when she didn't feel well	11
Walter	
Ready to explore?	12
Jenny Sawyer	
Learning more about the Lord's Prayer	14
Evie	
Learning more about healing	15
Eric Nager	
The double-blessing, healing hike	16
Joan Ware	

What Tony the tortoise taught me about prayer

Gillian Fraser



WHEN I WAS a little girl, I had a pet tortoise. I called him Tony, and I loved him. I had no brothers or sisters, so he meant a great deal to me.

When my parents and I went to the seaside for a holiday, Tony came with us. We stayed in a hotel with large gardens that had thick, tall plants, and that's where Tony spent his vacation.

Two days before we were due to leave for home, we couldn't find Tony when we searched for him in the garden. Even after it was dark, we kept looking for him with a flashlight. He had a red reflector on his shell, but we still couldn't find him.

I was so sad. My mom told me how she was praying about this. When we pray, we turn to God to help us see the good from God that's really here. My mom knew that because both Tony and I were creations of God, neither of us could ever be separated from good or out of God's presence.

I had been attending a Christian Science Sunday School, where I was beginning to understand what God is. Mary Baker Eddy explains in *Science and Health with Key to the Scriptures* that God is "The great I AM; the all-knowing, all-seeing, all-acting, all-wise, all-loving, and eternal; Principle; Mind; Soul; Spirit; Life; Truth; Love; all substance; intelligence" (p. 587). I was also learning about God's love for all His creatures. I knew that prayer would help us find Tony, and I was very grateful for that.

We kept praying as we continued looking. The hotel gardener helped us, and the four of us walked through the gardens. Then we found Tony. I was so happy!

But that's not the end of the story. The next day, the gardener who had helped us search for Tony told my mom something amazing. After we found Tony, the gardener went home, where his son was waiting with news. The tortoise that his son had had when he was younger had shown up in their garden! He had been missing for years and was found at just the same time that Tony was.

This experience taught me that our prayers don't just bless us. They bless others (including animals), too, whether we know it or not.●

CAROLINA VILCAPOMA — STAFF

Originally published in the February 3, 2025, issue of the *Christian Science Sentinel*.

The story of Ruth

Jenny Sawyer

RUTH

Hi! I'm Ruth. You can find my story in the book of the Bible with my name: Ruth.

My story is all about how we can be faithful because God is faithful to us. Here's how I found that out for myself . . .

NARRATOR

Once, there were three women who lived together in a country called Moab. Their names were Naomi, Orpah, and Ruth.

Their husbands had died, and now these women had to decide what to do. Naomi wasn't from Moab but from a town called Bethlehem in Judah. She and her family had moved to Moab when there wasn't enough food back home. That's where she met Orpah and Ruth, who married her sons.

But God had helped the people in Judah. There was now enough food. When Naomi found this out, she decided to return to Bethlehem. It would take at least a week to walk there, over steep, rocky, and dangerous pathways.

"Let's go," she said.

But on the way, she told Ruth and Orpah that they shouldn't go with her. They should go home to their own mothers. They should stay in their own land.

Orpah decided to stay. But not Ruth. Ruth was faithful. Loyal. She said to her mother-in-law, "Where you go I will go, and where you stay, I will stay. Your people will be my people and your God my God." Just like God is always with us, caring for and supporting us, Ruth wanted to be with Naomi.

So, Ruth and Naomi kept walking. It probably took seven days, maybe even ten, to get to where they were going. And remember, even though this was a homecoming for Naomi, everything about Bethlehem was new to Ruth, and maybe even a little strange.

But that didn't stop Ruth from being faithful. She stayed by Naomi's side the whole way. She kept her promise to go with her and take care of her, just like God keeps His promise to take care of us.

Ruth and Naomi arrived in Bethlehem just as the barley harvest was starting. They needed a way to get food, and Ruth had an idea. She told

Naomi she would go to the fields where the barley was being harvested. She would pick up the grain that fell on the ground.

“Go ahead, my daughter,” Naomi told her.

It was probably hot in the barley fields. The sun shone down. The men worked hard, harvesting the barley. Ruth worked hard, too. She faithfully picked up the grain for her and her mother-in-law. She gathered grain all morning and into the afternoon. She took only one short break.

The field where Ruth was collecting grain belonged to a man named Boaz. He came out to see the harvest, and when he noticed Ruth, he asked the man in charge of the harvesters who she was.

“She came back home with Naomi,” the man explained. And he told Boaz how hard and faithfully Ruth had been working.

Boaz was impressed by Ruth’s faithfulness, and he called her to him. “Don’t go gather in another field,” he told her. “Stay here with the other women. And whenever you’re thirsty, go drink from the water jugs the men have filled.”

Ruth was surprised. She wondered why this man was being so kind to her.

“I’m not from around here,” she said, “but you are still being nice to me. Why?”

Boaz remembered all the ways Ruth had been faithful. And now he said them out loud for her:

“You were faithful to your mother-in-law after your husband died.

“You stayed by her side.

“You left your father and mother and your homeland and came to live with people you’d never even met.”

And then he reminded Ruth of God’s own faithfulness to her: “May you be richly rewarded by the Lord, the God of Israel, under whose wings you have come to take refuge” (Ruth 2:12, New International Version).

Boaz’ promise of God’s faithfulness came true. God not only blessed Ruth with enough food for her and her mother-in-law but also gave Ruth a place where she could keep collecting grain. She stayed with the harvesters in Boaz’ field until the barley was all gathered.

But there was an even bigger gift waiting for Ruth. Because of her faithfulness to her mother-in-law, she was also blessed with a new husband. After the harvest, she became Boaz’ wife. And later, she had a son.

Ruth had been faithful even before she’d known that God was faithful to her. But now, thanks to her new family, she knew God’s faithfulness for sure.

RUTH

Can you see that my story is all about how we can be faithful because God is faithful to us? Maybe it can help you think of a time when you felt God's constant love and care, and it helped you care for someone else.

Here's what some Christian Science Sunday School students had to say about God's faithfulness:

"In Sunday School we learned that 'Love is reflected in love' (Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 17). It's because God is Love that we can love. Love is the reason Ruth could love Naomi so much and never stop loving her."

And here's what another had to say: "I like Ruth's story because it teaches me how to be a good friend. Ruth was a good and faithful friend to Naomi. I can be a good friend by listening to God and then helping my friends the way God tells me to."

What did you learn from my story?•

KIDS VIDEO

This article has a video!

To watch a video and hear a song about the story of Ruth, visit cssentinel.com/story-of-ruth or scan the code below.



AARON CRANFORD — STAFF

Originally published in the February 24, 2025, issue of the *Christian Science Sentinel*.

My throat didn't hurt anymore

Guadalupe

MY NAME IS GUADALUPE. I am nine years old, and I live in Buenos Aires, Argentina.

I go to Christian Science Sunday School. In Sunday School, I've learned how to pray to God. I've also learned that God is Love.

Here is a healing I had from thinking about what I've learned in Sunday School.

One day my throat was hurting very much. Then I had an idea. The idea was that because God is perfect, I am also perfect. So there is no place for sickness.

After that, my throat didn't hurt anymore.

Thinking about how God is always with us, taking care of us, and loving us makes me feel happy. •

Originally published in the January 13, 2025, issue of the *Christian Science Sentinel*.

You can do this, too!

Emmer

I REALLY LOVE animals and God. I've learned about God, who is all good, and His qualities in Christian Science Sunday School, and I really like thinking about them.

When I was six, I drew pictures and wrote a poem about how animals express qualities of God and how we do, too. Now I'm nine years old, and I am sharing what I wrote with you:

Turtles reflect patience.

They are slow and take the time just to see beauty and kindness.
You can do this, too.

Rabbits reflect friendliness,
so they are nice and friendly.
You can do this, too.

Elephants reflect playfulness.
They spurt water out of their trunks with lots of joy.
You can be joyful, too.

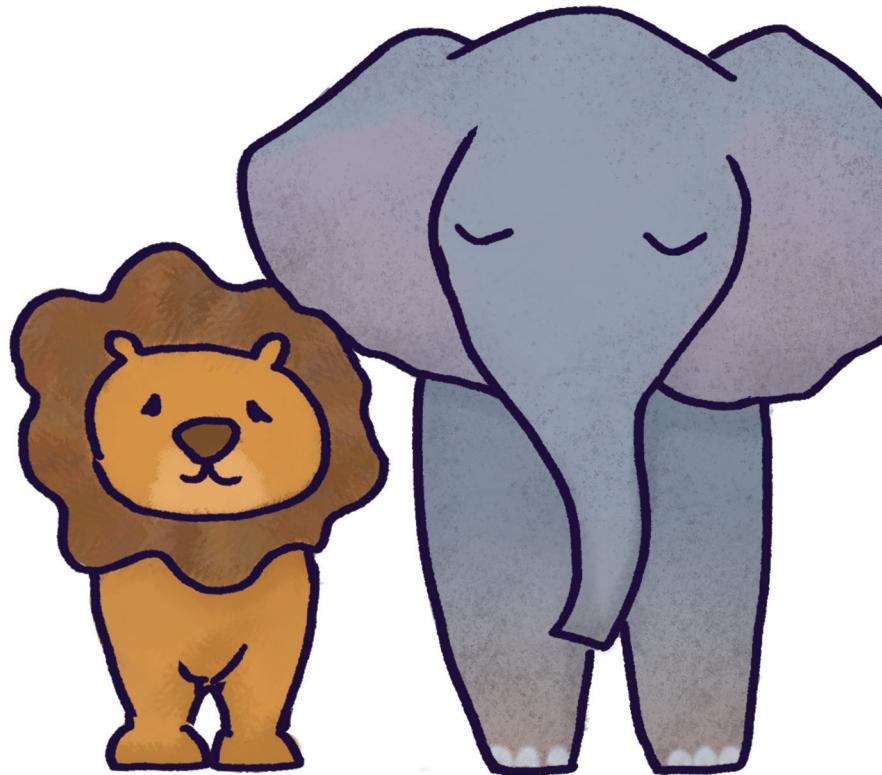
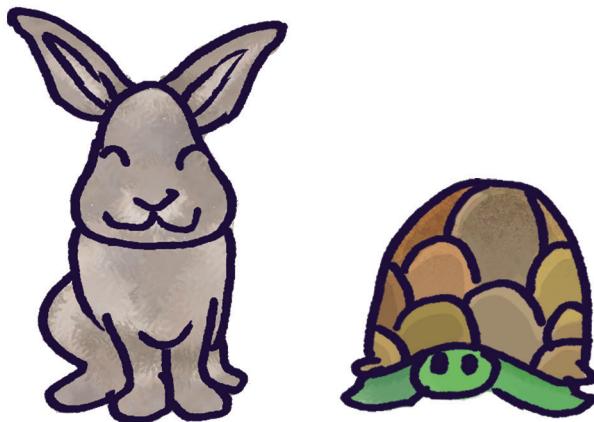
Bees reflect helpfulness,
so they help flowers by spreading pollen.
You can be helpful, too.



Lions reflect bravery.
They are strong, and they don't fear anything.
You can do this, too.

I reflect Love,
so I love.
You can do this, too.

You reflect Love,
so you are loving.
I can do this, too.



Helping Mum when she lost something important

Ania

ONE DAY, MY mum and I went on a walk in the forest. We had a nice picnic and took pictures of flowers.

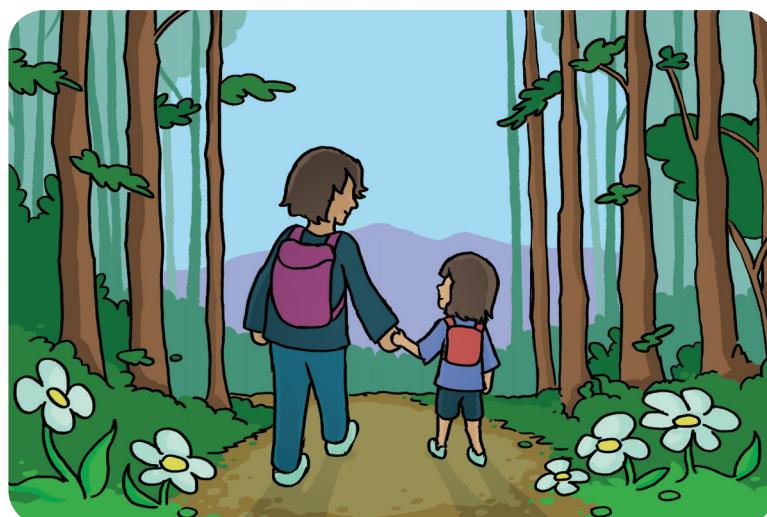
While we were there, my mum's pocket was open, and her driving license fell out of it. But we did not know that at the time. We drove away without it, and the next morning, my mum was confused and worried when it wasn't in her pocket.

We were on our way to Christian Science Sunday School, so I thought about what I've learned there. We've learned about letting good thoughts in and keeping bad thoughts out. Good thoughts are from God because God is good. I knew that worry and confusion aren't good. I've learned in Sunday School that when we have thoughts from God, we can call them angels. They calm our worries. And that's what happened. My mum stopped worrying and was calm.

I said, "God knows where it is, and if He knows it, then you do, too!" This is because God is all-knowing and we express Him. We can always know whatever we need to know.

In the afternoon, we went to look for the license with our dog, Pluto. My mum got out of the car. God gave her an angel, a good thought, and she started looking near an orchid—and she found the license!

We went for another walk and then went home. God had helped us with the angel message we needed. •



AARON CRANFORD, ANNA LITWILLER — STAFF

Originally published in the March 10, 2025, issue of the *Christian Science Sentinel*.

How I prayed when a storm was coming

Jane

I LIVE IN FLORIDA, where there are sometimes hurricanes.

One time, a hurricane was heading right toward our town. I was really scared because the news said that there were tornadoes nearby, too. I thought that one might hit my house and destroy it.

But I've learned in Christian Science Sunday School that God is Love and is all good and that there is no spot where God is not. That means Love is everywhere.

I felt safe with those thoughts. I also knew that I could pray to protect my family and me. I felt safe with that thought, too, and I wasn't scared anymore.

My family and my house were not touched by the storms.

Now I understand better that God is always caring for me and all of us. If I ever feel scared, I just need to listen to God and the good thoughts He sends me. These thoughts keep me safe.

I am grateful for what I am learning in Christian Science Sunday School and for knowing that I can pray and feel God's presence everywhere I go, no matter what.●



ANNA LITWILLER — STAFF

Originally published in the April 7, 2025, issue of the *Christian Science Sentinel*.

Pure hearts and window washing

Grace and Kayla

HII OUR NAMES are Grace and Kayla. We've been learning about God in our Christian Science Sunday School class.

We want to share something from the Bible that has helped us learn more about God. It says, "Blessed are the pure in heart: for they shall see God" (Matthew 5:8).

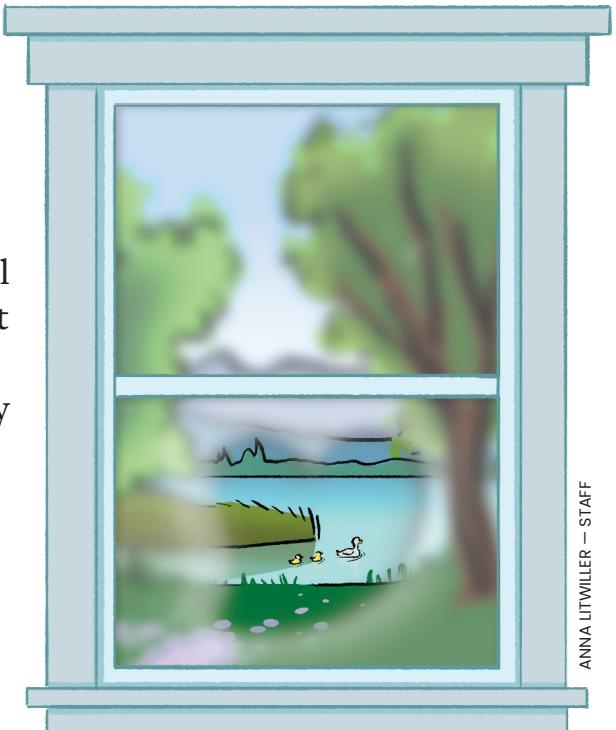
What does it mean to see God? God is good, so you could say that when you're seeing good, you're seeing God! We've learned that it's very important to keep a pure heart so that you can see God's goodness all around.

Think about looking through a window. If the window is clean, it is much easier to see beautiful views on the other side.

It takes work, though, to keep a pure heart, just like it does to clean windows when they get dirty. We need to watch what thoughts we think and not listen to thoughts that aren't good. Instead, we want to listen to God.

Bad thoughts, or "dirt" on our mental window, can be thoughts like impatience, selfishness, hatred, meanness, grumpiness, or jealousy. If this "window" gets dirty, we can clean it off. We can do this by listening to good thoughts from God—thoughts that are unselfish, loving, and generous. Wiping away all the mud helps us see God's goodness. This isn't always easy, but that's OK because it's worth it when we're done. Then we can see what's really true—hooray!

A pure heart is a heart full of good and loving thoughts. It's a heart that is patient, kind, grateful, caring, and sharing. It's a heart that sees God's goodness all around. It's a heart full of love, and it's a heart that feels God's love, too.●



Originally published in the April 21, 2025, issue of the *Christian Science Sentinel*.

How I prayed for my mom when she didn't feel well

Walter

ONE DAY, MY mom wasn't feeling well.

I tried to make her feel better by getting her lots of drinks, tucking in her blankets, and knowing that she is perfect because God made her perfect.

In Christian Science Sunday School, I'm learning the importance of listening to God when I don't feel well. When we listen to God, we hear good thoughts. I knew I could listen to God for some good thoughts to help my mom, too.

I thought about this verse from a hymn that I like:

O'er waiting harpstrings of the mind
There sweeps a strain,
Low, sad, and sweet, whose measures bind
The power of pain.

(Mary Baker Eddy, *Poems*, p. 12)

The hymn says that God's power and love take away any pain or sickness. I knew that this was true for my mom.

By the next day, she was totally well. She thanked me for letting her rest and taking care of her. I am grateful for her healing!

AARON CRANFORD — STAFF

Hi! I am Walter's mom. I am so grateful Walter was praying for me when I didn't feel well. I was praying, too. I was thinking about these lines from Hymn 9 in the *Christian Science Hymnal*:

He knows the angels that you need,
And sends them to your side,
To comfort, guard and guide.
(Violet Hay, © CSBD)

Very soon, I was healed! •

Originally published in the May 5, 2025, issue of the *Christian Science Sentinel*.

Ready to explore?

Jenny Sawyer

WHAT DOES AN explorer do?

An explorer goes where no one else has gone.

He might take a boat to an island in the middle of the ocean where the water seems to meet the sky. He might creep through jungles thick with trees. He might wade through rivers that splash out of sight.

He might see birds of every color or furry creatures that don't yet have names.

He explores because he's curious. He makes discoveries so he can know more.

That's what an explorer does.

What does an explorer do?

An explorer goes where everything is new.

She might fly in a rocket past a million stars to a planet where no person has ever been.

She might see empty landscapes where streams are made of ice. She might investigate a crater or collect a sample of dusty soil.

She might discover what it feels like to live without gravity, turning somersaults in the sky while comets whiz by in the background.

She explores because there is still so much to learn. She makes discoveries so that we can understand our universe just a little better.

That's what an explorer does.

What do explorers do?

Explorers reach for new thoughts that help them understand things in new ways.

They might search through a bookshelf to find the books that tell them that life is so much more than it appears.

They might read a story about a man who was thrown into a den of lions but proved God was there to protect him. They might marvel at the boy who, because he trusted in God's power, took down a scary giant with just one stone.

They might read of kings and shipwrecks, but also of courage and hope and healing, always making discoveries about God.

They explore because they want to know more about God and His love.
They think bigger because there's so much more truth to find.
That's what explorers do.

Who could an explorer be?

Explorers could be anyone who wants to think and see in new ways.

They might ride a bike; travel in a bus, car, or train; walk down miles of city streets. They might travel for just a few minutes or many hours, past busy people shopping or working, sitting on benches or at cafes . . . until they arrive at a place where they'll sing songs about God, talk about God, read stories about God, and listen for God in their prayers.

They might learn new names for God like "infinite" and "All." They'll learn names that tell them there's no limit to their explorations because there are so many things about God to discover that we could never, ever count them all.

And they might come to know that they can explore not just in Christian Science Sunday School but wherever they go, because we can always look for new horizons in our thoughts. We can always ask God to show us wonderful new things about Him and about us, His children. We can always learn more about the divine Mind that guides us, and the divine Love that heals us.

Explorers explore because knowing God makes them feel good. They make discoveries because knowing God helps them help others.

That's who an explorer is.

Could it be you?•



Learning more about the Lord's Prayer

Evie

MY NAME IS EVIE. I go to Christian Science Sunday School in Scottsdale, Arizona. In my class when I was twelve, we learned about Jesus' Sermon on the Mount, including the Lord's Prayer. This prayer is important because it helps us understand Jesus' teachings and how we can apply them to our lives. It also helps us understand God.

You can read the spiritual sense of the Lord's Prayer in Mary Baker Eddy's book *Science and Health with Key to the Scriptures* (see pp. 16–17). Reading the spiritual sense helps me because it talks about God being ever present and how we always reflect Him and His love.

A Sunday School class inspired me to put the Lord's Prayer in my own words, which helped me understand how it applies to me. Here's what I wrote:

Our Protector, who is everywhere,
I am humbled by Your name.
Your love is supreme and right here with me.
Give us our daily comfort.
We reflect God's perfection and love.
God forever keeps us safe.
God has us on His shoulder, and He is over all.



Putting the Lord's Prayer in my own words helped me learn more about its meaning and made me feel comforted and loved.●



Originally published in the June 2, 2025, issue of the *Christian Science Sentinel*.

Learning more about healing

Eric Nager

RICKY AND HIS FAMILY went to the beach almost every Saturday in the summer. Ricky and his brothers swam and played with their dog while Dad fished and Mom read a book. On the way home, they almost always stopped for ice cream.

This particular Saturday, Ricky was looking forward to a vanilla ice cream cone dipped in chocolate. After getting out of the car, Ricky put his hand near the door as his brother Tommy was getting out of the back seat. Tommy closed the door, accidentally catching two of Ricky's fingers. Ricky cried out, and Tommy quickly opened the door to free Ricky's hand. It really hurt, and Ricky did not want ice cream anymore. He just wanted to cuddle and pray with Mom. Ricky regularly went to Christian Science Sunday School and knew about healings from relying on God through prayer.

Mom gave Ricky a big hug, and they sat in the car for a few minutes praying. Ricky knew that Tommy had not meant to hurt him. When Tommy had told Ricky that he was sorry, Ricky had accepted his apology. Ricky thought he could forgive Tommy.

Ricky loves reading the Bible, and he thought of all the stories he'd learned in Sunday School where people were healed.

Another book he likes is *Science and Health with Key to the Scriptures* by Mary Baker Eddy. One passage in *Science and Health* helped him think about accidents in a different way. It says, "When an accident happens, you think or exclaim, 'I am hurt!' Your thought is more powerful than your words, more powerful than the accident itself, to make the injury real.

"Now reverse the process. Declare that you are not hurt and understand the reason why . . ." (p. 397).

All the way home, Ricky tried to "reverse the process." He stopped thinking about the accident, and he didn't look at his hand. Instead, he remembered that he was surrounded by God's love because God is everywhere. "The reason why" Ricky was not hurt was that God doesn't experience, know about, or create accidents. So Ricky knew that since God could not suffer from an accident, as God's expression, he couldn't either.

When Ricky got home, his hand did not hurt anymore. After a good night's sleep, he noticed that there was only a small line on each finger, and those soon went away. Ricky was so happy to have had a healing. He was also happy to learn more about prayer and about relying on God for healing.

And when he and his family went back to the beach the following week, Ricky got his ice cream! •



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AARON CRANFORD — STAFF

Originally published in the June 30, 2025, issue of the *Christian Science Sentinel*.

The double-blessing, healing hike

Joan Ware

IT WAS A gorgeous day in the mountains, and I was getting ready to hike to one of my favorite lakes.

I have a big puppy named Charlie; I also have a little dog named Gracie who's been with me for a long time. Gracie is an experienced mountain hiker, and both dogs were excited.

We all had a happy time climbing up to the mountain lake. We had lunch and snacks, and Charlie had some fun swimming. On the way down, we stopped for a rest. I noticed that Gracie looked like she wasn't feeling very well. She didn't even want a treat.

Immediately, I started to talk to her about God. I always pray with her and Charlie and our kitty when problems come up. I even pray when I am with them at night before bed.

I said to Gracie that God was right there with her and that God is Life. I also said that life in God is happy, free, and good and that this was the only life she had. I told her how powerful God is and that God's power is the only power. Anything that isn't good has no power.

When it was time to head down the mountain, I had Gracie walk in front of me so that if she got tired, I could scoop her up in my arms and carry her. I began to sing hymns. She has heard "Feed My Sheep" a lot, so I started with that one. I especially liked the part that says,

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)

When Gracie got tired, I scooped her up and kept singing all the hymns I knew. I sang all the way down the mountain.

Pretty soon, whenever I set her down, she started walking a bit faster and needed less carrying. By the time we reached the bottom, she was back to full Gracie joy! Since then, we've been on many more hikes with no problem. I was so grateful to God for Gracie's healing!

So what was the double blessing? For a long time before that hike, I hadn't been able to sing more than one or two hymns before my voice was gone. But when Gracie needed me to sing, I was able to sing freely and joyously all the way down that trail. That day was the beginning of my healing, which is now complete.

What a big double-blessing day we had because God's love always ripples outward. Thank you, God! •

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