

Peace Haven

INSPIRED TO SERVE

2025 Winter Newsletter



Christian Science Nursing . Anchored in God

Wrapped in God's Love

VALERIE HICKAM
EXECUTIVE DIRECTOR



their families, Christian Science nurses, and everyone in the community!

It warms my heart when thinking about being wrapped up—that comforting feeling of being embraced, immersed, surrounded. It's that ever-presence and omnipotence of divine Love that is so vital to Christian Science nursing and healing. It helps allay fear, which is the first demand in healing. Mary Baker Eddy, the Discoverer, Founder, and Leader of Christian Science, writes in *Miscellaneous Writings* that it is the light of Truth "...that calms man's fears, bears his burdens, beckons him on to Truth and Love and the sweet immunity these bring from sin, sickness, and death" (see page 320).

With permission, I am glad to share comments from someone we welcomed to Peace Haven with divine Love's embrace when they were experiencing a physical challenge. This individual could not meet their daily needs at home, so they arranged to come to us:

"When I arrived, I was lovingly ushered to a bright, cheery room. I was so grateful to be given a quiet space where my focus was uninterrupted, consecrated prayer. Throughout my stay, the Christian Science nurses were tender, loving, and eager to help with any needs that arose. I appreciated their unobtrusive assistance and their firm recognition of the nothingness of the presented picture of illness. Within ten days, I returned home with great harmony. A few days later, complete healing was evident."

I love hearing about—and witnessing—inspiring demonstrations like this. From the time of the patient's initial admission inquiry and throughout that individual's experience receiving daily Christian Science nursing care, we at Peace Haven work from the premise of expectancy and joy. We know God is always present with the patient, already caring for each individual and meeting their needs.

We admit individuals to Peace Haven for Christian Science nursing care with the same expectancy and joy as a family preparing to welcome a baby. We let God introduce us and tell us who this person is—the embodiment of innocence, purity, an expression of newness of life along with completeness. One who is full of grace and truth, and knows

In the book of John, Christ Jesus tells us, "A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another. By this shall all men know that ye are my disciples,..." (John 13:34, 35). We—all of us—can say, "As I, the Christ, have loved you, so ye love the Christliness in one another." Applying that recognition to Peace Haven and Christian Science nursing means seeing everyone's Christliness and being wrapped in God's love. That includes patients and

God fully supplies their needs with intelligence, strength, vitality, and dominion. One who is neither young nor old, but the immortal idea of God, filled with fresh promise.

From this standpoint, we discern the need and how to help, possibly with mobility assistance, care in bed, bandaging, supporting time for Christian Science study and prayer, or anything the patient needs that supports healing. In each case, the patient is embraced in God's love. All are bearing witness to the truth of God and man. On page 10, you'll find an article beautifully illustrating the complementary roles of the Christian Science practitioner and the Christian Science nurse. We recognize that the patient, the Christian Science practitioner, and the Christian Science nurse are at one in their joyous expectancy of good, progress, and healing.

Throughout this newsletter, you'll find articles highlighting the importance of translating things into thoughts, recognizing that spiritual sense and God's leading are the basis and guide for our every activity. On page 9, a Christian Science nurse shares how something as simple as using linens in a patient's room symbolizes the healing power of Truth that the patient and the Christian Science nurse wholeheartedly reach out for, touching the border of Christ's garment. On page 8, we read about how bedmaking is an opportunity for the Christian Science nurse to refine qualities of thought. In the kitchen, Peace Haven's Christian Science nurses practically express the spiritual sense of nourishment that translates into meals uniquely meeting each patient's needs. You can read more about this on page 12. These practical steps demonstrate the spiritual essence of love expressed for our neighbor, wrapping each patient in God's loving care.

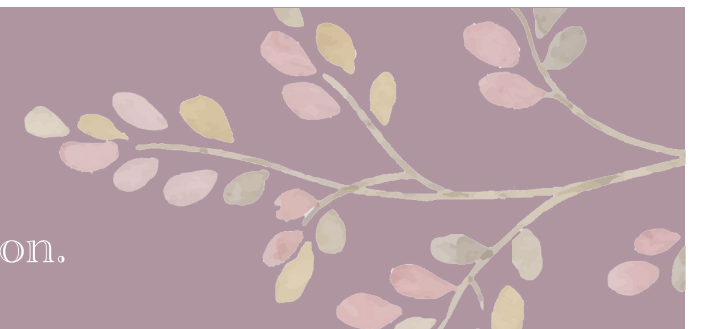
Every Christian Science nurse has a unique story about how they embrace and practice Christian Science, what led them to Christian Science nursing, and what delights and inspires them in their healing ministry today. We recently interviewed some students enrolled in Peace Haven's Christian Science Nursing Arts training program. On pages 4-7, you'll read their moving stories and learn how they each were led to nurture their healing ministries in St. Louis.

God uses all of us as His "...stupendous, Godlike agency of man," as Mrs. Eddy states on page 14 of *The First Church of Christ, Scientist, and Miscellany*. Together, our work ensures what these words from a Peace Haven friend describe: "The lights are always on at Peace Haven. Every hour, every day, throughout the year, without break or pause, Christian Science nurses are on duty at Peace Haven—awake, alert, prepared, and inspired to provide skilled and compassionate Christian Science nursing care."

We are profoundly grateful for the love and care expressed by Peace Haven's friends throughout the year. Together, we witness Peace Haven wrapped in God's dear love. Peace Haven is blessed as you embrace your fellow Christian Scientists in Love during a time of need.

This article includes remarks shared at Peace Haven's 2024 Annual Meeting.

We are so grateful for your
prayerful and financial support
of Peace Haven's healing mission.



Christian Science Nurses Training

PEACE HAVEN STAFF

We are so grateful to welcome students to Peace Haven's Christian Science Nursing Arts training program. Every Christian Science nurse has a unique, beautiful story about how they embrace and practice Christian Science, what led them to Christian Science nursing, and what delights and inspires them in their healing ministry today. We recently interviewed some of the students training at our St. Louis facility. Their stories overflow with gratitude for God's guidance, proofs of their selfless service to the Christian Science movement, and examples of how they continue to grow in their practice and study of Christian Science. These inspiring approaches are heartwarming, and we're so glad to share them with you.



LEVIS NIYOKWIZERA
Burundi, Africa



LEVIS NIYOKWIZERA

When Levis Niyokwizera was in high school in Burundi, a friend introduced him to Christian Science by sharing copies of Christian Science periodicals with him. Initially, Levis thought reading these materials offered good opportunities to practice his English and French skills. But then he began wondering what Christian Science was. Around that time, he was introduced to a community member who knew about Christian Science and invited him to visit the local Christian Science Society. That Soci-

ety sponsored a Christian Science lecture the following month, which Levis was excited to attend. The lecturer explained that our Pastor is the Bible and *Science and Health with Key to the Scriptures*, and Levis remembers the lecturer saying, "The Pastor will guide you to the Truth. The cornerstone of our church is Love." Levis decided to join this Christian Science Society after only three weeks of attending services and was a member there for the next seven years.

Political issues in Burundi required thousands to flee, including Levis, who fled to a refugee camp in Tanzania. While at the camp, he joined an informal group of Christian Scientists known to The Mother Church, The First Church of Christ, Scientist, in Boston, Massachusetts. The Mother Church lovingly sent books and periodicals to support this Christian Science group, and Levis recalls what a support these were. He said being in the camp was challenging, and many people needed help. "I had lots of opportunities to practice what I was learning in my study of Christian Science," he said. At that point, Levis wanted to take Christian Science Class Instruction. He was hungry to learn more of this Truth. He embraced the opportunity to take Class Instruction outside of the refugee camp, and when he returned, he felt refreshed. "Class gave me the foundation to take practice cases," he shared. Around this time, a friend suggested that Levis learn about Christian Science nursing, and he spoke with a Christian Science teacher to learn about this *Manual*-based activity.

Six years passed, and Levis found himself back in Burundi after the Tanzanian government required refugees to return to their home countries. While serving as a volunteer teacher at a local school in the refugee camp in Tanzania, Levis prayed to know his next steps. A Bible verse stood out to him about knowing the Kingdom of Heaven and recognizing that everything would be cared for. He still had family in Tanzania and needed to trust

God's care for everyone and everything. Then, he remembered Christian Science nursing and asked God how to go about doing it. Levis learned about the Christian Science Nurse By-Law found in the *Manual of The Mother Church* (see Art. VIII, Sect. 31), and he began researching how to train as a Christian Science nurse. There were no training centers in Africa, so he contacted Christian Science nurses' training programs in the United States. Peace Haven enrolled him as a training student in May 2022.

Since joining the training program in St. Louis, Levis said he has learned to prepare metaphysically and pray for the day, the community, and the world. "It's a good opportunity for me to learn while being in a large Christian Science community. I share metaphysical thoughts while working, and the training has nurtured my spiritual growth. I practice the Golden Rule, which is very important to me. I love to share with other Christian Science nurses, too." Levis said that the Christian Science Nurse By-Law has guided him and led the way for his work as a Christian Science nurse.

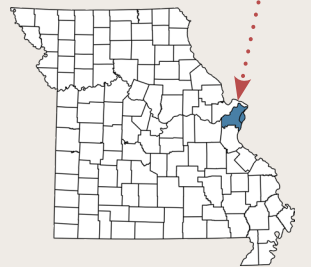
In one case, the suggestion was presented that a patient did not want help. "I realized that was animal magnetism talking, and that's what needed to be handled," Levis said. "I prayed and recalled what Mary Baker Eddy wrote in our textbook: 'The devotion of thought to an honest achievement makes the achievement possible. Exceptions only confirm this rule, proving that failure is occasioned by a too feeble faith' (*Science and Health*, p. 199). That broke through the mesmerism! God was using me to do His work. The need was met."

"Watching these Christian Science nurses grow in their spiritual understanding and care for our neighbors is a joy. I am grateful to all who embrace this ministry of unselfed love and serve our Cause."

—Margaret Penfield, Interim Director of Christian Science Nurses Training



JULIE REIN
St. Louis, Missouri



JULIE REIN

A lifelong student of Christian Science, Julie Rein had her first experiences with Christian Science nursing when a Christian Science nurse attended the births of her children. "Later, once we moved to St. Louis and the children were in school, I thought about the activities I loved most—Christian Science and helping others. Soon, I was in the part-time practice of Christian Science, which I did for about ten years. Then, one day, someone suggested I become a Christian Science nurse. The seed was planted, and I loved knowing there was a training program close to home. Five years later, it unfolded for me to apply for Christian Science Nurses Training at Peace Haven."

Julie said that her training in Christian Science nursing has grounded her metaphysically for the needs of each day—for herself, her family, the world, and Peace Haven. She shared, "If the whole Christian Science movement could take Christian Science Nursing Arts I, it would be a transformative experience for our movement."

For Julie, Christian Science nurses' training alerts her always to be ready and nurture spiritual readiness. Mrs. Eddy writes, "The substance of all devotion is the reflection and demonstration of divine Love, healing sickness and destroying sin. Our Master said, 'If ye love me, keep my commandments'" (*Science and Health*, p. 241). For Julie, this means that Christian Science nursing is not about human effort or human will. Christian Science nursing is

Continued on Page 6

CHRISTIAN SCIENCE NURSES TRAINING, CONTINUED FROM PAGE 5

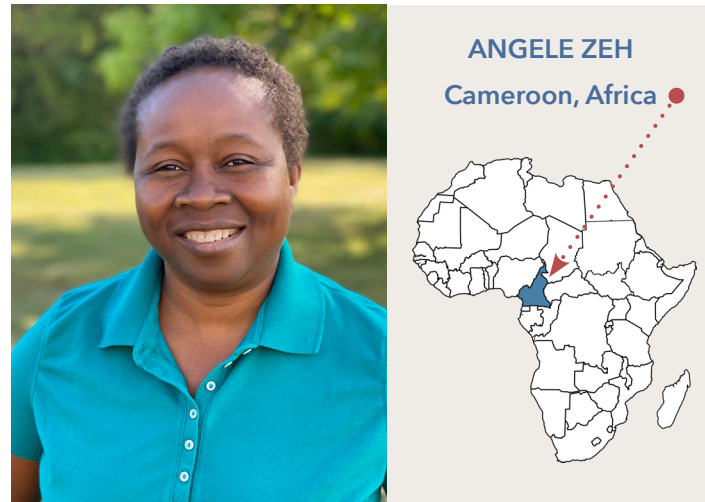
the practical expression of obeying Love's ever-present guidance.

Early in her training experience, there was a time when Julie was scheduled to work more days than typical, and she had very little sleep. Julie said she was grateful that God put every task before her and supplied everything necessary to accomplish what she needed to do at Peace Haven—and away from the facility. “God gave me gracious thoughts about everything coming down the pipe,” Julie gratefully expressed.

Julie cherishes the qualities of a Christian Science nurse that Mrs. Eddy states in her textbook, especially being cheerful, orderly, and patient. “It seems those can come under attack quickly, so I stay alert to embracing and actively using them,” Julie shared. “These are also practical and tangible qualities readily seen by the patient. When I think about what has been most meaningful to me in my training experience thus far, I am grateful for the support I receive from Christian Science nurse mentors and the Christian Science nurses I work with. I feel comfortable asking questions, and people are happy to answer them.”

Recently, Julie noted that Webster’s 1828 dictionary includes these ideas as part of the definition of knowledge: “A clear and certain perception of that which exists, or of truth and fact; Learning; illumination of mind. Skill; Acquaintance with any fact or person. Cognizance; notice. Information; power of knowing.” For Julie, the Christian Science Nurse By-Law found in the *Church Manual* gives Christian Science nurses such power to lean on when prayerfully working for themselves and when practically supporting Christian Science nursing patients and other Christian Science nurses. This By-Law says, in part, that the Christian Science nurse shall have “...demonstrable knowledge of Christian Science practice...” (see *Church Manual*, p. 49). Julie added, “One thing I’ve struggled with at times is feeling like I’m ‘ready’ for whatever is needed.

However, I do know how to practice Christian Science! It starts with obeying the First Commandment and loving our neighbor as ourselves. I can know what is true, be open to inspired angel thoughts, and ‘acquaint myself with Him’—all of which are great starting points. I return to these many times a day!”



ANGELE ZEH

Angele Zeh left her home country of Cameroon three years ago to attend Christian Science Nurses Training at Peace Haven. She learned about Christian Science in 2009 after finding a copy of *The Herald of Christian Science* that a neighbor had discarded. Angele used that *Herald* to find a local Christian Science church because she loved the ideas that were presented, especially that God is Love and does not condemn or punish. Angele soon joined that Christian Science church and later took Christian Science Class Instruction. “I was in the part-time practice every day. I also served as a First Reader and as a Board member. I did all the jobs,” she said.

Angele said she already cared for people when she learned about Christian Science nursing. “I witnessed a lot of healing during that time,” she shared. A Christian Science practitioner and a Christian Science teacher both told her that she would be a good Christian Science

nurse. While she prayerfully considered this next step, Angele had the opportunity to attend a Christian Science Youth Summit. There, she enjoyed attending a Christian Science nursing workshop that reinforced her interest in serving the Christian Science movement as a Christian Science nurse.

Then, a friend working at a Christian Science care facility in the United States recommended that Angele consider applying to the Christian Science Nurses Training program at Peace Haven. “It was a natural step for me as I already expressed a nurturing spirit,” she said. “This training has helped me understand the importance of daily prayer, study, and obedience to the Christian Science Nurse By-Law found in the *Church Manual* (see Article VIII., Sect. 31).”

Angele said this By-Law is a foundation, support, and protection for every Christian Science nurse. “It allows me to give safe and correct care according to Christian Science theology,” she added. Angele listens to God's voice and expresses spiritual intuition, humility, compassion, patience, and love in her Christian Science nursing practice. “I must always turn to God and rely on Him to direct my path,” Angele said.

A native French speaker, Angele’s relocation to St. Louis meant leaving a familiar life behind, including her family and friends in Cameroon. “Christian Science has taught me that home is everywhere. I’m very close to my family and talk with them daily,” Angele said. “I am so grateful for Christian Science and the opportunity to learn and be at Peace Haven.”

Celebrating Peace Haven's New Graduate

PEACE HAVEN STAFF

Calvenes Baraza, affectionately called “Baraza,” graduated from the Christian Science Nursing Arts (CSNA) training program in October 2024. Everyone at Peace Haven rejoiced last month when he became listed in *The Christian Science Journal* as a Christian Science nurse.

Baraza, whose home country is Kenya, enrolled in the CSNA training program at Peace Haven in 2021. Early on, he recognized that being a Christian Science nurse means humbly heeding the call to serve others while offering wholehearted service to God.

Mary Baker Eddy writes in *Miscellaneous Writings*, “Beloved children, the world has need of you, – and more as children than as men and women: it needs your innocence, unselfishness, faithful affection, uncontaminated lives” (p. 110). For Baraza, this passage describes what Christian Science nurses do.

“Christian Science nursing is free of personal sense,” Baraza says. “As Christian Science nurses, we give of our hearts’ rich overflow in service to God and man. In return,

we are blessed with the golden opportunity to witness God's healing work.”

Recently, a Christian Science nurse supervisor happily shared their appreciation for working with Baraza. They mentioned the alertness and joy Baraza naturally expresses. They also commented that Baraza is known for his unobtrusive, humble approach. He swiftly meets needs, often quietly stepping in to help before colleagues realize it.

Peace Haven's Trustees and staff are deeply grateful to Baraza and each of our Christian Science nursing staff members for their selfless dedication to their healing ministries and our movement.



The Value and Art of Bedmaking

SUSAN JACKSON



A few years ago, I had the privilege of training and working as a Christian Science nurse. The first Christian Science Nurses Training (CSNA) class focuses on basic practical care needs and a deep study of our Pastor and the writings of our Leader Mary Baker Eddy. One of the first skills taught in CSNA is the art of bedmaking. It's practiced throughout the class, and there are plenty of opportunities to continue practicing this needful skill while working as a Christian Science nurse.

At first, I wondered why there was so much focus on bedmaking. I was in the class to learn how to best support those relying on God for healing, not make beds. As far as I was concerned, my bedmaking skills were just fine.

You may remember *The Karate Kid* movie series that came out in the 1980s, and if you haven't seen these films, they are worth watching. In the first movie, the instructor had a very unconventional method of teaching karate to his student. He asked the student to wash cars and clean floors. The student did what he was told but finally

became frustrated and asked when he was going to start learning karate. The student soon realized that he was being taught the principles of karate all along. The famous line from the movie, "wax on, wax off," comes from the hand motion the instructor taught while the student washed cars and cleaned floors—the same motion used to execute impeccable karate skills.

The actual making of a bed could seem mundane until one sees it from a spiritual point of view. Then, the art of

bedmaking opens a whole new world! I soon realized that, through this exercise, my CSNA instructors addressed qualities of thought. The right quality of thought applied to any task—making a bed, preparing a meal, or any number of things we each find ourselves doing daily—can transform us. Through this activity, I practiced expressing love, Soul, order, beauty, refinement, efficiency, precision, joy, and being a good listener. These qualities are essential in giving a Christian Science treatment and being an effective metaphysician.

I have since pondered the bedmaking-related lessons I learned while training to become a Christian Science nurse. Mrs. Eddy writes, "Divine Science, rising above physical theories, excludes matter, resolves *things* into *thoughts*, and replaces the objects of material sense with spiritual ideas" (*Science and Health with Key to the Scriptures*, p. 123).

The Constant Presence of the Christ to Heal

STACY GREEN

As Mary Baker Eddy explains in *Science and Health with Key to the Scriptures*, "Metaphysics resolves things into thoughts, and exchanges the objects of sense for the ideas of Soul" (see page 269). Christian Science nurses are taught to see how things are turned into thoughts. They consider the spiritual meaning and substance behind every aspect of their work. Take, for example, something as simple as the use of linens, which are essential to the work of a Christian Science nurse. From making a bed to cleansing and covering, linens are in constant use in Christian Science nursing floor patient rooms. Considering that "Spiritual teaching must always be by symbols," (see *Science and Health*, p. 575), what might those linens symbolize when used by a Christian Science nurse in caring for a patient? Researching the word "linen" in the Bible and in the writings of Mrs. Eddy, along with related words such as garment, raiment, hem, clothes, and vesture is a rewarding study and offers a glimpse into the spiritual nature of the work of a Christian Science nurse.

One of the first stories from the Bible that comes to mind in relation to this topic is Christ Jesus' encounter with the woman who had an issue of blood for many years. Jesus was surrounded by a crowd of people when this woman came behind, reached out, and touched the border of his garment. She was instantly healed. When Jesus inquired about who touched him, the woman eventually came forward and shared what had happened to her. Jesus assured her that her faith had made her whole. This illustrates that the power of healing was not in the clothing itself but in the spiritual faith and understanding that compelled the woman to turn to God for healing (see

Luke 8: 40-48).

As we sing in the first verse of Hymn 96 in the *Christian Science Hymnal*:

"He stood of old, the holy Christ,
Amid the suffering throng,
With whom his lightest touch sufficed
To make the weakest strong.
That healing gift God gives to them
Who use it in His name;
The power that filled the garment's hem
Is evermore the same."

In considering how things are resolved into thoughts, perhaps the linens utilized in the work of a Christian Science nurse represent the garment's hem, the healing power of Truth that the patient and the Christian Science nurse are wholeheartedly reaching out for. While the Christian Science nurse does not pray specifically for the patient, they certainly persist in the understanding that God is a very present help in trouble. This supports the work of the Christian Science practitioner who gives the Christian Science treatment as requested by the patient. As all involved insist on God's tangible presence, the patient reaches for Truth and is healed. The patient finds their all in Spirit, not matter, and thus touches the garment's hem. Mrs. Eddy refers to this hem of Truth when she describes her emergence into the light of Christian Science in her book, *Retrospection and Introspection*. "Thus it was when the moment arrived of the heart's bridal to more spiritual existence. When the door opened, I was waiting and watching; and, lo, the bridegroom came! The character of the Christ was illuminated by the mid-

The Role of the Christian Science Practitioner

PEACE HAVEN CONTRIBUTOR



How remarkable that Mary Baker Eddy provided for the partnering of the Christian Science practitioner and the Christian Science nurse within the healing ministry of her church. This is a Bible-founded example, as demonstrated by Christ Jesus who illustrated best human solutions because there is a divine solution.

The beautiful synchronization in the role of the Christian Science practitioner and the Christian Science nurse is a commitment to heal the sick through spiritual means alone, while rejoicing in the infiniteness of God's omni-caring expressed and felt here and now. The ethics of this metaphysical partnering are exacting.

The patient's reliance on spiritual treatment rests sole-

ly within the domain of the Christian Science practitioner, while the Christian Science nurse nurtures the patient with practical and proper care that supports the treatment, confidently upgrading and defending the patient with reliable care. The Christian Science practitioner and Christian Science nurse communicate confidentially about the needs of the patient, however a troubled physicality is not the essence of their partnering. The support of the Christian Science practitioner for the patient and their Christian Science nursing care must be maintained with spiritual integrity not as a picturable condition but as a false argument about identity as God's incorporeal likeness.

The Christian Science practitioner, in communion with God, gives practical treatment that declares with assurance God's omnipresence—a mountaintop reasoning. It leaves behind the valley of human opinion and physical sense evidence. Looking out from the peak of God's perspective, and with spiritual sense reasoning, the Christian Science practitioner persists with prayerful treatment that promises a recognition of the allness of Spirit, excluding matter and its imposed beliefs thereby outlawing all disharmony and replacing any arguments of hopelessness and depressing beliefs, or shattered hopes with the immediacy of divine power. Sound treatment is not fastened on the problem but turned away from it looking to the perfect realities of being—man's unity with Truth, God. The Christian Science practitioner faithfully supports with prayer that holds to the unflawed nature of God's creation, allowing the light and reality of God, Mind to reveal that we're not actually doing something—God is doing it all and being All. Man is the reflection of God's knowing and doing.

Love Meets Practical Needs at Summer Camp

PEACE HAVEN CONTRIBUTOR

Last summer, a Christian Science nurse who works at Peace Haven served as a Christian Science nurse at a Christian Science summer camp our child attended. One evening, our child stayed at the camp's Christian Science care facility due to a seeming physical imposition. A Christian Science practitioner at the camp gave our child a specific Christian Science treatment. Meanwhile, the Christian Science nurse on duty bore witness to Truth, Life, and Love while meeting practical care needs.

"The Christian Science nurse stood at their post, prayerfully beholding God's beloved, whole, complete, peaceful child while providing practical care."

Throughout our child's camp session, we prayed daily to support the camp and our child's adventure. Upon learning that our child was at the camp's care facility, we prayerfully worked to specifically address the false claims being presented. We kept in close touch with the Christian Science practitioner and the Christian Science nurse that evening. During these interactions, we recognized how each one fulfilled a unique role in supporting healing. The Christian Science nurse stood at their post, prayerfully beholding God's beloved, whole, complete, peaceful child while providing practical care. The Christian Science practitioner prayerfully addressed their own thought and that of our child. Our child was earnestly praying during this time, as well—a significant growing experience for them as a Christian Science Sunday School student.

During our child's initial—and tearful—call home from the camp's care facility, we discussed that they would dine

with the Christian Science nurse that evening. Later, we were not surprised to learn that moments after joining the Christian Science nurse for dinner, our child's tears were replaced with settled expressions of calm and peace. Following the evening meal, our child slept peacefully. When they awakened early the next day, our child recognized their total freedom and joyously exclaimed that the healing demonstration was complete.

We are most grateful for Christian Science nurses and Christian Science practitioners and the blessings of their unique roles.



Practical Nourishment Begins with God

DIANA LANG



In Proverbs 30:8, we read, "...feed me with food convenient for me." The Christian Science nurse thinks of this spiritually and practically. Finding we need to dispense with a certain way of eating or selecting specific foods for a time, we can be inspired to find just the right food to eat that is more convenient while we work to understand better that "...Truth is the actual life of man;..." Holding to Truth lifts any personal sense of responsibility or burden in caring for a patient. God, who cares for each of us, is the source of our inspired activities.

What a privilege to witness this understanding in action! While working with a patient, I observed another Christian Science nurse preparing this patient's food with great love and thoughtfulness. The patient's progress was evident, a natural response to the practical expressions of Love's care they gratefully received. This experience beautifully represents these words from one of Mrs. Eddy's poems: "Give us this day our daily food / In knowing what Thou art!" (*Poems*, p. 28:16).

At another time, I worked with a patient who was prayerfully addressing a belief of keeping food down. I can remember praying about this one weekend and getting a really clear sense of man being sustained by God alone, recognizing that man is spiritual. The following Monday morning, I shared these ideas with the patient, and almost immediately, they began to eat regularly and shortly thereafter, returned to work. In Psalm 103:1, we read: "Bless the Lord, O my soul: and all that is within me, bless his holy name." A few verses later, the Bible states, "...Who satisfieth thy mouth with good things;..." (Psalm 103:5).

Another time, I was on a case working with a mother

"The Scriptures say, 'Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God,' showing that Truth is the actual life of man; but mankind objects to making this teaching practical" (*Science and Health with Key to the Scriptures*, Mary Baker Eddy, p. 410).

Can we make this wisdom "practical"? One of the components of Mrs. Eddy's requirements for a Christian Science nurse, as found in the *Manual of The Mother Church*, is "practical wisdom." As Christian Science nurses, our thinking is vitally important as we prepare to offer care and while we engage with a patient. Are we seeing man materially or spiritually?

We start with the basis that "...Truth is the actual life of man;..." (*Science and Health*, p. 410). Mrs. Eddy also recognized that "If mortals think that food disturbs the harmonious functions of mind and body, either the food or this thought must be dispensed with, for the penalty is coupled with the belief" (*Science and Health*, p. 388).

Practical Nourishment Begins with God, Continued from Page 12

and infant. The mother could not sleep at night because the baby was not settling after being fed. I fed the baby, who seemed to settle down, but within a half-hour, was crying—really crying. I called a Christian Science practitioner for help, not for the baby but for me. The practitioner pointed out the passage from a poem by Tennyson, referenced by Mrs. Eddy: "An infant crying in the night, An infant crying for the light, And with no language but a cry" (*Science and Health*, p. 194).

I found my peace, and the baby responded. The baby

wanted the spiritual light that God always gives us. The mother was so pleased, and I was able to share this idea with her. This recognition has continued to help me in many situations over the years. It's a reminder that God gives us daily opportunities to love, nourish, and feed by feeling His love and expressing divine Love with inspiration in our every activity.

"O do not bar your mind / Against the light of good; / But open wide, let in the Word, / And Truth will be your food" (*Christian Science Hymnal*, No. 201:1).

Love Notes



"I would like to express my deep gratitude for the loving care I received at Peace Haven. From the moment I arrived, I felt embraced in the arms of divine Love. The Christian Science nurses and the administration, hospitality, and maintenance staff so tenderly expressed Love, as did other patients and everyone I encountered during my stay. I gave thanks every day for the way Christian Science nurses so lovingly and unobtrusively relieved me of meal preparation and daily household duties so I could devote all my hours to prayer and study. In the evenings, I gave thanks for the presence of the loving shepherds—the Christian Science nurses on evening and night duty—who steadfastly watched over their flock by night. I am so very grateful I had the opportunity to be in that atmosphere of spiritual encouragement and unwavering confidence in Christian Science healing. I would also like to express my deep appreciation for the Christian Science nurses who helped me arrive safely at Peace Haven's door and return safely home again, with my feet firmly set on the right path." —A Grateful Patient

"I just finished watching the Peace Haven Annual Meeting replay—wonderful reports and address. I so appreciate all you are doing for Mom. I am so grateful for all the progress I have witnessed. I surely feel the love and embrace of all when I'm [at Peace Haven]." —A Grateful Family Member

"During this blessed time of Thanksgiving, I want to extend my heartfelt gratitude to everyone at Peace Haven for the loving care being provided for Dad. Each time I visit in the afternoons, there is always something that warms my heart and fills me with gratitude. The care Dad is receiving from the loving Christian Science nurses, and the friendliness expressed to him by many of the staff, is a huge blessing." —A Grateful Family Member

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We have openings for:

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Join this vibrant Christian Science community!

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2025 Metaphysical Theme

"Christian Science brings to light Truth and
its supremacy, universal harmony, the entireness
of God, good, and the nothingness of evil."

—Science and Health with Key to the Scriptures, p. 293:28

YOUR SUPPORT IS NEEDED

There is a continual need for financial
support to help fulfill our healing mission.

Your contributions help us sustain:

- Quality patient care, and
- Christian Science Nurses Training.

Please consider making a gift this winter!

The Constant Presence of the Christ To Heal, Continued from Page 9

night torches of Spirit. My heart knew its Redeemer. He whom my affections had diligently sought was as the One 'altogether lovely,' as 'the chiefest,' the only, 'among ten thousand.' Soulless famine had fled. Agnosticism, pantheism, and theosophy were void. Being was beautiful, its substance, cause, and currents were God and His idea. I had touched the hem of Christian Science" (Ret., p. 23).

The linens in the patient's room have no healing power. Rather, they serve as a reminder of the constant presence of the Christ to heal, to turn one away from matter (or desiring a material solution) to Spirit and thereby find the assurance and promise of Christian Science healing. Christian Science nurses rejoice in their work with the patient as both are privileged to witness how the "objects of sense" are exchanged for the "ideas of Soul."

I love the ideas illustrated in the first three verses of Hymn 372 in the *Christian Science Hymnal*, and their promise of healing and freedom for all:

"We may not climb the heavenly steeps

To bring the Lord Christ down;
In vain we search the lowest deeps,
For him no depths can drown:

But warm, sweet, tender, even yet
A present help is he;
And faith has yet its Olivet,
And love its Galilee.

The healing of the seamless dress
Is by our beds of pain;
We touch him in life's throng and press,
And we are whole again."

"The Christian Science nurses rejoice in their work with the patient as both are privileged to witness how the 'objects of sense' are exchanged for the 'ideas of Soul.'"

SAVE THE DATE

Join us for an inspiring talk

by Kim M. Schuette, author of
Peter Henniker-Heaton: Man of Joy

Saturday, April 26, 2025
at Peace Haven

MORE DETAILS TO COME

SAVE THE DATE FOR
A FILM PRESENTATION BY
THE EFFULGENCE FOUNDATION

SATURDAY, MARCH 1, 2025
THE ELIZABETH EARL JONES STORY
7:00 p.m.

The film presentation will be held at
First Church of Christ, Scientist, Creve Coeur
10939 Ladue Road, Creve Coeur, MO 63141

Reflections from Serving on Peace Haven's Board

MARK ANDERSON



The first time I visited Peace Haven, the sun was shining and it was a robin egg blue sky morning. Walking through the front door, I tangibly felt the healing atmosphere that the Christian Science nurses, staff, and volunteers helped to establish. It's hard to describe other than I experienced a caring, loving, heartfelt embrace. Every interaction that day was uplifting.

As my term on the Peace Haven Board draws to a close, I reflect with deep gratitude on the privilege it has been to serve. My decision to join this board was rooted in the belief that any Christian Science organization hewing closely to the *Manual of The Mother Church*—and fostering an atmosphere supportive of individuals wholly relying on prayer for healing—deserves our full and unwavering support.

The spiritual atmosphere that permeates Peace Haven is a sense of peace and love felt by all who come through its doors. It's an environment where divine Love is actively expressed, and I've witnessed firsthand the power of radical reliance in action. Our Leader Mary Baker Eddy instructs us that, "Only through radical reliance on Truth can scientific healing power be realized" (*Science and*

Health with Key to the Scriptures, p. 167). This principle is foundational to everything done at Peace Haven, from the care provided by Christian Science nurses to the support offered by dedicated staff and volunteers.

The *Church Manual's* Christian Science Nurse By-Law highlights the high standards of spiritual and practical care provided at Peace Haven: "A member of The Mother Church who represents himself or herself as a Christian Science nurse shall be one who has a demonstrable knowledge of Christian Science practice, who thoroughly understands the practical wisdom necessary in a sick room, and who can take proper care of the sick" (*Church Manual*, p. 49). The Christian Science nurses and staff at Peace Haven live this every day, reflecting divine Love in tangible, healing ways.

Serving alongside my fellow board members has been the greatest privilege, and I'm completing my board tenure with a deepened appreciation for Peace Haven's mission and the healing impact it continues to demonstrate. It's been a blessing to be part of this vital work, and I hope others will be inspired to offer their own God-given gifts and wholehearted support.