

FALL 1984



FERN
LODGE
FOCUS

Fern Lodge, Inc.

18457 Madison Avenue, Castro Valley, Ca. 94546-1699 415 886-2448

Thanksgiving 1984

Dear Friends,

An editorial in the June 23, 1906 Sentinel says, "Our annual communion and the dedication of the Mother Church are over, and this happy and holy experience has become a part of our expanding consciousness of Truth, to abide with us and enable us better to work out the purposes of divine Love."

At Fern Lodge, "the purposes of divine Love" are to make nursing care available to Christian Scientists, supporting and cherishing Christian Science healing, and making God's care available to humanity.

Fern Lodge is making a concerted effort to help patients expect to be healed in Christian Science by expanding their spiritual sense of themselves, and to be alert and active. We know you share our gratitude for the loving care our nursing staff gives. Their tender patience and firm stand for the recovery and health of the guests are inspiring. However, we now urgently need more Christian Scientists to help care for those who come to Fern Lodge. Both Nurses and Volunteers are needed to gently support the patients' prayers for healing and freedom. If you or a friend want to learn more about how to help as an Aide, Nurse or Volunteer, please get in touch with George Strong, Administrator, at Fern Lodge, (415) 886-2448.

Our recently finished building addition and new equipment, paid for by your generous donations, have greatly enhanced our ability to serve "the purposes of divine Love." We are now able to accommodate three more patients and are enjoying the homey atmosphere of our new living room. Many beautiful pictures, donated or loaned by Fern Lodge friends have added to our homelike atmosphere. As funds become available we will renew furnishings in the guest rooms to improve their comfort, beauty and care efficiency.

As we have mentioned in previous newsletters we have been given funds from the sale of the Laurel Haven Sanatorium property with the stipulation that we use the money only to expand our facility. With the loving assistance of Phyllis Raymond, an Oakland real estate agent, and Eugene DeBolt, a member of the Fern Lodge Board, we have just agreed to purchase land adjoining Fern Lodge and we have applied for a permit to increase our capacity from the present 35 to 50. Building a new addition may start by June 1, 1985.

Fern Lodge is working closely with Arden Wood Benevolent Association in San Francisco to see that the needs of Christian Scientists for facility nursing care are met. Both facilities are taking this opportunity to reaffirm our unity of purpose in support of the mission of Christian Science nursing.

Sincerely,



Ray H. Bishop
President

YOU MAY NEED TO KNOW that your contribution is tax-deductible because we are a non-profit tax-exempt nursing facility under both Federal and State law. Your entire gift is utilized for improvement and operation of Fern Lodge, and no portion of your contribution has been or will be used for fund-raising expenses.

A Non-Profit Nursing Facility for Christian Scientists Accredited by The First Church of Christ, Scientist, Boston, Massachusetts.

President: Raymond Bishop, Walnut Creek; Vice President: Jane Schweitzer, Oakland; Secretary: Druid Farmer, Concord; Treasurer: Wilbur Wood, Oakland; Directors: Charles Arden, Walnut Creek; Eugene DeBolt, Danville; Sylvia Feldman, Castro Valley; Frances Griffith, Walnut Creek; Alan Jones, Oakland; Blair Lindsay, Oakland; Demarest Morrow, Danville; Judy Prono, Livermore; Greg Walsh, Fremont. Administrator: George Strong, Castro Valley.

"The Promises Will Be Fulfilled"

On August 16th our staff was treated to an inspirational talk by Robert Koehler, a Christian Science Practitioner from San Jose, who brought us his prayerful insights from the practice along with his experience as Administrator of Twelveacres. His talk focused our attention on Mary Baker Eddy's assurance in Science and Health that, "The promises will be fulfilled." (S&H 55:21) The employees at Fern Lodge are asked to work hard daily, and at times they may feel there is no time to rest. Mr. Koehler reminded us that we can all "rest quietly in the assurance of being supremely loved." As John said, "We love him, because he first loved us." (1 John 4:19)

When our labors seem difficult, we can turn with trust to the promise in hymn 360 of the Christian Science Hymnal; "Is thy burden hard and heavy? Do thy steps drag wearily? Help to bear thy brother's burden, God will bear both it and thee." To help us counter the feeling that we are being asked to do too much, we were reminded that Mrs. Eddy has stated that "We are all capable of more than we do," (S&H 89:21-22). To understand our capabilities, Mr. Koehler urged us to compare it with the text in S&H, p.128, adjacent to the marginal heading "Practical Science." There Mrs. Eddy tells us that Christian Science can enhance our endurance and give us an ability to exceed our ordinary capacity. She says, "The human mind imbued with this spiritual understanding, becomes more elastic, is capable of greater endurance, escapes somewhat from itself and requires less repose." (S&H 128:11-14)

Another promise Mr. Koehler directed us to was in Science and Health, p.571 "Know thyself, and God will supply the wisdom and the occasion for a victory over evil." Our occasions for victory are supplied by God so we can accept them fearlessly, joyfully, knowing that the promise includes the wisdom to bring about the victory.

"Expect what you want," Mr. Koehler stressed, "courage is the remedy for discouragement." Remember, "with God all things are possible." (Matthew 19:26)



Fern Lodge Gallery

Thank You to all who answered the request in our Spring Focus for Art to Loan. The response has been generous and of very high quality. Recent visitors to the Lodge have enjoyed a wide variety of beautiful paintings, lithographs, indian blankets and other wall hangings. Some have been donated to the permanent collection at Fern Lodge.

The patients and staff have received much inspiration from these exhibits and encourage you to participate. Please call Fern Lodge at 415-886-2448.

Special thanks to the members of Fourth Church of Christ, Scientist, Oakland, who donated three lovely plants. One philodendron now resides in our new Hillside living room.



Volunteers Bring

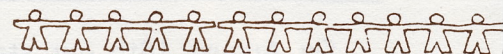
Patient Activities as part of the healing atmosphere provided for our guests is a truly valued program at Fern Lodge. As we have cherished the idea, the growth of the Activities Program has become more apparent. A regularly scheduled program of activities now includes: **group Bible study, arts & crafts, slide shows, hymn sings & song services, games day, & movie day.** We have also recently added a **Monitor Day**, and with the help of volunteers hope to make this activity a day to share ideas regarding current events and The Christian Science Monitor's special purpose for each of us as Christian Scientists working and praying for the world we live in.

"Volunteers Bring the Good News"

It's the truth! Volunteers staff our church services both Wednesday and Sunday, as well as read the Bible Lesson over our PA system mornings throughout the week. All the Bible Lessons, Wednesday and Sunday services are lovingly and carefully given following the Church Manual order of service. Often volunteers will bring along an accompanist on the guitar or piano and it's not unusual to end a service with a little rousing hymn sing!



VOLUNTEERS



Help Bring the GOOD NEWS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
11:00 a.m. C.S. Sunday Service	Kids & Pets 	11:00 Daily Bible Lesson	2:30 C.S. Wednesday Testimony meeting	11:00 Daily Bible Lesson
11:00 a.m. C.S. Sunday Service	Group Games 	11:00 Daily Bible Lesson	2:30 C.S. Wednesday Testimony meeting	Movie Day
11:00 a.m. C.S. Sunday Service	Hymn Sing 	Group Bible Study 	2:30 C.S. Wednesday Testimony Meeting	11:00 Daily Bible Lesson
11:00 a.m. C.S. Sunday Service	Slide Program 	11:00 Daily Bible Lesson	2:30 C.S. Wednesday Testimony Meeting	11:00 Daily Bible Lesson
11:00 a.m. C.S. Sunday Service	Song Service 	Group Bible Study 	2:30 C.S. Wednesday Testimony meeting	11:00 Daily Bible Lesson

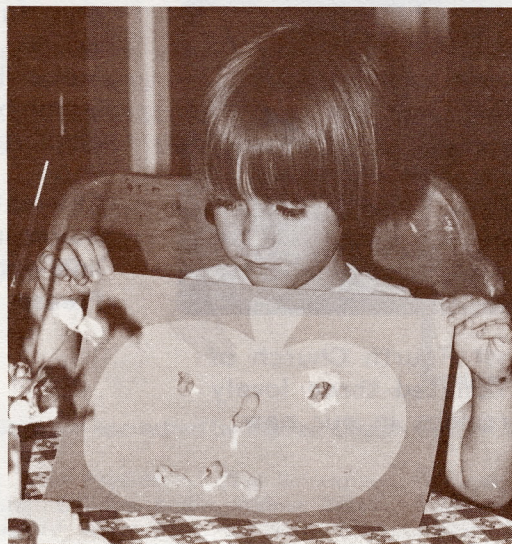


Bible Study

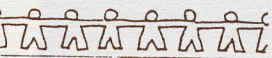


AUDIOVISUALS

Kids, Pets, & Crafts! Along with church services and daily Bible Lessons, volunteers assist the Activities Director, office, and nursing staff in a variety of helpful and creative ways. We have scheduled twice monthly a day when our youngest volunteers bring pets or assist the Activities Director with a craft or art project. The presence of youngsters and animals does much to brighten a Fern Lodge patient's week! Volunteers also give slide programs, take patients on scenic drives and to the hairdressers. Special programs monthly are scheduled where volunteers share gifts and talents like spinning and weaving demonstrations, music concerts, magic shows, dance, etc.



g the Good News



FRIDAY	SATURDAY
Current Events	11:00 Daily Bible Lesson
Science Monitor	Special program
Monitor Day	Concert
11:00 Daily Bible Lesson	11:00 Bible Lesson
Monitor Day	11:00 Daily Bible Lesson
Kids N Crafts	11:00 Daily Bible Lesson
11:00 Daily Bible Lesson	11:00 Daily Bible Lesson
Arts N Crafts	

Volunteer Workshop

Saturday, January 5, 1985

11:00 — 2:00

A workshop for volunteers is being offered for current volunteers and those interested in learning more about volunteer activity at Fern Lodge.

We have a lot of fun on this day sharing ideas with one another. It will be a real workshop too, with patients and staff joining in!

The schedule will be:

11:00 — 12:00

Slide Show Introduction/Elizabeth Stapler
Supporting the Nursing Dept/Nursing Staff
Sharing the Monitor/Scott Higgins

12:00 — 1:00

Buffet Luncheon

1:00 — 1:30

Hymn Sing with Patients

1:30 — 2:30

Sharing the Monitor Workshop

In June the first regularly scheduled **Volunteer Workshop** was held. The theme was taken from Science and Health, p.258:13-15

God expresses in man the infinite
idea forever developing itself,
broadening and rising higher and
higher from a boundless basis.

The day was divided into a morning talk, a buffet luncheon, and afternoon workshop with the patients and volunteers participating. The topics covered by the morning speakers were: "Learning How to Communicate With Patients/Helping Patients Communicate With One Another," Betty Dempsey, C.S.; "Assisting the Nursing Staff," Joy Zeller, Assistant Director of Nursing; and "Patient Activities," Elizabeth Stapler, Patient Activities Director. This talk was followed by a buffet luncheon on the lawn. After lunch volunteers and patients joined each other for a "getting to know you" hymn sing. Then a workshop with patients and volunteers on communicating was conducted by Betty Dempsey. Mrs. Zeller followed with a demonstration of how to help patients with basic equipment like wheel-chairs, etc. Volunteers next were able to demonstrate their new skills by bringing patients to the final workshop activity held in the dining room: an art activity given by the Activities Director, Elizabeth Stapler. June 9th was truly a day of joy at Fern Lodge. Patients, staff, and volunteers alike were busy (and happily so) sharing the volunteer workshop.

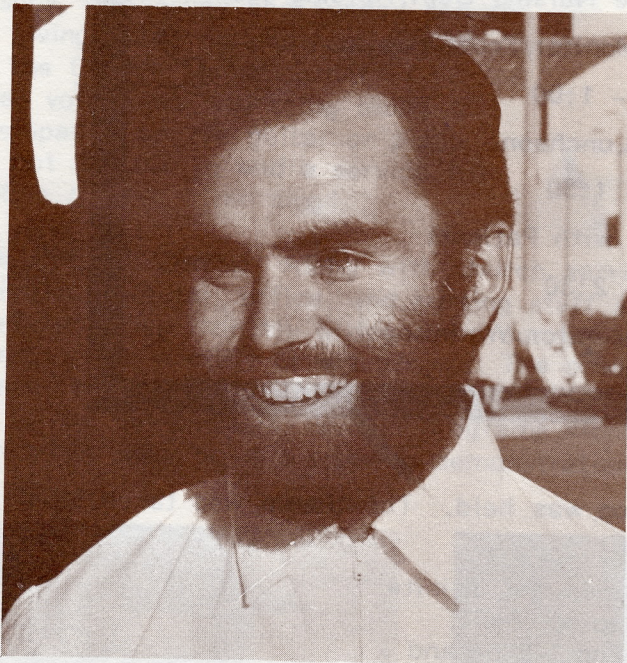
Nancy Bearden Graduates

Our congratulations to Graduate Nurse, Nancy Bearden who completed her third year nurses training November 1st. She was first introduced to nursing by Fern Lodge's traveling slide show explaining Christian Science nursing. Nancy soon began her study of Christian Science nursing at Fern Lodge as a nurses aide and returned here while attending nurses training school at Arden Wood Benevolent Association for her first and third year On-Job-Training. Her second year OJT was served at Laurel Haven Sanatorium, San Mateo, California.



"The first week I spent as a Christian Science nurses aide I realized the total practicality of Christian Science in daily life. Now that I've spent three years in discovering this practicality during training, I rejoice in the fact that healing can be a daily experience, full of promise and growth."

Scott Higgins



Begins First Year Nurse Training

Nurses Aide, Scott Higgins, is a welcome sight to patients and staff at Fern Lodge, always sharing the "Good News" via The C.S. Monitor, other C.S. periodicals, or just some new idea from the weekly Bible Lesson.

Scott first came to Fern Lodge as a volunteer in 1982 and soon became an employee generously working where most needed, in housekeeping and the kitchen. During this time he took steps towards nursing, participating in an Adventure-in-Nursing Workshop at Fern Lodge and then enrolling as a nurses aide.

When asked why he had chosen to go on for first year nurses training he said that "The human footstep for myself that I see right now is to go into training." He shared a guiding quotation from Science & Health, p.3:14..."to understand God is the work of eternity, and demands absolute consecration of thought, energy, and desire."

Welcome Back

Cathy Schneider has returned to Fern Lodge this fall. She first came to the Lodge as a Practical Nurse in 1974. Her steadfast dependability has seen us through many changes and improvements. George Strong, Fern Lodge Administrator, recalls his first days as a nurses aide at Fern Lodge in 1975. "Mrs. Schneider was my mentor, and she gave me a start toward the Nurses Training Program. I've never forgotten her quiet dedication."

Clara Lopez

Our new Head of Food Service, Clara Lopez, is relaxed and at home in the busy kitchen of Fern Lodge, preparing meals for patients and staff. When asked "How do you like cooking for so many?" she responds that "I really love it! In the past she has enjoyed volunteer work for La Posada nursing home in Oakland and also cooking for large church gatherings. She says that this volunteer work has helped to prepare her for cooking at Fern Lodge.

At Fern Lodge we were first blessed by Clara's cooking gifts when she served as a part-time cook in 1980 - 1982 and are most grateful to have her return as our full-time Head of Food Service!

New Food Service Director



Monitor Day

We are looking for volunteers who **love** The Christian Science Monitor and would like to share by reading articles and discussing current events with our guests on Monitor Day.

Please call to reserve a day: Elizabeth Stapler, Activities Director, at 886-2448 Monday - Friday, 9:00 to 5:00.



The fish share their pool on a hot summer day

Election Day at Fern Lodge

The interest and excitement of an election year was evident at Fern Lodge. Our Controller, Peter Dempsey obtained absentee ballots for the patients. He chaired an information sharing day where he discussed the candidates and propositions on the November ballot with Fern Lodge patients, later assisting those who had ballots to vote.



The Spring Annual Meeting/Open House was enjoyed by those who came. Excerpts of the Address are on the back.

On the Frontier of Agelessness

Excerpts from Fern Lodge's Annual Meeting, May 1984

by Elizabeth Dempsey, C.S.

Greetings, fellow frontiersmen! Do you think of yourselves as spiritual frontiersmen? As Christian Scientists you are, you know. As active followers of Mary Baker Eddy's discovery, aren't you really on the frontiers of diseaselessness, sinlessness, agelessness, and deathlessness? Why call it a frontier? Well, it is in advance of others. We are going before our fellowman, preparing the way. . .

What is aging? It is just a general attitude of the world, a common opinion which accepts without protest the notion that there is life in matter, and that everybody and everything gets old and dies. Agelessness means the quality, state or condition of not experiencing limited existence.

Man is not subject to the passage of time, but is master of it. Time is a valuable possession; all human events take place in it. In Mrs. Eddy's definition of the word 'Year' she calls it: "space for repentance." We should see time as giving us opportunities to repent, to learn, to demonstrate, to serve, to enjoy Life! Eternity is the original fact, of which time is the highest human concept. "Enable us to know as in (eternity) so in (time) God is omnipotent, Supreme."

Let us turn our title around to express our frontier in a positive way. We are on the frontier of spiritual liveliness, spiritual powerfulness, spiritual purposefulness. I am going to touch upon four people we all know. People who made outstanding demonstrations over the belief of aging. Abraham, known as the 'friend of God', just got going at age 99, when he and his wife, Sarah, experienced spiritual name changes and the birth of Issac. Moses, at 120 years, "his eye was not dim, nor his natural force abated." John lived to be well up in his nineties, in safety, usefulness and great honor. Mary Baker Eddy, who in the last 45 years of her life discovered, founded and led her revolutionary religion. She was a wonderful proof of the power of Christian Science to maintain her in a good state of health and in full possession of her senses and sanity until her 90th year.

What did these four people have in common? They had receptive hearts; they were willing to listen for and obey the will of God; they knew God loved them, and they loved, adored and trusted God. They were do-ers, they had a sense of mission. God's purpose laid hold of them and sent them forth. One reason given for the process of aging is the accumulation of unresolved events. It is not the event itself which causes people to age unduly, it is the acceptance of the unfortunate aspect of an event, the failure to resist it adequately. Our four models had tumultuous and drastic events take place in their lives, but they handled them, learned from them, grew from them and then went forward wiser for the experience. Agelessness was a by-product of their attitudes, not their goal.

We must make the effort to be spiritually minded. The process of learning something of our spiritual nature each day makes us immortal. How do we get started on this? Jesus mentioned three ways: "Repent"; "Become as little children"; "Be born again."

I had the joy of a pre-schooler in my home with me for a week. It was an opportunity to observe childlikeness, the very quality needed to keep out or to remove the taint of aging. One thing I observed was her capacity to act at once upon what she understood; we call it spontaneity. The checking of child-like spontaneity slows much spiritual achievement. My guest was also innocent, pure, good, loving and gentle. Then there was a lovely trust. She didn't pretend to be self-sufficient when a challenge got too big. From that child-like dependence we can learn about complete surrender and trust in God, our ever available, merciful parent.

When I began this paper I was thinking of agelessness as it applies to persons. Then I realized that the attitude of mind I was describing accounted for the freshness and newness at Fern Lodge; and this lively attitude can be applied to our branch churches, or any other God idea that is seen to reflect His power. Remember it is the leading edge, this frontier of spiritual aliveness, and spiritual purposefulness. Christian Scientists are leaders of world thought, not followers of the world's small expectations. Do not be surprised at a whole new shape to your life, or your church, as you follow individually and collectively Jesus' directions to: 1) Rethink - stop and review, 2) Become as little children, 3) Be born again - experience a spiritual rebirth, hear the Holy Ghost talking to you. New fresh views will flow into your consciousness. New, useful ways to serve your fellowman will come in infinite varieties. You'll have no time for laying back, or retiring from usefulness, but instead you will be aflame, living purposefully, saying: "God, use me, what is Your plan for me today?"

