

Fern Lodge Focus — November 2000

Adam and Eve

What really happened in the garden under that tree?

A talk by Mary Jane Chapin

for information and registration page 7

The efficacy of mental methods

excerpts from a talk by Jan Holden, C.S. page 3

What are we doing at Fern Lodge? — Sharon Strong

Fern Lodge is more than just a nice place where young adults, parents or grandparents can come to be cared for by nice people who think the same way they do. It is a refuge from the storm of medical beliefs and predictions, a place where individuals may resort to for wholehearted support in their radical reliance on God for healing. We expect each nurse and patient to work earnestly with this Science of the Christ to overcome whatever seems to challenge the allness and goodness of God in their lives.

This earnest work is preparing us to help newcomers in Christian Science who may be attending our church for the first time, who find themselves with a challenging problem to work out, and who want to trust God wholeheartedly for healing and regeneration. Numerous studies conducted across the country in just the last two years indicate that prayer and spirituality are fast becoming a reliable healing resource in the lives of average citizens. This indicates that world thought is reaching out for something more substantial, more reliable, more immediate than traditional medical treatment. And nothing could be more immediate, more reliable than an ever-present, all-powerful God!

Last year we began conducting classes in Christian Science nursing on a larger scale than in the past. The first students were on our staff, and we now include individuals who come several days a week from Santa Rosa and Fresno. Much prayer and hard work go into providing this education on a flexible basis, but it is a joy-filled activity with rich rewards. We have several nurses on staff with the qualities necessary for instructing others and who have a clear and high standard of Christian Science nursing. This modest program is your gift to yourselves. Your contributions to Fern Lodge make it possible now for church members to learn nursing in an individualized way that meets their needs and return to their communities to nurse, or continue with us on a schedule that meets everyone's needs.

We know that each healing we have or bear witness to is like a pebble dropped in a pond: it has a ripple effect on the entire world thought, elevating it and influencing

it Spirit-ward. Each Christian Science treatment includes within it a Christ-element that is tangible, that instantly ministers to us. We may feel it as the warm glow of assurance the moment our thought is healed. The tender ministration of the Christ touches our lives, binding up where support is needed, cleansing where purity is required, comforting the fearful or grieving, restoring whatever faith has been lost, resurrecting thought to see the allness of Life, God and the nothingness of death. This Christ-spirit is the impetus of all the activities of a Christian Science nurse.

We've all heard a fellow church member say, "I could never do the work of a Christian Science nurse," or perhaps we've said it ourselves. But be advised that many are nursing now who have uttered those same words! If we take a good look at these lives, we would find that they have already been nursing in some way. If you know how to bathe and dress yourself, it is not difficult to bathe and dress another. If you know how to cook for and feed yourself, it is not difficult to feed another. If you know how to pray for yourself, it is not difficult to support another as they work with a practitioner for healing. If you have Christlike love in your hearts for others, this ministry is a sure way to continue working out your own salvation while blessing the world.

There are many ways and places to learn the simple principles of Christian Science nursing. Our dear Leader, Mary Baker Eddy, points to the qualities needed, and the ensuing blessings, in *Retrospection and Introspection*, 94:25-13, "I am persuaded that only by the modesty and distinguishing affection illustrated in Jesus' career, can Christian Scientists aid the establishment of Christ's kingdom on the earth." She then quotes a poem by A. E. Hamilton, "Ask God to give thee skill in comfort's art: ...comforters are needed much of Christlike touch."

We invite you to see if this is an activity you might embrace. There is a growing need for church members to share their Christlike touch with those who seek healing. "He hath shewed thee, O man, what is good; and what doth the Lord require of thee, but to do justly, and to

Mary Baker Eddy's scientific statement of being in *Science and Health* states in part, "There is no life, truth, intelligence, nor substance in matter. All is infinite Mind and its infinite manifestation, for God is All-in-all." This lays the foundation for the fact that matter and its methods are ineffectual. So what is effectual? Divinely mental methods. "A scientific mental method is more sanitary than the use of drugs, and such a mental method produces permanent health," *Science and Health* 79:7. There are many aspects to scientific mental methods, and I thought I would share with you some of my discoveries of their effectiveness and how I came to them.

When I worked as a Christian Science nurse, I saw many difficulties that did not seem to be healed, and I questioned why they weren't. I asked God to show me what I needed to know as a nurse in order to see more healings. The answer came in the form of a healing my son had. One Christmas when he was small he became quite ill. There was a fever, listlessness, not retaining any food, no interest in food, and other symptoms.

I asked God to find me the time to be with Him. When He did I asked Him, "Father, what do I need to know about this dear child?" He responded, "You're praying for him in the same way you pray about your nursing patients. You're being too general." I said, "Could You please show me how else to do this?" It came to me to pray as if I was the nurse on the case, and not the mother. I wanted to know how effective it would be if I could pray for this child specifically, but not personally. I asked, "Anything else?"

Six or seven times He gave me some other aspect that needed to be treated, which I did. When I asked again, He said "No, just rejoice!" I felt filled with joy and peace.

At that point, my son awakened from his nap. Two hours before, when I put him to bed the symptoms had not changed, and he had lost so much weight his ribs were showing. As I got him up, I realized all the symptoms were completely gone! However, it wasn't until I changed his diaper that I realized he had regained ALL the lost weight — his ribs were no longer showing! He had completely filled in again. It was as if it had never happened.

This was a HUGE lesson for me. It allowed me to witness some very quick or instantaneous healings of nursing patients by specifically treating MY own thought of what I seemed to be seeing. It broke down a brick wall between me and seeing healing with nursing patients.

I asked God to show me what I needed to know in order to see more healings.

I began to see clearly that there is nothing outside my own thought. If it is in my thought, it is there that I deal with it. If there is a troubling condition of body or of character that someone else is manifesting, and I see this, then I can treat it and heal it in my own thought, and thereby for them. It is only the BELIEF of a mind separate from God that says this can't be true. "The spiritual power of a scientific, right thought, without a direct effort, an audible or even a mental argument, has oftentimes healed inveterate diseases," *Rudimental Divine Science* 9:21.

Now that I had accepted the fact that anything could be dealt with mentally, I realized that the next step was to "stand porter at the door of thought," as Mrs. Eddy writes in *Science and Health* 392:24. The thought of a bouncer in a bar came to mind as an example of a doorkeeper. Bouncers are usually big, muscled, tough, no-nonsense kind of guys. Their job is not only to be a

doorkeeper but also to check the ID (the identification) of every individual coming into the bar. If someone does not have acceptable ID they are not allowed in, and are rejected promptly and persistently. Again in *Science and Health*, p. 273:31, it says in part "...this atmosphere of mortal mind cannot be destructive to morals and health when it is opposed promptly and persistently by Christian Science." We need to be prompt and persistent in checking the ID of every thought that comes knocking on the door of our consciousness.

What we need to check is, "Are thoughts divine or human? That is the important question. This branch of study is indispensable to the excision of error," *Science and Health* 462:23.

We need to be prompt and persistent in checking the ID of every thought.

This is the next step—to replace the human ideas, material beliefs or counterfeits with the divine ideas or the counterfactuals. Mrs. Eddy states that "Christian Science destroys material beliefs through the understanding of Spirit, and the thoroughness of this work determines health," *Science and Health* 186:5.

An example of promptly and persistently replacing the counterfeits with the counterfactuals took place a few months ago. I was reaching up to a kitchen cupboard and felt a sharp pain underneath my arm. I found a large, painful lump there. A flood of fear rushed into my thought. However, I quickly made a choice. I decided that I would promptly and persistently replace what I knew to be a lie about my true selfhood with how God created me to be — perfect, whole, and healthy.

Every time I felt a physical sensation, I treated it mentally, as a mental suggestion to be replaced with the counterfactual. "Right where this lie of pain and discomfort

and disease seems to be is the truth of my being. I am the perfect reflection of the one perfect God. As the expression of divine Life I am joyous, fresh, dynamic, wholesome, incorporeal, sinless, "sick-less", "disease-less," healthy, deathless, and free. I am NOT mortal, passive, malfunctioning, diseased or imprisoned. God is my Life, creating, constituting, unfolding, vitalizing, eternalizing all aspects of my being. This "truth removes properly whatever is offensive", and this "truth is an alternative in [my] entire system and can make it "every whit whole," *Science and Health* 371:30.

During that first day, it seemed as if the physical sensation or mental suggestion of pain came every few minutes. But, I promptly and persistently rejected it and replaced it with the truth. The next day the suggestions came about every hour. The following day they came every two or three hours. The fourth day they just came once in the morning, once in the afternoon, and once in the evening. Then I forgot all about it until sometime the following week. I felt in that spot under my arm, and all was normal — there was no pain or discomfort, and it has stayed that way since then.

An aspect to the efficacy of mental methods is the importance of holding to the counterfactuals, the truth. As you do, you see things as God sees them. Then you can trust God's law of adjustment to take total care of whatever needs to be adjusted.

Another aspect of that mental method was holding to the truth right in the face of the lie. When I started to consistently separate the human from the divine in my perception of individuals, I began to see healings of character traits and of character transformation of other individuals including family members, church and community members, and individuals at work. As I pondered this and asked God for enlightenment I came across this statement in *Miscellaneous Writings*, 62:1, "Holding the right idea of man in my mind, I can

improve my own, and other people's individuality, health, and morals; whereas, the opposite image of man, a sinner, kept constantly in mind, can no more improve health or morals, than holding in thought the form of a boa-constrictor can aid an artist in painting a landscape."

By holding to the right idea of someone you can change, for the better, his or her individuality. How many times have we all wanted to do that? But, we've all thought we had to suffer through where someone else was at in their experience. And this made us feel like we were always the victim of circumstances or of others' experiences. No longer!

An example of this was a healing of a false character trait with my husband. This trait had cropped up repeatedly and it affected the whole family. One night I was determined that something had to be done about this. We talked and argued until very late. I was so upset I couldn't go to bed until I could see him as God did. Finally, after two hours, I felt I could see him as how God sees him, with the weight of my thought completely in the right scale, and I went to bed. The next day harmony had been restored without any further words having been spoken. As time went by, I began to realize that the false character trait never again appeared.

Another aspect of these mental methods is how I didn't step in to interfere with God's work. I LET Him take care of it all. HE did the adjusting. As a Christian Science nurse, I had often heard the phrase, "Well, you're the nurse, you know what to do. You're the nurse — do something!" It became increasingly clear that my "doing something" was to be a witness to what God was doing.

One of Mrs. Eddy's students, Bicknell Young, once said, "The only human footsteps we need to take are to go over to our chair and sit down and pray!" In his article entitled "The Human Footsteps," George Channing writes, "The human footsteps are essential to the Chris-

tian Scientist, but they are not taken in matter. They are the advancing steps in the spiritualization of individual human consciousness, and they have their manifestation in improved experience. Never should it be said of or by the Christian Scientist, or of anyone, that he must take the human footsteps, if one means that he must concede in some present respect the reality of and necessity for matter. ... The human footsteps, then, are simply the language which human thought can comprehend, and this 'language' is the translation of the spiritual original," December 1949 *Christian Science Journal*. In other words, all those times we think we need to take the "human footsteps," we are actually being fooled into giving matter intelligence and power. The footsteps in thought are what need to be taken — Spiritward.

It became clear that my doing something was to witness what God was doing.

A vivid example of this came while I was camping in Yosemite. My son wasn't well and I was reading to him from *Science and Health* and the Bible. I heard a gaggle of girls coming towards me, talking in loud voices saying, "Jan's a nurse. She'll know what to do. She can get it out. She'll take care of it." In their midst was a girl holding her hands over her face and crying in agony. They told me a bug had flown into her eye.

I immediately told her she was a spiritual idea of God and that she wasn't material. Because she was spiritual, there was no point of contact between anything material and her true spiritual being. As that spiritual idea of God, she did not have "a single element of error, and this truth removes properly whatever is offensive," *Science and Health* 463:12. I gently opened her eye and found a large black bug flattened over her eyeball. Just then a mother handed me a big paper cup of water and a handful of wet paper towels and said, "Here, you can use these to get it out."

I felt very clear that my role was to witness God at work. I turned my head away from the girl and said in my thought, "God, this is not my job. It is Yours to do, and I'm here to witness You do it." Then it was as if God gently took His finger on my chin and turned my head back to the girl. I looked where my fingers were holding the eye open, and I watched that bug fall right off her eyeball onto her cheek and I brushed it away.

If I am clear that my role is to mentally witness what God is doing, there is less for me to do humanly. Human things to be done need to come forth out of my prayers, out of my oneness with God, as Principle causing to coincide and conjoin all right activity, all right relationships, all good, and then these things are done with ease and grace.

Human things to be done need to come forth out of my oneness with God as Principle.

It is tempting to feel that we can only work this way in the quiet of our own study or sanctuary, or that it's too hard to hold to the truth right in the face of wrong. Yet, it is important to remember that our sanctuary is mental — the secret place of the most high. The key is to ABIDE in it — stay in it, and don't come out. An example of this took place a few months ago when my son woke up with a very grumpy attitude which got worse as the day went on. No prayer, discipline, or anything worked to get him out of this mental miasma.

Finally, as I was getting dinner ready, he came up to me and started yelling at me. I turned and faced him, looking as if I was listening to him. I wasn't. I completely tuned him out, went into my sanctuary, and prayed. "Right where this lie of disobedience, malice, apathy, unwillingness, and hatred seems to be is the truth of this child's being. He is the perfect reflection of the one perfect God. As God is Love, he is loved, loving, and lovable, tender, patient, and kind thoughtful, gener-

ous, and meek." He stopped and went away. In a few minutes he returned and resumed the attack. I turned to him and continued my silent mental treatment. Again he stopped and left. Three more times he returned and I treated. Not once did I say anything to him. The sixth time he entered the kitchen, he put his arms around me and said, "Mommy, I'm so sorry. Is there anything I can do to help you get dinner ready?" A sentence from the article, "The vehemence that heals" came to my thought, "Truth admitted into consciousness cleanses and coordinates the human scene - even sweetens it," and this verse from Exodus, 14:14, "the Lord shall fight for you, and ye shall hold your peace."

You can see that scientific mental methods are efficacious, and that you can prove this in your own experience. The first method was the effectiveness of realizing that there is nothing outside our own thought, that all can be dealt with and healed through prayer. Second, we noted the method of being a porter, like a bouncer at a bar, to check the ID of each knocking thought. The third method we talked about was holding to the right idea of man, recognizing that this can heal him.

A fourth method is being clear as to what the necessary human footsteps are. Simply put, they are NOT concessions to matter, but the unfoldment in thought of a more spiritual reality, thereby bringing into our experience increased awareness of good. Finally, we spoke of the method of letting God's law of adjustment take place once we have aligned our thought with God. He can and will fight our battles for us.

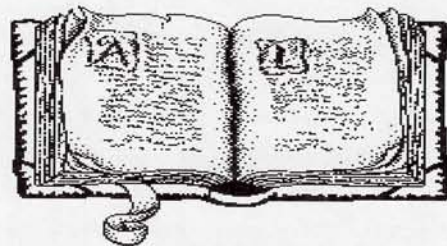
I see these methods as methods of holy warfare in the Michael characteristics that often lead up to the Gabriel methods of that pure, unconditional love of God that has no contests, *Science and Health* 566:6. These mental methods are truly efficacious for all of us.



Adam and Eve — What really happened under that apple tree? Why does it matter?

When: Saturday, January 27, 2001
9:30 A.M. to 3:30 P.M.

Where: Marines' Memorial Club, Crystal Ballroom
609 Sutter Street at Mason Street
San Francisco, CA



Speaker: Mary Jane Chapin received a Masters of Arts degree, majoring in the Old and New Testaments. As a class-taught Christian Scientist she brings special perspective to the Bible. Her series, *Experiencing the Gospel of Mark*, appeared monthly from June 1997 through October 1999 in *The Christian Science Journal*.

Fee: \$55.00 (includes lunch in the Crystal Ballroom)

Parking near Marines' Memorial

Where	Name	Price
840 Sutter Street	Butterick Garage	\$12 all day
665 Sutter Street	California Parking	\$18 up to 10 hours
450 Sutter Street	450 Sutter Garage	\$17 all day
O'Farrell & Mason	Downtown Center Garage	\$11 if in by 10:00 & out by 7:00
333 Post Street	Union Square Garage	\$20 all day
310 Sutter Street	Stockton & Sutter Garage	\$20 all day

From BART, exit at Powell Street Station. Walk 4 blocks up Powell to Sutter Street, then 1 block west (left) on Sutter. The Marines' Memorial is near the corner of Sutter and Mason on the south (left) side of Sutter Street.

Registration for *Adam and Eve* — Please include the names of all who are registering.

Name _____ Phone _____

Address _____

E-mail _____

Name _____ Phone _____

Address _____

E-mail _____

Please register me for _____ place(s) at \$55.00 each. \$ _____

I cannot attend. Please use this donation to defray costs. \$ _____

Total \$ _____

Mail this form with your check, payable to Fern Lodge, before **January 20, 2001**.

If you do not register in advance you still are welcome to attend, but we cannot guarantee a lunch.

If you have any questions please call Lee or Sylvia at Fern Lodge, (510) 886-2448

Gratitude for progress and upcoming plans — George Strong

Mary Baker Eddy wrote, "Progress is the maturing conception of divine Love;..." (*Miscellany* 181:8). As you read the list of things we have done this past year, please remember that we cherish most dearly the "maturing conception of divine Love" in the hearts of patients, staff, board members and every one whose hopes, prayers and contributions help make our work possible.

Here are some of the recent improvements to the facility. The kitchen has a new stove, refrigerator, cabinets and counter tops. Nurses now have break rooms on the nursing floor in which to eat meals, study and rest. We transformed storage areas into a third apartment and redecorated the staff dining area.

We've also have seen progress in our service to the field. Thanks to additional nurses on staff we increased our maximum occupancy from 14 to 18 patients. We have expanded our commitment to help others learn nursing here. Nursing workshops are being offered to the northern California field. And this year we discontinued participation in the MediCal welfare program.

We have some projects that need immediate attention. The roofs and gutters on our older buildings need to be replaced and a broken sewer line repaired. A rest and study room will be provided, and an old tub room on the nursing floor will be made into a shower room.

As the coming year unfolds the staff will strive to strengthen our understanding and demonstration of genuine Christian Science nursing. We will seek fresh ways to share our love of nursing and our conviction of the importance of nursing to our Church.

For us to do our job well we need your help. Generous bequests and donations last year enabled us to make the improvements to the facility and to expand our nursing staff to include more education for beginning and continuing nurses. And you can see from our list of planned projects we will put all financial donations to immediate use.

Fern Lodge discontinued participation in MediCal, and now we need to realize additional income of about \$10,000 each month from other sources. We will continue to provide Christian Science nursing without regard to the length of time nursing is needed or to an individual's ability to pay. Benevolence granted to such individuals has come to over \$440,000 during the first 8 months of this year.

We are and will continue to be so grateful for the on-going outpouring of donations that help us to continue our mission. These gifts represent the same tender love and care that characterize true nursing, and they show our Father-Mother's love and supply for the work He gives His children to do. Thank you!

Fern Lodge Focus — November 2000

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