



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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We can all turn to God if we have a problem or don't know what to do. God really is a "very present help in trouble" (Psalms 46:1).

—From *Helping a pelican*, p. 4

A Collection for Kids: July–December 2022

CHRISTIAN SCIENCE SENTINEL
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We look forward to hearing from you!

Aria and the bee

Carol Smith

ARIA LOVES GOING TO THE PARK. One day she went with her dad and her friend. She went down the slide. She climbed and ran. She was having so much fun.

But then Aria felt something on her leg. She looked down and saw that she had been stung.

Her leg began to hurt, so Aria ran to her dad. They decided to go home and to pray as they went.

Aria had learned about praying in Christian Science Sunday School. She knew that one way of praying was to listen for good thoughts from God that would comfort and heal her. Her favorite hymn from the *Christian Science Hymnal* always reminds her to be a good listener. It says,

I will listen for Thy voice,
Lest my footsteps stray;
I will follow and rejoice
All the rugged way.
(Mary Baker Eddy, “Feed
my sheep,” No. 304)

Aria knew she could trust God’s care, follow God’s thoughts, and feel well.

Aria realized that since Love is everywhere, she couldn’t be mad at the bee. The bee was one of God’s creatures, so she could forgive that little guy and just love him. And she did.

Very quickly, Aria’s leg stopped hurting, and she went back to playing. There wasn’t even any sign of the bee sting. She had followed God’s thoughts and was healed. And she couldn’t wait to go back to the park! •



ANNA LITWILLER — STAFF

Originally published in the July 11, 2022, issue of the *Christian Science Sentinel*.

A lesson from Sammy Squirrel

Maryann McKay



ANNA LITWILLER — STAFF

A YOUNG SQUIRREL I like to call Sammy Squirrel lives in my backyard. He loves to sit on the fence in the sun while he eats his lunch—often a big nut. When it rains, he doesn't have to hide inside a tree, because he has a beautiful, bushy tail that he pulls over his head like an umbrella to keep him dry.

Of course, you aren't a squirrel. And you don't have a tail like Sammy. But you do have something even better. It's called your spiritual identity. And like Sammy's tail, it is always with you to protect you.

You can think of your spiritual identity as who you really are. And you can find out who you are by listening to God. God is always giving you good thoughts telling you that you are God's child and that you are made in His image and likeness, as it says in the Bible.

Because God is all good, being made in God's image means you must be good, too. Your identity includes all the wonderful qualities you reflect from God, such as goodness, kindness, strength, intelligence, and health. When you remember that these qualities make up who you are, you aren't fooled by other thoughts that suggest you could feel sick or be hurt.

That's what happened for my friend Cristiane. One day she went to a birthday party and had a wonderful time. But later that night, after she had gone to bed, she couldn't sleep because her tummy hurt.

Cristiane went to her parents' bedroom and told her mom that she didn't feel well. They talked together about what God was telling her about His love and care for her. They also remembered that a tummy ache wasn't part of her true identity. Her identity was made up of spiritual qualities, such as love, patience, and joy. And love, patience, and joy could never include pain or hurt—so neither could she.

As she and her mom talked, Cristiane remembered who she really was. She felt so safe—surrounded by Love—and she soon went back to her bed. After a peaceful sleep, she woke up in the morning feeling perfectly well and ready for a big breakfast!

Sammy Squirrel has a wonderful, bushy tail to keep him dry during the rain. And you have a God-given spiritual identity that's yours, rain or shine. Always full of health, harmony, and joy. Always keeping you safe. •

Originally published in the July 25, 2022, issue of the *Christian Science Sentinel*.

Helping a pelican

Karin M. Heath

WHAT DO YOU do when you aren't sure how to solve a problem? Do you ask your mom or dad for help? Or maybe you talk to a friend. I've done both those things, too. But then I learned a lesson that showed me there's an even better helper we can always turn to. Here's what happened.

One day I was at a lake and saw a pelican standing on the shore. Pelicans are large birds with big beaks that have a pouch for holding fish. I thought the pelican was sleeping, because its head was tucked under its wing. But as I walked closer, it began to hop away without lifting up its head. That's when I knew something was wrong.

There was no one nearby who could tell me what to do to help. But I knew I could ask God what to do. So I started praying.

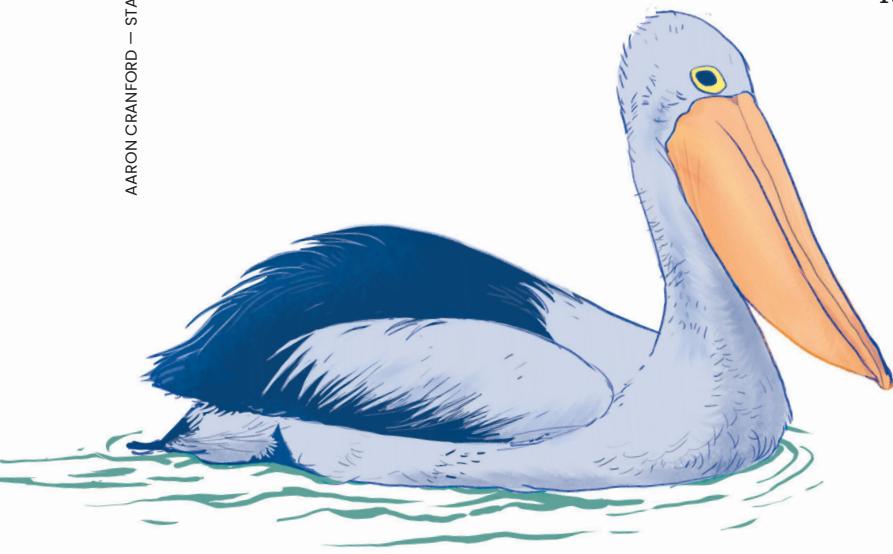
One idea that came to me to think about was Hymn 83 from the *Christian Science Hymnal*. The first part says, "God made all His creatures free;/ Life itself is liberty" (James Montgomery).

Liberty is another word for freedom. I knew this bird had a right to be freed from whatever was holding its head down. Slowly, I began walking toward it. I told the bird that I knew it was God's idea—perfect and safe. I also told it that it had a right to be free and that God would show us both how I could help it.

As I got closer, the pelican went into the lake and then stopped. I continued telling it that God was taking care of both of us and that it deserved to be free. I felt God was telling me what to do and say. This made my doubts and fears go away.

I prayed that the pelican would feel safe and know that I was trying to

AARON CRANFORD — STAFF



help it. I walked into the lake. When I got close enough, very gently I put my arms all the way around the bird. Carefully, I held on to its beak and looked to see what was holding its head down.

I saw that a double-sided fish hook was attached to its neck and body behind its wing. I kept praying as I gently pulled out part of the hook so the pelican could move its head. The second part of the hook was harder to get out. Then a fisherman who had been watching came over and helped.

As soon as the fish hook was completely out, I let the pelican go. It shook its head and swam away. I was so grateful!

I love how God guided me step by step and gave me courage and the direction I needed to help the pelican gain its freedom. This gives me confidence that we can all turn to God if we have a problem or don't know what to do. God really is "a very present help in trouble" (Psalms 46:1).•

Originally published in the August 8, 2022, issue of the *Christian Science Sentinel*.

**All of God's creatures, moving in the harmony
of Science, are harmless, useful, indestructible.**

— Mary Baker Eddy,
Science and Health with Key to the Scriptures, p. 514

How I prayed when I fell off my bike

Max

ONE DAY, MY mom let me ride my bike to my friend's house because he lives just down the street. I played there for a few hours, and then I rode home. On the way home, my bike's front wheel got stuck in a hole in the street, and I crashed. Ow! My elbow and knee both hurt. I got really scared because I was all alone and scraped up.

What could I do? I remembered what I'd learned in Christian Science Sunday School about how God is always with me and caring for me. Because God is everywhere and loves me, I could never be alone or hurt. I thought about stories in the Bible about God protecting Noah in the ark when it rained for a really long time, and Jonah in the belly of a whale. I knew God was taking care of me, too.

The next thing I knew, a car was coming down the street. As it got closer, I saw that it was my mom's car! Mom picked me up and took me home, and then she went back and got my bike.

I thanked God for sending my mom to help me.

At home, my mom cleaned me up. I kept praying, and all of my bruises and cuts healed quickly.

I still love to ride my bike!•



ANNA LITWILLER — STAFF

Originally published in the August 22, 2022, issue of the *Christian Science Sentinel*.

A healing of poison oak

Rob Nofsinger

I LOVED VISITING my cousins in California every summer. We always had a great time playing outside in the woods. But the summer I was nine years old, playing in the woods didn't turn out to be so fun.

One day, without knowing it, I walked through a patch of poison oak. By the end of the day, I was covered in an itchy, ugly rash.

I was so embarrassed about how I looked that I didn't want to go outside. I didn't even want to leave my room.

My family had always prayed about problems, so my mom and I called a Christian Science practitioner for help. He reminded me that I am God's spiritual idea. What does that mean? Well, he helped me understand by sharing this passage from *Science and Health with Key to the Scriptures* by Mary Baker Eddy: "A spiritual idea has not a single element of error, and this truth removes properly whatever is offensive" (p. 463).

So then I understood that because I am spiritual, I am only good, with nothing bad added to who I am. This helped a lot, because when I looked in the mirror, what I saw didn't seem very good at all. But I knew that the truth that I am God's spiritual idea would remove anything offensive, including the rash. This made me feel better, but I was still embarrassed about the way I looked.

A little later, my mom invited me to go on a quick trip to the grocery store with her. I said yes, but first I put on a coat with a tall collar, plus a hat and big sunglasses. I didn't want anyone to see the rash.



ANNA LITWILLER — STAFF

When we got to the checkout line, the guy who was the cashier looked at me and asked, “Poison oak?” I nodded shyly, and he added, “Don’t worry about it, kid! The same thing happened to me when I was your age, and you’ll be just fine.”

Well, that instantly wiped out my embarrassment and fear, and I couldn’t stop smiling. I felt so free from those “offensive” feelings, and I stopped worrying about how I looked.

Even better, a couple of hours later, every single bit of the rash and discomfort had completely vanished. I was healed.

That summer’s trip to my cousins’ house turned out to be my favorite. Not only did we all have a great time, but I also had a wonderful healing. And I got to see for myself how knowing that we’re spiritual really does remove anything offensive in our lives.●

Originally published in the September 5, 2022, issue of the *Christian Science Sentinel*.

We lift our hearts in praise,
O God of Life, to Thee,
And would reflect in all our ways
Thy purity.
Thy thoughts our lives enfold,
And free us from all fear;
All strife is stilled, all grief consoled,
For Thou art here.

— Margaret Morrison, *Christian Science Hymnal*,
No. 371, © CSBD

One family—God’s!

Virginia Anders



A WHOLE YEAR traveling? Wow! Melody’s father had taken a break from his job, and Melody and her mom and dad were spending the year going to lots of different places all over the United States.

But even though it was exciting to see new things, it was still hard for Melody at first. They had to sell their house and put their furniture in storage. She had to leave her school, her friends, and her two cats, Butterball and Buttons.

The year of traveling turned out to be fun and full of adventures, but then coming back wasn’t easy. Melody had to go to a new school, where she didn’t know anyone.

As the first day got closer, she felt scared. Melody and her mom talked about how much God loves her. And Melody also remembered what she had learned in the Christian Science Sunday Schools she had visited while traveling. She knew that God was with her wherever she went, because God is ever present. Her mom reminded her that there was nowhere she could go, not even a new school, where God wouldn’t be with her.

They talked about the Lord’s Prayer and the spiritual insights about it in *Science and Health with Key to the Scriptures* by Mary Baker Eddy. Melody and her mom got out the book and read the prayer together. They talked about God being “our Father-Mother God,” as Mrs. Eddy says (p. 16). Melody could see that this meant that all God’s children are brothers and sisters.

Melody thought about the year of traveling with her parents. They’d done so many fun things, like visiting Hershey’s Chocolate World and climbing to the top of the Statue of Liberty. And she remembered how they’d met people at all the new places who were part of God’s family, too. Melody realized she could do the same thing at her new school. She would get to meet more of God’s family!

After that, when Melody went to school, she wasn’t afraid of being with strangers. Instead, she was excited to meet new “brothers and sisters” as God’s children. She made lots of new friends on her first day and was invited to join a Girl Scout troop. When she came home from school to tell her mom all about it, Butterball and Buttons were there to greet her! She was so happy to have learned that we are all part of God’s family—each one of us.●

Originally published in the September 19, 2022, issue of the *Christian Science Sentinel*.

I was healed in two days!

Hope

MY NAME IS HOPE. I am twelve years old and attend Christian Science Sunday School.

When I was playing basketball at school, I jumped to shoot a basket and then fell and injured my foot.

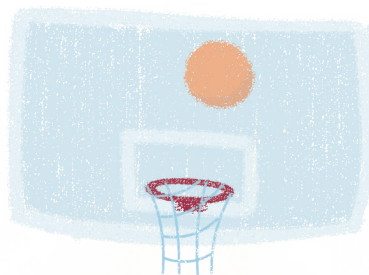
My foot hurt, and I couldn't stand up. My dad sat down next to me, and I knew we were going to pray, because that's what has helped me the most before. We talked about some ideas that I have learned in Sunday School—like, there are no accidents in Love (another name for God) because Love keeps me safe all the time. We also remembered that God made me perfect as His child. I felt unafraid and peaceful.

While we were still at the court, my dad called a Christian Science practitioner. She told me that she would pray, that I was safe, and that I was loved by my Father-Mother God.

Then we went home. My dad used to be a Christian Science nurse, so he knew how to make me comfortable. He also assured me that the joy I felt playing basketball is a spiritual quality from God, so I can never lose it. We both kept praying. I really began to feel God's loving care and presence and knew I was just fine.

In two days, I was up and walking around normally. I was free!

I love Christian Science and going to Christian Science Sunday School. I know that God is my Father-Mother and is always with me.●



ANNA LITWILLER — STAFF

Originally published in the October 3, 2022, issue of the *Christian Science Sentinel*.

What's my talent?

Marilyn Wickstrom

ANNIE FELT EMBARRASSED. She was always one of the last girls chosen for the baseball team. Gym class made her feel unpopular, even disliked, and alone. She wished she never had to go to gym ever again.

But one thing made Annie feel hopeful. She attended a Christian Science Sunday School, where she'd learned that God could help her with anything. She started to wonder if God could even help her with her gym class problem.

That Sunday, she talked to her Sunday School teacher about it. Annie's Sunday School teacher had some good ideas. She reminded Annie that she was God's loved child. God did not make her or anyone to be awful at anything, even baseball. But if that were true, Annie wondered, then why was she so bad at sports? Why couldn't she be like the other girls in her class?

Her teacher talked about all the beautiful flowers in the world. They're all different colors, shapes, and sizes. Each flower is different but equally wonderful in its own way. She explained that we all express individuality through a variety of qualities. And while it isn't exactly the same, in a way, we can think of ourselves as being like the flowers—each a beautiful, necessary part of one big bouquet.

But, Annie's teacher reminded her, since our identity is God-created, only God can tell us what's true about us. She suggested that Annie listen for God to tell her who she really was. Who did God make her to be? What special talents did she express as God's daughter?

Annie started to think about how much she loved taking care of her cat. She also loved to draw. Singing and putting on plays with her friends was fun. She especially liked being creative.



ANNA LITWILLER — STAFF

Annie was also good at taking care of her younger brother and sisters.

Annie began to see that she was good at a lot of things. Instead of thinking about herself as unpopular and bad at sports, she started to see the good she reflected from God.

Talking to her Sunday School teacher made Annie feel better. It also changed the way she was thinking about herself. She stopped complaining about what she couldn't do. Instead, she prayed to see good things in herself, and in all the other students, too.

Soon, Annie noticed how this changed things at school. She felt happier, and she was also happy instead of jealous when she recognized the good qualities in others. She even got a couple of hits when she was playing baseball.

That year taught Annie a lot about loving God. She also learned how much easier it is to love yourself and others when you love God. And that, Annie decided, was the greatest talent of all. •

Originally published in the October 17, 2022, issue of the *Christian Science Sentinel*.

And we have known and believed the love
that God hath to us. God is love; and he
that dwelleth in love dwelleth in God, and
God in him.

—I John 4:16

After the scary movie

Heidi Kleinsmith Salter

I WOULDN'T HAVE picked the scary movie. But my friends did, and it was a sleepover. Plus, when we turned off the lights and were cozy in our sleeping bags, it was kind of fun—and really funny when my friend's cat ran through the room during a suspenseful part. We all laughed so hard about how the cat had made us jump!

But the next night I was back home, in my own room, without my friends. And when it was time to turn out the lights and go to bed, I couldn't stop picturing scary images from that movie. I knew it had all been fake, but I was still afraid.

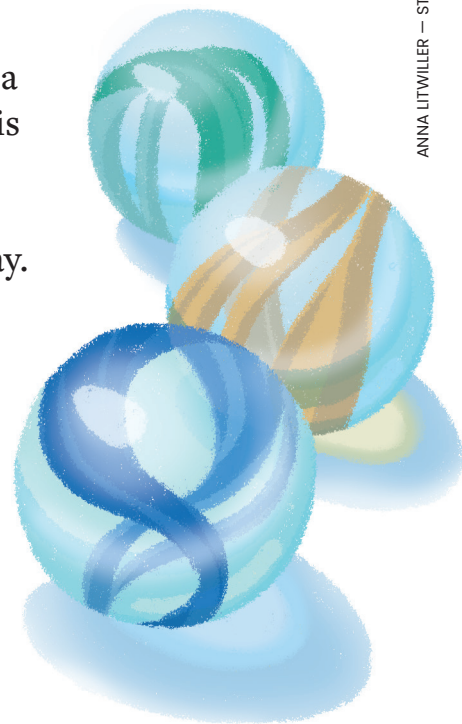
My parents were right down the hall, but I didn't want to run into their room like I had in the past. I wanted to try to use the ideas I was learning in my Christian Science Sunday School class to get rid of my fear of those images.

Something I was learning was that whenever I felt sick or afraid or confused, I could pray. I also liked learning that there isn't only one way to pray. Each one of us has a special relationship to God, just like we do with a friend, and I could talk to God as I would talk to a friend. This was a way of praying.

So that's what I did. I put it very simply: "God, I'm scared." Then I listened. I wasn't necessarily listening for a voice, but more for a good thought. Soon I got one: "God is Love, and that's what's real."

I had learned that, in Christian Science, the term *real* means everlasting, something that can never be taken away. I reasoned that not only were the scary images in the movie not real, but the memory of them wasn't real or lasting either, because it definitely did not come from God, who is only good.

I remembered an experiment we had done in my science class in school. The more marbles my lab partner and I put into our jar of water, the more water spilled out into the tray underneath. My prayers were kind of like that. As I filled my thinking with good, real thoughts, the frightening, unreal images simply couldn't stay.



ANNA LITWILLER — STAFF

That night, no matter what things from the movie came to mind, I kept my thoughts full of what I knew to be real about God as Love and about me as God’s loved child. As I did this for several nights, those frightening images completely faded away, and I wasn’t afraid anymore.

Scary movies still aren’t my favorite. But I was grateful to learn that I can pray whenever any frightening thoughts come along. And I discovered that even when I wasn’t afraid, I really enjoyed praying—talking to God as my friend—every night before going to sleep. •

Originally published in the October 31, 2022, issue of the *Christian Science Sentinel*.

Listening to my Shepherd’s voice

Alex

ONE WINTER DAY, I came home from school and didn’t feel very good. My head was hurting, and I was achy and tired. My mom took my temperature and found that I had a fever. My parents have different ways of helping me when I’m not feeling well, because my dad is a Christian Scientist and my mom isn’t. But they always work together to take care of me.

My dad called me into the den and sat down with me on our big green couch. We started to pray. After a minute, my dad began to sing me a hymn with words by Mary Baker Eddy called “Feed My Sheep.” It’s my favorite hymn, and it begins like this:

Shepherd, show me how to go
O’er the hillside steep,
How to gather, how to sow,—
How to feed Thy sheep;
I will listen for Thy voice,
Lest my footsteps stray;
I will follow and rejoice
All the rugged way.
(*Christian Science Hymnal*, No. 306)



ANNA LITWILLER — STAFF

Hearing and singing this hymn always makes me feel good. It helps me understand that the Shepherd is God and that we are God’s sheep. The hymn tells me that God is always with us and guiding us all the time and through every problem—even if we don’t realize it! And like a shepherd taking care of his animals, God never, ever leaves us. God is Love and is always loving us.

After my dad finished singing the hymn, he asked if I could think of something from my Christian Science Sunday School class that might help me. Yes! My class had been talking about the first chapter of Genesis in the Bible. My dad took out a Bible, and we read these verses from Genesis: “God created man in his own image, in the image of God created he him,” and “God saw every thing that he had made, and, behold, it was very good” (1:27, 31).

To me this means that God, Spirit, created me to be totally spiritual and very good. How could something spiritual and good be injured or have a fever? It can’t!

My Sunday School teacher had told us that when we’re tempted to believe in something other than God and God’s very good creation, we can throw those thoughts into a mental garbage can. Then we’re able to listen for all of the things that God is telling us. My dad and I prayed and talked about these ideas for a while. Then I had dinner and went to bed.

When I woke up the next day, I felt a little better, but I still had a fever, so I stayed home from school. Again, my dad and I sat on the green couch and prayed. By lunchtime I felt perfectly fine. I knew I was healed. My mom took my temperature, and it was normal.

I learned from this experience that God, our Shepherd, is always with us. If you pray and think about that, and listen for God’s voice, you can be healed, too.●

Originally published in the November 14, 2022, issue of the *Christian Science Sentinel*.

[DIVINE LOVE] is my shepherd; I shall not want.

—Mary Baker Eddy,
Science and Health with Key to the Scriptures, p. 578

Can God be sick?

JJ Wahlberg

IT WAS A busy morning at our house. My dad was about to leave for work. My mom, my brother and sister, and I were getting ready to go to my swim lesson. I was looking forward to it—I loved being in the water and trying to swim as fast as I could from one side of the pool to the other.

But something was wrong. I heard my mom telling my dad that my brother wasn't feeling well. How could we go to my swim lesson if my brother didn't want to get out of bed?

I wanted to help my family, so I did what I saw my mom and dad do a lot—I prayed for my brother to help him feel better. In my Christian Science Sunday School classes, I had learned that we all reflect God and that God is only good. He's never sick or tired or hurt. I thought that since my brother is God's reflection, he couldn't be sick, either.

I decided to go talk to my brother and share what I had been praying about. I went into his room and sat next to him on his bed. He was lying under his starfish covers, and I saw that he didn't feel well. But I kept thinking that because he reflects God, he could only be happy and healthy.

"Hey," I said to him. "Is God sick right now?"

My brother shook his head. "No, God isn't sick."

"Well, you reflect God, right?" I asked. "You always reflect God. And God's not sick. So can you be sick?"

He smiled and said, "No!"

Then we talked about the good qualities he expresses, like joy, strength, and kindness, which all come from God. I could tell that my brother was already feeling better. In a few minutes, he wanted to get out of bed.

Yay! We were going to the pool after all! I had fun swimming laps, and my brother and sister had fun playing in the pool. I was happy, and I knew it was all because of God. •



ANNA LITWILLER — STAFF

Originally published in the November 28, 2022, issue of the *Christian Science Sentinel*.

A very special Advent calendar

Jenny Sawyer

“WHAT’S THIS?” my sister asked, running to the kitchen table after school.

It wasn’t even December yet, but there was a flat, wrapped package for each of us, set out next to our snack.

“Open them,” my mom said, smiling.

We tore off the paper to find inside each package a long, thin box painted with Christmas scenes, with the numbers 1–25 on what looked like little doors. When we picked up our boxes and shook them, they rattled.

“They’re Advent calendars,” my mom explained. “Each day leading up to Christmas, you open one of the doors to find a present inside.”

When December 1 finally arrived, my sister and I carefully pried open the first cardboard door on our calendars. Inside was a piece of chocolate wrapped in foil and decorated to look like a Christmas ornament. And every night afterward, we had a different treasure to look forward to.

After lots of Advent calendars over the years, there was one year when I couldn’t be with my family at Christmastime. The weeks leading up to Christmas seemed filled with long, lonely days. I wasn’t sure what to do or how to get into the Christmas spirit. But one night, as I lay in bed feeling a little sad, a voice in my thoughts said, *This year, you get a spiritual Advent calendar.*

I recognized that voice. I’d heard it many times before, when I needed help or reassurance or comfort. I knew it was divine Love, God, because of the feeling of being loved that came with it. But I didn’t know what a spiritual Advent calendar was, so I kept listening.

More ideas came. I felt God was telling me that each day leading up to Christmas, I was going to get a special gift. Not pieces of chocolate like those I’d gotten as a kid.

These would be presents that would help me feel the real spirit of Christmas—the joy and love that tell us about Immanuel, “God with us” (Matthew 1:23).

I wasn’t sure how I’d know my gift when I got



ANNA LITWILLER — STAFF

it, or even what to look for, but the next morning I woke up excited to see what might happen. Around lunchtime, a friend texted, inviting me to go ice skating. *Wow!* I thought, and texted back, “Yes,” right away.

The next day, my Advent calendar gift was giving a gift to someone else. I woke up that day with the thought of something nice I wanted to do for a neighbor. I knew the idea was straight from divine Love, and it was amazing to see how, in giving love, I felt so loved myself.

As the days went on, the gifts kept coming. One day I was able to pray for a friend who was having a hard time, and I got to see her sweet healing, too. Other days, I felt inspired to read the Christmas story in the Bible or to pray about something in my own life and find healing. By the time Christmas came around, I wasn’t feeling lonely or sad anymore. I felt I’d already had Christmas many times over because of all the gifts God had given me.

I also felt close to God, and I knew that feeling could last long after Christmas, because a spiritual Advent calendar isn’t just for Christmastime. God’s goodness is constant. It’s ever present, just like God is. And feeling more of that goodness on any day is just about expecting—and looking for—Love’s gifts.●

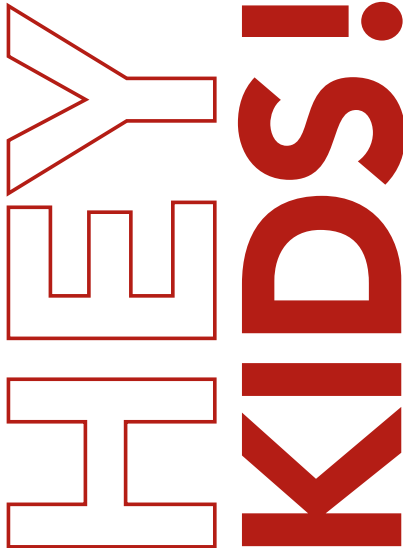
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This is the day the Lord hath made;
Be glad, give thanks, rejoice;
Stand in His presence, unafraid,
In praise lift up your voice.
All perfect gifts are from above,
And all our blessings show
The amplitude of God’s dear love
Which every heart may know.

—Laura Lee Randall,
Christian Science Hymnal, No. 342, © CSBD

A Collection for Kids:

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