

ARDEN WOOD Heart to Heart

SHARING PROGRESS WITH OUR FRIENDS

Fiona Ouma, Alice Wakanyi, and Roselyne Keyaer recently graduated from our Christian Science Nursing Arts training program. They are wonderful additions to our fulltime staff! (Pictured with John Mitchell)



Christian Science Healing is at the Heart of All We Do!

John W. Mitchell, Executive Director/CEO

Our annual meeting featured wonderful highlights of the past year. Two points stand out to me: first, the team of players that keep Arden Wood thriving. They are remarkable, steadfast workers whose aim is to serve God, their Leader, and mankind. I am equally struck by the commitment to growing as Christian Scientists, as healers in the world today. It shows, and it makes all the difference.

Individual stories about our Arden Wood experiences are the substance of this organization. Let me share brief stories of three current residents:

- Evi grew up in nearby St. Francis Wood. Her family has been part of Arden Wood's history since it opened.
- Grace first visited Arden Wood in the mid-1930s and often came to visit with her mother when they took road trips from Los Angeles to San Francisco.
- Dwight first visited when he was just a lad of eight. After a long and successful career, he has now made his home here.

Arden Wood has been a healing refuge

for nearly 90 years. A large number of Christian Science nurses around the world are reaching retirement—we need more of them to carry on the work. And they deserve the best training!

As Adam H. Dickey, Mary Baker Eddy's private secretary, recalls, Mrs. Eddy knew that "patients under Christian Science treatment were at times placed in a position where they needed the care and attention of a skillfully trained person who was also a Christian Scientist" (*Christian Science Sentinel*, December 16, 1916, vol XIX). This is precisely why we offer the Christian Science Nursing Arts program.

Recently, I was privileged to attend the graduation of three Christian Science nurses: Fiona, Alice, and Rose. All three are now ministering to our patients. Your continued financial and metaphysical support will help sustain this vital training program, which, in turn, enriches the experience of every patient.

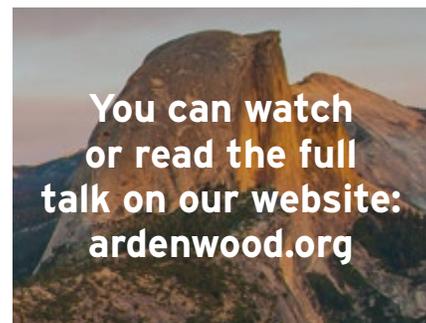
Looking ahead, we aim to expand our services while remaining debt-free. Thanks to each and to all for standing with us. 

"BUILDING ON THE ROCK"

Mark Unger, C.S., gave the inspirational talk at our Annual Meeting on May 6.

Highlights include:

- "If deep down we want to do what is right, what is God's will, and yet we are interjecting our own will, God still leads us, and blesses us even more by exposing and destroying any sin in thought that's trying to get in the way of His perfect plan for us."
- "I was serving God first. Out of that came the best service I could give—to the Cause of Christian Science—to those I worked with as well as to the world."
- "Everyone here has the full support of the all-loving, all powerful God right here, right now, bringing about the fulfillment of prophecy and the salvation of mankind."
- "The rock is knowing this is God's work. This is God's plan." 



"THE HEALING ATMOSPHERE PRESENT HERE IS PALPABLE AND REAL... GOD BLESS YOU ALL FOR THE HEALING WORK YOU DO!!!" *A recent guest*

ARDEN WOOD RESIDENTS ARE ACTIVE THINKERS AND DOERS!

"COME & SEE" FOR YOURSELF: call Diane Speer, Director of Residential Programs, to schedule a free visit to *The Residences at Arden Wood*: (415) 379-2320



Resident Anne Brosius (seated at the far end of the table) leads a lively lunch-time discussion of current events—local, national, and international. New perspectives are always welcome!

The Residences at Arden Wood: Living Life "Out Loud"

Diane Speer, Director of Residential Programs

The Residences at Arden Wood is home to a diverse group of dedicated Christian Scientists, each expressing his or her unique "out loud" daily practice without the uproar and resistance of mortal-based thinking. There's room for you to join this cheerful group of "workers" in our residential community!

What IS "out loud" practice? To me, "out loud" means adhering to the **Tenets of Christian Science** (*Science and Health with Key to the Scriptures*, Mary Baker Eddy, 496) in thought and action without timidity.

Tenet #1: "One of the reasons I chose to live at Arden Wood was the Bible Research Library containing more than 1500 religious volumes," explains Donna. She spends much of her time there and plans to go even more often. Donna marks the Bible Lesson books for use in the Christian Science Study Room next to the Library. She also reads a variety of articles that support each week's Lesson: Some highlight a Bible story, others offer different translations of a particular Bible citation. "The Bible, together with

Mrs. Eddy's writings, provide wonderful inspiration each day!"

Tenet #2: Edy volunteers in Sheltered Care to play hymns on the piano in conjunction with reading the Bible Lesson. "A couple of years ago, I needed to spend a summer in Sheltered Care and saw the piano. I asked if others would enjoy singing hymns, and they DID. It was a mutual blessing." When Edy went home to Maui, she did not plan to return to Arden Wood at that time. But the idea was planted, and she decided to follow through, one step at a time. The result was the harmonious sale of her home and move to Arden Wood before Christmas that same year! She immediately resumed playing hymns for Sheltered Care, bringing a sense of joy and harmony to their activities.

Tenet #3: Every Saturday, you'll find Barbara volunteering at the county jail or for a jail program, "Prayer at the Gates." She has done this regularly for the past decade and emphasizes that it is a loving time, a real "picker upper" on her weekends.

From 10 a.m.–noon twice a month, Barbara and another church member greet

dozens of family members visiting their loved ones. Barbara brings coloring books, crayons and small packs of Oreo cookies to "Prayer at the Gates," and she acknowledges the purity and goodness of the children as well as of their parents. Lots of hugs and encouraging thoughts are shared, and prayers are offered in fellowship with other church pastors who are there. Barbara also shares issues of *The Christian Science Monitor*, Bibles, and copies of *Science and Health*. "The family members are so grateful for this loving greeting!"

At the women's jail, Barbara helps provide an evening church service and Bible study time. 8-10 women sign up to share the Bible Lesson every week. "It's a joyous time," Barbara says. "It takes spiritual understanding to see through the lies, but I go with a heart filled with love, and I assure each individual that God sees her as His own beloved child." The group sings hymns, including favorites, "Amazing Grace" and "Tender Mercies," and Barbara shares healing accounts and information about Mary Baker Eddy. "The opportunity to share is so gratifying."

Tenet #4: Two current residents are *Journal*-listed Christian Science practitioners. Their active participation in the Arden Wood community is cherished, and both find much support for their healing practice. In fact, Arden Wood has an on-site practitioner's office.

Mary Ann feels that Arden Wood is fertile ground for inspiration and growth. "It is great to have conversations with others and benefit from their mature metaphysical thought. Each one is unique in individual demonstration. **The Residences at Arden Wood** offers great activities, but this is way beyond just that! We are working together, and we gently remind each other to throw off labels and limits that might try to interfere with our good work."

"It's a very good atmosphere for a Christian Science practitioner!" says Betty Jeanne. She has the privacy she needs and wonderful resources at hand. Although she has an ample library of her own, there is more available in the Bible Research Library and the Study Room, and there are

regular Christian Science events to attend —hymn sings and inspirational talks. She encourages everyone to pray for the Christian Science movement. For many Arden Wood residents, it has become a daily activity. "I am so grateful to God and for the loving examples of Christ Jesus and Mary Baker Eddy!"

Tenet #5: When Judy came to Arden Wood for a two-week trial visit, she immediately felt loved and companioned. She welcomed the opportunity to dedicate herself to the Cause, and she moved to Arden Wood soon after. Judy's daily practice includes searching for articles that expand on topics brought out in the Bible Lesson. She sets them out for others to enjoy in the Study Room.

Judy also loves JSH-Online! "You look up one topic and find several articles that are all so good. And, I can access JSH on the computer in my own apartment." From Judy's perspective, the residents at Arden Wood are (like Mrs. Eddy's household), "the happiest (group) on earth" (*Miscellany*, Mary Baker Eddy, 355:21).

Tenet #6: Anne has always been interested in current events and international affairs, and even more so after her experience in the U.S. Department of State Foreign Service. When she moved to Arden Wood, Anne met others who were equally interested, and so the weekly Current Events Luncheon began. The group now includes residents, members of our Sheltered Care community, staff, and visitors. Most participants bring an article of interest to share each week. Anne says, "We have productive discussions and certainly find issues that warrant prayerful support to find a solution! It's an opportunity to learn from each other and to hear and understand different points of view."

Living at Arden Wood has helped many residents recognize a deeper purpose, dedicate time each day for Christian Science study, and then share truths discerned from that study with a world that's hungry for them. These Arden Wood residents are intent on growing and expressing the fullness of Life "out loud!" 🌱



Sheltered Care activities include fun movement classes as well as singing, creative arts, reading aloud, games and puzzles, talks and podcasts. Here, Dick Watson is ready to "play ball!"

HERE'S AN IDEA!

Add the number of the Christian Science care facility near you into your cell phone.

Arden Wood numbers are:

(415) 379-2224

for care at AW

or **(415) 740-0460**

for our Visiting Christian Science Nursing Service.

A new Medicare card is coming your way. Be sure to open all mail you receive from Medicare or CMS!



September 29 & 30

Visit aocsn.org for event details at your local Christian Science care facility



At our recent Care Committee workshop, Lesleah De Frisco (Director, Christian Science Nursing Services and Training) and Aïcha Langel (Assistant Director, Visiting Christian Science Nursing Service) demonstrated practical ways to assist and care for a fellow church member or a loved one at home. In the words of one participant, this workshop was “even better than last year’s!”

Every Call Leads to a Blessing

Aïcha Langel, Director, VCSNS

WHY CALL A VISITING CHRISTIAN SCIENCE NURSE (VCSN)?

Because we must take care of ourselves! We want to assure family, friends, and neighbors that we are not neglecting ourselves or ignoring a problem. The *Manual By-law, Christian Science Nurse (Manual of the Mother Church, Mary Baker Eddy, 49:7)* is a wonderful provision for us to ensure that we are taking care of ourselves or our loved ones. It is a support for us “to maintain the dignity and defense of our Cause” (*Miscellaneous Writings, 148:17*). Just calling can instantly calm the clamoring senses and bring comfort and peace. Plus, we *want* to be called! This is what we trained for—to be ready to help. And it’s a blessing to both of us—care, comfort, and wonderful spiritual lessons. Please call!

WHAT CAN A VCSN DO FOR ME?

Great question! First, make an assessment

of human needs—for nourishment, safe living conditions, and physical care. Second, provide uplifting, practical care that quiets thought and frees the patient to focus on the Truth—God and His perfect man.

WHEN SHOULD I CALL A VCSN?

Whenever you have a concern or question, want to consult about care ideas, or need help. We can come to your house, make an assessment, and show you ways to care for yourself or a loved one.

WHAT IS AN ASSESSMENT?

A VCSN looks over the house and offers helpful ideas to solve specific problems. A patient might need help holding a glass, managing stairs, taking a shower, or keeping a wound clean and covered. Perhaps eating properly and moving around are challenges. The VCSN will bring mobility aids and teach how to use them. Solutions are often simple and are always adjusted to

the individual. Our goal is to show each patient or family caregiver how best to provide care on his or her own.

HOW MANY TIMES A WEEK CAN A VCSN COME TO MY HOME?

We can visit every day if our schedule permits. If it's an emergency, we will always come. If we can't come back soon or often enough, we'll suggest or help find a private duty Christian Science nurse.

HOW LONG CAN A VCSN STAY?

Usually for an hour, but if needed, we can stay up to two hours per visit. If it's not safe to leave someone alone, we'll wait for help to arrive.

WHY HESITATE TO CALL OUR VCSNS?

"I live too far away."

We cover a pretty large area! Often the problem or need is resolved on our way to visit—before we even get to your house! And if the need requires more care than can be provided at home, we will help move you to Arden Wood—and then bring you home again.

"I can't afford it."

There is always a solution! An assessment visit is free. We can provide information about financial resources that help with Christian Science nursing costs, including the generous support of the National Fund for Christian Science Nursing (nfcsn.org, 800-873-2843). Most important of all,

we'll join you in expecting good, often in unexpected ways!

"I don't want to bother the VCSNs: my need is too small, and they're so busy!"

No need is too small...or too large! We're waiting for your call. It makes our day to serve you—that's why we became Christian Science nurses!

"I'm a private person. I don't want anyone to know about my need."

We are very confidential and only share information with those who need to know. Often, others aren't aware of an issue a loved one or friend is working out. There's simply no need to talk about it.

"I should be able to work this out on my own."

We need each other. Jesus had to work things out. Mary Baker Eddy did, too. They both asked their followers to pray with them and for them.

"I'm afraid you'll be impressed by the material picture."

We don't focus on the problem. Instead, we insist on "beholding the perfect man" and from that basis, we listen for ways to bring a new view, to bring joy and light, and to find practical ways to help. Regardless of the picture, we know that healing is taking place: this is an opportunity to see more of God and His perfect idea, man.

Once the VCSN comes, patients always say, "Why didn't I call sooner?" Please don't wait any longer. Just call! 🌿



ARDENWOOD

Arden Wood, Inc.

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(415) 681-5500 or (800) 767-0003

www.ardenwood.org

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HELP US FILL THESE KEY POSITIONS!

- Human Resources Generalist
- Development Assistant
- Front Desk Reservationist/Receptionist
- *Journal-listed* Christian Science Nurses
- Visiting Christian Science Nurse
- Christian Science Nursing Supervisor
- Christian Science Nursing Arts Mentor/Instructor

Please visit our website for job descriptions and an application: ardenwood.org/about-us/employment-opportunities
OR contact our Director of Personnel and Support Services,
Tricia McNeil: (415) 379-2105 or tmcneil@ardenwood.org

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ARDEN WOOD IS A HEALING PLACE!

Name withheld

One of the most important lessons I learned from going to Arden Wood for Christian Science nursing care is not to be like the man at the pool of Bethesda, who waited 37 years for healing. I learned not to wait for healing to come to me, but instead, to search for it through diligent study and prayer and to expect to be healed!

I also learned to listen to the Christian Science nurses who were helping me. They're sharing inspired ideas resulting from their prayers. One day, the only way I was able to get to the bathroom was to sing with my Christian Science nurse, "I walk with Love along the way." I realized how important it is to look for anything good and to thank God for it—to rejoice evermore!

Several things contributed to my healing. Having the time to work with the Pastor, doing the Lesson really well, and then doing some hard-core directed study were invaluable. After lunch, I would go outside for a walk—putting prayer into practice because immobility was the challenge I was facing. I would sit on a bench overlooking the gardens and pray for the world, using *The Christian Science Monitor* to find each day's need. I realized how important it is to our own healing to contribute to others' healings. Helping someone else is Love being expressed. I also realized how helpful it is to get out of our routines—out of my room or my house—to gain a different, fresh perspective.

After a week, I felt ready to go home—I could dress and care for myself and get around more easily on my own. I was so grateful for progress!

Arden Wood is here for us to use—it's a place for healing and a place to get back to living a full life. Don't wait to go there, and take advantage of everything Arden Wood offers! 🌿



Arden Wood embraces your whole family! Resident Evi Whitman enjoys frequent outings with her daughter, Cami Eichar, who lives about 30 minutes away. Evi's granddaughter-in-law, Lauren Eichar, snapped this photo on a recent family get-together.

Surrounded and Supported by Angels

Name withheld

They were angels, really. I like to think of the Christian Science nurses who cared for me at Arden Wood for a six-week period as well as the visiting Christian Science nurse who came to our home as angels of the highest order—straight from God.

A painful mobility challenge as well the inability to use my arms and hands were getting in the way of an active life—a full job that includes travel, a husband with a busy career, a young daughter with homework and after-school activities, and a full class of Sunday School students. Plus, the holidays were just around the corner. So I resisted my husband's repeated suggestions that I go to Arden Wood to focus on healing. I had too many responsibilities and things I needed to do.

One Sunday morning, I lost consciousness and fell, resulting in a head wound. The love and peace that filled the room when the visiting Christian Science nurse walked in was like none I had ever experienced. Her attention to my needs was indeed the "Christlike touch" referred to in A.E. Hamilton's poem (*Retrospection and Introspection*, Mary Baker Eddy, 95:4):

*Ask God to give thee skill
In comfort's art:
That thou may'st consecrated be
And set apart
Unto a life of sympathy.
For heavy is the weight of ill
In every heart;
And comforters are needed much
Of Christlike touch.*

Continued

Despite my husband's urging to go to Arden Wood as a comfort to our family, I still resisted...until I fell again the next morning.

Two Christian Science nurses came to our home and brought me to Arden Wood, where I was instantly and completely embraced in an unspeakable sense of comfort and love. And, I was utterly free to be still and to learn more about my indestructible relationship with our Father-Mother God who I knew would never let me down.

The next morning a Christian Science nurse came into the room and exclaimed with exuberant joy, "There will be three people cherishing you today, and I get to be one of them!"

A place where angels come straight from God, whose joy it was to cherish and hold me in thought as God does, was just the place and atmosphere to break the mesmerism. The Christian Science nurses assisted with daily needs—bathing, dressing, providing meals, and making sure I was comfortable for the night. They were the key to providing a supportive, quiet, and unencumbered space for me to listen and pray. Sometimes they would pray with me, and we would share metaphysical ideas, articles, and hymns. One dear Christian Science nurse, who nursed my mother at Arden Wood 20 years ago, accompanied me on late-night tours of the building to see the stunning night views from the 5th floor and to practice walking up and down the stairs. I loved listening to the healing services at nearby Ninth Church of Christ, Scientist, via an audio link. I also appreciated that my young daughter was welcome to visit, sometimes sharing a meal and staying to complete her homework.

One morning the Christian Science nursing supervisor came into the room and saw me crying as I struggled with the simple task of putting on my socks. In a moment of inspired wisdom, she brought her face close to mine and said that she did not want to come in and see tears from me again unless they were tears of rejoicing in healing. In that moment, my thought turned, and I was ready to move forward.

This gift of time and stillness afforded me the opportunity to explore more deeply my relationship with God, to cherish the "cloud of witnesses" that have come before me as well as those who are present today, and to understand a little more of my responsibility in carrying forward this legacy of faith, hope, and healing—"in running with patience the race that is set before us" (Hebrews 12:1).

After several weeks and a few trial overnight visits at home, it became clear that I was ready to safely return home, tend to my family, and re-engage professionally—all with a renewed and growing understanding that God is at the helm.

What I learned during my time at Arden Wood bolstered my resolve to stay the course and eventually claim victory. Step by forward step, I was able to resume my normal activities with a renewed sense of purpose and dedication to Christian Science. How wonderful it is to continue seeing that "(e)vidences of progress and of spiritualization greet us on every hand" (S&H 158:24).

My heart is full of gratitude for the faithful Christian Science nurses and practitioners who dedicate their lives to the healing practice of Christian Science and for Christian Science nursing facilities that provide a haven in times of need. 🌿



A NEW MEMBER OF OUR TEAM!

We are delighted to introduce Christopher Minnes as our Director of Development.

Since graduating from Principia College and Southern Methodist University, Chris has shared his development and marketing talents with a variety of educational, cultural, and environmental organizations, including: the LA Philharmonic; UCLA Performing Arts; Honolulu, Dallas, and Long Beach Symphony Orchestras; the Los Angeles-based TreePeople, and the Texas Trees Foundation, in Texas. Currently Christopher serves on the Board of Third Church of Christ, Scientist, Dallas.

A decade ago, Chris was inspired to establish an environmental education center at his family farm in Wakefield, Québec, to help young people and their families connect with nature.

Chris is a welcome addition to our team as we widen and strengthen our outreach and connection to the Field. 🌿

"A PLACE WHERE ANGELS COME STRAIGHT FROM GOD, WHOSE JOY IT WAS TO CHERISH AND HOLD ME IN THOUGHT AS GOD DOES, WAS JUST THE PLACE AND ATMOSPHERE TO BREAK THE MESMERISM."

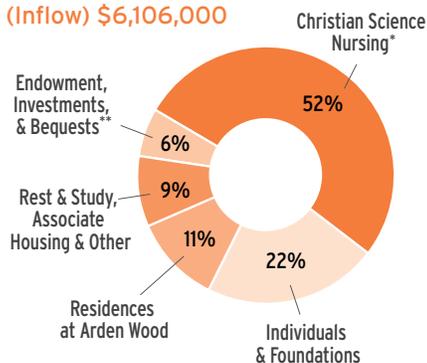
2017-2018 FINANCIAL OVERVIEW

We're deeply grateful for the demonstration of supply that enabled us to achieve a balanced budget this year.

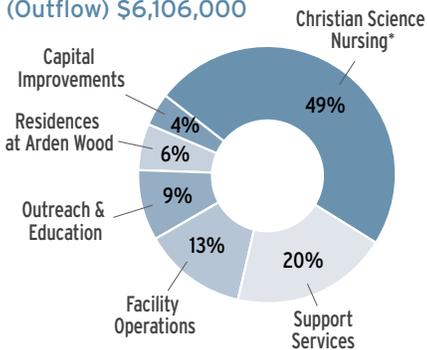
Support from generous foundations, churches, and individuals included Arden Wood residents and associates.

Arden Wood has been the grateful recipient of numerous trusts, estate gifts, and bequests. These are invested to provide a sustainable source of interest income to support general operations. 🌿

INCOME (Inflow) \$6,106,000



EXPENSE (Outflow) \$6,106,000



*Christian Science Nursing Services, Sheltered Care, Visiting Christian Science Nursing Service, Christian Science Nursing Education.

**Arden Wood's Permanent Endowment totals \$1,667,000 as of March 31.

Spring 2018 Matching Opportunity!

Every donation received by July 31 will be matched \$1 for \$1. Our goal is to raise \$300,000 for Christian Science Nursing Arts (CSNA).

Arden Wood has received an unexpected and very generous gift of \$150,000 to inspire and spur our **Spring Challenge!** The donation arrived with encouraging words: "The members of [our church] know of the wonderful nursing care you provide your community."

We couldn't be more grateful for this recognition of the qualities and skills our Christian Science nurses demonstrate in their ministry. And we are very grateful to be able to offer this matching opportunity to you—to double the value of your gift!

Christian Science nursing is a response to God's clear direction to support our fellowman in both a metaphysical and a humanly practical way. It's a true calling! Arden Wood has supported this ministry by providing a rigorous Christian Science Nurses Training program since the beginning (1930) for nearly 90 years. Training is expensive and the expense is recurring. Skilled Christian Science nurses

are in high demand today, and in order to meet tomorrow's needs, we simply must maintain the supply. Your financial support is essential to sustain our CSNA training program, which ensures care of the highest quality.

Every gift, whether to support our immediate operating needs or as a legacy to strengthen the permanent endowment for the future, is meaningful and deeply appreciated. We rely fully on the generosity of our donors to balance our annual budget and to enrich our nearly 90-year tradition of providing loving, skillful care for all students of Christian Science. 🌿

Please call **Christopher Minnes** for help with a bequest or a gift of stock or to answer any questions:
(415) 379-2116

JOIN US FOR THESE FALL 2018 EVENTS!

Miscellaneous Writings Workshop

September 7-8 (Friday evening and all-day Saturday)

We will unpack Mrs. Eddy's counsel that led to the reorganization of our Church on a spiritual foundation.

Presented by Griff Henninger,

Director of Historic Perspectives & In-House Design, Tenacre

International Christian Science Nursing Day

September 30 (Sunday lunch and the afternoon)

"Come and See" The Residences at Arden Wood

October 9-11 and November 21-23

Health Care and Estate Planning Workshop

October 20 (Saturday 10 AM - 2 PM, including lunch)

Christmas Celebration

December 9 (Sunday lunch and the afternoon)

With Désirée Goyette and friends