

# ARDENWOOD Heart to Heart

SHARING PROGRESS WITH OUR FRIENDS

Left—CS nurses from 2020, Caroline Gathogo and Shannon Nordling. Right—CS nurses from the 1930s. (If you recognize any one, please let us know!)



## Timeless hope, inspiration, healing

John W. Mitchell, Executive Director/CEO

I'd like to tell you a story—to paint you a picture. It begins on January 8, 1929, the day ground was broken on what would become the Christian Science Benevolent Association on Pacific Coast, known today as Arden Wood. Imagine the excitement and the energy pouring into the foundations of this magnificent building! For the next 10 months, construction rolled right along. And then, seemingly out of nowhere, the New York Stock Exchange crashed, and the world turned upside down. Sound familiar? Yet, almost seven months later—in fact, 90 years ago this May—Arden Wood opened its doors.

### **A prayer-based place**

The funds to build came exclusively from voluntary donations right in the midst of a devastating economic pandemic that we now refer to as the Great Depression—which, as we all know, continued for many years. This idea of Arden Wood stood the test of a very difficult time and came to fruition. Based on photographs and original documents, we know that over the course of several days, more than 12,000 people previewed the building, winding their way up the new driveway and through the front door to

peek inside Arden Wood for the first time.

Why did so many people come? I'm certain it was because of the hope, inspiration, and healing this prayer-based place radiated in a very unsettling time.

### **Something special is going on here**

Many of you have felt this atmosphere and commented on it. Just the other day, a landscaper walking the property with me said, "There's something special going on here. I feel it." I'm convinced that calm, spiritual grounding is what attracted many of those first 12,000 people. Arden Wood today is part of the same healing continuum that was planted in January 1929 and opened in full bloom the following May 15th—90 years ago.

This time of "sheltering in place" has certainly opened our thinking to creativity and ingenuity as much as to steadfastness and stability. It might surprise you to know that the COVID-19 mandates directly affect us—we must abide by them just as carefully as the non-Christian Science care facility down the street. In doing so, we know God is the source of all protection and that our

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## ENCOURAGEMENT FROM OUR LEADER

"You whose labors are doing so much to benefit mankind will not be impatient if you have not accomplished all you desire, nor will you be long in doing more. My faith in God and in His followers rests in the fact that He is infinite good, and that He gives His followers opportunity to use their hidden virtues, to put into practice the power which lies concealed in the calm, and which storms awaken to vigor and to victory" (Mary Baker Eddy, *The First Church of Christ, Scientist, and Miscellany*, 204:1).

## SUMMER FUNDRAISING CHALLENGE

**\$100,000 by Sept. 30th**  
(for more info see back page)

## What's Inside

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**"THERE'S SOMETHING SPECIAL GOING ON HERE. I FEEL IT." —Landscaper comment**

## CS NURSING

### COULD SERVING OTHERS AS A CHRISTIAN SCIENCE NURSE BE YOUR CALLING?

It's not "too hard" or "too late," nor does it take "too long" to train to be a Christian Science Nurse. And your ministry can take you in many different directions—caring for individuals at home or in a facility or for children in a Christian Science camp or school setting. All these roles are available around the country and abroad. You will always be an "essential worker," ensuring the wellbeing of those you serve. More than having a paying job, you'll always be appreciated for your selfless contribution to the world!

For more information, please visit our website ([ardenwood.org](http://ardenwood.org)) or call any time: (415) 379-2220. 🌿

### Start training this Fall!

#### UPCOMING CSNA I CLASS

The next CSNA I Class will be held in the Fall, 2020. To apply, please contact the Registrar: [csna@ardenwood.org](mailto:csna@ardenwood.org) or (415) 379-2220.

#### FUN FACT

"Asher Cottage" is the oldest building on the property (1913). Recently renovated, it now houses Christian Science nurses in our CS Nursing Arts program.



(L-R) Ben Egwuenu, Miriam Kamiti, Anna Adjei-Baah, and Peter Nabiswa just graduated from our Christian Science Nursing Arts training program—it's quite an accomplishment! We wholeheartedly congratulate them and warmly welcome them as new AW staff members!

## HEALING: here and now, together

Lesleah De Frisco, Director of Christian Science Nursing Services

One view of the world is that it's in a state of turmoil governed by fear. But as Christian Scientists, we know God to be All-in-all and only good. Our abiding faith in God reveals a world in a state of rediscovery of and recommitment to underlying spiritual truths we want to live by—purity, peace, joy, wholeness, and overall well-being. What we're seeing more clearly than ever is that there's a healing in every challenge, and sometimes we really need to demand that healing!

While sheltering in place, Arden Wood can't take new patients, or new Sheltered Care guests, or residents. And we can't always make a visiting Christian Science nursing call. But we CAN meet the needs of those who are here right now, and we can *always* address thought:

- We can "render therefore unto Caesar the things which are Caesar's" (Matthew 22:21) AND stand fast in Truth.
- We can comply with handwashing and sanitizing guidelines AND just as frequently purify thought.

- We can distance ourselves physically AND eliminate the fear of being alone or of feeling disconnected from loved ones.

Have you noticed that the word "unity" is inside the word "community"? As Christian Scientists, we have a very important role to play in our worldwide community. Think about the healing impact we, as dedicated metaphysicians, can have on others.

We've been reaching out to fellow Christian Scientists by phone to check in and to offer comfort, companionship and practical ideas. As we minister to human needs, we're resolving "things into thoughts" and exchanging "the objects of sense for the ideas of Soul" (Mary Baker Eddy, *Science and Health with Key to the Scriptures*, 269:14).

The demand for healing means constantly standing porter at the door of thought. That's something all of us can do together—in community! 🌿



# INSPIRATION: love for comfort's arts

Anne Nealy, Christian Science Nurse

I first learned about Christian Science in college from a fellow student who later became my husband. I would put simple concepts into use, like the idea of angels as God's thoughts—*that* made sense to me. After graduation, I called a Christian Science practitioner for career help. He prayed, and I got a job in the Arden Wood kitchen. It was not what I was thinking of. I thought, *Well, I'm not going back to that practitioner!*

I learned to practice healing in the kitchen with my fellow workers. I helped a fellow worker who was not a Christian Scientist. He was very dramatic. One day, he burned his hand badly. He asked me to pray for him. I did. A few minutes later, he came rushing over to me to show me he was healed. He was stunned, having thought we were all hypocrites. He then wanted to tell me all his other problems! I had many healings in the kitchen.

## "Do you like your job?"

One time, a practitioner saw me in an Arden Wood elevator. He looked me right in the eye and said, "Do you like your job?" I was so startled I couldn't answer. That evening I said to my husband, "What do I do? I can't leave because that won't be helpful. But I can't stay because I don't like my job." He suggested I think about how much I was learning. I realized I was more tolerant, more patient, and suddenly I was delighted with myself! That's what I kept in mind. I also asked myself how I could better understand how to heal.

Not long after that, a CS nurse came over to me in the lunchroom and said, "Why don't you become a nurse?" When I asked my husband if that was aggressive suggestion (seeing as how I was surrounded by nurses), he replied, "Would the devil tell you to be a CS nurse?" Well, no. So I



considered the idea for two weeks while I took "aide training." I felt such love during that time—like I could touch it. But I really wanted to be an artist. And then I realized lots of people want to be artists, but not everyone wants to be a nurse. I decided I would do this as "comfort's art."

## Build on the good

The head Christian Science nurse was very grandmotherly and impressed on me that this is a ministry, that our job is to build on the good we see. It occurred to me that I can see and express the quality that seems to be lacking. If someone was fearful, I would reflect the love that was already there from God. I also began to understand the spiritual fact behind my activities—like **washing someone is purifying. Feeding someone is nourishing them with truth.** When we recognize that all people have something about them to purely love, we become part of the healing process. Of course that's true about the Christian Science nurse and the practitioner. But it's true about **the housekeepers who express cleanliness and order; the grounds-keepers who express a sense of Soul and beauty; the kitchen staff who feed the multitudes.** These ideas poured into my thought every day, and I've been a Christian Science nurse ever since.

Then, 18 months ago, I wanted time to more clearly see the essence of this job, so I retired. I fixed up our house and I researched ideas I'd always wanted to understand better—it was so much fun! When I was ready to pray about what I should do next, the thought came to call Arden Wood—to follow up on a request that I teach an art class when I was ready. But everyone can do art, and I enjoy nursing—"comfort's art." And that's what I'm doing again. 🌿

## CS NURSING

### TESTIMONIALS OF HEALING

**A mother** of two energetic pre-teens became ill and reached the point where caring for her family as well as herself wasn't working. So, she checked into Arden Wood as a patient. Her healing came readily under the tender and attentive care of our Christian Science nurses, and she went home in a couple of days, rested, refreshed and well.

**A recent caller** asked for help from our visiting Christian Science nurse (VCSN). We were able to reassure and instruct the caller in exactly how to address the care need—and it was beautifully met.

**In a third instance**, although we were not able to admit the patient, the VCSN was able to deliver some nursing equipment and to instruct the family in how to care for their loved one.

**In every instance**, Christian Science nursing is inspired and uplifting as well as practical and skillful. 🌿

### ARDEN WOOD IS A RESOURCE FOR QUESTIONS ABOUT:

- Care for newborns & moms
- In-home care
- Skilled care
- Care for children
- Mobility
- CS Nurses training
- Care for parents
- Nourishment
- Bandaging
- And more!

CALL ANY TIME:  
**(415) 379-2224**

## RESIDENTIAL

**ARDEN WOOD RESIDENTS ARE ACTIVE THINKERS AND DOERS!**

**"COME & SEE" FOR YOURSELF.**

To schedule a visit, please contact the Director of Residential Programs, Diane Speer: (415) 379-2320

### FUN FACT

*Respected architect (an understudy of Bernard Maybeck) and fellow Christian Scientist Henry Gutterson designed Arden Wood. He studied architecture at the École des Beaux Arts in Paris and designed Arden Wood in the classic Norman French chateau style.*

### FUN FACT

*For the first 40 years, The Mother Church operated Arden Wood. In 1975, Arden Wood became a private non-profit organization under the oversight of a Board of Trustees. At that time, residential apartments for Christian Scientists were established. Residents come from all over the United States.*



*Resident Nancy McCoon is an avid tennis player and a gardener extraordinaire. While her tennis is on hold, Nancy is working every day to spruce up Arden Wood grounds, plant succulents and herbs, and keep it all well-watered. We couldn't be more grateful for her enthusiasm and volunteer efforts!*

## HOPE: new views of God's goodness

*Edy Roberts, Arden Wood resident*

"How are you coping with the lockdown?" has been a question repeatedly asked of me by family and friends throughout these past weeks. I was taken aback by the term "lockdown," for I have not, for one moment, felt confined or restricted.

**A**rden Wood has been compliant with government mandates to be sheltered in place at this time—in other words, not to have visitors nor to leave the premises. And social distancing is fully respected. I have been embracing these challenges by seeing them as opportunities to refresh myself spiritually. Taking more time to study the daily Lesson Sermon and to read our periodicals has provided me with uninterrupted time to think and pray for myself, my family, my Arden Wood family, and the world.

A friend of mine, Rosemary Penderey, wrote a booklet titled, "Daily Lifts for Teachers," and in it was this thought that I just love: "See each day as a new beginning and every moment as a fresh new start." This ties in with a thought my brother, Bob, once shared, namely, "Don't start the day using yesterday's warmed-over truth." **Starting the day with a new view of God's goodness and love for me and everyone,**

**everywhere, is my goal.**

God's provision for me and other residents has included, almost on a daily basis, a variety of new activities. For example, by way of Zoom technology, we have viewed a wonderful concert from New York City, featuring a variety of young musicians playing their instruments from their homes. On Easter Sunday, we viewed a vocal concert by Andrea Bocelli performed in the Duomo Cathedral of Milan. He shared a message of love, healing, and hope for the world.

Larry, one of our Activities staff, who usually plans twice-a-month outings for the residents to interesting restaurants in the area, has scheduled some "Take-Out on the Terrace" lunch days. He arranges to pick up the food we order, and then his co-workers, Christie and Pam, help serve us on the beautiful Arden Wood first floor terrace.

As our local branch churches are

*Continued on page 6*



Residents and staff enjoy "Take-out on the Terrace" as an alternative to going out for lunch.



Friendship, joy, harmony—these are the standout qualities in our residential community.



Our Sheltered Care guests love "It's Never Too Late," a software program that offers a wide variety of activities from karaoke to exercise, from art classes to word games, and more!

## RESIDENTIAL

### FULLY ENGAGED

Inspiration has led to many new activities—visits with family and friends via FaceTime; hymn sings and concerts over Zoom; walking and gardening on our grounds; a bounty of continuing education options online; reading aloud groups and current events discussions; writing for the periodicals and spending quality time in study and prayer. The list keeps growing—and so do our residents!

### CONTEST

In honor of our long history, we're offering a contest for sharing your favorite AW memory! We'll choose a winner to receive **5 free nights as a Rest & Study guest.** Please submit by email (info@ardenwood.org) or mail (445 Wawona St., San Francisco, CA 94116) **BEFORE SEPT. 1ST.**

We're eager to hear from you!

### FUN FACT

There are 17 natural springs in San Francisco. The Trocadero Spring is located on the Arden Wood campus.

## HISTORY

Our residents and staff reflected on their AW memories and imagined AW's future. Here are several excerpts:

### LOOKING BACK:

"I've been here a long time, and I'm constantly amazed at the new view of divine goodness continually bestowed on us.

You have provided a beautiful and peaceful place for Christian Science healing." — *AW resident*

"A tradition has been followed to always have a staff that reflects the love of Christian Science. Being here, we have been given the gift of family." — *AW resident*

"My expectation is 90 more years of growing in the grace of patience, meekness, love, and good deeds! I'll write more in 90 years."  
— *Lovingly, AW resident*

### LOOKING FORWARD:

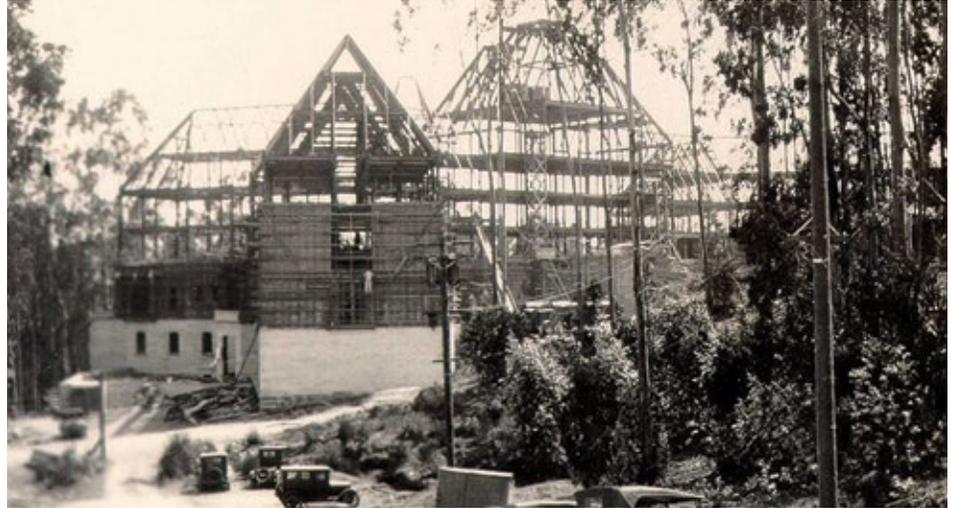
"Because you were built 'upon the Rock' spiritual (as well as physical), your future can only be expected to expand in services and commitment for another 90 years (and more!) and to bring more of your loving care to future generations.

May we continue to hold to the truths found in our Pastor in nursing, living, and blessing all mankind."  
— *AW associate*

### FUN FACT

Since 2004, Arden Wood has trained and graduated 34 Christian Science Nurses in the Christian Science Nursing Arts Program.

## Arden Wood from start to finish



*Arden Wood is 117,000 sq. ft., built in just 16 months and filled with Love.*

## Timeless hope, inspiration, healing

*Continued from page 1*

compliance reflects our obedience to the law as well as our Christian consideration for others. We do not, however, give into or traffic in fear. We stay above the fray, knowing that man "lives and moves and has his being in the kingdom of heaven," right here on earth.

COVID-19 will eventually dissolve into its "native nothingness," just as all fear does. But the strength of inspired thought and action that take place here every single day will endure. This is perhaps the main

theme that's emerged from these months of solitude-in-place.

We can't wait to return to doing what we love most — embracing those with a need for care and comfort and welcoming you to Arden Wood, meaning INSIDE the building! But while we work prayerfully and wait patiently for that to unfold, we can assure you that Arden Wood is right here, ready to support in any way we can. So, please call, email, FaceTime, text, or Zoom in any time! 🌿

# Good, old-fashioned thanks!

Patrick (Pat) Barrett, Arden Wood Board President  
Excerpts from the AW Annual Report

This time of sheltering in place has given us the incentive to be in touch by phone and letters since we can't receive guests right now. We're taking time to connect in good, old-fashioned ways. In that spirit, let me tell you how Arden Wood is doing.

Overall, we're holding our own! We're paying our bills on time, and we have no debt. We're about to complete a major capital project of replacing our boiler and heating system. We're exploring fresh ways to focus on our contribution to the Christian Science field. Our services reflect the dedication of our staff to our mission—and that dedication translates into what we affectionately call A.W.E. or the Arden Wood Experience. In other words, moments of true AWE!

In addition to the income generated by our services, we also look to you, our donors, for ongoing financial support. Donations are absolutely necessary to balance our budget month to month and year to year. This is true of most nonprofit, charitable organizations. They cannot

function without donations. With the greatest appreciation for each and every individual, family, and foundation that contributes to Arden Wood, we thank you. Thank you for your gifts to our General Fund, which covers everyday operations, and to our Endowment Fund, which is starting to generate a helpful income. And thank you for including Arden Wood in your estate plans. You may be interested to know that bequests make the biggest difference, helping us achieve both our annual fundraising goal and our efforts to ensure Arden Wood's future.

Arden Wood is indeed a haven from what appears to be a "maddening world." But there's no hiding here. Christian Science charges us with the responsibility to "heal the sick, cleanse the lepers, raise the dead—to freely give" (Matt 10:8). That's what's been going on for the last 90 years. It's what goes on here 24 hours a day, every day. Arden Wood is a healing house—and each one of you is a vital member of our family. Thank you! 🌿



**BEQUESTS MAKE THE BIGGEST DIFFERENCE, HELPING US ACHIEVE BOTH OUR ANNUAL FUNDRAISING GOAL AND OUR EFFORTS TO ENSURE ARDEN WOOD'S FUTURE.**

## HOPE: new views of God's goodness

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currently closed, we are conducting our own Wednesday testimony meetings in our chapel. I volunteered to play the prelude, hymns, and postlude, making use of music I brought with me a little over four years ago from Maui, where I played for services at the Kahului church. Little did I know when I came here that I would

have this opportunity to share.

God has provided wonderful, refreshing activities, proving that, to paraphrase Mrs. Eddy, there has been "no lapse from" nor will there be any "return to harmony" (SH, p 471:2) because, as mandated restrictions are lifted, we will simply continue seeing each day as a fresh new start. 🌿

## GIVING

### THE HIGGINS SOCIETY

is comprised of donors who pledge a gift of \$1000 or more for three consecutive years. New members are always welcome! If interested, please contact John Mitchell: [jmitchell@ardenwood.org](mailto:jmitchell@ardenwood.org) or (415) 379-2200. Thank you!



ARDEN WOOD

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[www.ardenwood.org](http://www.ardenwood.org)

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## HOW TO SUPPORT ARDEN WOOD

Monthly donations are instantly effective—they help us meet ongoing expenses.

**Thank you** for considering this gift option!

[ardenwood.org](http://ardenwood.org)



*Carved Cross and Crown*

### FUN FACT

*The Cross and Crown are carved into the marble fireplace by the marble cutter who gifted his work in gratitude for his wife's healing in Christian Science.*

### FUN FACT

*Vernita Seeley (wife of Paul Stark Seeley, CSB) designed the interior of Arden Wood to support healing and reflect light, highlighting the beauty of the natural surroundings and landscaping. Many of the original fixtures and furniture are still in use today.*

## A matching challenge!

**G**eneral Funds keep us going around-the-clock. For the last three months, income has been down, but our sense of purpose is soaring!

Why? Because Christian Science is the model of health and care we offer the world, and right now Arden Wood's healing mission is shining.

**A generous donor has offered a \$100,000 matching challenge, and we would love your help with achieving this goal.** Every dollar you give will

be matched in full—it's an opportunity to double the value of your gift!

**SUMMER  
FUND~RAISING  
CHALLENGE  
\$100,000 by  
September 30**

**The challenge starts today and ends September 30th.**

It's quick and easy to make a donation via our website

(ardenwood.org) or you can use the enclosed remit envelope. All contributions will be added to our General Fund.

We are deeply grateful for every donation and for ALL the ways you support Arden Wood, especially your prayers. Thank you!

## Five key questions

**T**his highly unusual time has brought to light ways we can all be better prepared for life's inconsistencies. If there's one thing we've learned, it's that **we're better if we work together.** Here are five key questions to consider and act upon:

**1. Where do you want to be if an unexpected event, like a pandemic, was to happen again?** We'd like you to consider living here at Arden Wood! You're safe, nourished, companioned and lovingly cared for in a beautiful place.

**2. As a protection to you and your loved ones, do you have an Advance Health Care Directive (or AHCD)?**

It informs others of how you want to be cared for in the event you can't speak for yourself. (You can find an AHCD form on our website: ardenwood.org.)

**3.** This is a good time to put your personal affairs in order—for example, **have you created a list of your various accounts, passwords, and valuables?**

**4. Do you have an estate plan?** We have tools to help you create one. And if you have one already, you might want to review it.

**5. Does your family know your vision for your estate and the reasons that inspired your vision?** If not, you might want to write a legacy letter of explanation. Such a letter can be very comforting, illuminating and helpful to those you care about—and who care about you.

Questions like these are very important to think about and to talk about with your loved ones. They put everyone, including yourself, at ease going forward. 🍃