



ARDENWOOD

SUMMER 2024

HearttoHeart

SHARING PROGRESS WITH OUR FRIENDS



Educating, Caring, Giving— for a sustainable future

By Amy E. Sparkman, Director of Communications & Planning

This is the essence of our work together for Arden Wood. Inspired by Mind, we meet each other's needs in order to bless and be blessed—to heal and be healed—through our “demonstrable knowledge of Christian Science” (*Manual of The Mother Church*, 49).

To some degree, every Mother Church member is guided by the *Manual By-Law*, Christian Science Nurse (*Manual*, Article VIII, Section 31). We are expected to achieve “a demonstrable knowledge of Christian Science” through our daily prayers and practice, our efforts to see more of God's nature wherever we look and whatever we're doing. Our work—yours and ours—is always about educating, caring, and giving to one another!

Demonstrable means *practical and provable* as well as *practiced and proven*.

To demonstrate demands active prayer that reveals inspired action. It's joyous, not laborious; effervescent, not enervating; engaging, not reticent. It's a call to action—the action of the Holy Spirit—the *pneuma*/wind blowing gently or in great gusts (see Madelon Maupin's talk).

God's calls to educate, care, and give are ongoing and clear between us. For instance, you inform us about the needs in the field, inciting us to provide the highest quality of care. In response, we educate Christian Science nurses to meet today's needs, and we host talks and webinars to inspire and inform thought and action. You respond with helpful feedback, return visits, referrals, and generous gifts of gratitude. And we listen and reply with alacrity and fresh ideas. The give-and-take interplay is fruitful, refreshing, and replenishing.

This endless flow creates a circle of Life and Love—a perfect expression of God's image and likeness, man, forever held “in the rhythmic round of unfolding bliss, as a living witness to and perpetual idea of inexhaustible good” (*Miscellaneous Writings*, Mary Baker Eddy, 82:30).

Educating, caring, and giving are quintessential ingredients for a sustainable future. You are invaluable to Arden Wood's wellbeing and to fulfilling its mission. Thank you for partnering with us! 🌱

PRAY WITH US!

Moving at the impulse of the Holy Spirit — Growing into our full capacity

Join us in praying with our 2024 metaphysical theme and share your inspiration! You can send thoughts to: info@ardenwood.org

Thank you!

GRATITUDE

I'm deeply grateful for the integrity and tender care that radiates from Arden Wood.

It is a HOLY PLACE with a sacred mission, and GOD has all details in hand.

With love, DS



ARDEN WOOD'S BIRD INVENTORY

Arden Wood's commitment to protecting and maintaining its natural environment is proven by the variety and quantity of bird life.

Year-round resident/probable nester

- 9 Anna's Hummingbird
- 1 Red-tailed Hawk
- 1 Downy Woodpecker
- 2 Nuttall's Woodpecker
- 4 American Crow
- 2 Common Raven
- 3 Pygmy Nuthatch
- 3 Pacific Wren
- 4 House Finch
- 5 Dark-eyed Junco

Late fall-early spring resident

- 2 Ruby-crowned Kinglet
- 1 Hermit Thrush
- 1 Golden-crowned Sparrow
- 2 Orange-crowned Warbler
- 7 Yellow-rumped Warbler
- 3 Townsend's Warbler

Winter resident

- 1 Varied Thrush

Fly-over only

- 1 Western Gull (year-round)
- 2 Glaucous-winged Gull
(late fall-early spring)



Practical wisdom in Christian Science nursing— a pathway to compassionate care

By Christian Science Nurse Jonathan Tetteh

Practical wisdom is a cornerstone in Christian Science nursing, reflecting the need for Christian Science nurses to embody qualities that align with the spiritual principles of Christian Science.

Mary Baker Eddy emphasizes the importance of character in Christian Science nursing, stating, "An ill-tempered, complaining, or deceitful person should not be a nurse. The nurse should be cheerful, orderly, punctual, patient, full of faith,—receptive to Truth and Love" (*Science and Health with Key to the Scriptures*, Mary Baker Eddy, 395:17).

With such qualities, inherent in each of us, we can prayerfully uphold our and others' true nature as God's image and likeness—intact, unblemished, and whole—while providing the "proper care" needed. This recognition of spiritual reality transforms our human experience. Importantly, acknowledging everyone's identity as an expression of divine Truth and Life dissolves fear.

The role of the Christian Science nurse, therefore, is not only to attend the physical needs of the patient but also to uphold an atmosphere aligned with the principles of Christian Science and supportive of quick and complete healing. This includes assisting with personal care and cleanliness, encouraging normal nourishment, and providing loving reassurance of God's care and ever-presence.

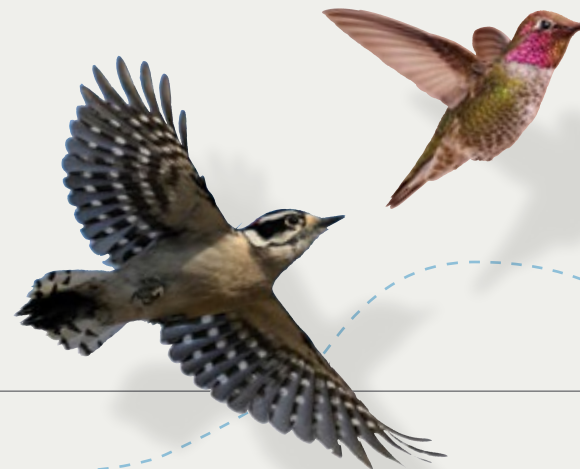
For example, a Christian Science nurse may demonstrate practical wisdom by maintaining an atmosphere of calm and spiritual reassurance, reflecting the sense



of order and harmony conducive to healing. (S)he may read passages from the Bible or the writings of Mary Baker Eddy to the patient, offering spiritual inspiration and comfort. The Christian Science nurse may also help the patient with practical needs, such as bathing or dressing, always in a manner that maintains the patient's dignity and respect.

The Christian Science nurse's role extends to providing moral support and bearing witness to the truth of the patient's spiritual perfection, as taught in Christian Science. This spiritual perspective is not just passive but active, prayerful acknowledgement of the patient's innate wholeness and the non-reality of disease. Christian Science nurses work in tandem with Christian Science practitioners, who provide healing treatment through prayer, reflecting the model of healing demonstrated by Christ Jesus.

Practical wisdom in Christian Science nursing is demonstrated through the creation of a healing atmosphere, spiritual discernment, and effective communication with Christian Science practitioners, all of which contribute to the holistic care of patients in the Christian Science tradition. 🌿



*Nathaniel carrying Otto with
Bingitt in front of Piper Wilder—
above the Copper River in Alaska.*

Why bring the whole family for Rest & Study?

By Piper Wilder

Arden Wood is not only a haven but a holy place for our family. Without fail on our trips over the past years, we come away inspired, refreshed, and in awe of the vitality of the place.

When my mother-in-law suggested spending Christmas at Arden Wood many years ago, I scoffed and said, “At a retirement home?” But the joke was on me! Upon the first moments there, I was swept away by the elegance and palpable spiritual depth that is unmistakably felt. **Arden Wood is like the marriage of the Fairmont Hotel chain with a deeply moving church service or Reading Room time.**

Our family has taken advantage of the Rest and Study option many times and can’t wait to return. We have two very young children who also feel at home toddling the hallways, enjoying the food, and going for stroller rides on the sprawling and beautiful grounds. While my husband and I take turns soaking up inspiration, quiet, and resources for spiritual study, the other

heads out with the kids to enjoy the amenities of San Francisco. I appreciate not having to plan or make each meal, thanks to the organic and tasty food available three times a day. I also love meeting the residents and other guests!

For families with lots of demands and full-time work, an affordable week of quiet and spiritual nourishment is the best gift we could invest in for personal spiritual growth and the advancement of each member of our family. I have so much love for all who work at, financially support, and cherish the idea of Arden Wood. I only wish other families like ours had the experience of this “spiritual, all-inclusive” resort. 🌿



**COME FOR
REST & STUDY
in our beautiful
and serene
Christian Science
refuge where
healing abounds.**

You create your schedule, and we’ll provide the peaceful atmosphere!

Discount rates for Rest & Study packages available now for a limited time only!

Visit our website for details:
www.ardenwood.org/visit/discountpackages/



A HAVEN FOR OUR “SOARING AND SINGING” FRIENDS

This past December, San Francisco Field Ornithologist Dominik Mosur conducted a two-hour search of our property to note and count all species of birds he found.

He was participating in the 2023 Golden Gate Bird Alliance San Francisco Christmas Bird Count. The weather was challenging—high winds hampered detection. However, he still detected 19 species with 17 of them actively using the property.

Arden Wood’s land is a great example of a hidden habitat gem within the confines of a bustling and densely populated urban area. The mix of exotic and local flora provides shelter and food for an array of wildlife, including an incredible diversity of birds for such a small area. The open spring is a rare asset in San Francisco and further enhances habitat value, variety, and quantity of bird life. 🌿



CARING FOR ONE ANOTHER AND ONESELF — a West Coast Christian Science Care Cooperative activity

*By Mentoring Manager
Forest Denson*

Recently, a Director of Christian Science Nursing (DCSN) from a sister facility spent four days at Arden Wood working side-by-side with our DCSN and me. The ready willingness that inspired and made room for this unique professional development resulted in a productive experience that stretched and strengthened all involved. Cooperative efforts draw on one another's resources to support our facilities, our staff, and our patients.

Finding common ground between our two facilities and individual ministries; openly sharing and discussing ideas, concerns, situations, and blessings; and putting specific prayer-based thoughts into action—that's collaborative progress! To work side-by-side with a fellow Christian Science nurse from another facility blesses and grows our collective Christian Science nursing ministry. 🌱

Engagement makes QUITE a difference

*A special tribute to our male
Christian Science nurses*

My mom spends most of her day in her room. What I have so greatly appreciated is the way the Christian Science male nurses who care for her engage with her—they invite her into productive, healing conversations.

All the Christian Science nurses are remarkable for their persistent expectation of healing and their encouragement to be as self-sufficient as possible. But the telling aspect of their ministry is their spiritual sense, which permeates their loving interactions. In my mom's case, it's the men who really stand out for their sweetness, their gentle encouragement, and their patience.

During one of my recent visits, Mom's left leg wasn't functioning. Usually, she can get herself out of her chair to her walker. That day, Daniel and Ben were so sweet with her. "We're going to lift you up on the count of 3. 1,2,3, here we go!" Their voices were

so encouraging. And it was a great comfort to have the strength of the two men right there. They kept talking to her and were so patient and kind. They made Mom feel secure and capable at the same time. She was trying and didn't get frustrated. It was a tender moment!

Another feature of their care is the different qualities and skills they express based on their interests and stage in life. If anything goes wrong with Mom's iPhone, she calls Nic, a recent college graduate. He's a whiz with technology and often goes to Mom's room during his break to make sure her phone issue is taken care of. A more seasoned Christian Science nurse, Jonathan shares wonderful ideas from the Bible on his walks with Mom. And there's Forest, who is perpetually patient—you feel his loving aura when he's in a room.

In each instance, care is expressed through engagement. 🌱



Residents Edy Roberts and Nancy MacCoon together with Housekeeper Lisa Troung spent hours working on this intricate 1000-piece puzzle. Their collaborative effort and big smiles tell a story of "sisterly" love. We applaud their hard-won success!

Temporary Christian Science nurse Becky Hoskyn and volunteer Karin Holser working together at Arden Wood in May, 2024.

Answering the call to serve where I'm most needed

Three temporary Christian Science nurses share their experiences of working at Arden Wood for 1-3 weeks at a time.

Suzan Foreman Grover Beach, CA

I came out of semi-retirement in 2020 because I was asked to answer the call to support Christian Science nurses during the shutdown when many facilities were short-staffed. I am glad I did, and I've kept on helping since then!

I'm grateful to continue to serve, to meet the delightful Christian Science nursing trainees, and to learn new things going on at Arden Wood. Temporary Christian Science nursing calls forth different qualities because you aren't on a regular schedule. It's a fun challenge to remember where things are, to learn the fresh ways things are being done and how to use new equipment, to practice new care skills, and to continue to grow spiritually through this precious ministry! Each case is different, and a Christian Science nurse is always praying to meet the needs in the right way. It's also helpful to examine my own practice in light of how others are working—interacting with others keeps me fresh!

I also love that I can stay at Arden Wood and be a part of the friendly and lively community. I always feel really welcomed by the Arden Wood staff. I enjoy taking the Arden Wood bus to church and talking with residents. And there's a real sense of camaraderie in the dining room. It's a joy to realize that even though I'm retired, I don't have to go back to work full-time to stay active with Christian

Science nursing and to be useful. I know that I don't have to control my schedule because God will put me where I'm most needed!

Becky Hoskyn Seattle, WA

It's a joy to spend time at Arden Wood as a temporary Christian Science nurse, and I'm grateful to have had this opportunity for the past three decades. The spiritual nourishment and selfless giving of the staff are precious to me! Although there are numerous changes in the faces here over the years, the reassuring and continuous feeling of teamwork, willingness to help, consecration of thought, and trust in God fill every corner of this beautiful place. This spiritually-minded community is a beacon of light and a privilege to witness.

The full-time Christian Science nurses and trainees on staff are deeply motivated to support healing and are a unique and lovely array of individuals who come from all around the world. Many have left their first languages, families, traditional customs, and homes to practice Christian Science nursing and support healing for Christian Scientists here in the U.S. These dear individuals have given up so much materially to unselfishly give to others spiritually. I am in awe!

Supporting the Arden Wood staff as a temporary Christian Science nurse has



provided me with abundant memories of many inspiring people, spiritual growth, healing, and opportunities to bake loads of banana bread!

Comfort Adjaye Carrollton, TX

Hymn 234 is in my prayers whenever the opportunity comes for me to work in a Christian Science nursing facility:

“O Master, let me walk with thee.
In lowly paths of service free;”

These words always comfort and reassure me that I am not alone. My Father, who has called me to work, will supply all the wisdom and humility I need to do His work.

It's always a joy for me to work in new places. This helps me to learn new care ideas from others and to share my ideas to best meet the needs of our patients. Working hand in hand with my friends (fellow Christian Science nurses) makes me feel at home and never like a stranger.

“Teach me thy patience; still with thee, In closer, dearer company,
In work that keeps faith sweet and strong, In trust that triumphs over wrong.” (Hymnal, 234)

Love that heals, cherishes, uplifts, comforts, and upholds a healing atmosphere is the work that everyone I work with brings to the table. 🌱



WANT TO VOLUNTEER? WE'D LOVE YOUR HELP!

What a difference you can make by reading aloud, leading an art activity, or singing together with our patients and Sheltered Care guests. We're also open to new activity ideas!

Please be in touch by email:
info@ardenwood.org
or call (415) 379-2108
or 2180.



Volunteering— gifts of love and time

By Karin Holser and Amelia West

Karin Holser lives in Alaska, but she volunteers in California—right here at Arden Wood. Three or four times a year, Karin flies to San Francisco to spend a couple weeks doing whatever needs doing, and we couldn't be more grateful.

During her most recent visit, Karin invited staff members who are not Christian Science nurses to volunteer on the Christian Science nursing floor. And seeing the blessings of this extra support inspired Karin to encourage anyone to volunteer at a Christian Science care facility. As encouragement, Karin gladly shares her why, and how, and more...

AMELIA: What led you to volunteer at Arden Wood?

KARIN: When I retired, I wanted something to give back to, and I know there's a need for volunteers at all Christian Science nursing facilities. Christian Science nursing is a *Manual By-Law*, and I believe we need to embrace and support it as much as any other By-Law. I've always appreciated Christian Science nursing and felt it was undervalued in our Movement and that everyone in our field should support it whether through prayer or by volunteering.

AMELIA: How could a volunteer help with patients?

KARIN: It will depend on the individual and what they're comfortable with and whether they have any Christian Science nurse's training. Anyone can help make beds, read aloud, take patients outside to sit or walk, prepare for meals, play games, or do puzzles with patients. Simple activities, like going outside, playing a game, or just listening and having a conversation mean so much! Volunteers



support a patient's sense of connection with normal daily life and provide much-needed companionship.

AMELIA: What do you get from volunteering at Arden Wood?

KARIN: The joy of knowing that I'm helping people. I feel needed, especially knowing I'm giving the Christian Science nurses a welcomed break. Christian Science nurses have very full schedules and sometimes overwork. It's very rewarding to know that I can make a difference and help everyone—from patient to Christian Science nurse.

I also grow in my understanding of Christian Science every time I volunteer. I have to be on my toes, and it's a great opportunity to put into practice what we are taught. I have to watch my thought continually, which is a lot easier if I'm just reading the Bible Lesson at home and going about my daily business. It's a wonderful way to hone my spiritual understanding and force myself to see the true man. Volunteering at a Christian Science nursing facility requires one to foster a deeper connection with God, others, and ourselves.

AMELIA: At your suggestion, I recently spent an hour taking a patient for a walk through our Isabel Garden. It was as much fun for me as it was for her. Right from the start, we connected through a mutual love of art and marketing. She shared her career and life experiences, and we were delighted to discover many similar interests and hobbies. It was a beautiful, energizing break in my workday, and it felt so natural and normal to us both to take a walk and have an engaging conversation. 🌿



ARDENWOOD

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Planning ahead is an act of love

Based on an interview with Philip Lineer

When Phil Lineer was offered out-of-the-blue benevolence to attend Cal State, Hayward, he was working at Arden Wood on the “call watch”—from 4 PM–12:30 AM. Years had passed since he’d graduated from high school, so college was a bygone dream. But it was too hard to say “No” to the offer and urging of Arden Wood’s Executive Director Al Hooning!

Phil worked hard, graduated in just three years, and became a CPA (certified public accountant). He’s been gainfully employed ever since, thanks in large part to Mr. Hooning’s recognition of a young man’s potential and the value of a plan-of-action. Phil has built his life on this foundational point: plan ahead, work hard, put things in order, and keep them in order! He believes, “It’s the kindest thing you can do for others, especially family, colleagues, and close friends.”

After an older brother passed away several months ago, Phil and his siblings have been working diligently to settle the brother’s modest affairs. Despite helping his dad create an online will, his brother left no instructions and gave no indication of his wishes for his own estate. The family had to hire an attorney to file motions to

enable them to open the estate and access his belongings. They “tore apart all his digital and physical hiding places on his laptop and in his condo, opening every scrap of paper and sifting through every digital file, looking for answers” but found nothing. Out of respect, Phil and his siblings have tried to imagine what their brother would have wanted to do with his car, condo, and savings.

This laborious process is much easier if personal details are organized and accessible—if there’s a roadmap for family members to follow, including passwords for a laptop and a cell phone. Crafting a will or a trust is a good place to start, and designating an executor or a successor trustee empowers that person to disperse assets in accord with the will or trust terms.

No one enjoys thinking or talking about passing on or what happens to their personal belongings, but we all need to do it. Writing a legacy letter to express your wishes and share the reasons for your decisions is also helpful. **Giving clear directions to your loved ones is one of the most thoughtful ways you can express your love.** Phil’s advice is crystal clear: “For the sake of everyone you care about, don’t delay—do it now!” 🌿



Be a blessing. Shape your legacy.

August is “**Make a Will**” month, inviting all of us to be kind to our loved ones by creating an estate plan. If you already have one, it’s a perfect time to review and update the details or to add a legacy letter.

Supporting Christian Science nursing and healing is a meaningful way to make an impact for years to come and to pay it forward. Consider including Arden Wood in your will or living trust or naming Arden Wood as a beneficiary of a life insurance policy, IRA, or bank account.

We can help with planning.
Please contact us to learn more.

John W. Mitchell
Arden Wood Executive Director/CEO
(415) 379-2200 or jmitchell@ardenwood.org



Soaring Dove Summer

\$125K MATCHING CHALLENGE

JULY 1 - SEPT 30

All donations to Arden Wood DOUBLED!

Your gift supports our healing ministry.

Thank you!



Spiritual movement is ongoing!

By John W. Mitchell, Executive Director/CEO

The idea for Arden Wood came to **Marvin Higgins and his wife, Mary Alice, in 1926**—when Christian Science was attracting newcomers swiftly and in abundance through quick and whole healing and word-of-mouth. 98 years later, we have the same opportunity to grow!

Listen to Mr. Higgins' message to the first Arden Wood staff members on the eve of Opening Day, in May of 1930, and see how clear and true his words ring not just for our staff today, but for Christian Scientists throughout the world:

- **You are part of a vast spiritual movement** that is revolutionizing the religious thought of the world.
- **You are engaged in the greatest work in the world**, healing the sick, comforting the distressed, giving the thirsty the cup of cold water.
- **You are teachers and preachers of the great truths of Christian Science**, both by precept and example.

Mr. Higgins' remarks are straightforward and profound—they speak directly to the theme of this newsletter—to educating, caring, and giving in whatever form that takes in daily life.

For instance, we believe Christian Science nursing is the future of health care, the kind of care that a growing number of people not yet familiar with Christian Science are seeking. We want to share more intentionally the unparalleled opportunity for quick, whole, and permanent healing. We couldn't be more grateful to be part of today's "vast spiritual movement."

If you participate in our **Soaring Dove Summer** matching challenge before September 30, your gift will DOUBLY support our healing mission: ardenwood.org/donate or call (415) 379-2108.

Thank you! 

Support Our Healing Care Mission Today

Join our Monthly Giving Program! Your regular contributions enable us to provide ongoing Christian Science nursing education and outstanding care in a spiritually uplifting environment. As a monthly donor, you are participating in our active, daily work and the expectancy of healing.

You can make a lasting impact today. Your monthly donation to Arden Wood is a gift of love, hope, and healing. *Thank you!*

- **Choose Your Amount:** Select a monthly gift that fits your budget.
- **Set Up Your Donation:** Visit our website or contact us to enroll in the Monthly Giving Program. www.ardenwood.org/donate/ or (415) 379-2108
- **Make a Difference:** Know that your generosity is helping to provide healing care.

SAVE THE DATES

Fall Events

A talk on the election
by *Christian Science Monitor*
Journalist Francine Kiefer
— Date TBD

A talk w/Q&A on
Adam Dickey
by **Nancy Niblack Baxter**
and **Keith (Skip) McNeil**
— Date TBD

Estate Planning
— Thursday, October 10

Medicare and
Health Care Insurance
— Tues & Thurs,
November 12 & 14

Christmas Celebration
— Sunday, December 8

Check our website and your email for event details and to register.

Designed by Laura Frank in 2010, the leaf-bird icon in our logo symbolizes the spirit of Arden Wood—soaring and singing, transforming and growing, naturally free.