

# HearttoHeart

SHARING PROGRESS WITH OUR FRIENDS



## Address to the Christian Science Nursing Arts graduating class of 2024 (Excerpts)

*Ore Ajayi, Christian Science Nursing Arts graduate*

**It is an honor and a profound privilege to stand before you today, representing this remarkable group of individuals who have answered the call to serve and represent themselves as Christian Science nurses.** As I look out at my fellow graduates, I see a group of people united not only by our shared dedication to the Science of Christian Science healing, but also by our collective commitment to ensure and witness that healing.

Our journey to this moment has been one of growth, transformation, laughter, bewilderment, questions, and prayer, which in turn has deepened our understanding. We have been taught the ethics and the art of Christian Science nursing that guide us in our practice. But more than that, we have been nurtured in the understanding that our true role as Christian Science nurses is to bear witness to the ever-present healing power of Divine Love. We learned that more than anything, our Pastor (the Bible and the Christian Science textbook) as well as our spiritual intuition are the best resources for any given situation. We learned to hone our spiritual intuition with meticulous practice and guidance from our wonderful instructors.

Throughout our training, we have learned that the work of a

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*Above: (L-R) Graduates Linda Luciani, Cal Baraza (Peace Haven), Ore Ajayi, Archie Adjaye, Terah Wema. Photo: Chestnut Hill Benevolent Association*

## Every day is full of healing opportunity

*John W. Mitchell, Executive Director / CEO*

We have received overwhelmingly positive feedback to our October 17th announcement that we have decided to “stay where we are for the next five years, if not indefinitely.”

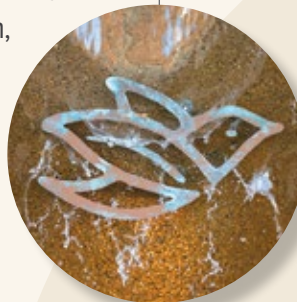
And we are most grateful! Now, we are focusing our full attention on Arden Wood’s “proof of utility” in the field today and for years to come. It’s a call to action for all of us!

Arden Wood has always been a place where Christian Science nurses care for physical needs so that patients, who work daily with a *Journal*-listed Christian Science practitioner, are free to give their full attention to knowing more of what God knows about their spiritual identity—and thereby experience healing.

We are just as intent on supporting our Christian Science nurses through excellent and continuing education. Their inspired thought, practical wisdom, and skillful care contribute immensely to each patient’s progress. Without Christian Science practitioners and Christian Science nurses, Arden Wood cannot fulfil its healing mission. It would have no reason to exist.

We want to highlight the healing work of a Christian Science nurse that far surpasses bed-making, personal care, food modification, mobility assistance, reading aloud, etc. Above and beyond those helpful skills, Christian Science nursing centers on beholding “in Science the perfect man...” because the “correct view heal(s) the sick” (see *Science and Health with Key to the Scriptures*, Mary Baker Eddy, 476:32-4).

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# Soaring and Singing

## CLEAR MESSAGES AND BEAUTIFUL IDEAS

*JB from England*

**I just had to let you know how precious it is to listen to and read Arden Wood's "Inspirational Talks."** They are such a blessing and inspire me greatly. Many times I have listened to dearest Dan Jensen's talk. How clear his messages are for us all. Each speaker brings new ideas that are so perfect. Lately, I have found strength in these talks.

One night, the thought came to me, "Well, your name is Jeannie, so why not listen to Jeannie Ferber's talk in 2016." I did as I was asked. Goodness, how many times I have listened to those beautiful ideas in the early hours of the morning when sleep seemed to evade me. Jeannie Ferber's dedication, humility, gentleness, and love pour forth, lifting my thought and reassuring me all is well. For that, I am truly grateful. 🌿

## Every day is full of healing opportunity

*John W. Mitchell, Executive Director / CEO*

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Is there any more important or more challenging role in a "sick room" than that of a Christian Science nurse?

We also want to encourage and educate branch church members on how to care for one another in ways that don't necessitate a Christian Science nurse. **The *Manual By-Law, Christian Science Nurse*, (p 49) is a directive to every member of The Mother Church to be actively engaged in this ministry. Interestingly, it's the last of the Article VIII By-Laws, under Discipline.** Is this placement the ultimate example of Christly service, expressed through the combination of inspired thought and human outreach? Does "Discipline" imply diligent obedience and consistency?

### A coming together

We will continue to inform Christian Scientists about "important to know and understand" topics, like Medicare and estate planning. Most Christian Scientists are unfamiliar with the high cost of care because they haven't needed it and don't expect to need it. Do you know that a patient receives care from at least three Christian Science nurses, each working an

8-hour shift spanning 24 hours? That care might extend for multiple days, weeks, months, or longer — and the cost adds up. If a patient is enrolled in Medicare, a significant portion of the skilled care expenses will not come out of the patient's pocket.

Each of us has an important role to play through estate planning. A practical approach will simplify and ease the transfer of your "estate" — everything that remains after your passing — to those you wish to bless and benefit, such as family members and organizations you cherish. More than 60% of the US adult population has no estate plan, which means the largess of those estates goes to each individual's state government and the federal government through hefty estate taxes. **The kindest thing each of us can do for those we love and the causes we want to preserve is to put our financial and personal affairs in good order.**

Our perpetual mission is to support healing through skillful Christian Science nursing care and training, inspired living, and Christly service. We are eager to see less

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**We're  
listening...  
Please be  
in touch!**

### We would love to hear your ideas for Arden Wood's future.

Below are a few questions to consider:

- What services would you like Arden Wood to continue to offer?
- What could Arden Wood do more of?
- What should Arden Wood do less of?
- What new service(s) do you envision Arden Wood providing?

Answers, comments, questions are welcome any time: [info@ardenwood.org](mailto:info@ardenwood.org) or (415) 379-2108.

*Thank you!*





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lingering of physical symptoms and to bear witness to more “quick and whole” healing. Inspired living is a conscious way of life, isn’t it? It’s a decided aspiration for all who work and live at Arden Wood. How can we grow in grace—be more patient, meek, and loving, and what good deed can we do today? (See *SH* 4:3-5). The answer will invariably be a form of Christly service. And service to God through service to others—to our fellowman and to all mankind—is our great joy.

Thank you for standing with us in this Christian service. Working together, Arden Wood’s healing mission will thrive! 🌿

**“I am very grateful to all of the staff at Arden Wood for the care and support provided to my mother for the four years she resided at Arden Wood. Everyone also always made me feel welcome and well cared for whenever I came to visit. I think the people at Arden Wood are the essence of what makes Arden Wood so special.”**

— A recent donor

## HEALTHCARE GRATITUDE

I had the opportunity to listen to the Medicare webinar. Almost immediately afterwards, I had a great experience working with the caring, knowledgeable people who in a short time were able to find the right Medicare Supplement for me. Most of all, my family (not Christian Scientists) was happy. As a *Journal*-listed Christian Science nurse, I understand the need to talk in practical terms. Navigating health care is not an easy task. I am very grateful for the clear sense of integrity and respect for our theology that’s evident in these webinars. — CM

## Re: A special announcement

**Thanks so very much for this update on Arden Wood's future.** The thorough pursuit of various options to consider how they might offer better solutions will now reveal what is right for the remaining issues to be resolved.

Frequently, when I take an Uber from SFO to Arden Wood and the driver comes up the drive to reveal this amazing setting, he exclaims, “What is this place?!” And I tell him, it is a place for Christian Science

healing and living. In this unique setting, it is a stunning, peaceful, comforting oasis.

Arden Wood is fulfilling its mission here, blessing the neighborhood, the city, the Bay Area. Until its healing activity is needed somewhere else, this is the right place for it to be. And all that is necessary to sustain it will be revealed. I have no doubt!

Much love and gratitude,  
Chris Raymond 🌿



# ArdenWoodLiving

## COME & SEE

**Experience Arden Wood living** for 3 days / 2 nights as our guest.

Contact Cheri Allen:  
(415) 379-2343 or  
callen@ardenwood.org

## REST & STUDY

**Come for quiet time** to study, pray, rest, and restore in a lovely, private room.

Call to make a reservation:  
(415) 681-5500



*Residents Edy Roberts, Elaine Wyman, and Gwen Putnam enjoy creative writing, and Nancy Stiner gardens on the sunny patio!*

## Home at Arden Wood

*Cheri Allen, Director of Residential Services*

Arden Wood, the majestic French chateau on a picturesque setting in the West Portal district of San Francisco, is home to Christian Scientists who embrace Mary Baker Eddy's statement, "To those leaning on the sustaining infinite, to-day is big with blessings" (SH vii:1-2).

Their home is not just an individual, physical habitat, but a collectively mental one—a village—in which each resident maintains a safe, private, comfortable sanctuary free of judgment or threat, an environment of joy, inspiration, freedom, and healing—an atmosphere in which to graciously and lovingly interact with others (within and without Arden Wood).

Their daily and weekly activities are grounded on the Christ, Truth, and designed to be interesting and purposeful, to promote joy and fellowship, to refresh, renew, uplift, and elevate thought Godward. Their study and prayer, combined with their branch church work and their participation

in all the beautiful amenities of Arden Wood, are invaluable to Arden Wood's continued progress.

Mrs. Eddy refers to home as "the dearest spot on earth. . ." (SH 58:21-22). This tender vision dovetails the definition of Church (SH 583:12-19). Both speak to a dwelling place that blesses oneself as well as one's family, community, and the world. This sense of home can be likened to a "structure of Truth and Love...rest(ing) upon and proceed(ing) from divine Principle. ...elevat(ing) the race, rous(ing) the dormant understanding from material beliefs to the apprehension of spiritual ideas and the demonstration of divine Science, thereby casting out devils, or error, and healing the sick."

If this description of life and home speaks to your heart, why not explore the possibility of living with a rich, active sense of purpose and brotherly love here at Arden Wood? All inquiries are welcome! 🌱



Six fun photos become  
a “thank you” puzzle!



## A Rest & Study experience: A mutual delight

Edy Roberts, Arden Wood Resident

**Recently, I made the acquaintance of a dear woman from New York.** She was putting a discounted, multi-night, Rest & Study (R&S) package to good use for ten consecutive nights. While chatting with her in the dining room, I invited her to join the resident activities Arden Wood offers. She was delighted!

The first activity she joined is our stretching class, “Rise Up!” She enjoyed it so much that she made an audio recording of it so she could follow the routine at home. Another resident invited her to hike up the beautiful and iconic “16th Avenue tiled steps” that climb into a grove of lush trees not far from Arden Wood. Our visitor also

happily participated in reading aloud *Miscellaneous Writings* and the Bible Lesson.

This R&S guest loved the food here. She was so impressed that she took pictures of several lunches and dinners, and our head chef, Sven, gladly answered her questions about the ingredients in some of the entrees.

Our new friend took pictures of everything she did to remember the flavor and feel of Arden Wood. When she returned to New York, she had several of her photos turned into a jigsaw puzzle and sent it to us as a surprise “thank you!” She hid the picture on the puzzle box so we couldn’t see what we were

putting together. It’s a collage of familiar scenes and a wonderful reminder of the happy times we had together.

Reflecting on her visit, she said, “Arden Wood has a very healing atmosphere. The residents are loving and welcoming. I think it’s because they do good prayerful work and are happy with their living arrangements.” She purchased another discounted R&S package to share with her sister in December, and we couldn’t be more delighted! This time she intends “to ride in one of the Waymo driverless taxis!” 🌿

## Enriched by moving and giving

Nancy Stiner, Arden Wood Resident

**I recently completed six years as a resident of Arden Wood and am beginning a seventh year. I love this home and all the new “family” I see every day.** It occurs to me that it might be helpful to share information that could open the way for others to experience this gracious-living atmosphere.

I came to visit Arden Wood as the result of a “Come & See” invitation. Any sincere Christian Scientist is welcome to spend three days and two nights, free of charge, if they are considering a move to Arden Wood. I was certain that I wanted to make this move, but I wasn’t sure my financial status would be sufficient on a long-term basis to cover the monthly fee for the apartment I had chosen. Prayer revealed the solution.

At that time, I owned a townhouse, which I intended to sell before I moved. I wanted to provide for my own needs AND I wanted to donate to Arden Wood now — rather than wait until I was gone. I knew that a Charitable Gift Annuity, or CGA, would pay me interest on the dollar amount of any monetary gift I made to a charitable organization, so I donated the bulk of the funds from the sale of the townhouse as a CGA to Arden Wood. The quarterly interest I receive from this donation covers all my financial needs.

Maybe you aren’t interested in moving to Arden Wood but would like to make a donation sooner than later. I suggest you take a look at your IRA or whatever financial instrument you have set up and

check the interest rate you’re receiving for those funds. The CGA pays an interest rate according to the age of the donor. My rate was quite good! You might decide to withdraw funds from your IRA to contribute to Arden Wood now and receive quarterly interest that’s higher than your current rate.

We all want to support the activity of Christian Science nursing for ourselves and for all those in the future. I am reminded of what our Leader says about giving, “(It) does not impoverish us in the service of our Maker, neither does withholding enrich us” (SH 79:31-32).

Christian Science nurses training, education, and care are some of the best methods of service available. 🌿



# ArdenWoodCulture

## STAFF MATTERS!

Each and every Arden Wood associate works tirelessly to sustain an environment that invites, inspires, and supports Christian Science healing.

This fall, we put on a fair for our associates and their families in our parking lot. 100+ people played, ate, and enjoyed family time with colleagues. The best part — aside from the delicious fair food and ever-popular bounce house — was meeting employees' parents, siblings, spouses, and even grand-parents who joined in the fun.

Our next all-associates activity is producing a “lip-dub” song for our Christmas program on December 8. We hope you’ll tune in at 2:00 PM, Pacific! (For details: [ardenwood.org](https://ardenwood.org))

*HUGE thanks to our outstanding staff!*

## AW associates appreciation fair



Visiting Christian Science nurse Aicha Langel is ready for your call: (415) 740-0460



## Christian Science Nursing Arts class address

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Christian Science nurse goes far beyond the physical acts of caring for another, as important as that is. We have been trained to see past the material picture and to affirm the unchanging truth of man's unwavering spiritual identity. This understanding has deepened our practice, enriched our compassion, and strengthened our resolve to serve selflessly.

In the words of Mary Baker Eddy, "Divine Love always has met and always will meet every human need" (SH 494:10-11). As we go forward in our roles as Christian Science nurses, we carry with us the profound assurance that we are not alone in our work. Divine Love is ever-present, guiding, guarding, and inspiring us in our upcoming adventures. Our role is to reflect that Love—to be an expression of the Christ, to be a living witness to the spiritual fact of God's loving care and provision. Not only is Divine Love's provision for those in need of healing, but it's also the provision for the ministry of Christian Science nursing as a whole.

I felt drawn to Christian Science nursing at a time when I was in desperate need of direction from God. And with not-so-subtle angel messages, I got my answers. Like most soon-to-be undergraduates, I was almost frantic about what my next steps were. I had found an article, called "Place," and it quickly became the first thing I listened to in the morning and the last thing I heard as I fell asleep at night. As is typical for anyone in their last year of college, I had numerous conversations with curious professors, excited juniors, and anxious family members, all wondering what my next steps were. In most of those conversations, there seemed to be a pattern of Christian Science nursing—almost like a repeated whisper of God's

still, small voice. At first, I couldn't take it seriously as it had never crossed my mind before. Moreover, I love art. I have to express myself with art in some way. This is what I kept telling myself.

Eventually, I listened and yielded to the angel messages. I submitted applications to some facilities I had heard about and waited patiently for what God was preparing me for. And almost as if they had been waiting for me, the responses came flooding in, far quicker than I ever expected. Somehow, I knew I had found it, and it had found me.

As we move forward from this day, let us carry with us the lessons from our training, the healings we have witnessed, and the unwavering commitment to our calling. Let us remember that each day is an opportunity to reflect the love of Christ, to serve with humility, and to affirm the healing power of Divine Love.

**We have been prepared for this work in ways we may not yet fully understand, but we can trust that we are equipped with everything we need to serve effectively and faithfully as Christian Science nurses.** Whether for a day or 100 years, whether in a home or facility, whether for one or for many, let us go forth with joy, confidence, and a deep sense of purpose, knowing that we are fulfilling a divine mission. As Christ Jesus said, "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven" (Matt 5:16).

May our lives and our work continue to be a blessing to all those we serve, and may we always strive to embody the love, compassion, and healing presence of the Christ in everything we do.

Thank you, all. 🌿



ARDEN WOOD

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# LOVE & LIGHT

Matching Opportunity

**\$100K MATCHING CHALLENGE**  
December 1-31, 2024

All donations to Arden Wood DOUBLED!



## The WHY of a legacy letter

Amanda Weitman

### Have you ever thought about explaining why you are sharing your wealth?

Typically, your estate documents provide for the who, when, and what, but they leave out *the why*. And yet *the why* might be the most important element of the transfer of your wealth.

The old English meaning of the word wealth is “well-being.” Although gifting items of value can contribute to the receiver’s financial well-being, sharing personal stories that highlight core values can encourage, inspire, and sustain someone’s sense of well-being. **The sharing of these stories is sometimes referred to as a legacy letter or a living will.** This is not a legal document, but it can be a *lasting legacy*.

A legacy letter does not need to be reserved for sharing later in life. It can be shared anytime you are giving a gift to a loved one as a way to explain your reasons for the gift. A legacy letter can

also clarify your intentions to your eventual beneficiaries.

A simple legacy letter could share invaluable lessons that shaped you as a businessperson and led to your success. With this gift, you would like to pass along the opportunity to start a business or pursue a venture. Or you might help to pay for a loved one’s education and write a note sharing why education was so important to you and that this is the reason you want to help them obtain an education in a field of their interest.

To get started, think about what your goal is in giving the gift, who will receive it, and why. Are there important family values you want to pass along? Or are there personal values you want to share?

**Consider this a love letter to your loved ones and a way to not only share financial wealth, but also your wisdom and what matters most to you.** 🌱

## Pay it forward

**Many years ago, I was led to make a career change, and I chose Christian Science nursing.** I went to Arden Wood for my training and became a *Journal*-listed Christian Science nurse for many years. I felt very loved, and supported, and truly blessed while at Arden Wood.

Now it is my privilege and opportunity to reciprocate that love for Arden Wood in a practical and meaningful way—a way to bless others during their training and as

they provide Christian Science nursing care—both now and in the future. This is why I donate to Arden Wood from my IRA.

It is very easy to do. I have a broker whom I call annually and tell him to send my required minimum distribution (RMD) to Arden Wood. I don’t have to do anything more than make that phone call. And I love knowing this money is going to bless others! — Carol 🌱

## WHAT’S AN AHCD?

In today’s world, it is wise to create an Advance Health Care Directive (AHCD)—it designates the kind of care you want if you are unable to speak for yourself. In it, you can clarify your wishes regarding Christian Science care, life-sustaining protocols, and more. An AHCD also designates your healthcare Power of Attorney (POA), who will make decisions on your behalf. An AHCD is often the only way to be released from the ER or hospital and transferred to a Christian Science care facility or your home.

It’s important to explain your reasoning and wishes regarding your care to help your family and POA make the decisions you would make. Be sure your AHCD is easy to find!

Download a sample AHCD: [ardenwood.org](https://ardenwood.org), under “About,” then “Health Care.” 🌱

## Upcoming Events

### Christmas Celebration

- Sunday, December 8  
2:00 PM (online only)

### Annual Meeting

- Sunday, May 4, 2:00 PM

Check our website to register:  
[ardenwood.org](https://ardenwood.org)