



ARDEN WOOD

SUMMER 2025

HearttoHeart

SHARING PROGRESS WITH OUR FRIENDS



The 5 Ws and 1 H of Arden Wood!

By John W. Mitchell, CEO

What

The original vision for Arden Wood, set nearly 100 years ago by Marvin and Mary Alice Higgins, was to be a place of healing for Christian Scientists. Their vision was to create a beautiful place that would provide inspired, skillful care, Christian Science nurses' education, and a refuge for spiritual renewal. That purpose is echoed in our current mission statement: *to support healing through Christian Science nursing care and training, inspired living, and Christly service*. It remains just as alive today as it did 95 years ago. It's our "what."

Why

Mary Baker Eddy states in *Science and Health with Key to the Scriptures*:

"Christian Science does honor God as no other theory honors Him, and it does this in the way of His appointing, by doing many wonderful works in His divine name and nature" (SH 483:27-30).

Honoring God is at the heart of everything we do at Arden Wood. This is our "why."

How

Our "how" is Field-wide. Arden Wood is growing, adapting, and committed to moving forward with grace and intention. We continue to share meaningful, helpful information through webinars on timely topics: estate planning, Medicare for Christian Scientists, inspirational talks, and our annual Christmas Celebration (December 7—save the date!). Our programs have reached thousands in 23 countries. We have also strengthened cooperative ties with fellow west coast Christian Science facilities and visiting nursing services from Alaska to Arizona. We want to enhance our training and mentoring to be more accessible, relevant, and responsive to trainees at every level.

Our residential community, "Arden Wood Living," is ready to grow. People join us from across the country to be closer to family, to enjoy San Francisco's culture and temperate climate, and to live with perpetual purpose. Residents are actively engaged in Arden Wood, church activities, day trips around the

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GIVING AND RECEIVING CARE SPREADS FAR AND WIDE

By Christine Raymond

My mom has lived here for six years. Several times a year, I visit her and fall further in love with Arden Wood because...

- Christian Science nurses walk into each room expecting to see Spirit, Soul, evolving Life—expecting that the evolving, unfolding, and revealing activity is **ceaseless and boundless**—and this must be manifested in multiple ways!

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Photo above: Our residents and staff love being so close to ocean surf and sand—just 2 miles away!



Why&How

TESTIMONY

“Maintain the facts of Christian Science,—that Spirit is God and therefore cannot be sick, that what is termed matter cannot be sick; that all causation is Mind acting through spiritual law. Then hold your ground with the unshaken understanding of Truth and Love, and you will win” (SH 417:10-16).

An almost centenarian, who lives alone, fell while taking out the trash. Neighbors rushed to help, and she was taken to the Emergency Room. An X-ray showed a broken bone in her upper arm. She did not yield to the pressure to have surgery and was given a sling to support her arm. There was an on-going suggestion of hearing challenges. When she arrived at Arden Wood, Christian Science nurses communicated with her by writing on a small white board. She needed assistance with personal care and with getting in and out of bed and a chair. She is a very committed student of Christian Science, always studying and working with her practitioner, who was very much engaged with both her and the Christian Science nurses. Within a couple of weeks, the patient had limited use of her arm and no longer used the sling.

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An often-asked question is:

Why does it take so long to become a Christian Science Nurse?

The high standard of care provided by a Christian Science nurse is anchored in Truth, Life, and Love, which expects, inspires, promotes, and contributes to healing. Here’s a fuller answer to the question:

It takes time to be ready and able to fulfill the requirements set forth in the *Church Manual By-Law*, Christian Science Nurse:



Why not become a Christian Science nurse, like Chris-Michael Mawere and Connie Wahl?



Demonstrable understanding”... [is] a continuously unfolding process of Christian Science study, persistent prayer, and day-by-day practice.

“...one who has a demonstrable knowledge of Christian Science practice, who thoroughly understands the practical wisdom necessary in a sick room, and who can take proper care of the sick” (*Manual* 49:10-13).

“Demonstrable knowledge of Christian Science practice” means your understanding of Christian Science is ever operating and has a healing effect. Demonstrable understanding isn’t a skill to learn, like plumbing or cooking; *it’s a continuously unfolding process of Christian Science study, persistent prayer, and day-by-day practice.* It’s spiritual growing—deeply listening and humbly following until you can honestly look at what appears to be an imperfect patient and only see God’s perfect man. Tremendous devotion of time, thought, and humility are essential to cultivate and demonstrate an active healing practice.

What does it take to gain a **“thorough understanding of the practical wisdom necessary in a sick room”**? Once all aspects and variations of practical wisdom are comprehended, how long does it take to understand thoroughly?

Evaluation of a Christian Science nurses readiness occurs over a stretch of time—of observation in action and supporting step-by-step progress. The measurement of readiness is much deeper than giving “tender-loving care” to a patient. Readiness is indelibly marked by complete trust in God based on mustard seed-sized faith **and** by expert care skills.

“However long it takes” is exactly what it takes to become a Christian Science nurse. 



*“Dancing on Water,”
Arden Wood fountain.*

A place for transformation and healing

By Amy Sparkman, Chief, Communications and Planning

Arden Wood is a haven for healing in fulfillment of Mrs. Eddy’s vision for a “resort for the so-called sick” (*Christian Science Sentinel*, October 7, 1916, Editorial). It’s also an *ever-unfolding* place, where there’s always room to improve or an inspired reason to change. Change restores and refreshes the atmosphere, the caregivers, and the patients. It presents us with a new view of Life—of harmonious being.

Arden Wood is poised to welcome change and new growth in our care services. Our immediate focus is enhancing what we already ‘have in the house.’ For instance, whether you are a patient or Sheltered Care guest, Arden Wood provides:

- A beautiful setting—inside and out
- A private room and bathroom
- Big windows for fresh air, to see the treetops, and to hear the birds sing
- Fresh, delicious meals
- No diagnosis, prognosis, or daily updates on “how you’re doing”

- Individualized personal care, cleanliness, order, and support
- Time to study and pray, and someone to read aloud to you
- Dedication to maintaining a spiritual view and an expectancy of healing

As we consider ways to improve and change, we’re looking out from the top of the mountain, not up from the bottom of the valley. We’re starting with God and knowing there is nothing bigger or beyond infinite Spirit. And we’re trusting that, “God is working His purpose out As year succeeds to year” (*Hymnal*, 82).

Coming changes will be both small and big. With your support, they will bear much fruit! We welcome your ideas, suggestions, donations, as well as your recommendations for patients, residents, and staff. Arden Wood is expecting a bright future of caring for those interested in being Christian Science caregivers and those needing a place to stay while thought improves and changes—it will always be a place for transformation and healing. 🌱

“Gratitude and love should abide in every heart each day of all the years”

(Manual 60:15-17.)

Dear Arden Wood Family,
The best two weeks of my life was taking Primary Class Instruction, and the best four weeks of my life was being at Arden Wood. It was really being in a holy atmosphere. You all showed such love, gentleness, and care toward me. The entire time I was there, I felt Christian Science in action. There was never any mention of my physical condition—just a maintaining of man’s spiritual perfection. In every conversation with the Christian Science nurses, there was such emphasis on demonstrating man’s harmony and spirituality. Thank you all, again, for the kindness and love expressed toward me during my stay at Arden Wood. I continue to look back on my time there with much gratitude. My love and blessings to you all.

—RD 🌱



Who&What

JOIN OUR RESIDENTIAL COMMUNITY!

Come and enjoy:

- Being spiritually active
- Uplifting conversations
- Living with purpose, humor, curiosity, and joy
- Onsite and Bay Area activities
- Furnished or unfurnished 1 & 2-room suites
- Delicious meals
- Weekly housekeeping
- Time alone with God or with friends!

We are actively expanding our residential community! There's room for you or your loved one—and spouses, too!

For details and a free visit, please contact:

Cheri Allen, Director
of Arden Wood Living
(415) 379-2320 or
callen@ardenwood.org



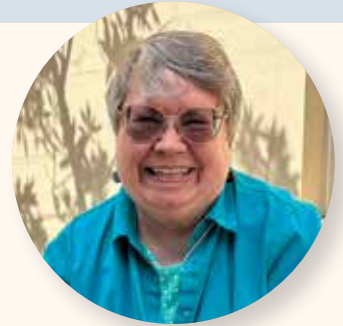
What makes your heart sing about being an Arden Wood resident?

Arden Wood Living is an A+ experience!

(These recent comments represent a fraction of the wonderful comments shared over the years!)

Nancy

- *Hearing the robins up before the sun, singing, "Cheerio! Cheerio!" I think of the words of Mrs. Eddy's hymn, "...Like brother birds that soar and sing, And on the same branch bend" (Hymnal, 30), and I know we're all waking up to a new day filled with new adventures.*



Edy

- *Participating in the numerous resident activities, be they inspirational or bus trips.*
- *Playing the piano for hymn sings or at the end of daily Bible Lesson gatherings on the Christian Science nursing floor.*



Mary Ann

- *I love music! So I love the music we're exposed to here—from hymn sings to documentaries, to concerts, to just informal bursts of song from the residents.*
- *Everything about Arden Wood makes my heart sing! The spiritual, loving atmosphere, the spiritual resources offered and available, the united values.*
- *The relieved families, who see how safe and comfortable their loved ones are here.*
- *"Progress is the law of God" (SH 233:6) is certainly evident here.*
- *In short, I just love the love.*
- *Truly, I hear "the music of the spheres" (SH 255:506) everywhere.*



Gwen

- Arden Wood exemplifies the qualities of “home” that Mary Baker Eddy expected: cleanliness, order, and beauty in all its features.
- It provides a safe, affordable place for me to lay my head, for which my family is grateful. (In my hometown, it would cost \$2-4,000 per month more to have the same services AW provides.)
- I can arrange and decorate my apartment as I wish, and there’s staff to help.
- I can be quietly by myself but communicate with friends within minutes.
- The food—and food service—are “top flight”!
- The support for Christian Science growth is endless.



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

Discount rates for R&S packages are available to purchase through August 2025 for use through December 2026.

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www.ardenwood.org/visit/discountpackages



Elaine

- Everything is based on love and care for each other. Everybody respects the other person’s privacy or commitment to spiritual studying.
- Our bus driver takes us to church and on weekly trips to beautiful spots to walk or just to enjoy the scenery.
- The chefs do a marvelous job of making our meals interesting and delicious. If we don’t care for a particular meal, there are standard alternatives.
- Opportunities to learn from Christian Scientists with a deep understanding of the Bible and the Bible Lesson.
- A fun exercise class that meets three times a week—and there’s no pressure to attend or guilt if you skip a class!



Antje

- The love and joy expressed by everyone I meet! I’m so grateful I can be here!





Where&When

The 5 Ws and 1 H of Arden Wood!

Continued from page 1

Bay Area, travel to see family and friends, as well as dedicated study and prayer. They bring joy, humor, and a deep spiritual awareness to daily life here. Call anytime to find out more: **(415) 379-2320**.

We are also focusing on Christly service—on reaching outward, welcoming the “sincere seeker” (SH x:23), and responding to the world’s need for healing. Healing is what sets Christian Science and Arden Wood apart. All these examples, and more, represent our daily work—our “**how**.”

Where

As you know, eight months ago, we announced that our “**where**” is right here for at least five years, if not indefinitely. We’re listening and planning for long-term sustainability—to ensure that inspired, skillful Christian Science nursing care is always available.

When

Our vibrant Christian Science community is uplifting thought 24/7/365. But we can’t do it alone—we need your engagement now (this is our “**when**”). Here are two important ways you can help:

- First, be on the look-out for individuals who have a gift for caring. Christian Science nursing is a wonderful career opportunity—at any age. Please send them our way!
- Second, come for a visit, and then tell others about our lovely residential apartments and community of Christian Scientists.

Who

Our “**who**” is all of you—for whom we couldn’t be more grateful. Your ideas and prayers, your gifts and bequests make a vital difference. They inform and inspire us, and they ensure that this vital work continues. *Thank you!* 🌱

TESTIMONY

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In a short time, she started using her arms more freely and was able to care for herself. She was also able to hear our conversations without us needing to write them on the board. Her friend came to pick her up and was amazed that this woman could hear her very clearly. The friend exclaimed, “*This is the great spiritual healing of the year.*” The woman went home with her church friend, completely healed. 🌱

“Proper care”^{*} readily adapts!

A Christian Science practitioner called about a patient who needed immediate nursing care. Our visiting Christian Science nurse gathered the necessary equipment and supplies and drove a considerable distance to the patient’s home to assess the situation and provide the necessary care. When she visited the patient the next day, it was clear the needed care required more than one person. After speaking with the patient’s family, the Christian Science nurse contacted several church members for assistance. She provided personal care,

nail care, nourishment, and metaphysical support while church friends assisted with meal preparation, shopping, and household chores. “Proper care” was provided by a **team** of caregivers. And the patient made steady progress!

Please call us for an assessment or for care—we are ready and happy to support you, your loved ones, or a fellow church member. **(415) 740-0460** 🌱

^{*}Manual, 49:13

Giving and receiving care spreads far and wide

Continued from page 1

- They come in with joy, enthusiasm, confidence, anticipation of good! My mom responds, and so do I! It's genuine cheer.
- Everyone here has the healing desire—to be free from claims of matter of every supposition. It is the desire to be in unity with God, to be at one and at home with God. This desire is irresistible—in the staff and patients!
- Christian Science nursing care is more than efficient or practical—it is *lived grace* that amplifies a complete *span* or *arc* of dedicated care, from the smallest gesture to the soaring prayer.
- The same Christian Science nurse offers hot tea in an early morning prayer watch—and later is instant with a prayer that's confident of ceaseless Life.
- Every graceful deed is important and essential to care. It is what Mrs. Eddy describes in *Retrospection and Introspection* about how to heal, to *express*, "...the living beauty of Love, its practicality, its divine energies, its health-giving and life-bestowing qualities,—yea, its power to demonstrate immortality" (*Ret* 88:9-11). It means all is well, at one and at home with God.

Sometimes healing is evident by an individual walking out the front door of Arden Wood to a new experience. With my mom, the transformation is walking with a freer step from her room to the dining room and singing hymns with gusto! When I visited one morning, I was late to the community reading of the Bible Lesson. Walking down the hall, I could hear a strong, clear voice reading the Bible citations out loud—and loud! I said, "That's my mom!" It had been a while since I had



Chris and her mom visit on our sunny patio and enjoy the natural surroundings.

heard that conviction in her voice.

During the pandemic, healthcare facilities were required to test for Covid if there were symptoms of sickness. At one point, my mom was tested but did not show any symptoms. The test indicated she was sick—but her harmonious health and appearance were unchanged. Over the next several days, the test was repeated with the same false report. The Christian Science nurses and practitioner refused to yield, knowing the spiritual fact of uninterrupted health and harmony. Finally, the test yielded!

My mom has lived a very active life of giving. In her first few years in Sheltered Care, she felt sad that she wasn't making a contribution to the Arden Wood community. She felt only on the receiving end of Arden Wood's boundless compassion, practical and professional care-*giving*.

Mom and I talked and prayed about the idea that making a contribution is giving *and* receiving. Mom gives gratitude every day—I hear her say "thank you" several times a day—and there is so much love behind that! Since we all are, right now, spiritually evolving, unfolding, expanding, then we all are *radiating and giving* what is real, what is true. And that truth is breaking limitations of matter and age in countless ways. That's a ceaseless contribution to everyone at Arden Wood and beyond. In this way the goodness of Arden Wood and Christian Science care spreads far and wide! 🌿



ARDENWOOD

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A fresh, colorful, delicious dinner made by Chef Sven!

What'sNext?

Onward together

The original vision for Arden Wood continues to guide us today—it's to be a healing refuge for Christian Scientists:

- to receive inspired, skillful care
- to come for spiritual renewal
- to be educated and trained as Christian Science nurses

50 years ago—in 1975—we added residents to our healing community, purposefully connecting “ageless living” to our vision.

Arden Wood's mission to offer and maintain an inspiring environment where Christian Scientists can live, learn, grow, and heal is largely sustained by planned gifts. Please visit our website to learn about a wide range of gift options (<https://ardenwood.mygiftplan.info>).



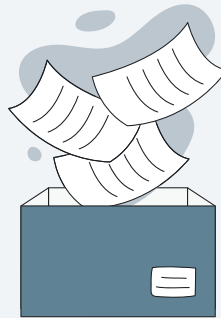
Every bequest makes a crucial difference! 

Estate Planning workshops

Do you have a will or a trust—an estate plan? Everyone needs one! And do you know that more than 60% of the US adult population doesn't have one? That means the government will get a lot of your estate through taxes. If you have a plan and you designate who will receive your estate upon your passing, the taxes will be far lower and the people and organizations you love will receive what you want them to have.

To help you put together an estate plan, Arden Wood is offering a once-a-month workshop over Zoom, led by a seasoned estate planner. The webinar series will run from September through November, 2025, and from January through March, 2026.

Check our website for details in August—www.ardenwood.org! 



SAVE THE DATES Upcoming Events

**Medicare for
Christian Scientists**
Thursday, October 23

**Falling in Love with
the Bible Lesson**
Michael Mooslin, C.S.
Sunday, November 2

Christmas Celebration
Sunday, December 7

*Check our website and your
email for event details and to
register: www.ardenwood.org*



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