



ARDEN WOOD

SUMMER 2026

HearttoHeart

SHARING PROGRESS WITH OUR FRIENDS



Multiplying our talents

A message from the Board of Trustees

Love impels good works

God's standard for our life is proclaimed by our Leader, Mary Baker Eddy, in *Miscellaneous Writings*: "Love impels good works" (358:1). These four words propel us ever and only forward without delay! **Love** is the motive. **Impels** is the action. **Good** is the expectation. **Works** is the demonstration. Without delay means every day. Now.

The demand for healing in **Christ's way** is unabated—and filled with the same healing promise today and forever. The Christ is **eternal**; Christian Science is **the everlasting revelation**, and Christian Science nursing is **the practical response** to the care needs of the moment. Arden Wood exists for these timeless reasons and will always have more good works to do in Christly service to God and our fellowman.

We are like the Biblical servants who were entrusted with talents and invited to make the most of them. Arden Wood's talents are **property, structures, and commitment**—all for the purpose of demonstrating the

truths of Christian Science. As the Bible story makes clear, we, the servants, are divinely inspired to compound the value of these talents to serve our purpose—to expand and enhance Arden Wood's ministry efficiently, economically, and environmentally. And we are!

We welcome your support of the priorities we're actively pursuing for the coming year:

Staff housing

It's clearer than ever that Arden Wood must provide nearby, affordable, up-to-date housing for our Christian Science nurses and their families. We are inspired and impelled by Mrs. Eddy's assurance that "...the coincidence of the divine with the human [is] the acme of Christian Science. Pure humanity, friendship, home, the interchange of love, bring to earth a foretaste of heaven" (*Misc.* 100:20-24). Gratitude for our Christian Science nurses, for all they give to the Cause of Christian Science, is an example of "the interchange of love." And the desire to

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FEAST OF LOVE

*By Jonathan Tetteh,
Christian Science Nurse*

The "Feast of Love" (*Christian Science Hymnal*, 40, verse 3) is **not a one-time event. It is the daily practice of every Christian Science nurse**—to offer presence, truth, compassion, and the unwavering recognition that every patient is God's beloved child, fully nourished and cared for in divine Love. As Mary Baker Eddy so beautifully summarizes our calling: "To those leaning on the sustaining infinite, today is big with blessings" (*Science and Health with*

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A stained-glass window incorporated in our renovation of the Pacifica church into staff housing. See page 7.



Multiplying commitment

A HAVEN FROM THE WORLD

I am here for a few days of rest and study, and once again, I am reminded why this is the only place I think of when I need a haven from the world. Each time I arrive, I immediately feel Love's healing presence and such a nearness to God in the atmosphere Arden Wood so faithfully maintains.

Arden Wood has been a sacred place for me for many years. I first came with my mom, later a few times with my brother, and even with my aunt and her daughter. In more recent years, I've come with a dear church friend. Together, we read and study our Association addresses, walk along the beach, enjoy strolls through West Portal, and take in the many beautiful spots on the grounds.

What continually draws me back is the space to think and pray, the beautiful library filled with everything one could possibly need for study, and the peaceful, lovely rooms that make true rest possible.

And I must add—the food is absolutely delicious. Not having to think about meals allows me to fully focus on rest and study, and that freedom is such a gift.

I am so very grateful to each of you for the loving atmosphere you so perfectly express. Your care and dedication make Arden Wood the sanctuary it is for me and for so many others.

With heartfelt thanks—MM 

Multiplying our talents

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provide proper housing is an expression of humanity and home. We **have** onsite, staff housing. But we must refresh, update, and expand it! Renovations have already begun—see page 7.

Arden Wood living

You could be an Arden Wood resident!

We've lowered the rent on our residential studios and one-bedroom apartments—and financial assistance is now available.

We invite you to schedule a FREE Come & See visit to see our studios—each one is unique. You'll also meet our residents and staff, and enjoy delicious meals and interesting activities. We're eager to give you a taste of *Arden Wood Living*!

You're welcome to be a **short-term resident**. Come for a month—or two, or three! Enjoy a cooler summer (no humidity!), a warmer winter (no ice or snow), or extra time living closer to family (but not on top of them!). If you need a place to stay while transitioning to a new home or job or to explore this beautiful city and Bay Area, we have flexible housing options.

Finally, we urge you to come for a **Rest & Study visit**. We haven't met a Rest & Study guest who regrets stepping away from their regular life for a few days of peace and quiet. Since 1930, thousands of people have taken the time to regroup, refresh, and restore. And everyone tells us they wish they'd come sooner!

Arden Wood leadership

How blessed we all have been by John Mitchell's many years of commitment to lift Arden Wood closer to its full potential as a haven for healing and renewal for earnest students of Christian Science.

John's leadership of a deeply committed and professional team and his dedication to maintaining the quality of the Arden Wood experience stand out as his legacy.

The impending change in leadership is evidence of the human patterning the divine through *unfoldment*. We invite you to join us in seeing Arden Wood as a complete and active idea in divine Mind, therefore it is securely and safely anchored in the continuity of unfolding, unlimited good. And that's not all. This unfoldment foretells ongoing growth and transformation in ways we have yet to see but can fully trust to appear and to "meet every human need"!

The next CEO

The Board is working with a professional, independent executive search consultant who is familiar with the far-reaching Christian Science community and the specific qualities and skills we're looking for. A job description and application are posted on our website: ardenwood.org

It is a particularly meaningful time for the new CEO to participate in a forward-looking strategic planning endeavor to continue Arden Wood's mission for future generations. He or she will serve at the helm of the mission with clarity, confidence, and compassion, nurture a healing atmosphere grounded in Christian Science, lead a mission-driven staff, and engage with a loyal and generous donor community. This is a wonderful opportunity for a well-qualified individual to make a significant contribution to the Christian Science movement—and to the Christian record of spiritual healing! 

FEAST OF LOVE

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Key to the Scriptures, vii:1-2) That statement reminds us that supply is not fragile. It is not personal. It is infinite.

When we hear “feast,” we naturally think of abundance, food laid out generously. We see provision. We see fullness. That instinct is right. But in our work, nourishment is never merely physical. We know something greater than food sustains Life. Christ Jesus makes that clear: “Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God” (Matthew 4:4). He does not dismiss food. He establishes priority. Life is spiritual. Spirit is the source of strength. Mrs. Eddy deepens this understanding: “Our Eucharist is spiritual communion with the one God” (SH 35:25-26). Communion can infuse every act of care. Every tray offered can become an acknowledgement that divine Love is present and active.

Not all hunger is physical. Sometimes what appears as weakness carries fear, grief, or loneliness alongside it. These are real appetites. Jesus speaks directly to this: “Blessed are they which do hunger and thirst after righteousness: for they shall be filled” (Matt 5:6). Spiritual hunger is answered spiritually. “Thou preparest a table before me...” (Psalms 23:5). We prepare tables, too. Not only with plates and cups, but with thought.

What does that mental preparation include? Order. Calm. An expectancy of good. No rush. Dignity is nourishment. Gentleness is nourishment. Patience is nourishment. Atmosphere often nourishes more deeply

than food itself. And what establishes that atmosphere? Love. “Love is the liberator” (SH 225:21), Eddy writes. Liberated from what? From fear. From pressure. From anxiety that everything depends on me. From impatience. When fear eases, the body frequently follows.

So, what is a feast of Love? It’s not abundance of portions. It’s abundance of Love. It feels like safety. It feels like respect. It carries spiritual confidence. There is rest. Everything returns to one anchor statement from Mrs. Eddy: “Divine Love always has met and always will meet every human need” (SH 494:10-11). The word that transforms practice is ALWAYS. Not occasionally. Not when conditions improve. ALWAYS.

Perhaps this is the real feast: to stand quietly in the certainty that Love is sustaining Life and to let every act of nourishment express that understanding. We are not the source. We are witnesses.

May every tray carried, every glass offered, every still moment kept at a bedside become a feast of Love. Where fear tries to speak, let Love answer. Where doubt attempts to settle, let peace remain. 🌿

Photo above: Interim-CEO (and Director of Finance) Nancy Sedan regales outgoing CEO John Mitchell at a farewell gathering of staff and friends.



ARDEN WOOD

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CS nursing: multiplying care...

HERE FOR HEALING

I have loved Arden Wood for many years. I've been a Rest & Study guest, I've attended its Annual Meeting, I read *Heart to Heart*, and I'm a donor. One day, a friend at church came up to me and gently said, "It's okay to ask for help." I appreciated her point, and I was soon admitted as a patient at Arden Wood.

Although I'm a patient, I can do many things for myself, and I want to continue being independent. I don't question at all that "all things are possible to God" (*SH*, 1:2-3), whatever our needs are. I'm working vigorously to keep my thought in the immortal, Principle-based metaphysics of Christian Science. And I'm very grateful to be in a place where I can do that.

The Christian Science nursing staff makes me smile! They are respectful of my desire to be independent, and they're also helpful and useful and patient with me—all wonderful qualities. I like to support them as much as they're supporting me. I've also been learning a great deal from the Christian Science practitioner who's working with me.

One evening, I fell. Very quickly, I was lifted into a chair, and I was aware of a team of Christian Science nurses taking care of what was needed. Most of all, I was

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God does the work

By Mercy Kigera, Christian Science Nurse, Level II

While I was at university, I had an internship in an accounting office and quickly realized I didn't like the job or sitting in an office.

No, thank you! At the time, I was attending a local Christian Science church in Nairobi. I really liked what I was learning about Christian Science. It was very different from other religions I knew. I finally understood who I am and why. In other religions, I was taught that we are sinners. In Christian Science, I learned that I'm created in God's image and likeness. I'm not a sinner! Christian Science gave me freedom.

In 2021, my dad and mom got sick. I took care of them for almost a year. I'd never given care before. It was God's guidance that showed me how, and it was challenging. But God was preparing me for where I am right now. After that experience, I thought of pursuing Christian Science nursing. I decided to take Primary Class instruction, I studied and prayed a lot, and I worked with a practitioner to answer my questions. I applied to be a Christian Science nurse at Arden Wood in 2023, but I wasn't accepted—I wasn't ready. In 2025, I felt ready, applied again, and was accepted.

I had no idea how I was going to afford a plane ticket to the United States or if I really wanted to be so far away from my mom and family. It came to me that God is the only cause and creator, the only cause and effect. He would provide everything I needed to get to the US and to be happy there. Before I went for the visa interview, I worked with a practitioner to see that only good could unfold. To my surprise, the embassy didn't ask many questions. When I handed them my documents of identification, I realized I had copies, not originals. But without hesitation, they accepted them. That is very rare!

I have been at Arden Wood for almost 10 months. Training has been very good. I especially like being mentored by more than one mentor—learning from different people. That helps me learn in the way that works best for me.

Before I go into a patient's room, I pause and pray, always with an expectancy of good, of healing. I stay very focused and orderly to move smoothly from task to task. I let the Christ go before me. I know that as a Christian Science nurse, I enhance the atmosphere of healing. I bring light because I'm a reflection of God. I can never be anything that's not perfect because God is perfect. I want the patient to feel the same way. I express joy, kindness, safety so the patient feels God is present—they aren't alone. I'm not just *doing* tasks—what matters is what I'm *thinking* while I'm doing each one. I do them with love and with an expectancy of healing. I love because God is Love. I'm going into the patient's room, and God does the work! 🌿



...and healing

It's in my heart

By Vicky Kiende, Christian Science Nurse, Level II

Seeing Christian Science nurses interact with campers at CedarS Camp inspired Vicky to look into Christian Science nursing. Growing up in Kenya, Vicky went to boarding school where she attended different churches. When she was home for holidays, her mom's best friend (her auntie) took her to a Christian Science Sunday School, and after high school, Vicky dove into Christian Science. Eventually, Vicky applied to Principia College, was accepted, attended, and decided to be a CedarS Camp counselor one summer. That changed her view of herself and what she wanted to do—to love, to contribute to a community, and to give back to her family. Christian Science nursing seemed like a way to do all of that well. Vicky decided to apply to Arden Wood for training.

Vicky's 10 months here has opened her eyes to what tender love is—love that constantly thinks of the other person and their needs. Her goal is to see everyone as one-in-God and to notice the uniqueness of each patient. She likes to spend time with people, and get them thinking, talking, and laughing. Such interactions teach her to love more considerately and unconditionally. In her own words, Vicky says:

“Christian Science nursing comes from a place that's all spiritual. It's making the bed while considering, loving, the patient. It's not just making the bed to check it off a list. What's the inspired thought behind the human process? Am I praying as I do my work? At the end of the day, I remind myself of what I'm really seeing: what does God know? The challenges we all have don't make us any less of who we truly are—the beautiful,

complete, perfect reflection of God.

“Christian Science nursing is a vehicle for me—a way of expressing what matters most: loving myself and others. This ministry is the way I'm demonstrating that.

“What I would say to anyone who's considering Christian Science nursing is that it's fun! You'll interact with amazing people. You'll hear incredible life stories. And you'll grow tremendously in your understanding of God, yourself, and others. It brings a lot of joy and blessings.

“This ministry isn't easy, but it's incredibly rewarding. I talk to my auntie and to a close friend at Tenacre about Christian Science, about this ministry, about my mission as a Christian Science nurse. Their different perspectives help me a lot. I also notice how the more seasoned Christian Science nurses work—how they show up in every room with so much love!

Christian Science nursing is my calling for now. It's in my heart. 



HERE FOR HEALING

Continued from page 4

working metaphysically to treat the whole situation as a non-event that had no effect on my individuality or identity. At the same time, I was witnessing amazing cooperation on the part of the staff. Later, a Christian Science nurse told me how calm I was in those moments. I knew it was because I was treating the situation as a non-event. Being the reflection of divine Mind prevents so-called mishaps, and there's no exception to that. That's where we exist, where our being is unfolding. It was awesome to me that people looked at me as the calm one. The healing was nearly instantaneous. It was wonderful!

I'm here for healing. The glory goes to our Father. In today's world, it's remarkable that Arden Wood exists because it relies on spiritual healing and insists on it. That's bedrock— PB 

Interested in learning more about being a Christian Science nurse?

Visit our website,
email, or call anytime!
ardenwood.org
registrar@ardenwood.org
(415) 379-2220



AW living: multiplying home

THE GIFT OF HITTING 'PAUSE'

By Tom Yeaple

I loved my one week of Rest & Study at Arden Wood. It was my first time there and my first spiritual retreat of what I now hope will be many more. The environment is very calm and peaceful, enhanced by being surrounded by nature. Having all my meals provided (which were consistently excellent and served by very gracious dining-room staff) was one of the many supports Arden Wood provides to allow one to focus on deep spiritual study—something that's very difficult to do in my normal routine.

The quiet and comfortable guest room was another wonderful support. In addition, Arden Wood's Study Room and Bible Research Library were excellent resources, not to mention the Christian Science Reading Room just a few blocks away. A few times, when it was more "rest" than "study," I got off the comfortable couch in my room and took a prayer walk on the beautiful winding nature paths that grace Arden Wood's grounds. It's a great combination: study and pray, get an idea, find a quiet place or path to ponder and reflect on it, and repeat!

One of Arden Wood's great strengths is the perfect

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I'm home!

By Sandra Van Patten, Arden Wood Living resident

Sandra grew up in San Francisco, moved away to attend college, and now—many decades later—she's back in the neighborhood as a new Arden Wood resident.

During her childhood, Sandra occasionally came to Arden Wood to play in the gardens while her grandmother, a Christian Science practitioner, visited patients. "It was a treat to go out to lunch with my grandmother in the main dining room." A few years later, Sandra and her sister sometimes attended Sunday School at Ninth Church while her dad was First Reader in the Arden Wood chapel and then run over for lunch.

The intervening years were filled with marriage, raising two sons, and moving all over the West—including stints in Wyoming, Oregon, Michigan, Colorado, Montana, Nevada, and Idaho. While her husband's job changed frequently, church was the consistent center of attention and activity for Sandra. She served in Reading Rooms, taught Sunday school, and made it her business to uplift thought wherever she was.

When her husband needed care, they couldn't find a Christian Science facility that

had room or that they could afford, so they moved to a modest senior care/residential community in Boise, Idaho. Arden Wood was always in thought, but it wasn't practical at the time.

The big blessing in Boise was the branch church. Delightful women included her, were very supportive, and are now dear friends. After her husband's passing, one church friend offered to help Sandra apply to be a resident at Arden Wood. And that led to moving in!

Describing her first day here, Sandra says:

"I've never forgotten those early days of my childhood at Arden Wood. When I arrived, it was like leaving the ranch and coming to Buckingham Palace. The peace, love, and harmony are so great. It's everywhere! Omni-present! Sitting in my room, I could feel the past 18 months in the non-CS facility, with so much talk about the body and aging, drain from me. Plus, my sons are very grateful and relieved that I'm in a place where I'm able to enjoy Christian Science."

Welcome home, Sandra! 🌿



Residents Nancy Stiner and Mary Ann Cahill (L-R) are fully engaged in making Sandra feel at home. And Sandra does!

If you'd like to explore the idea of living at Arden Wood, please be in touch with Director Cheri Allen: (415) 379-2320, callen@ardenwood.org.

Multiplying quality

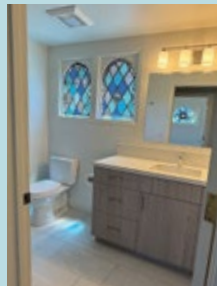
Needed and improved staff housing!

Staff housing renovations have been on our priority list for many years. It's now time to address this critical need for our Christian Science nursing staff. Architect/Developer, former AW Board President, and lifelong Christian Scientist Mark Nelson is overseeing both projects. We couldn't be more grateful for his professional expertise and his longstanding commitment to Arden Wood. *Thank you, Mark!*



Pacifica church housing project

About five years ago, the members of First Church of Christ, Scientist, Pacifica, California (7.5 miles from Arden Wood and just two blocks from the ocean) made the difficult decision to close and the generous decision to donate the church property to Arden Wood. What a blessing that gift has become! The town zoning board agreed to our request to convert the church to residential housing, and a generous grant from Asher Student Foundation enabled us to turn the Sunday School and Reading Room into one unit and the sanctuary and Reader rooms into a second unit, both having a similar square footage, a mix of stained glass and clear glass windows, an open living area/kitchen, and two bedrooms each.



Onsite housing renovations

A second significant project is underway in our existing staff building, known as "701," which includes 18 studio and one-bedroom apartments. Over the next 18 months, we will be replacing the roof, improving ventilation and heating, upgrading bathrooms, and installing kitchens.



THE GIFT OF HITTING 'PAUSE'

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balance between unrestricted opportunities for study, prayer, and pondering side-by-side with opportunities to spend time with like-minded spiritual thinkers. And for visiting musicians and hymn enthusiasts, there are two wonderful spaces with a well-maintained piano, giving me lovely opportunities to accompany other R&S guests in impromptu hymn sings.

All Arden Wood staff members went out of their way to be helpful. Everything about Arden Wood is a "go" for spiritual growth and refreshment. What a gift it was to hit 'pause' and come here for a week! 🌿

Come for Rest & Study!

Purchase a discount package before August 31. Good through 2027

www.ardenwood.org/discountpackages



Multiplying Love

Growing Good

Summer Match

June 15 - August 31

All donations to Arden Wood up to **\$110,000** will be doubled!

ardenwood.org/donate



Abundant gratitude

The divine economy of perfect balance between infinite supply and human demand must be demonstrated. This is the Board's responsibility: to carefully steward the use of supply from our Christian Science nursing and care services, residential living, and your

generous giving. We are deeply grateful for your help in sustaining Arden Wood's healing mission. Because of friends like you, Arden Wood will continue to be a haven for healing, renewal, and Christian Science nursing. Thank you for your support and care! 

Good is ever unfolding!

Here at Arden Wood, care happens day after day. As a monthly donor, you'll join a special group of supporters providing steady, dependable care for Arden Wood all year long. Sustained giving makes a meaningful and lasting difference.

Please join us in growing good — month after month! To become a monthly donor, simply call (415) 379-2180 or visit: www.ardenwood.org/donate.



SAVE THE DATES

Upcoming Events

The Effulgence Foundation documentary:
The Louise Knight Wheatley Cook Hovanian Story
Sunday, September 20, 2:00 PM

Medicare for Christian Scientists
Thursday, October 22, 4:00 PM

Christmas Celebration
Sunday, December 6, 2:00 PM

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

