



## IN THE ARK AT LYNN HOUSE

Noah built the ark in obedience to spiritual communications that were coming to his thought from God. He heeded God's guidance and instructions regardless of the skepticism and, no doubt, even ridicule of his neighbors. Interestingly, the Hebrew name Noah means "rest" and "comfort." What an appropriate name for the man who, through his courageous obedience to God, brought protection, rest, and comfort to those of his family as well as to his precious cargo of animals.

This intelligently designed and skillfully constructed craft was able to keep all within it safe and well-provided-for in peace and harmony. It served to protect from the life-threatening danger of raging storm and high winds. This sturdy shelter kept all within it safe and buoyant above the rough waters.

Part of Mary Baker Eddy's definition of "Ark" in the Glossary of *Science and Health with Key to the Scriptures* reads, "Safety . . . the understanding of Spirit, destroying belief in matter." In this sense, Lynn House is an ark. It is a place that represents God's provision for Christian



Scientists who are experiencing affliction or distress of some sort. Whether they enter as a patient or as a "Rest and Study" guest, each visitor can find rest and comfort, protection and safety. They can find a refuge for healing where heartfelt communion with God is supported and encouraged and where "the powers of earth and hell are proven powerless." (*Miscellaneous Writings* 134:20)

This ark, this mental atmosphere of spiritual understanding, is a haven for each one to respond to the prayerful desire to increase their

understanding of God. It provides the opportunity to clarify their relationship to God, and in turn, to rise above "earth's troubled, angry sea." (*Christian Science Hymnal*, Hymn 253) Here they can strive to be obedient to what they understand God's love to be telling them about who they are spiritually, how He is caring for them, and about the right steps to take in their lives that most reflect God's will.

While in this mental refuge their prayers, supported by a Christian Science practitioner and Christian Science nurses, keep them buoyant and mentally on top of the storms of error. In this ark of thought individuals can demonstrate their safety and freedom from the fear of sinking under the weight of world beliefs and mortal suggestions. Mrs. Eddy says in *The First Church of Christ Scientist and Miscellany* (210:7), "Good thoughts are an impervious armor; clad therewith you are completely shielded from the attacks of error of every sort." These good, spiritual, God-based thoughts act as a sealant, like the pitch that Noah used to seal the

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ark within and without to ensure impervious protection. At Lynn House too, prayerful, good thoughts from God provide impervious protection until the flood of mortal mind recedes, and one can walk freely and joyously from the ark to continue one's God-directed activities.

From the Executive Board

## NATIONAL BENEVOLENCE

“When we are willing to help and to be helped, divine aid is near.” (*Miscellany* 166:19)

A new fund (the National Fund for Christian Science Nursing) has been established to support those who need help paying their bills for Christian Science nursing care, whether at a facility or in their home. Individuals may apply for these grants by going on-line to NFCSN.org or calling 800-873-2843. The grants may also be used to pay for CS practitioner fees while receiving CS nursing care, supplies and equipment, and transportation to or from a care location.

This fund is administered by The Principle Foundation, which has been providing inspired benevolence to Christian Scientists for over 50 years. Lynn House is deeply grateful to all engaged in this new endeavor.

# YOU SHALL NEVER FALL

## A MESSAGE FROM THE EXECUTIVE DIRECTOR

When I arrived to work at Lynn House just over a year ago, there was so much to learn and do each day that I sometimes wondered whether it was all humanly possible. My days now are still just as full, but something I learned in those early days has stood me in good stead throughout this first year. While reading the Bible one morning before work, I came across these verses in II Peter:

... giving all diligence, add to your faith virtue; and to virtue knowledge; And to knowledge temperance; and to temperance patience; and to patience godliness; And to godliness brotherly kindness; and to brotherly kindness charity. (II Peter 1:5-7)

This struck me as an invaluable list of spiritual qualities. The writer of this inspired epistle goes on to point out that:

For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ. ... if ye do these things, ye shall never fall. (II Peter 1:8,10)

This was comforting and more than a little reassuring to me at the time. I looked to these qualities as if they were lighthouses along a dark shore from which to get my bearings.

When I looked up the phrase “ye shall never fall” in *The New Testament from 26 Translations*, I found these different renderings:

- for, so long as you practise these things, you will never stumble
- for as you exercise these qualities you will never make a slip
- if you behave so you will never come to grief

It was encouraging to be reminded that the embodiment of such qualities led to fruitfulness. If you made them your own—your constant companions—you would not stumble, slip, or come to grief.

With further study I found that this list of Christian virtues was not the only one in the New Testament. Others like it can be found in Phillipians 4:8, Galatians 5:22, and James 3:17,18. Reading through them thoughtfully, I realized that these lists were more than just admonitions from church elders concerned with encouraging good behavior. They were glimpses into the beauty and sturdiness of Christian character. They represented inventories of the working materials of Christian living.

I saw that the exercise of spiritual qualities was the foundation of good

# APPRECIATION FOR OUR TALENTED YOUTH!

In early May Sunday School students throughout the area gave a joyful concert for our patients, residents, and guests. We heard classics, folk, and rock and enjoyed each one. The DiscoveryBound chapter and Principia Club co-sponsored this event to benefit Lynn House. Not only did they give of their time and talent, but baked luscious desserts for a Silent Auction fundraiser. Other activities included a panel discussion about Christian Science nursing and making garden stepping stones and a wall-hanging to adorn Lynn House's building and grounds.



*We had a full house!*



*Piano performance*



*Everyone got to sing during the Sing-a-long – and do the hokey pokey!*



*Violin duet*



*EZ quilting - no sewing involved. Adults and kids enjoyed picking out their stencils and fabric paint to make their own unique square.*



*Our Executive Director “jams” with a young musician after the concert.*



*Happy messages and bright colors for our garden.*

# CALLING ALL VOLUNTEER GARDENERS!

Have you moved out of your big house and are you missing the chance to dig around in the garden?

Do you like the occasional project that allows you to work outside in the fresh air and share your love for plants?

We have lovely flower beds and pots which would so appreciate some tender loving care. Our beds need weeding, trimming, planting, transplanting, and watering. We will provide the beautiful plants just waiting for your expert eye.

Bring your gloves and a friend if you wish, and come at your convenience—before the heat of the day, lunchtime, early evening. We'll



*Please thin me out!*

provide drinks and snacks. Tools are available or bring your own.

To volunteer for such a special and beneficial project, just call. We would love to hear from you! Come once, twice, weekly, or whenever your schedule permits. Please call 703-379-6000 and ask for one of the Lynn/Lynne's – and we will get you all set up. *Thank you!*

## CALENDAR AND OPPORTUNITIES

❖ **October 26-28**  
**Harvest Gift Faire and White Elephant Sale**  
Craft vendors and White Elephant donations wanted. Contact Lynne Darnell or Lynn Meyerson at [harvestfair@lynnhouse.org](mailto:harvestfair@lynnhouse.org)

❖ **November 2017**  
Inspirational Talk – details to be announced

❖ **Rest and Study - Great vacation idea! Have some Soul-filled time away from home. \$105 single, \$155 double, including all meals. Call 703-379-6000 for reservations.**

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## YOU SHALL NEVER FALL - CONTINUED FROM PAGE 2

management and harmonious human relations—and that such qualities were essential to having a clear sense of our mission and purpose.

Spiritual qualities became the place to begin and end in working through the various challenges of the job, whether it concerned staffing needs, patient care, personnel issues, policy changes, or financial management. They were all of a piece and responsive to the leaven of God-like attributes expressed.

There is nothing formulaic or automatic in any of this. Our Leader

reminds us, “God has appointed for Christian Scientists high tasks, and will not release them from the strict performance of each one of them.” (*No and Yes* 7:18-20) But what a comfort it is to realize that the spiritual qualities we express come to us from God. As we embody them, they are the Word made flesh bringing a Christly dimension to our work. Like the sealant mentioned in this newsletter’s lead article on Noah’s ark, they leave our thought pitched within and without and, therefore, buoyant with hope and faith.

We trust that, as you read through

our summer newsletter, you’ll feel some of the hope and faith we feel at Lynn House as we carry out this precious ministry of caring for our fellow Christian Scientists, making every effort to keep those spiritual qualities at the forefront of our thought.

With blessings to you all for your continuing support and love,

David B. Sand  
Executive Director

## SIMPLICITY

I love what Christian Science shows us of the "simplicity of the Christ." God is not complicated, neither is His Son. Paul stressed this in his letter to the Corinthians when he wrote, "...I fear, lest by any means, as the serpent beguiled Eve through his subtilty, so your minds should be corrupted from the simplicity that is in Christ." (II Corinthians 11:3)

I was seeking this simplicity recently. I needed one simple, clear thought that I could carry with me throughout the day. As I reached out to God in prayer this wonderful inspiration came to me just before heading up to work at Lynn House. The angel message was "illumination dispels rumination."

As I let this sink in, I felt as if I were letting in the light of Truth and Love, simply taking it into thought. All sense of over-thinking, re-hashing, or of holding on to what was ungodlike, fell away. I saw that Jesus lived this way – in the illumination of the Christ-spirit. So did Mary Baker Eddy. And so could I as a practicing Christian Scientist.

Referring to Jesus' simplicity Mrs. Eddy wrote:

"In this simplicity, and with such fidelity, we see Jesus ministering to the spiritual needs of all who placed themselves under his care, always leading them into the divine order, under the sway of his own perfect understanding." (*Retrospection and Introspection* 91:17)

She saw simplicity also as a source of strength to the church when she observed:

"The continuity of The Church of Christ, Scientist...is assured. It is growing wonderfully. It will embrace all the churches, one by one, because in it alone is the simplicity of the oneness of God; the oneness of Christ and the perfecting of man stated scientifically." (*Miscellany* 342:19-24)

The simplicity of the Christ is indeed the "illumination that dispels rumination."

Hollis Tiger Wines  
Christian Science Nurse

### GRATITUDE AND HEALINGS

*Words can't convey my gratitude for all you are doing. You are awesome! You are there for us all. Your patience, care, and comfort are a great blessing. So glad for your helping us to know and understand we are already the immortal children of God – Principle, Love.*

A grateful home patient

*I really enjoyed my stay—it was worth every penny. I hope to return sometime in the future.*

A Rest and Study guest

## CONFERENCE THEME – "A DAY OF FRESH PROMISE BREAKS OVER THE LAND..." (HYMN 236)

The Association of Organizations for Christian Science Nursing held their annual conference from May 1-4 in Scottsdale, AZ. The theme captured well the sense of freshness and spiritual momentum that pervaded the proceedings. More than 100 individuals representing some 29 CS facilities and Visiting Nurse services, as well as a number of trusts and foundations, attended this 4-day event.

Five of us attended from Lynn House, three board members and two staff, and we all came away refreshed and renewed in our thinking about the ministry of CS nursing. The inspirational talks, workshops, and breakout sessions covered a broad spectrum of topics – the metaphysical basis of CS nursing, education, funding sources, interacting with the public, and Committee on Publication considerations – and included a 30-minute video conference with the CS Board of Directors.

Diverse as the speakers and the topics were, they all conveyed a vital love for Christian Science nursing and its ministry. And that love touched others as well. When I checked in at the hotel the first day I mentioned that I was attending the AOCSN conference. The hotel clerk commented that she was glad that she was working that evening because "you people are all so friendly." Now that's the spirit.

– D.S.

## WHAT DO PET DOGS, BROWNIES, AND STOCKS HAVE IN COMMON?

They are all ways people and organizations give to Lynn House. The list could go on, but each gift comes from inspired thought, love and unselfishness.

Through a local organization, we have volunteers who bring dogs to visit with our residents and patients, providing happy moments for all involved. As an expression of gratitude, brownies and other treats arrive for our staff throughout the year, often delivered with hugs and smiles.

Then there are the financial donations, which – like the first two gifts – come from the heart. They help to keep the lights on, pay our dedicated staff, and ensure our building and grounds are maintained.

In his first letter to the Corinthians, Paul writes that “there are diversities of gifts, but the same Spirit.” Each thoughtful gift is precious, deeply appreciated, and bound to our Christly mission of healing by “the same Spirit.” This is what they have in common. We welcome these gifts as expressions of the natural desire to love God and to love one another.

To learn more about the varied giving opportunities at Lynn House, please contact our Director of Outreach and Development, Lynn Meyerson, [lmeyerson@lynnhouse.org](mailto:lmeyerson@lynnhouse.org) or call 703-379-6000, ext. 258.

**\$55,000**

### Mid-Summer Matching Opportunity

Each year Lynn House depends on almost \$1 million in donations from our field to close the gap between our operating costs and payments received from patients. So far in 2017, we have received about \$300,000 in contributions from individuals and churches, grants from foundations, and bequests. In order to continue operating without further drawing down our reserves, our goal is to raise \$700,000 by the end of the year.

This mid-summer match will help us reach our \$1 million annual goal.

**Goal by end of year:  
additional \$700,000**

As of mid-year, we have received \$300,000  
in contributions, grants, and bequests.

**LYNN HOUSE**  
OF POTOMAC VALLEY, INC.

*You are welcome to call  
24 hours a day, seven days a week.*

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#### KEEPING IN TOUCH...

We happily receive changes of address, new emails, or requests to be removed from the mailing list.

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