

# LYNN HOUSE Letter

## A Haven for Healing Rest & Renewal

### Gratitude for God's Ever-present Care

In the *Church Manual*, Mrs. Eddy gently reminds us of the importance of gratitude: "Gratitude and love should abide in every heart each day of all the years." In *Science and Health with Key to the Scriptures*, she asks, "Are we really grateful for the good already received?" These reminders prompt us to focus on gratitude every day, not just at this time of year. In this issue of the Lynn House Letter, we share experiences of those who are grateful for having been blessed by our services—care in the facility, care in the home, respite care, rest and study, and, believe it or not, showers and shampoos.

#### Grateful for Care in the Facility

**"A grateful heart a garden is ..."**  
(Hymn #3 from the *Christian Science Hymnal*)

Earlier this year my mother found that she was unable to walk and communicate. I called her practitioner and then took her to Lynn House. I knew I could count on the nursing staff to provide her with truly loving care and attention. But what gave me the surest peace of mind was knowing that this care was supported by the thought of the nurses. At Lynn House, you can feel the healing atmosphere, where the thought and expectation are for



Fall days at Lynn House.

progress and recovery.

Lynn House exemplifies the thought expressed in Hymn #3 ... "A grateful heart a temple is ... Where angels of His presence keep Calm watch by day or night." The staff never expressed an anxious thought or fear of regression. They were consistent in their expectation of nothing less than complete recovery. No matter what my mother's physical condition appeared to be, the nurses maintained their understanding of my mother as a child of God, whole and perfect, complete in every way.

Soon she was communicating and walking with some assistance. My

family and I are so grateful for the care she received that supported her recovery. She is now home and has resumed her normal activities. All is well.

#### Grateful for Care in the Home

**"We, now redeemed through Love, return to Zion, Singing to Thee our deeply grateful praise ..."**  
(Hymn #356)

Recently while I was at home, I injured my ankle and was somewhat overwhelmed by the amount of bleeding. I called a Christian Science practitioner and then the



The *Residences*, our assisted living wing, currently has one room available. If you or a family member are considering a residential setting, with up to two hours of light care provided, Lynn House might be the answer.

For more information, please call Lynne Darnell, Director of Residential Services

**703-379-6000 or 1-800-283-4325**



### KEEPING IN TOUCH

Do you have an email address you would like to share with us? Although we plan to continue with our mailings, we know that some of you prefer to communicate electronically, and we hope to do this more in the future. This allows us to save on printing and postage. To add your name to our email distribution list, please send your address to

[mail@lynnhouse.org](mailto:mail@lynnhouse.org)

Your contact information will not be shared with others.

## God's Ever-present Care continued from page 1

Lynn House Visiting Christian Science Nurse Service. The practitioner spoke about the allness of Mind and referred me to the Scientific Statement of Being in *Science and Health* where Mrs. Eddy says, "All is infinite Mind and its infinite manifestation." While I waited for the Christian Science nurse to arrive, I pondered this statement and the fact that matter was no part of my true being.

When the Christian Science nurse arrived, she immediately put me at ease as she cleaned and bandaged the wound. She took care of the physical need, and I was free to turn away from the material picture to the spiritual fact. Since I live alone, it was particularly comforting to know that this kind of care was available, that someone could come at a moment's notice and bring a quality of thought that was warm and embracing.

From the beginning of this experience, I felt God's loving care and knew that healing was taking place. Having a *Journal*-listed Christian Science nurse come to my home and take care of the physical need was a real blessing.

### Grateful for Respite Care

*"In seamless gratitude I weave a silent, healing prayer ..."*  
(Hymn #146)

After months of care for a beloved family member, I was weary. Little things were starting to annoy me. I knew there must be a loving solution to these temptations to self pity.

Reflecting on the words of the

comforting Christ in the Gospel of Matthew—*Come unto me, all ye that labour and are heavy laden, and I will give you rest*—it became clear to me that Lynn House could provide the much-needed respite that I craved.

I made arrangements for my loved one to come to Lynn House and enjoy delicious meals and loving care in a spiritual environment that would nurture him and give me time to relish that Christ-promised rest in the gospel. I picked him up several days later with a renewed sense of energy, a restored sense of humor and enormous gratitude for the presence of Lynn House in our community.

### Grateful for Rest and Study

*"Now thank we all our God With grateful hearts and voices ..."*  
(Hymn #199)

Recently I traveled to Washington, DC for my yearly Association meeting and stayed at Lynn House.

As a practitioner, I look for places where I have privacy to speak on the phone with those calling for assistance. I found this privacy and conducive atmosphere at Lynn House. I also found much more – a restful environment, a beautifully appointed room, engaging and warm staff, and well-prepared and presented meals.

A park across the street allowed a welcome stroll. Computer access was helpful in the library, and I loved catching up on The Christian Science Monitor.

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# Gratitude for Our Students

## God's Ever-present Care

*continued from page 2*

I love our Christian Science Nursing facilities for all they offer to Christian Scientists. Using their services is important because using them and seeing their benefits keeps them active and on-going for all of us.

### Grateful for Showers and Shampoos

**“Our gratitude is riches ...”  
(Hymn # 249)**

When it became evident to me a few months ago that it was no longer safe for a family member to use our home shower because it involved climbing into the bathtub, I knew I must find a safer way for him to shower and shampoo his hair. Lynn House came to mind. I knew the showers there were user-friendly, with no dangerous hurdles to navigate. For me, it made sense to bring my loved one to shower at Lynn House rather than having a Christian Science nurse come to our home. We have a regular weekly appointment. It is with a sense of relief and gratitude that I've been able to use the resources of Lynn House to find this solution. ■



**Advancing Students 2011**

Beginning top from left to right: Tami Hill, Vivian Richmond, Jon Hill, Carlyle McKenzie, Candace Thorson, Anthony Beasley, Hollis Tiger Wines, Nina Cannaday-Davis, Brad McCall, Ellen Deemer-White, Jeffrey Deemer-White

Christian Science nursing is a ministry that supports metaphysical healing, and Mrs. Eddy's By-law provision for the Christian Science nurse, in the *Manual of The Mother Church*, is the cornerstone for all training. Many students, who take the Level I or Introduction to Christian Science Nursing classes at Lynn House, go on to complete more advanced training at various Christian Science facilities.

Training is a combination of classroom work and on-the-job training. Training includes the demonstration of the practical skills needed in the patient's room and the spiritual mindedness that enables the Christian Science nurse to behold the man of God's creating and to be undisturbed by the picture presented by the material senses. The mentored on-the-job portion of the training takes place at Lynn House.

The Christian Science Nursing Arts (CSNA) program is taught at the Chestnut Hill Benevolent Association in Boston and Arden Wood in San Francisco. This year Candace Thorson and Anthony Beasley took their CSNA Level III class in Boston. Nina Cannady-Davis, Carlyle McKenzie, Jon Hill, Tami Hill and Hollis Tiger Wines took their CSNA Level II class in Boston and Jeffrey Deemer-White, Brad McCall and Vivian Richmond took their CSNA Level II in San Francisco. Ellen Deemer-White took her Level II class at Sunrise Haven in Seattle. ■

## “...The Need Made Known...”

*Pulpit and Press* by Mary Baker Eddy

### \$100,000 Matching Challenge Underway

Just as Mrs. Eddy never hesitated to let the need be known, so we wanted you to know how important it is for us to reach our year-end goal of \$100,000. A successful Challenge will benefit Lynn House by a total of \$200,000. This is necessary if we are to make up the difference between the income we receive from our services and what it actually costs to provide them.

The Challenge is larger than in the past few years because the need is greater. Having the wholehearted support of those who value and appreciate Christian Science nursing is essential. If you have not given to Lynn House before, we encourage you to consider doing so. If you are a regular contributor, we hope you will consider increasing the size of

your gift. Every gift is important. Thank you to those who have already responded. As the newsletter goes to print, contributions received so far total just under \$26,000.

Each year, we look to you for support. Contributing to Lynn House is a way of assuring that there are Christian Science nursing services available for those relying on God for healing in the haven of Lynn House or at home.

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For those wishing to contribute to Lynn House through United Way, our codes are **69892 for the Combined Federal Campaign and 8495 for the United Way of the National Capital Area Campaign.**



#### LYNN HOUSE CHRISTIAN SCIENCE NURSING & VISITING NURSE SERVICE

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

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### Rest and Study Special

#### 2 Nights for the Price of One

\$50 per night including meals for up to four nights

#### February 1st through March 15th

Come and enjoy in-depth study and reflection in an atmosphere supportive of healing. A comfortable room and three tasty meals a day await you. Remember Rest and Study gift certificates when looking for ways to honor family and friends on special occasions.

**Please call 703-379-6000 or  
800-283-4325 for reservations.**

This offer does not apply to Rest and Study Plus.

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