



A Message from the Executive Director

"This one thing . . ."

Those words struck me as I took an early morning walk a few months ago. My mind was teeming with all that I had to do at work that day. But, as my thought quieted down, that phrase suddenly stood out as never before. I realized that I really had only one thing to do that day and that was to "press toward the mark." What mark? "The mark for the prize of the high calling of God in Christ Jesus."

What could be more simple? However vast the fulfilling of that one thing might be, it was still just one thing. This thought was a great comfort to me. In fact, I felt that it was the very Christ speaking to me at that moment, meeting me where I was. I could handle one thing. I could keep watch over my thoughts to see that they tended Christ-ward.

This simple thought set a tone for the rest of the day. There was a flow, a grace, and a rhythm that pervaded every activity. Having just one thing to do made the many things more manageable and meaningful. To know that every thought and act had just one purpose behind it brought light and clarity to the work.

*"Brethren, I count
not myself to have
apprehended: but*

this one thing

*I do, forgetting those
things which are
behind, and reaching
forth unto those
things which are
before, I press
toward the mark
for the prize of the
high calling of God
in Christ Jesus.*

~ Philippians 3:13-14

I understood better the Master's assertion that he could of his own self do nothing. I could see the reason for his admonitions to let your eye be single, to be faithful over a few things, to keep to the straight and narrow way, to turn neither to the right hand nor to the left. Rather than narrow-minded, these precepts make us single-minded. Rather than worldly-minded, they make us heavenly-minded.

Having only one thing to do is the very heart of good stewardship and Christian caring. Clever designs and elaborate plans, without Christly light and affection, are not up to the task. Mary Baker Eddy made this plain when she wrote:

"The rays of infinite Truth, when gathered into the focus of ideas, bring light instantaneously, whereas a thousand years of human doctrines, hypotheses, and vague conjectures emit no such effulgence." (Science and Health with Key to the Scriptures, p. 504:23)

Spiritual ideas reveal untapped potential and hidden resources. It is the Christ-spirit that brings order and structure to our days and weaves events together in surprising and unexpected ways.

I accomplished much that day, many things that I had planned and some that I had not. But all with a sense of joy and spiritual dominion. And, as I have stayed close to these ideas, I have had more days like this. Days that are simplified and streamlined in the service of God. It is a challenge for the human mind to keep to one purpose, one objective, one goal. To have one God. And yet, there is no more productive or

“this one thing” cont.

satisfying way to work. Ultimately, there is no other way to work.

More and more, I have come to view all of our activities here at Lynn House in this light. There is just one thing we are tasked with at any given moment. In all of our ministrations, caring, planning, managing, administering, communicating, etc. we have just one aim, one intent – to have “the mind of Christ.”

As we look ahead to the new year, regardless of what plans we may pursue, what challenges we may face, or what accomplishments we may achieve, we can first and foremost “press toward the mark for the prize of the high calling of God in Christ Jesus.”

It is a joy to walk in the light of God’s love for us. And, it is a special joy to know that so many of you, our fellow Christian Scientists laboring in the vineyard, are walking and working in the same way.

Thank you for your support and appreciation of this holy work of Christian Science nursing and for remaining true to “this one thing.”

With all blessings,
David Sand
Executive Director

How the Board has been praying

Our Executive Board starts each meeting sharing metaphysical ideas before diving into their work. We thought you would enjoy reading some of the ideas they’ve been sharing as they pray for Lynn House, our community, and the current world situation:

- Regardless of what the impediments seem to be, the angels come and lead us forward.
- Angels do not come to us to make human lives better or more comfortable, but to wake us from the belief of life in matter and remind us we can never be outside of God’s care.
- As both Joseph and Mary Baker Eddy showed, we can face any crisis with confidence in the superiority of Spirit. The Christ will guide us through these situations.



Members of the Executive Board and staff on a recent video-conference call.

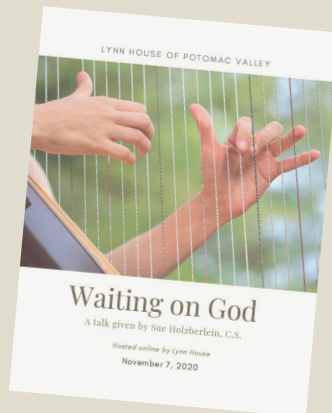
- Like Joseph, we don’t need to go back to what we did before, but we can follow God’s direction and move forward, doing “greater works.”
- More love is the great need of mankind – forgetting self.
- We can “lean on the sustaining infinite” with childlike trust.
- We’re being called to be active witnesses, praying not only for ourselves, our family, and our church, but for all mankind.
- This poem “Equipped” by Aimee McKinnon was shared:
“I am not ready,
nor have I begun
—unless I have prayed,
‘Thy will be done.’”
(February 18, 1950 C.S. Sentinel)

Inspirational Talk — “Waiting on God”

Lynn House was delighted to host an inspirational talk by Sue Holzberlein, CS on November 7 via webinar.

Titled “Waiting on God” her talk was full of spiritual nourishment and fresh ideas on praying for ourselves and for our world.

For anyone who missed it, the talk is available in print form. You may access the PDF on our website or we would be happy to mail you the talk booklet. Just call or email us to request a copy.



Lynn House is here for you 24/7

Though temporary government guidelines have made some of our procedures different than in normal times, please continue to call us any time you have a Christian Science nursing care need or question. We are still a resource for you 24 hours/day, 7 days/week. We welcome your call at 703-379-6000.

Notes of appreciation for Christian Science nursing care

“Our family is so grateful for the loving care provided by the staff at Lynn House!”

“Lynn House is a very special place filled with God’s love embracing all who are there.”

“We are so grateful for the loving support provided by the Visiting Nurse Service. [The Christian Science visiting nurse] has been so kind and professional in her work with our mother, showing such tender care and bringing a sense of joy.”

A Healing Shared

In her recent Board report, after relating patient healings that she had witnessed through her work with the Visiting Christian Science Nurse Service (VCSNS), Emily Reynolds, VCSNS Director, shared this experience:

I am especially grateful for a quick physical healing of my own. After calling a Christian Science practitioner while traveling to my first call of a busy day, severe discomfort, weakness and dizziness were completely overcome. There was no personal sense involved, no human will that I “had to” do anything except trust Love’s care of me, the patients, the VCSNS, etc. In illustration of this, I am cherishing II Corinthians 8 in the Bible, especially verses 12-14:

“For if there be first a willing mind, it is accepted according to that a man hath, and not according to that he hath not.

For I mean not that other men be eased, and ye burdened:

But by an equality, that now at this time your abundance may be a supply for their want, that their abundance may also be a supply for your want: that there may be equality.”

Singleness of heart

Lynn House is “rooted and grounded in love” (Ephesians 3:17) – in our love for one another and in our love for God. There is a wonderful sense of Christian fellowship, similar to that of the early Christians who “continuing daily with one accord in the temple, and breaking bread from house to house, did eat their meat with gladness and singleness of heart.” (Acts 2:46) Thank you for being part of this blessed fellowship.

With the challenging picture facing us over the past several months, your support of Lynn House is especially important. **Each prayerful thought and word of encouragement is deeply appreciated – and each financial contribution is cherished as a gift of love.**

Financial donations can be made by check, credit card, or securities. They can be given:

- through our website (lynnhouse.org)
- by mail (4400 W. Braddock Rd., Alexandria, VA 22304) or
- over the phone (703-379-6000).

Please consider becoming a Sustainer by pledging to make a monthly contribution of any amount that is comfortable for you. Sustainers play a special role in helping to bring stability to our operations.

Including Lynn House in your estate plans is another way of giving support and leaving a lasting legacy. The loving bequests that Lynn House has received over the years have been a tremendous blessing.

Our Lynn House mission statement reads in part: “We join together to cherish and support those practicing Christian Science, with its expectancy of quick and whole healing....”

Thank you for joining together with us in support of this healing ministry.



Each day at 9:15 am and 4:15 pm our staff and residents take 10 minutes of quiet time to unite in prayer in support of Lynn House, our community, and our world. We invite you to join with us in prayer at these times.



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