

LYNN HOUSE OF POTOMAC VALLEY, INC.



New Views, Unchanging Light

Dear Friends,

We're seeing each other in new ways these days. Yes, there is more face-to-face meeting going on now, for which we can be grateful. It appears, though, that online meetings are here to stay.

But, the important question is, are we seeing each other in a new light? Changing modes of communication may change the way we meet and interact. But can they change our relationship to God or alter our place in His vibrant creation? Of course not!

Seeing each other in this unchanging light is the highest form of communication available to us. It represents the greatest change going on in this world today.

The writer of Hebrews speaks of: "Jesus Christ the same yesterday, and today, and forever." Our enduring relationship to the Christ – reflecting our unbroken bond with God – this is as constant and fixed as the pole star.

Our need to grow in grace and to rise into higher service to God is fixed just as firmly in our human lives.

At Lynn House this growth means that our accountability to you, our dear supporters, is perpetual and paramount. It is our duty and privilege to serve all of you in maintaining a Christian Science care facility that has a healing atmosphere, that is beautifully appointed and maintained, and that is staffed by competent, spiritually-minded Christian Science nurses and support staff.

As you look through this newsletter, I hope you will get some sense of the growth in grace that is going on here, an emerging dynamic for good that is coming into view.

Whether it's a neighbor commenting on the beauty of our grounds, a patient describing the lessons she learned in her stay here, the rotating art exhibits in our main hall by friends and staff, new carpeting in our nursing wing, or the faithful volunteers that come to help care for our gardens — it all points to right activity and growth in grace.

The sense of more and more of God's love appearing and unfolding before us is captured well in this contemporary Bible translation of Ephesians 4:12, 13. It describes the purpose of the Christ-spirit thus:

... to train Christians in skilled servant work, working within Christ's body, the church, until we're all moving rhythmically and easily with each other, efficient and graceful in response to God's Son, fully mature adults, fully developed within and without, fully alive like Christ.

— *The Message: The Bible in Contemporary Language*
by Eugene Peterson

Could there be a higher, more worthwhile ideal to weave into the fabric of our lives? Could there be a better light in which to see each other?

We are grateful to each of you for your support in helping Lynn House to fulfill its Christly mission.

— *David Sand, Executive Director*

From the Director of Christian Science Nursing



To Our Beloved Field:

We are grateful for all the healings that we have witnessed this year and for the dedication of our Christian Science nurses who so faithfully care for our patients and residents. I think of the selfless acts of our Christian Science nurses: those who make long commutes from their homes, those who work double shifts — and those who work night duty, night after night, with prayer, quietude, and calm that uphold our atmosphere of healing and support throughout the night. We also have Christian Science nurses who help with sewing and shopping, ensuring that individual needs are met appropriately. There are also Christian Science nurses who work through challenges as they go about their ministry on the nursing floor, forgetting themselves in service to others.

We are grateful for all the departments here who support our Christian Science nursing ministry — including housekeepers, kitchen staff, maintenance and administrative staff. We are grateful for

everyone who is helping to keep the light burning at this little ‘house on the hill’ for the blessing and healing of the world.

Thank you all for your metaphysical and practical support of Lynn House. Your love and support is felt and greatly appreciated!

“Naught else than the grandeur of humility and the incense of gratitude and compassionate love can acceptably ascend heavenward from this house of God.” (*The First Church of Christ Science and Miscellany*, p. 37)

—Cassia Schuck, Director C.S.N.

Housing Initiative

As noted in our summer newsletter, Lynn House has been working with a local architect on plans for a building to serve as housing for short-term and student Christian Science nurses. We are happy to report that the Building Committee has settled on a preliminary design plan.

The next step is to fill in the details of the design so that we will have something to present to our neighbors, the city, and the Christian Science Field. We will keep you posted on our progress.

Resources for Christian Scientists



- ♦ The National Fund for Christian Science Nursing (NFCNSN) is a benevolence fund that provides assistance to Christian Science nursing patients.



RiperYears

CARING for CHRISTIAN SCIENTISTS

RiperYears.org

- ♦ RiperYears.org is a website focused on the needs of senior Christian Scientists and those who may be assisting them. Topics covered include: housing, help at home, Christian Science nursing and care facilities, insurance, and legal issues related to health care.



Call Center

CARING for CHRISTIAN SCIENTISTS

800-930-3797

- ♦ Anyone can call this phone number to get help, information, and ideas regarding housing, care and assistance options that are consistent with the practice of Christian Science. Experienced Christian Scientists (including Christian Science nurses) answer the phone 2:00-4:00 pm ET daily and respond to messages within 24 hours. All conversations are confidential.

Visiting Christian Science Nursing Service

“The Lord shall preserve your going out and your coming in from this time forth, and even for evermore.” This final promise-filled verse of Psalm 121 is especially meaningful for Visiting Christian Science nurses, as a day in our ministry may involve coming and going from several different homes and cities – or in my case, regularly traversing two different states and a federal district! Wherever it is that I’m humanly coming and going, my daily travels as Director of Visiting Christian Science Nursing have kept me fully occupied ever since joining Lynn House two years ago.

That may seem obvious to our readers, but it’s actually a demonstration of spiritual supply and demand. During the time that Lynn House did not have a *Journal*-listed Christian Science nurse whose full-time job was to respond to calls for Christian Science nursing outside the facility, those calls came very infrequently. This might suggest a lack of demand based on a human economic model, but Christian Scientists know better. Spiritual healing is always in demand, and healing is what Christian Science nursing is all about! Within a month of re-establishing a Director in the VCSNS, Lynn House began receiving requests from Virginia, Maryland, Washington DC, and further afield. Following all health department requirements, we continued to add new calls throughout the lockdown in 2020, rejoicing in proof that nothing could limit the activity of the Christ.

As we’ve kept growing through 2021, the record of healing has grown as well. In the last two years, we’ve been privileged to support and witness healings of all kinds: bones medically diagnosed as broken; open areas, including medically-diagnosed bed sores; abnormal growths; reversals of painful and

limited mobility; beliefs associated with aging; character renewal; quick recovery from falls and other sudden needs; harmony restored in family relationships; openness to receiving care; and recommitment to branch church membership and involvement.



“The Lord will preserve you from all evil: he shall preserve your soul.” (Psalm 121:7)
“Watch over, guard, protect, keep” are some additional translations of “preserve” used in this verse. Representing these Biblically-assured forms of God’s love for His children, Lynn House stands ready to respond with compassion, wisdom, spiritual-mindedness and joy. We are so grateful to

be cherishing our community in this way, and we feel equally cherished by the constant flow of support from the field. This wonderful translation of Isaiah 26:3 from the Good News Translation of the Bible captures the spirit of our looking forward, “You, Lord, give perfect peace to those who keep their purpose firm and put their trust in you.”

— Emily Reynolds, Director VCSNS



Art Exhibit

Our residents and patients have been enjoying a rotating art exhibit in our main hallway.

Our current display features the artwork of Holly Black, our talented Activities Coordinator.

The Residences

*"Forget not who you are, O child of God...
Your heritage is goodly, and your home,
In Spirit's warm embrace, is safe, secure."*
— Hymn 475 —

What a wonderful reminder of God's loving provision for each of us. It is a joy to see these qualities of "Spirit's warm embrace" expressed in our residential community – a home where our residents are fully supported in their practice of Christian Science.

Our residential wing has six rooms that can be used for either independent living or assisted living.

Because it is a small group, there is a lovely sense of family among the residents. Among the activities they enjoy are: Hymn Sings, a weekly C.S. Monitor Discussion, and board games. Scrabble is a favorite!



Message from the Executive Board

Mary Baker Eddy defines church in part as "the structure of Truth and Love." And elsewhere in *Science and Health* she also refers to the foundation of this structure with these words: "Jesus established his church and maintained his mission on a spiritual foundation of Christ-healing" (*Science and Health*, p. 136). Supporting Christ-healing and establishing an environment that encourages and expects healing, as Lynn House does, is clearly to me an element of church.

Patients and their family and friends tell us often how they appreciate the care and loving support they receive at Lynn House. Others who have never had a first-hand experience with Lynn House also express appreciation for its presence, knowing that the Christian Science movement meets the needs of those wanting to rely on spiritual healing.

"Make channels for the streams of Love..." (first line of Hymn 182) is a helpful reminder of what our true work is. We don't have to create or develop Love, the water in this analogy; we just have to provide a channel or "mode of expression" as one dictionary defines it. I see Lynn House as providing such a channel and Love filling it constantly.

This idea of the stream of Love brings to my thought a Board meeting during which there was a discussion of some needs. All these needs seemed to require money, and my thought turned to how we could find a "bucket" of money for this purpose. That term even got into the discussion. Quickly, though, this thought was corrected with a Board member pointing out that a much better and more accurate way to think about supply was in terms of an ever-flowing stream, a stream of Love. This elevated thought got us on the road to an answer.

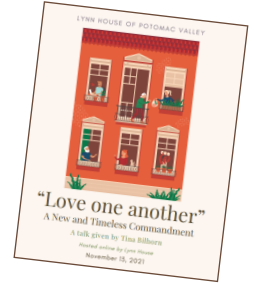
It is a privilege for me to serve on the Lynn House Executive Board with such a dedicated and inspiring group, working in support of this healing ministry.

— Randy Dingwell, 2021 Executive Board Chair

Inspirational Talk



In November, Lynn House was delighted to host an inspirational talk by Tina Bilhorn, Director of the Tenacre School of Christian Science Nursing. The subject was: *“Love one another” – A New and Timeless Commandment*. A recording of the talk is posted on our website, and a print transcript is also available. The talk explores the timeless relevance of this “new commandment” from Christ Jesus and how it’s finding expression today – motivating and guiding us, and bringing progress and healing to our families, our communities, and our world.



Notes of Gratitude

From family members—

“Many thanks for your Visiting Christian Science Nursing Service. [The visiting Christian Science nurse] is so kind and uplifting in her care for our mom. She brightens up the room and brings a smile to mom’s face.”

“Thank you for providing such a loving, healthful atmosphere at Lynn House.”

“Keeping thought elevated at all times is a central way of thinking at Lynn House and I know how this benefited [my loved one] as well as many others.”

From a recent patient—

“I’m very grateful for this ‘village’ of healers – nursing staff, cooks, housekeepers, maintenance, administrators – all who work here!

I’ve been spending a lot of time in prayer, claiming my spiritual identity. Mortal mind has tried to rerun memories of the past that are not kind to me or those who’ve been around me. It has tried to tie me to those memories with a material identity. But I am no longer plagued by these memories – I am able to dismiss them with ‘Get thee behind me, Satan.’ God keeps me above the ‘wave’ of mortal mind. I am so grateful for this healing. I’m working and turning toward the light of God’s goodness.”

Volunteers

As of this printing, current guidelines still limit our ability to have volunteers help with inside activities. As soon as we are able, we will welcome having volunteers come back to lead our church services and read the Bible Lesson each morning. (In this interim period, staff members have been doing this.) We have continued to have volunteers assist outside with gardening, which has been a tremendous help to us. If you are interested in volunteering – either with gardening or with other activities down the road – we would love to hear from you!



Love in Action: Giving and Receiving

Asking for help can be difficult. Sometimes people are reluctant to reach out for Christian Science nursing care because they feel they should be able to work out the situation on their own. But humbly reaching out for a supportive hand can be a blessing — not only for the one asking, but also for the one responding.

This circle of Love is expressed in this sweet prayer:

*Help us to help each other, Lord...
Let each his friendly aid afford,
And feel his brother's care.
(Christian Science Hymnal, No. 105:1)*

Similarly, to carry out our ministry, we must ask for your assistance. Your prayerful and financial support helps to keep Lynn House on a firm foundation.

Each year we have close to a \$1 million gap between operating costs and program revenues, and we count on contributions, grants, and bequests to help make up the difference.

Financial donations can be made by check, credit card, stock, or IRA gifts. 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).

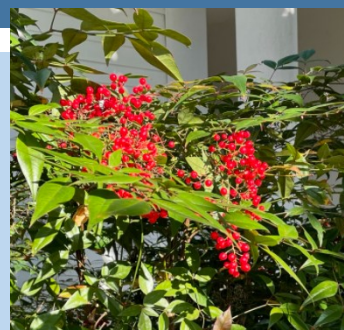
Please consider becoming a Sustainer by pledging to make a monthly contribution of any amount that is comfortable for you. Sustainers play a special role in helping to bring stability to our operations.

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.

**Every gift of support strengthens
Lynn House and is deeply appreciated.**



*Would you like to explore the possibility
of joining our Christian Science nursing ministry?
If so, we would love to hear from you!*



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SERVICES

- ♦ Inpatient and Outpatient Christian Science nursing care
- ♦ Visiting Christian Science Nursing Service
- ♦ Residential / Assisted Living
- ♦ Rest & Study

Your calls welcome 24/7

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A Christian Science nursing facility supporting Christian Science healing and accredited by
The Commission for Accreditation of Christian Science Nursing Organizations/Facilities, Inc.