



"One stupendous whole"

"One stupendous whole." That is the phrase that often comes to mind when I think of Lynn House.

This expression comes from a line of a poem by Alexander Pope:

"All are but parts of one stupendous whole...."

Each day I am seeing ever more clearly that Lynn House truly is "one stupendous whole" — one

collective idea of which we all are a part. This idea includes our dedicated Christian Science nurses and support staff, Board members, Corporate members (representatives from each regional church), volunteers, donors, and those who contribute in other ways, including by giving metaphysical support. Of course, it also includes everyone who calls on our Christian Science nursing services, as we witness together the healing power of the Christ.

Another integral part of this "stupendous whole" is those who have come before us — those who recognized the importance of having a Christian Science nursing facility in the Washington, DC area. We deeply appreciate those who helped to

establish Lynn House as a spiritual sanctuary over 50 years ago and those who have supported and strengthened it over the years.

Just as we cherish countless past expressions of God's goodness, we are looking to the future with expectancy of good and a desire to ensure the availability of Christian Science nursing services in the years to come.



Allison, Hollis, Ted, and Laura, members of our Christian Science nursing team, at a recent change-of-shift meeting.

In a letter of gratitude for generosity shown by one branch church toward another, Mary Baker Eddy wrote: "Goodness never fails to receive its reward, for goodness makes life a blessing. As an active portion of one stupendous whole, goodness identifies man with universal good" (The First Church of Christ, Scientist, and Miscellany, p. 165). Thank you for being part of this "stupendous whole," which identifies each one of us with "universal good."

—Susan Orttung
Executive Director



Testimony

God truly meets all our needs — Learning to expect nothing but good

Several months ago, my father and I had a wonderful experience with Lynn House. My father, who lives in the midwest, was experiencing some difficulties and needed 24-hour nursing care. As neither of my siblings nor I live close to our father, finding an available Christian Science nurse to come to his home for an extended period was proving difficult. My sister decided to call the two Christian Science nursing facilities closest to him, but they were both full and only able to put him on their wait lists. We were at a dead end ... or were we? It was obvious to us, having been raised in a Christian Science Sunday School, that it was time to stop and listen for the one Mind to tell us what to do. Then the answer came so clearly. Why were we looking for a place near where he lived? That

would mean we'd have to get on a plane to go visit him. The message from God was loud and clear and so obvious – call Lynn House! When we called, we found that they had an opening and would hold a room for him. It was that easy, which as we know in Christian Science indicates that it is a right idea – God's idea.

A few days later, we arrived at Lynn House. The staff was warm and friendly, meeting us in the parking lot and helping us from the moment we pulled up at the curb. I relaxed knowing that he was in a place where everyone would be working metaphysically to know the Truth about my dad and simply would not be giving the material picture any power.

After my dad got into his room, he asked the Director of Operations, Nathan, for a

lengthy list of things to make it feel just like home. Nathan was loving and accommodating. However, he shared with me privately that he didn't want my dad to get too comfortable as the expectation was that he wasn't going to be there long. That was an eye opener for me. I hadn't been seeing my dad as already perfect and that going back home was not only a possibility, but God's law. Sure enough, in less than 2 months, my dad went from needing 24-hour care to being ready to go home. The Christian Science nurses and the entire staff at Lynn House were so supportive and loving towards my dad and me. We are both very grateful for everything that everyone at Lynn House did for us and we're very grateful for our growth in Christian Science and the healing that it brought.

— Deb Toro

The Residences

In addition to our Christian Science nursing services, Lynn House has a small residential wing, called The Residences. It offers both Independent and Assisted Living in an environment wholly supportive of the practice of Christian Science.

Recently our residents enjoyed learning how to make wontons with one of our Residential Assistants, Ping Ping. The results were delicious!



From the Executive Board

Good is going on at Lynn House. In this quiet sanctuary, there is healing and support – and, of course, love, love, love. “Love is reflected in love” (S&H 17:7). Our Christian Science nurses and other staff, the Executive Board and Corporate members, and our many supporters in the field have joined in strengthening and protecting our work. The Manual-based foundation for the Christian Science Nurse is instrumental in our mission to support quick and whole healing – and we are seeing healing and wonderful progress among those coming to Lynn House for care.

The general belief that there is a shortage of nurses is also a claim for our Christian Science nursing facilities. Having enough staff to meet the demands of this work has been a challenge across the movement. We are praying to see more clearly that God is our true source of supply, and we are seeing creative solutions come to light. We’ve had folks return to Christian Science nursing, and we are finding ways to bolster the training and mentoring we are able to provide for those wanting to join and progress in this ministry. To cover our 24/7 schedule, our core group of staff Christian Science nurses is supplemented by Christian Science nurses who are based at other facilities or who normally work private duty and help at Lynn House as they are able. We are so grateful for the dedication of all these Christian Science nurses and the way that they work harmoniously as a team. We don’t take any of this for granted, but we recognize that it is Love meeting each need.

The Board has been faithfully supporting, encouraging, and of course praying for our



facility about strengthening operations. This has been a year of “doing more with less” while still upholding the highest standards for providing care. We have seen an increase in usage of our services, demonstrating a clear need for what Lynn House offers. In the coming year, we will have a campaign to strengthen Lynn House financially, to build up our endowment and bolster sustainability.

With God as the source of all, we know goodness is eternal, abundant, and ever-available. There are so many examples of sustenance evident in the Scriptures – manna and quail for the children of Israel, the widow with the oil that supplied her and her two sons, and of course Christ Jesus’ feeding of the multitude. We have clear evidence of Spirit’s

abundant supply, and we know this applies to Lynn House and all our Christian Science nursing facilities.

“Science is neither a law of matter nor of man. It is the unerring manifesto of Mind, the law of God, its divine Principle” (Miscellaneous Writings 1883–1896, Mary Baker Eddy, p. 22:3–5). We can trust in this law of God, divine Principle, where matter has no part – no ability to cause problems bodily, in our thinking, in our relationships with others, or in our world. The ‘unerring manifest’ of Mind” is God’s report, and it gives us the spiritual facts, revealing that we all are the children of God and that He reigns supreme.

It is a joy and privilege to be a part of Lynn House and to witness this law of God, good, in operation.

—Sandy Workman
Executive Board Chair



Rose Mudida

Director of Christian Science Nursing

Christian Science nursing is a calling — a ministry of deep love for humanity, comforting and encouraging those seeking healing through prayer and acknowledging God's allness. The basis of all true care in Christian Science rests on the fact that God cares for man. An important part of this ministry is commencing each day with metaphysical preparation, which unfolds right thinking and acting. We also strive to keep our thoughts pure, letting God manifest Himself through us and lead us step by step. This requires constant prayer and defending ourselves against aggressive mental suggestions — having no mind apart from the Divine and praying for the wisdom and understanding to minister with love.

Christian Science nursing is more than just practical care for those in need. It is a spiritual activity that flows from our prayerful consciousness and communion with God. It is asking God what to say and when to say it, what to do and how to do it. "The genuine Christian Scientist is adding to his patient's mental and moral power, and is increasing his patient's spirituality while restoring him physically through divine Love." (Science and Health 375:17) My prayer is to emulate Christ Jesus' way of living, listening for divine guidance moment by moment and ministering with love.



Fiona Ouma

Assistant Director of Christian Science Nursing

One of my hobbies includes cooking for my family and friends. When I have a new recipe, I look forward to sharing it with others. Recently I was making Kenyan donuts. The main ingredients are milk, yeast, flour, sugar, bananas, eggs, and vanilla extract. If you enjoy baking, you can already envision how you can use

these ingredients to make a variety of recipes by adding different spices like cinnamon or substituting the bananas with other fruit or vegetables. I believe the best cooks are good at personalizing and turning the recipe into their own.

The donuts turned out delicious — and they also left me reflecting on my work as a Christian Science nurse. Here are some of the ideas that came to me:

- *The yeast was the smallest amount of ingredient used, yet it was just as important as the other ingredients – and it had powerful results.* Though we all have different gifts and talents, every gift from God is mighty and is needed to see God's work come to completion.
- *God has called all of us to serve in various capacities.* Therefore, like a chef who cooks to express love for others, we should always do God's work with love, inspiration, and joy. Then everyone will be blessed.
- *Waiting with patience and praise.* When you are waiting for the yeast to proof and later the dough to rise, there is a sense of expectancy. Similarly, we should wait on God with praise in our hearts and with a full understanding that God is working good things in us and for us, as well as for others.

Just as it is a joy to share cooking with others, it is a joy — through Christian Science nursing — to share together in God's goodness and love.

Notes of Gratitude

"Please accept this heartfelt note of thanks to the extraordinary Lynn House team. You worked wonders to quickly accommodate me at a time when this support was so very needed. The light-filled room where I stayed — literally flooded with divine light — and the round-the-clock compassion, spiritual understanding, and scientifically Christian love of the C.S. nurses and staff, meant the world to me in a very challenging time. ... I have been aided immeasurably by the resources Lynn House offers...."

"Beyond gratitude—this haven met our every need and we felt so much love."

"There is such love here, expressed constantly, cheerfully – truly showing forth the divine Love that meets the human need."

Update on Housing Project

As mentioned in our last newsletter, Lynn House has plans underway to replace the cottage on the corner of our property. The cottage was closed a few years ago due to structural issues, and we are working to replace it with a building that will support our Christian Science nurses. The new building will provide short-term housing for those Christian Science nurses coming to work at Lynn House on a temporary basis (or moving here to join our staff, but needing a short-term place to stay while getting settled) and space for Christian Science nurses training .

As we have begun working with the City of Alexandria on the permitting process, some issues have come to light that have caused us to consider reworking the architectural design for the new building. While we are taking some time to pause and evaluate various options, this project remains a high priority.

Volunteering



Volunteers from Asher House, D.C.

It was wonderful to have a group from Asher House DC string Christmas lights around the Lynn House grounds, adding to the sense of festivity and cheer!

We welcome volunteers to help with various activities – including reading the Bible Lesson with our patients and residents, leading our weekly testimony meetings, and gardening.

If you might be interested in volunteering, please reach out to our Activities Coordinator, Holly Black, at 703-379-6000.



Residents and staff at a recent hymn sing.

unified in our healing mission

*...In joyful praise of God's grace,
We join together in one divine embrace....
Of one accord, of one Mind,
Our healing mission we find.*

--Christian Science Hymnal #601

We are grateful to feel a sense of unity with you in this healing mission — and in working to ensure that Christian Science nursing is available in the Washington, DC area.

Your loving support, both prayerfully and financially, is invaluable. To close the gap between the revenue we receive from our services and our true operating costs, Lynn House each year counts on about \$1 million in contributions, grants, and bequests.

Financial donations (to our General Fund, Endowment Fund, Benevolence Fund, or Housing Project Fund) **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.

For questions about making a donation (or other questions about our activities), please call Susan Orttung, Executive Director, at 703-379-6000.

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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