

Calm and Steadfast Communion with God

Growing up, I spent a lot of time at the beach and enjoyed swimming in the ocean. One evening, my brother and I were playing in the waves and not paying much attention as the tide was coming in. As the tide got higher, the waves started breaking against the concrete seawall that was protecting the beach houses above it. One big wave came over me, sweeping me up in its churn – and, if I had stayed in that churn, it would have forcefully slammed me into that seawall. But I heard a message to “sink down.” I sank down to the sand at the bottom, where it was completely calm. Then, when I sensed that the wave above me had passed, I swam up to the surface and safely got out of the water.

I was grateful for the protection I experienced in that moment, and that experience also has been instructive to me. It’s a vivid illustration of what we can do when waves of despair or fear try to overtake us. No matter how impressive the waves, we don’t need to get swept up in them or fight against them. We can simply “sink down” into the firm foundation of the Truth.

*“The LORD on high is
mightier than the noise of
many waters, yea, than the
mighty waves of the sea.”
(Psalms 93:4)*

*“The genius of Christianity
is works more than words; a
calm and steadfast
communion with God...”
(Christian Healing, p. 2)*

Mary Baker Eddy writes that “...the heaving surf of life’s troubled sea foams itself away, and underneath is a deep-settled calm. ... Christ walketh over the wave; on the ocean of events,

mounting the billow or going down into the deep, the voice of him who stilled the tempest saith, ‘It is I; be not afraid.’ Thus he bringeth us into the desired haven, the kingdom of Spirit....”

(Message to The Mother Church for 1902, pp. 19-20)

Whatever the circumstances, the Christ is always with us – and bearing witness to the healing presence of the Christ is the heart of Christian Science nursing.

In this newsletter, you will find beautiful examples of the Christ-in-action. Lynn House truly is a haven for healing.

Many thanks for your support of this holy ministry.

Susan Orttung
Executive Director



Rose Mudida

Director of Christian Science Nursing

Christian Science Nurse. Sect. 31. A member of The Mother Church who represents himself or herself as a Christian Science nurse shall be one who has a demonstrable knowledge of Christian Science practice, who thoroughly understands the practical wisdom necessary in a sick room, and who can take proper care of the sick.

The cards of such persons may be inserted in *The Christian Science Journal* under rules established by the publishers.

(*Manual of The Mother Church*)

I have been pondering how this Manual by-law applies to all of us. The first requirement — being a member of The Mother Church — is a declaration of our commitment to serve God and mankind. It shows our solemn reliance on God for all our needs and our desire to spiritualize our thoughts by studying daily the Bible, *Science and Health*, and the other writings of Mary Baker Eddy in order to grow in our spiritual understanding of God.

A “demonstrable knowledge of Christian Science practice” is prayerful preparation, having faith, praying without ceasing, asking God for guidance, listening for spiritual intuition, and obeying Him. This is required of all Christian Scientists in all that we do — whether serving in church, caring for family at home, etc. We all are required to pray and prepare

metaphysically and then to turn to God for guidance.

“Trust in the LORD with all thine heart; and lean not unto thine own understanding.

In all thy ways acknowledge him, and he shall direct thy paths.” (*Proverbs 3:5, 6*)

Understanding “the practical wisdom necessary in a sick room” is attuning our thought to God and listening to that still small voice, which is the spiritual intuition that meets the need according to God’s guidance and not human will. When serving in church, this results in properly caring for Sunday School children, church visitors, etc. As we do this, we are building our church on a rock. If the wind comes, our church will stand firm and not be shaken.

If any “creeping thing” tries to invade the church, it will not be able to penetrate it. The “creeping thing” might appear as discord or discouragement, but we know that God gave us dominion “over every creeping thing that creepeth upon the earth.” (*Genesis 1:26*)

As we think about how this bylaw applies throughout our church work, we can see that “there are diversities of gifts, but the same Spirit. ... And there are diversities of operations, but it is the same God which worketh all in all.” (I Corinthians 12:4–6)



From a Christian Science Nurse—

Recently one of our Christian Science nurses was asked what brought him into Christian Science nursing, and this was his response:

“The Love that brought my family into Christian Science is the same Love that brought me to Christian Science nursing. It’s about serving and following Christ Jesus; demonstrating love to our neighbors. There is beauty in serving, and I learn something every single day. There are always new opportunities to demonstrate love and to be grateful for God’s goodness. This quote is an inspiration to me: “Oh, may the love that is talked, be *felt!* and so *lived*, that when weighed in the scale of God we be not found wanting. Love is consistent, uniform, sympathetic, self-sacrificing, unutterably kind....” (*Misc Writings*, p. 312:2)



Testimony of Gratitude

Several months ago I was facing a challenge that was quite concerning to my children. They knew that I wanted to handle this challenge through Christian Science, so they called Lynn House. It was truly a blessing when I was able to be admitted right away and receive the care that was needed in a Christian Science environment.

When I first arrived, I needed constant support, and the Christian Science nurses caring for me were total angels. They were so loving, and the spiritual inspiration that they shared with me was very helpful. Also, knowing that they were seeing me in my true light helped to dissolve a sense of fear and opened the way for progress. One idea that my practitioner shared with me during this time is: God is my Life and my health. Indeed, that is true.

I was so grateful that Lynn House was there in my time of need.

From the Executive Board

One of our main strategic goals has been to strengthen our Christian Science nursing staff, and we are grateful for progress on this front. We have added new *Journal*-listed Christian Science nurses to our team, and we have been supporting the student Christian Science nurses on our staff as they progress with their training and mentoring. We are most grateful for our cadre of Christian Science nurses who exhibit kindness, humility, and such spiritual uplift in all they do, both with patients and with one another.

With our Christian Science nursing staff as our top priority, we are continuing to evaluate and refine the direction of the housing project. Though it has taken longer than we'd like for this project to move forward, we know that it will swiftly proceed when the timing is right. Please rest assured all funds contributed to this effort have been set aside to be used once this project gets underway. As we mentioned in the Housing Update in this newsletter, we are now planning to add an additional wing, which would become our new residential wing. Our current residential wing has 6 rooms that have been full, so we would like to expand and offer 10 rooms in the new wing. Then we would convert the 6 rooms in the current residential wing into housing for Christian Science nurses who come to work at Lynn House on a temporary basis, and we could have training space there as well.

As we look forward to our building project and consider the ongoing need for donations to help cover operational costs, long-term sustainability remains an important strategic goal. We hope to hire

a Director of Outreach and Development to support this critical work. Please see our website (lynnhouse.org) for details about this position.

We are most grateful for several large contributions from churches in late 2024 that helped stabilize our financial position. These unsolicited and unexpected donations were a welcome gift and the result of effective prayer by our supporters. We all treasure our mission of supporting quick and whole healing as Christ Jesus taught and Mary Baker Eddy rediscovered.

In *Science and Health with Key to the Scriptures*, Mary Baker Eddy wrote: "My weary hope tries to realize that happy day, when man shall recognize the Science of Christ and love his neighbor as himself, — when he shall realize God's omnipotence and the healing power of the divine Love in what it has done and is doing for mankind." (*Science and Health*, p. 55)

We are so grateful for the Christian Science nurses who are standing with us in this Science of Christ and bearing witness to the healing power of divine Love.

Your support of Lynn House and Christian Science nursing — a ministry of healing — is deeply appreciated.

—Sandy Workman
Executive Board Chair



Residents, Patients, and Staff—Sharing their Talents



One of our residents, a former English teacher, has begun teaching English-as-a Second Language.



Sharing art and music together



We recently had a pizza party followed by an opportunity for residents, patients, and staff to share with one another a wide variety of talents. There was music, dancing, story-telling, and poetry. Among many hidden talents, we discovered that our Residential Assistant, Desiree Chapman, writes wonderful poetry. Below is one of her poems.

HIATUS FROM SUBURBIA

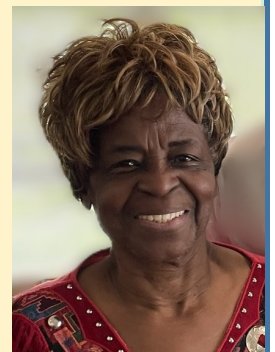
I TOOK LEAVE OF MY SENSES
MY WHITE PICKET FENCES
MY POLITE PRETENCES
IN PERFECT SENTENCES

I SHATTERED MY CHANCES
OF IDEAL CIRCUMSTANCES
OF SUBTLE ROMANCES
AT COUNTRY-CLUB DANCES

POLITICAL STANCES?
SCIENTIFIC ADVANCES?
NOTHING ENTRANCES
NOTHING ENHANCES
I'VE ABANDONED MY CAUSE
FOR APPROVING APPLAUSE
I'M CHANGING THE LAWS!

I'M LOVING!
AND GIVING!
I'M LAUGHING
AND LIVING!!!

—Desiree
Chapman



Notes of Gratitude

"Thank you for the loving care and beautiful balance of spiritual support and practical nursing. I am forever grateful to God and to our dear Leader for establishing Christian Science nursing."

"It was an answer to prayer to be in a Christian Science facility where the focus is exactly where it should be – on learning more about God. We were starved for the change of environment of being surrounded by loving Christian Scientists with a focus on Life, Love, Spirit and all of God's wonderful qualities. Your collective metaphysics are strong, supportive, and very noticeable "



Volunteering

Lynn House welcomes 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 Holly Black, our Activities Coordinator, at 703-379-6000.

Update on Housing Project

Our plans for a new building for Christian Science nurses' housing and training have taken a new form. The original plan was to replace the small cottage on the corner of our property with a larger building that would provide both short-term living accommodations for our Christian Science nurses and space for Christian Science nurses training. However, after encountering some roadblocks with the permitting process, we began reevaluating options.

Our plan now is to add a new wing to our building. Currently Lynn House has a 12-room patient care wing and a 6-room residential wing. We envision the new wing as a 10-room residential wing, which would enable us to expand our residential community. The current residential wing could then be repurposed to provide short-term housing for Christian Science nurses as well as a space for Christian Science nurses training classes. As plans unfold, we will keep you posted.



Gratitude for your support

We feel Your peace, Your arms of Love enfolding,
We lift our hearts in praise and gratitude.
We, from this hour, a glimpse of heaven beholding,
Go forward with our joy and strength renewed.
(Christian Science Hymnal #537)

Lynn House is here as a haven for healing, and your support of this holy ministry is invaluable. Many thanks for your prayerful support, for volunteering your time and talents — and for contributing financially.

Each year Lynn House counts on about \$1 million in donations, grants, and bequests to cover the difference between our revenue and our true operating costs. Your support helps to ensure that Lynn House is here to provide Christian Science nursing care — and that it remains, for years to come, a beacon of Christian Science healing in the Washington, DC, area.

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.

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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A Christian Science nursing facility supporting Christian Science healing