



A spiritual refuge of quietness and healing



Several years ago, our family had plans for a fun, active weekend with visiting relatives, but the first morning I woke up feeling very ill. Despite spending quiet time in prayer, when I joined our houseguests it was clear to everyone that I was not feeling well. They were obviously concerned and felt sorry for me — and I was feeling sorry about the whole situation!

When I had an opportunity for more quiet time alone, I continued to pray, knowing that God has created each of His children entirely good and that nothing about our true identity can ever change. Then this angel thought came to me: “And you cannot be tricked into believing otherwise.”

My prayer shifted from one of trying to see what is true, to acknowledging that I know what is true. It was in keeping with Jesus statement: “Ye shall know the Truth, and the truth shall make you free.” (John 8:32) It isn’t that we might be able to glimpse the truth at some point, but that God is revealing the Truth to us now.

In that moment, I felt such gratitude and awe for God’s all-embracing goodness and love. I completely forgot about any sense of illness. I attended to a few other things and then rejoined

our houseguests. When I did, I realized that I had been completely healed, and I could see how grateful our houseguests were to witness that healing.

In our practice of Christian Science, probably all of us have had this type of experience — when quietness has helped us to hear the angel

thoughts that have led to healing. At Lynn House, it is a joy to offer those seeking healing a quiet spiritual refuge — as well as skilled Christian Science nursing care if there is a need. In this spiritually-supportive environment, every day we are seeing healing.

This newsletter includes a beautiful account of one recent healing, along with uplifting articles and updates.

Lynn House truly is a haven for healing. Many thanks for your support of this holy ministry.

Susan Orttung
Executive Director



From the Executive Board

In Ephesians 6, the armor of God is described by Paul. The protecting effects from the armor: truth, righteousness, gospel of peace, faith, salvation, and the word of God. The Christian Science Sentinel (Bible Lens, 11/24/2025) noted that the sandals which Roman soldiers wore had spikes, so the soldiers could plant their feet firmly on the ground when they were in battle. Are we planted firmly in the truth of Christian Science, relying solely on God during the battle? Do we trust in God's might? Is our God big enough for any battle? Of course the answer is yes, always! Our calm cannot be shaken as we are firmly planted—not necessarily with spiked sandals, but with the gospel of peace and the word of God in our hearts. We are unmoved, unimpressed by anything error presents, and clearly focused on God and the true man in God's image and likeness. In Paul's words, we are "praying always with all prayer and supplication in the Spirit...." (Ephesians 6:18)

In the Christian Science Publishing Society video (10/30/25) about changes and new products, one member of The Mother Church Board of Directors mentioned that the Board of Directors and the Board of Trustees work closely together to advance the Cause of Christian Science as taught by our leader Mary Baker Eddy. I realized this is also true about our work at Lynn House. The Christian Science nurses, administrative staff, housekeepers, kitchen crew, and our Corporate members all work together and pray to ensure Lynn House is able to support Christian Science healing. The Church Manual sets the standard for Christian Science nursing with the Christian Science Nurse by-law (Church Manual, Article VIII, Section 31). The communication among practitioners, patients, family members, and our Christian Science nurses is prayerfully based and spiritually focused, each growing in their understanding of God and their relationship to God.

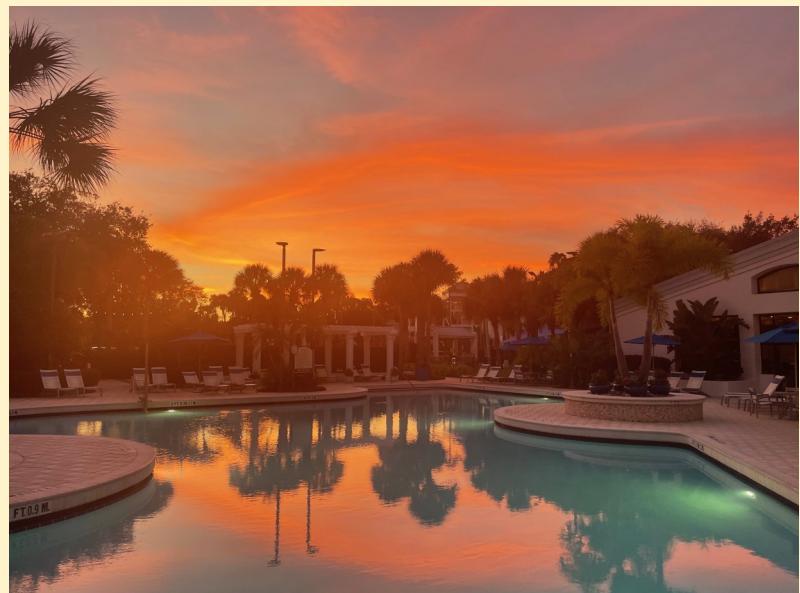
In our prayers, do we sometimes get caught up looking so intently for one thing that we

completely miss something else that is even better? While I was in Florida recently, a full moon was predicted. It would be rising at 6:18 pm, which would be the best time to see it since it would appear the largest then. Since I was not familiar with the area, at 5:30 pm I started wandering around and exploring for where would be the best viewing place. I checked on the pool-side and the street-side of the hotel and then walked around the parking lot. I even went to the upper levels in the parking lot, but I still wasn't able to find a good viewing place.

As it got later and frustration began, I went back down to the pool deck. As I looked out, I saw the most beautiful sunset. What's more, the sunset was reflected in the pool, as were the palm trees. Needless to say, I forgot all about the moon! Sometimes God gives us such gifts while we are searching for what we think we want or need. Are we open to other ideas, other viewpoints? Are we receptive to the ideas God knows we need for healing? I did see the moon later that evening. It was beautiful, but the true gift had already been seen.

Mary Baker Eddy, our dear leader, was so good at looking to God as her source and supply for every occasion—whether it was household needs or the necessity of finding a new home situation when folks were resistant or hostile to her ideas. She knew God

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Sandy's photo of glorious scene she witnessed

(continued from previous page) as the source of all she needed and relied on that source. When she was being escorted to her seat at the National Christian Science Association meeting in Chicago in 1888, she realized that the newspapers had announced that she would be giving the address. She had no warning and so had not prepared. She demurred a moment and then looked heavenward to see a greater Presence. Then she spoke, beginning with the first verse of the 91st Psalm: "He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty." This experience is described in the book *Mary Baker Eddy: Her Mission and Triumph* by Julia Michael Johnston on pages 110-114.

The talk is found in *Miscellaneous Writings* under the title "Science and the Senses" pages 98-106. An excerpt: "Science speaks when the senses are silent, and then the evermore of Truth is triumphant. The spiritual monitor understood is coincidence of the divine with the human, the acme of Christian Science. Pure humanity, friendship, home, the interchange of love, bring to

earth a foretaste of heaven. They unite terrestrial and celestial joys, and crown them with blessings infinite. The Christian Scientist loves man more because he loves God most. He understands this Principle, — Love." (Misc. Writings 100:19-27)

In all the Executive Board does to support Lynn House, we strive to prayerfully follow God, Principle, seeking the coincidence of the divine with the human—knowing that God leads and governs.

—Sandy Workman
Board Chairman

A note: We have been very grateful for Sandy's dedicated service on the Lynn House Board for the past 7 years. With her term coming to an end, we welcome David Sand as our new Board Chairman for 2026.



Rose Mudida, Director of Christian Science Nursing



Our Christian Science nursing ministry is a calling that requires stillness, listening to God's direction step by step, and letting Him guide us according to His will and not human will. When entering a patient's room, we let Christ take the lead and listen to the still small voice that guides us in every step we take. The Christ helps us to behold the perfect man and to not be influenced erroneously by a false claim.

When the Israelites appeared to be trapped at the Red Sea and the fear of Pharaoh's army felt overwhelming, Moses told the people: "The Lord will fight for you; you need only to be still." (Exodus 14:14, New International Version) In their stillness, as they trusted in God instead of panicking, God parted the sea, showing His power and faithfulness.

When any circumstance seems overwhelming, we need that stillness and trust in God's constant care. A lot goes on in the world, our lives, our organizations, our churches, etc.—and some situations might try to instill fear in our thoughts. We might face a fear of lack (financial, staffing), fear that healing is taking too long, fear of "what if," etc. These thoughts are like a storm of mortal mind, but the Christ calms this storm. When the disciples were terrified by a violent storm, Jesus slept. The disciples woke him in a panic, and Jesus stood and commanded the wind and the waves: "Peace, be still." (Mark 4:39) The storm ceased, and His disciples were amazed.

Any storm in our life will quiet at the voice of Christ. As we are calm, our heart will hear God's gentle voice, for He speaks in quietness not chaos. He is the only power, and we can rest in His sovereignty. Christ Jesus promised: "Peace I leave with you, my peace I give unto you." (John 14:27)

Inspirational Talk by Chestnut Booth, CS



Our Eternal “Vigor, Freshness and Promise”

In November we were delighted to host an inspirational talk by Chestnut Booth, CS. She spoke on the topic of “Our Eternal Vigor, Freshness, and Promise” (referring to page 246 in *Science and Health*, by Mary Baker Eddy). Chestnut shared inspiring ideas on how to handle the beliefs associated with aging—and she gave beautiful examples of how correcting our view of past events can bring healing. We recorded this talk and have posted it on our website (lynnhouse.org). A print version of this talk will also be available.

Volunteering

Lynn House welcomes volunteers to help with various activities—including reading the Bible Lesson with our patients and residents each weekday morning at 11:00 am. If you might be interested in coming weekly, monthly, or just occasionally, we would love to hear from you.

Volunteers also lead our weekly testimony meetings on Thursday afternoons.

Another special request is for help with gardening. A volunteer is working with us to develop a landscaping plan for our beautiful grounds, and we would love to have help with occasional gardening projects.

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



After our weekly testimony meeting, residents and patients often stay and hear more favorite hymns by request.

Update on Housing Project

With the slow pace of progress on this project, we are trusting that patience will “have her perfect work.” (James 1:4) Our plan, as we have announced previously, 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.

Notes of gratitude for Christian Science nursing care

"Thou wilt keep *him* in perfect peace, *whose* mind is stayed on thee: because he trusteth in thee. Trust ye in the LORD for ever...." (Isaiah 26:3, 4)

This quote from the *Bible* represents the atmosphere I felt sooo deeply during the transforming and healing experience at Lynn House. The tender care and loving support from the qualified and metaphysically prepared Christian Science Nurses enabled me to continue my spiritual journey in overcoming death. I don't recall the human details of how I was transported to Lynn House. What I do remember is that when I became conscious and heard the sound of my husband's voice..... I asked, "what happened?" His reply set the standard for my spiritual healing. "Absolutely nothing happened." I never asked for details. I recall the "ugly" picture that was presented during the time of being unconscious..... and I know that humor is a quality from God and shared with my husband and several of the Christian Science Nurses: "I knew that I was wearing a scary Halloween costume and it wasn't one I'd buy....." I never gave my consent to pass on, and Divine Love's message was.... "your work is not done!"

My favorite hobby is sharing our textbook, and I'm continuing to engage in this activity with my husband or by myself. We are all disciples of God and when we humbly listen and are obedient and "follow and rejoice all the rugged way" (Hymn 304) we experience healing moment by moment.

Love,
Anonymously grateful

This note accompanied the above testimony:

I am so grateful to Lynn House for the loving care they provided to my wife after an accident left her in a coma. From the moment the staff saw my wife, they beheld her purity and wholeness, unfazed by the human picture. They were not bound by a human sense of time or procedures, but allowed God to show them how to care for her. They nurtured her around the clock, often reading, singing, and praying with her. There was never a gap in coverage, but a seamless transition between Christian Science nurses. When the illusion of death appeared, it was not allowed to enter the building or consciousness. Lynn House is a sanctuary, a refuge from fear, doubt, and discouragement, demonstrating Divine Science's provision of immunity from seeming physical laws concerning life and health.

The 91st Psalm echoes the safety and security felt at Lynn House. "He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. I will say of the LORD, *He is* my refuge and my fortress: my God; in him will I trust. Surely he shall deliver thee from the snare of the fowler, *and* from the noisome pestilence. He shall cover thee with his feathers, and under his wings shalt thou trust: his truth *shall be thy* shield and buckler." (Psalms 91:1-4)

Within days my wife walked out of Lynn House and resumed her practice of loving and serving others.

With gratitude,
Her loving husband



Volunteer and resident reading together in our library

Gratitude for your support

Now thank we all our God / With grateful hearts and voices
Who wondrous things hath done, / In whom the world rejoices;
Who from the days of yore / Hath blessed us on our way
With countless gifts of love / And still is ours today.
(Christian Science Hymnal, No. 199:1)

Lynn House is here as a haven for healing, and every gift of support truly is a gift of Love. 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 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