

A Spiritual Refuge of Healing

Across the street from Lynn House is Fort Ward Park. During the Civil War, Fort Ward was built to help protect Washington, DC from attack by Confederate forces. The location was chosen because this area is the highest ground in Alexandria. During the war, the fort was never attacked — and now, where the fort once stood, there is a large park and a small Civil War museum.

It seems symbolic for Lynn House to share the same “high ground” as this historic fort, as Lynn House is also a place of safe refuge when facing challenges.

In *Science and Health with Key to the Scriptures*, Mary Baker Eddy quotes General Grant as having said, “I propose to fight it out on this line, if it takes all summer.” She then writes, “Science says: All is Mind and Mind’s idea. You must fight it out on this line. Matter can afford you no aid.” (*Science and Health*, p. 492)

This ties in beautifully with this hymn:

“Fight the good fight with all thy might,
Christ is thy strength, and Christ thy right;
... On Him rely and thou shalt see
That Christ is all in all to thee.”
(*Christian Science Hymnal*, No. 59)

During a time of challenge, Lynn House can offer that supportive environment for seeing ever more clearly that “Christ is all in all” and that truly there is no other power.

Many years ago, when I was praying about a



conflict with a friend and how to find the right words to resolve it, this quote came to me: “This material world is even now becoming the arena for conflicting forces. On one side there will be discord and dismay; on the other side there will be Science and peace.” (*Science and Health*, p. 96) It dawned on me that the only actual conflict was between the belief in “discord and dismay” and “Science and peace” — and I began to stand firmly on the side of “Science and peace.” Shortly afterward, our close friendship effortlessly resumed.

Lynn House is a refuge of “Science and peace,” providing a safe haven for relying on Christian Science and feeling spiritual peace — and every day we are seeing healing.

We welcome you to come visit anytime! Our Christian Science nurses are here if there is ever a need, and we also have Rest & Study rooms available if you would simply like to come for a time of spiritual renewal.

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

—Susan Orttung
Executive Director



From the Executive Board

God's Protecting Power

Each member of the Executive Board is asked to devote time each week to the prayerful support of Lynn House. This prayer, along with the prayers of the staff and our Christian Science community at large, is an unseen mental force for good. It sustains the ministering love of the Christian Science nurses. It manifests itself in intelligent administrative and management practices. It appears in the skillful execution of support services — housekeeping, maintenance, and food service. This powerful prayer ensures that the harmonizing presence of divine Love is front and center in all its activities.

Last year when a severe windstorm swept through our community, we saw this harmonizing influence at work. During this storm I remember prayerfully affirming that man and creation were not subject to the destructive forces of evil. That God was the only presence and power, and that the only natural forces at work were the harmless, intelligent, harmonious forces of divine Mind, Truth, and Love.

When I checked in with Lynn House after the storm had passed, I learned that a large branch from one of the trees near the corner of our property had broken off and landed in the street below. Power was down, the street was blocked, and a passing car had been damaged. Thankfully the driver of the car was safe and unharmed. A tree service quickly cleared the branch from the road, and the power company had restored power to Lynn House by the next day. God's harmony was evident in this protection of human life and quick restoration of order.

In my own neighborhood, just down the road, we felt this protecting power as well. After the windstorm had passed, I took a walk around the neighborhood and was grateful to see that there was very little damage to the

many large trees that line our streets and courtyards.

On my way back home, I happened to pass through a small courtyard that I seldom visited. As I looked up at one of the large sycamore trees, I noticed an odd shape high in the upper branches. It was hard to make out at first, but I finally determined that it was an enormous branch that had snapped off the main trunk. It was suspended precariously from another branch over a parked car just below it. If it had fallen, the branch was large enough to have crushed that car.

Seeing the danger, I tried to figure out what to do, who to contact, how to locate the car's owner, etc. Suddenly I stopped. A mere human response was not enough. I reached out in prayer to God. In a few moments a woman walked by with her dog. I pointed out the large dangling limb and the car below it. She exclaimed, "Oh my goodness, that's my car! I know who to call and I'll get right on it." How grateful I was for this quick and obvious answer to prayer.

Later that afternoon I walked back to that courtyard and found that the broken limb had been removed and the debris cleaned up. Again, more gratitude for the prompt and efficient response of the condo association.

Mrs. Eddy observed in her first address to The Mother Church in May of 1895:

A pure affection, concentric, forgetting self, forgiving wrongs and forestalling them, should swell the lyre of human love.

(Miscellaneous Writings 107:11)

Our "lyre of human love" swells with affection for every evidence of God's love and protecting power. We can't underestimate our prayers for Lynn House and our community. They are more fruitful and effective than we can ever imagine. They blossom in bright blessings for everyone.

—David Sand
Board Chairman



From our Director of Christian Science Nursing

Christian Science nursing is a ministry which requires daily metaphysical preparation, letting God pave the way as we listen to the still small voice. It is also a deep expression of love for humanity, providing comfort, encouragement, and compassionate care to those in need.

The basis of all true care in Christian Science rests on the understanding that God cares for mankind. As we recognize God's infinite love and tender care for all, we express this same love and care to those in need. The Good Samaritan is a great example. When the Samaritan saw the man in need, he did not ignore him. He stopped, cared for his wounds, provided transportation, and



Rose Mudida (center) with Nina Cannaday, Assistant Director of Christian Science Nursing and Archie Adjaye, Lead Supervisor

ensured that he received ongoing care. His actions demonstrated genuine neighborly love, regardless of differences in backgrounds or culture. The Samaritan story reminds us that love is demonstrated through action. As Christian Science nurses, we strive to reflect divine Love in all our thoughts, words, and actions.

We are deeply grateful for the healings and progress we are witnessing at Lynn House. "Bless the Lord, O my soul, and forget not all his benefits...." (*Psalm 103*)

—Rose Mudida
Director of Christian Science Nursing:

Congratulations to our recent graduate, Laura Saylor!



For her fourth and final level of Christian Science Nurses education, Laura spent most of the past year at Glenmont, the Christian Science nursing facility in Ohio, receiving training and mentoring. We were grateful for this partnership with Glenmont, which has been a blessing for all. At her graduation ceremony in July, Laura was asked to give some remarks. Here are a few excerpts from her talk:

"What a blessing it is to stand with you today.... We have learned many essential practical skills in this training. More importantly, we have practiced how not to be aghast at error and how to gently comfort, support, and lift up. We have learned how to love God 'with all our heart, and with all our soul, and with all our mind.' That commandment is not just a charge; it is the absolute power that changes thought, heals, and emboldens us to serve.

... In our work, we humbly recognize we are merely the instruments of a higher Love that does the healing work; the fundamental relationship is always directly from God to man. The hymn's image of 'brother birds on the same branch' fits us beautifully; we sing and praise together. We are not struggling to transition from something broken into something whole; we start as every whit whole, gradually revealing our true character and bearing witness to our native perfection. We start with the Genesis 1 man — upright, complete, and forever connected to our Creator.

... The cross we bear is the very cross that brings a crown of rejoicing. The trials are not punishments; they are proofs of God's care and occasions for spiritual growth. Spiritual healing always bears a crown — the crown of glory that follows steadfastness, love, and trust.

... May God's endless love strengthen and guide each of us as we go forth to serve."

Notes of gratitude for Christian Science nursing care

An email we recently received....

Dear friends,

Overdue yet still sincere, I want to thank each of you for the love and support you shared with me. Your help was invaluable to the demonstration, and I am truly grateful for your fine skills and Scientific thinking. Your dedication to the Cause is noteworthy, and I have been blessed.

Upon returning home, I caught up with two different neighbors who had each seen the physical difficulties I was having prior to coming to Lynn House. They are both very lovely, very caring, and also very medical. I'm sharing this because they immediately noticed the progress and couldn't help but to comment and rejoice. One of them asked me what nursing facility I went to in case she ever had a need. I explained that Lynn House is a Christian Science care facility and that the Christian Science nurses are trained accordingly and radiate God's love. My friend acknowledged the importance of love and noted that she could sense the connection between your love as Christian Science nurses and the healing. I'm so grateful my neighbors could see positive effects of Christian Science and of Love in operation, and for this I am also very grateful.

And a note from another recent patient....

I am grateful for the love and support of everyone at Lynn House. Having the opportunity to be here as a patient has been a growing and learning experience in a quiet, calm and healing atmosphere. I love being here! Maybe too much. 😊 Gotta look forward to going home now!

The Residences

Lynn House has six rooms on our residential wing. Though we are currently full, we always welcome inquiries and are happy to give tours. It is a joyful, active, spiritually-supportive community.



Creating a special dessert together



Enjoying the patio on a sunny day

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. Volunteers can come weekly, monthly, or just occasionally.

Volunteers also lead our weekly testimony meetings on Thursday afternoons.

If you might be able to support Lynn House in this way, please reach out to Holly Black, our Activities Coordinator, at 703-379-6000.



Another special request is for help with gardening. We are grateful to David Rigall, who is volunteering his time and talents as a landscape architect, to develop a landscaping plan for our beautiful grounds.

If you might be able to help with an occasional gardening project, we would love to hear from you.

Whether coming to read, garden, share musical talents, or offer another enriching activity, our volunteers are an integral part of Lynn House and are deeply appreciated!



Update on Housing Project

As we have announced previously, we have plans to add a new wing to our building! Lynn House currently has two wings: a 12-room Christian Science Nursing wing and a 6-room wing for The Residences. We are working with an architect on a design for a new wing that will have 10 residential rooms, enabling us to expand our residential community. The current residential wing would then be repurposed to provide short-term housing for Christian Science nurses as well as a space for supporting our Christian Science nurses with their training and mentoring.

Though we have been focused on other priorities for the past couple of years, we are now beginning to move forward on this important project. We will keep you posted!

Gratitude for each expression of Love

"From His eternal care we never shall remove,
Encompassed by His grace, Enfolded in His love."
(Christian Science Hymnal, No. 199)

At Lynn House we are grateful to see abundant evidence of God's grace — in beautiful healings on our Christian Science nursing wing, in kind words of appreciation and encouragement, in offers of assistance, in prayerful support, and in financial contributions. Every gift is an expression of Love and is invaluable.

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 Mid-Atlantic region.

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 financial 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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your calls
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A Christian Science nursing facility supporting Christian Science healing