

# Watch Words

Donald W. Ingwerson,  
Committee on Publication

## ANNUAL CONFERENCE

Want a fresh look at how the Bible supports your work as an ACOM? At our annual assistant committee conference on **Saturday, September 10th**, Madelon Maupin will share her love of the Scriptures and show how answers can be found to every question that someone may raise in your work to reach out to the community.

We encourage at least one representative from each church and society in our Southern California region to attend – if you can't make it then encourage another church member to attend. So save the date and we look forward to seeing you there! Registration forms are available from the Committee office.

*-Don Ingwerson-*

## Is There a Paradigm Shift on Reality?

*by Don Ingwerson*

“The doctor of the future will give no medicine, but instruct his patient in the ...prevention of disease.” This remark is attributed to Thomas Edison – an innovator and visionary – and is just one of many pioneering ideas that continue to be voiced as new, higher concepts of reality are grasped.

A while ago, I had the opportunity to interview Dr. Donald Hoffman, at the University of California, [about his views](#) of reality, and the professor of cognitive science indicated that we do not see reality as it is. Instead, each of us is being tricked into believing his or her own view of reality.

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## ACTIVITY

### Published Articles

- ▶ *La Elusiva Búsqueda de la Verdad Espiritual* – Vida Latina (Hoy)
- ▶ *Is There a Paradigm Shift on Reality?* – Aliso Laguna News, Laguna Beach Patch
- ▶ *Are “Mental Vacations” the Key to Stress-Free Work?* – Aliso Laguna News, Cabo San Lucas Tourist
- ▶ *What's Love Got to do with ADHD?* – Laguna Beach Patch, Aliso Laguna News, Blogcritics

### Media Contacts

- ▶ John Canalis – LA Times Community Newspaper (Daily Pilot)
- ▶ Lilia O'Hara – Enlace (Hoy)
- ▶ Susan Espenschied – Aliso Laguna News
- ▶ Inday Moses – San Gabriel Valley Examiner
- ▶ Jon Sobel – Blogcritics
- ▶ Jessica Keating – Redland Daily Facts
- ▶ Kimberly Guimarin – Inland Valley Daily Bulletin
- ▶ Leo Smith – Orange County Register



**PLEASE DUPLICATE WATCHWORDS AND SHARE WITH YOUR MEMBERS**

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As I thought about this view, I correlated it to what happens when our eyes are tricked into seeing a mirage in the desert. As we get a closer view, this mirage disappears, just as we perceive matter as substantial until viewed at the level of its smallest components – quarks.

With this new, closer view of matter, I think it's reasonable to look beyond matter to understand reality, and that's where reality defined through thought comes into focus. Then the preventative and therapeutic pursuit of health and the expression of harmony in the body does not need to be through a reliance on medicines, but through the avenue of thought. I found this conclusion to yield to powerful healing results.

A promising sign of progress to me is that many doctors are now coming to a similar conclusion that thought is key to reality. [Dr. Irving Oyle](#), an M.D., states: "There is nothing out there. It's all happening on the back of your eyeballs." What I understand this to mean is that thoughts, beliefs, suggestions, and opinions all affect how we experience reality.

These new findings suggest that when a person asks a physician to fix the body, it is important to think beyond that physical body, since from a physical perspective that physical body is made of quarks – which exhibit behavior completely at odds with our view of matter. And that's the paradigm shift – the idea that reality is not based on the current perception of matter.

What's interesting is that this isn't a new thought. More than a century ago, [Mary Baker Eddy](#), a pioneer on the link between health and spirituality, wrote in her seminal book, *Science and Health with Key to the Scriptures*, "Christian Science explains all cause and effect as mental and not physical."

The thought that "all cause and effect are mental and not physical" was demonstrated when I was serving as a chaplain's assistant in the military.

I received a call from the base hospital that a soldier's wife had been asphyxiated in their military apartment. The physician explained that because of the damage her body sustained by the gas leak, this woman would never be able to hear, see, or walk. I was asked by the Christian Science minister to stay at the hospital and pray, so each day I would pray silently and audibly. Soon the woman acknowledged that she heard my prayers and after a time she started reading biblical passages herself. The final healing came when she was able to walk out of the hospital.

Healing took place as thought was lifted spiritually and spiritual qualities were expressed.

And as our understanding of reality and its link to consciousness deepens, the question then becomes where does thought originate?

Theoretical Physicist Michio Kaku gives this [explanation](#) of the origins of thought: "...we are in a world made by rules created by an intelligence. Believe me, anything that we call chance today won't make sense anymore. To me, it is clear that we exist in a plan which is governed by rules that were created, shaped by a universal intelligence and not by chance." To me, that universal intelligence is God.

So the real paradigm shift may not be that our thought is reality, but that real thought and consciousness is directly expressed by man from God and that God – harmonious, all-inclusive, and all-governing – is the true reality of being.

Having this understanding of reality, I have found, can heal.



## CHURCH WORKSHOPS

Many people are seeking answers to their health problems and as Christian Scientists, what we have to contribute is vital to this discussion and is a natural outcome of the healings we've experienced. Speaking from our own experiences - concisely and without jargon - is one of the most effective ways of sharing how Christian Science has benefited our lives.

The workshop is a great way to practice our communication skills, exchange ideas, and support each other in our ongoing quest to be better communicators. The topic of these workshops cover correcting impositions regarding health, false theology and from matter-based science.

Have your assistant committee contact me if your branch church or society would like to host a workshop in 2016.

*Check with church for time before attending.*

First Church, Santa Barbara  
120 E. Valerio Street  
**TBD**

First Church, Rancho Santa Fe  
6165 La Flecha  
**TBD**



## Opportunity for ACOM

Many newspaper relationships that have been established over the past several years have changed and continue to change as new, out-of-town owners have purchased local papers and either brought in new editors or moved existing personnel to other posts. As an example, several years ago the Chicago Tribune purchased the Los Angeles Times and it recently purchased the San Diego Union Tribune. Digital First Media, a Denver-based firm who owns several small newspapers in Southern California, has now acquired two additional newspapers - the Orange County Register and Riverside Press-Enterprise. As management and editor changes continue, now may be **a good time to introduce yourself to new staff at your local paper to let them know of your church activities and location.**

## New Column in the *Sentinel*

The *Christian Science Sentinel* is proud to bring its readers a new column from the Committee on Publication, "Dialogue with the world." This column features letters that address common misconceptions in recently published articles and bring "light, not heat" to the public discussion of Christian Science. Read the first installment of the column today in the [August 8 issue of the \*Christian Science Sentinel\*](#).



*It shall be the duty of the Committee on Publication to correct in a Christian manner impositions on the public in regard to Christian Science, injustices done Mrs. Eddy or members of this Church by the daily press, by periodicals or circulated literature of any sort. This Committee on Publication shall be responsible for correcting or having corrected a false newspaper article which has not been replied to by other Scientists, or which has been forwarded to this Committee for the purpose of having him reply to it.*

Article XXXIII, Section 2, Church Manual of The First Church of Christ, Scientist