

Watch Words

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Committee on Publication

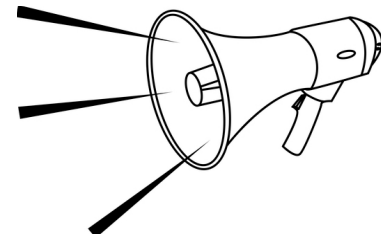
Call to Annual Conference

Have you ever had someone explain something that you were concerned about in such a caring and thoughtful manner that you just couldn't help but really care about what they were saying? That's what the Committee and representatives from branch churches and societies in our southern California community learn to do in becoming better communicators "to correct in a Christian manner impositions on the public..." (Manual Article XXXIII, Section 2)

Plans for this year's Annual Conference will include guest speakers, some from Boston and others from our own community, sharing where we are today in handling impositions in the media, legislation, and in interfaith and ecumenical work.

The 2017 Annual Assistants Committee Conference will be held at the Holiday Inn La Mirada! Don't miss out on this important event that is planned for **Saturday, September 9th!** We encourage **at least one representative from each church and society** in our Southern California region to attend — if you can't make it, please encourage another church member to attend and email the office the information. So save the date, September 9th.

-Don Ingwerson



**Saturday
September 9th**

Reaching Out

Assistant Committees are invited to continue to work on ways to support the Committee's office and in turn to help their local communities by reaching out in the following areas:

- ▶ Check libraries for materials on Christian Science
- ▶ Introduce yourself to interfaith groups
- ▶ Get to know your local news editors and legislators and/or staff

Fearlessly Let Your Spiritual Light Shine

by Don Ingwerson

Looking back on my own life, I can truly affirm that spiritual cultivation brings with it a happier, healthier life, and that it is important to live and share this spiritually based life.

Mary Baker Eddy nineteenth-century health researcher and the founder of Christian Science, once wrote, "Happiness is spiritual, born of Truth and Love. It is unselfish; therefore it cannot exist alone, but requires all mankind to share it." I love the way she specifically ties happiness to God, which she refers to when she capitalizes Truth and Love, and how expansive this spiritual happiness is that it *requires* us to share it.

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So how do you go about finding, cultivating, and then sharing this spiritually based happiness? My parents raised me to know that attending church was important. And that's where I have really cultivated my own spiritual identity. What's interesting is that I recently came across a study by the American Psychological Association indicating that church attendance has a positive impact on marital relationships and on child development, both integral to a family's health and happiness. It was found that those who attend church services are more likely to feel a greater sense of well being. In addition, those who pray for their marriage partners experience greater commitment to each other.

I found attending church with my family was a positive, healthy experience and one that enriched every aspect of my life. My spiritual experience was greatly enriched by studying Christian Science and helped develop commitments for the deeper issues surrounding home and family.

CHURCH WORKSHOPS

These workshops for our Bible-based religion are a great way to practice our communication skills, exchange ideas, and support each other in our ongoing quest to be better communicators. The workshop covers correcting impositions in regard to Christian Science in the topics of health, theology, and matter-based science.

Have your assistant committee contact me if your branch church or society would like to host a workshop in 2017.

Check with church for time before attending.

First Church, Riverside
3606 Lemon Street
Sunday, August 6th after service

First Church, Laguna Niguel
29012 Aloma Avenue
Saturday, August 12th at 10:30 a.m.

However, friends and colleagues thought my public openness to church commitment would limit the success of my public life. But I found the opposite was true. My well being and commitment to church were the qualities the public desired. They even proved to be helpful in generating a broad sense of good will as I served in the education sector. It turned out that I received my first job in education based on the recommendation of a family friend who knew of my spiritual approach to daily life. His recommendation was the first step in a career that eventually led to being named as America's *Superintendent of the Year* several years later.

Attending church has had a powerful effect on my daily life. And I've found that outwardly sharing this spiritually based view on life and health builds a foundation for happiness.



First Church, San Juan Capistrano
31897 Del Obispo Street #120
Sunday, August 13th at 11:30 a.m.

Twenty-eighth Church, Los Angeles
1018 Hilgard Avenue
Saturday, October 28th

Second Church, Newport Beach
3100 Pacific View Dr., Corona del Mar
TBD

Finding Spiritual Answers to Obesity

by Don Ingwerson

A life that expresses mind-body-spirit balance is so important because this balance allows people to find health and happiness. While many focus on the climbing rates of disease and other health problems, the key to finding a solution to these problems may lie in examining how this spiritual balance can be obtained. Take obesity. In many cases, the mental atmosphere directly corresponds to the physical body, and if the mental is unhealthy a physical problem is manifested.

What keeps someone from sliding into obesity? It's pretty accurate to say that all of us encounter stresses, frustrations, and other emotions caused by changes in environment, location, relationships, economic conditions, etc., which current reasoning suggests may lead to obesity. But with spiritual balance and purpose that brings a strong sense of love and self worth, the negative stresses that lead to unhealthy conditions in the body are reduced and replaced with healthy outcomes.

Mary Baker Eddy author of *Science and Health with Key to the Scriptures* brought forth a powerful idea about spiritual love when she wrote, "Love inspires, illumines, designates, and leads the way." Holding to the idea that God, or divine Love, is all

encompassing and ever present combats feelings of purposelessness or powerlessness. This becomes the solution.

One way to become more aware of spiritual balance is to examine your lifestyle and decide if you should make changes to incorporate a more spiritual approach.

Many address the need for fulfillment and balance in terms of food, but this is a limited solution that doesn't go to the bottom of the problem. Oprah has publicly battled weight issues, and her idea of a spiritual component to addressing this problem is helpful: "Being overweight is a spiritual issue. And spiritual growth is required to overcome it." In many instances, good health starts mentally, and there is a growing body of research that suggests there are connections between spirituality/religion for both mental and physical health.

In the Bible, Jesus advises, "...Take no thought for your life, what ye shall eat, or what ye shall drink...Is not the life more than meat...?" As more people realize that the mental-spiritual aspects of health need to be addressed for a lasting health solution – instead of just looking to diet and exercise – obesity won't seem to be an insurmountable problem. As thinking changes, the body will respond to deeper spiritual views.

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

PLEASE DUPLICATE WATCHWORDS AND SHARE WITH YOUR MEMBERS