

Watch Words

Donald W. Ingwerson,
Committee on Publication

Master Fear to Conquer Age Decline

by *Don Ingwerson*

I recently spent a weekend with a delightful couple who at one point expressed concern about the concept of aging. Of the two, my male friend seemed especially concerned. Here was a man who had successfully mastered the financial and political world – but was unsure how to master what he perceived as the onslaught of age. He instinctively felt age shouldn't be a guaranteed downer, but wondered how he could reverse or resist the decades of aging theories he had mentally digested. He commented that when he was in business, his greatest successes were achieved when he refused to accept limitation – even if it appeared inevitable. The foundation for his success? Cultivating a close relationship with God – listening spiritually for divine guidance in his business and personal affairs.

Now he feels this humble approach of listening for divine guidance can help him in the aging arena, too.

And my friend is not alone in seeking a new perspective on aging. Dr. Bill Thomas, a Harvard-trained medical geriatrician, holds that happiness is very much a straight line from youth through the 100s, not a “hill” with some type of decline or decrease in happiness as we age. Ashton Applewhite, author of *This Chair Rocks*, takes this idea one step further by saying that it is *fear of aging* that appears to affect happiness and satisfaction in life. “From childhood on, we're barraged by messages that it's sad to be mature,” she says.

Instead of taking these downer messages to heart, Applewhite suggests removing the fear of aging by debunking accepted aging stereotypes.

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ACTIVITY

Published Articles

- ▶ *Finding Your Way Up and Out of Stress* – Aliso Laguna News
- ▶ *Letter to the Editor* – Antelope Valley Press

Media Contacts

- ▶ Dennis Anderson – Antelope Valley Press
- ▶ Inday Moses – San Gabriel Valley Examiner
- ▶ Susan Espenschied – Aliso Laguna News
- ▶ John Canalis – LA Community Newspaper
- ▶ Leide Lessa – Article to send to Lilia O'Hara for Translation

Office Closure

The office will be closed February 20 in observance of Presidents' Day holiday.

Manager's Message

Missed reading the Manager's Message? You can find Rich Evans', Manager, Committees on Publication, message in the [December 2016 Watch Words](#).



PLEASE DUPLICATE WATCHWORDS AND SHARE WITH YOUR MEMBERS

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The same could be said for many age-related diseases, according to Mary Baker Eddy who wrote extensively on the relation of health and spirituality in the late 1800s and early 1900s. That is, she showed how it is fear about disease that allows it to become an obstacle to expressing an ageless identity that we all reflect from God. Eddy offered an answer to our present concerns about aging when she wrote in the 1889 *Christian Science Series*: “...expecting an increase of usefulness and vigor from advanced years with as much faith as you look for decrepitude and ugliness, a favorable result would be sure to follow. The added wisdom of age and experience is strength, not weakness, and we should understand this, expect it, and know that it is so, then it would appear.”

Eddy’s basis for expecting us to be able to find and express this favorable result is that she perceived life as spiritual, without beginning or end

(more like a circle) as opposed to the straight line of materialistic life we are so relentlessly asked to believe in. Understanding this unlimited concept of our divine identity promotes the expression of agelessness.

Once this circle idea of life is embraced, fear is countered naturally and the limitations of age are defeated. Even in the Bible there is mention of God’s fearless support for man: “And the Lord, he it is that doth go before thee; he will be with thee, he will not fail thee, neither forsake thee: fear not, neither be dismayed.”

I know these spiritually based truths can help anyone – including my friends – in the quest for a new and renewing recognition of their spiritual identity that is ageless and unlimited.

Link to Spanish Version: [Domine y supere el temor al deterioro de la tercera edad](#)

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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 the church for time before attending.

First Church, Rancho Santa Fe
6165 La Flecha
Saturday, February 11, at 10 a.m.

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

First Church, Palos Verdes Peninsula
4010 Palos Verdes Drive N
Saturday, March 11, at 10 a.m.

Twenty-eighth Church, Los Angeles
1018 Hilgard Avenue
TBD



CORRECTIVE LETTER

Antelope Valley Press

by Don Ingwerson

Michael Horton raises important moral issues in his recent article on the theology known as the “prosperity gospel” (“Trump’s aim . . .,” January 7). The article misreads the teaching of Mary Baker Eddy, however – the founder of the Church of Christ, Scientist – in connecting it with this theology.

Actually, Eddy’s teaching is rooted in very different values. She didn’t teach that “God dispenses material wealth and health,” or that material gains or selfish pursuits in any sense outweigh the true priorities of Christianity: love for God, love for humanity, honesty and integrity in all things, redemption from sin, following the example of Jesus, as far as we understand it, inwardly as well as outwardly.

Christian Scientists – the common name for members of our church – haven’t always lived up

to these values, but they’re at the heart of who we are as a church and how, at least at our best, we are trying to live.

The same applies to our understanding of prayer. Like many Christians, we have a deep conviction that turning to God’s unchanging, impartial love in prayer can meet human needs in a practical sense, including healing of the body. But Jesus set the true priorities for prayer in his Sermon on the Mount: “Seek ye first the kingdom of God and his righteousness. . . .” This is a far cry from praying for riches, from positive thinking, and from the “mind cures” through suggestion attributed to the nineteenth century figure P.P. Quimby. Eddy’s encounter with Quimby largely helped her see how different the use of human mind power is from genuine Christian healing.

“Are we benefited by praying?” she wrote. “Yes, the desire which goes forth hungering and thirsting after righteousness is blessed of our Father, and it does not return void.”

REACHING OUT TO THE COMMUNITY

This past month, several assistant committees reported activity with interfaith councils, resulting in a greater understanding of Christian Science by other religious groups. Another assistant committee reported that copies of Science and Health with Key to the Scriptures by Mary Baker Eddy were available in their public library. Complete reports are available in the office of the Committee on Publication for Southern California.

Note: The December WatchWords encouraged assistant committees to reach out in the following areas: materials available in libraries, interfaith activities, and introductions to local editors and legislators. Please continue this inspiring work!

Laguna Niguel – Assistant Committee Anne Cooling

Anne visited a Thanksgiving Interfaith service, followed by a dinner. She shared a story of the healing power of gratitude with them. Afterwards, she invited the interfaith community and a homeless group to her church’s service. One homeless person attended that Sunday, followed by a homeless couple on the Thanksgiving service. Anne also visited the El Toro library to find both *Science and Health* and the latest Monitor on display.

Laguna Niguel – Assistant Committee supporter Bev Armstrong

Bev recently visited the Aliso Viejo Library. This library has *Science and Health*, but are not subscribers to the Monitor. She left a recent issue in their bookstore.

Chula Vista – Assistant Committee Randal Craft

Randal attended the event "Bridges to Hope and Healing", an interfaith gathering sponsored by the San Diego Regional Interfaith Collaborative. The keynote address was given by the Islamic Center's Imam, who spoke about his community interfaith efforts and the tools his faith brings to the table. At lunch, Randal talked with Muslims, a Baptist, and a Nazarene about ideas and religious values that support interfaith endeavors.

Randal then took part in a luncheon on the Point Loma Nazarene University campus. At lunch, they discussed varied backgrounds and took questions from the group. One of the theology professors who attended lived in Boston for a time, and was familiar with the Mother Church, describing it as one of the two most beautiful churches in Boston. Two of the professors asked if Randal could answer research questions on Christian Science from a student, and asked if he would be able to talk about Christian Science in a class.

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