

# Watch Words

Donald W. Ingwerson,  
Committee on Publication

## A Message from the Manager

*Rich Evans*

“[W]e are made partakers of Christ, if we hold the beginning of our confidence stedfast unto the end;” [Heb. 3:14]

“ ‘Believe on the Lord Jesus Christ, and thou shalt be saved.’ — Acts xvi. 31.

“The Scriptures require more than a simple admission and feeble acceptance of the truths they present; they require a living faith, that so incorporates their lessons into our lives that these truths become the motive-power of every act.

“Our chosen text is one more frequently used than many others, perhaps, to exhort people to turn from sin and to strive after holiness; but we fear the full import of this text is not yet recognized. It means a full salvation, — man saved from sin, sickness, and death; for, unless this be so, no man can be wholly fitted for heaven in the way which Jesus marked out and bade his followers pursue.

“In order to comprehend the meaning of the text, let us see what it is to believe. It means more than an opinion entertained concerning Jesus as a man, as the Son of God, or as God; such an action of mind would be of no more help to save from sin, than would a belief in any historical event or person. But it does mean so to understand the beauty of holiness, the character and divinity which Jesus presented in his power to heal and to save, that it will compel us to pattern after both; in other words, to ‘let this Mind be in you, which was also in Christ Jesus.’ (Phil. ii. 5.)” [Mis. 196:28-22]

*Manager’s message continued on page 2*

## ACTIVITY

### Published Articles

- ▶ *Master Fear to Conquer Age Decline* – Aliso Laguna New, San Gabriel Valley Examiner, LA Times (Laguna Beach Coastline Pilot), Laguna Beach Patch, LinkedIn
- ▶ *Inspiration to Look Beyond Pain Medication* – Los Angeles Times (Daily Pilot), Aliso Laguna News, Laguna Beach Patch

### Media Contacts

- ▶ Susan Espenschied – Aliso Laguna News
- ▶ John Canalis – LA Times Community Newspaper (Daily Pilot)
- ▶ Lilia O’Hara – Enlace
- ▶ Carlos Vazquez – Circle of Insight/Therapy Cable
- ▶ Inday Moses – San Gabriel Valley Examiner

### Other

- ▶ Attended HealthCare Chaplaincy Network Conference in San Diego.
- ▶ Held workshop at Los Angeles 13th church.
- ▶ Contacted Carlos Vazquez, Therapy Cable, as to when the interview “How to overcome life’s problems with Christian Science” will be aired.
- ▶ Teamwork: worked with Chula Vista ACOM Randal Craft in contacting La Prezza’s editor about publishing an article and in reviewing Randal’s article *The Mind-Body Connection and Spiritual Fitness* published in Armed Forces Dispatch.

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

*Manager's message continued*

These citations from Hebrews and Miscellaneous Writings remind us that there truly is a demarcation between faith healing and the faith that heals and saves mankind. As it says, the faith that expresses the healing Christ requires the incorporation of the truth of Truth into our daily lives such that it becomes "the motive-power of every act". Not some, but every. So, our metaphysical study and prayer for the public and for our Leader and members, as well as our activities as Committees on Publication that proceed from this prayerful work, must be impelled by the desire to understand the "beauty of holiness", the character and divinity of Jesus, and to let Mind govern...the same Mind that governed Jesus' words and works.

And, we should conduct our work with the steadfastness that comes from the confidence born out of humility. This can be seen more and more in our writings, both articles and correctives. We can all be grateful for this as we continue to fulfill our mission under the *Church Manual*. The upcoming Annual Meeting of the Church with its focus on salvation of the world as well as Christly healing requires that we think about our part in this as Committees. I think the above references speak to that.

With gratitude,

Rich Evans  
Manager, Committees on Publication

\* \* \* \* \*

## Inspiration to Look Beyond Pain Medication

by *Don Ingwerson*

A fresh look at relieving pain - especially chronic pain - is turning attention to finding non-medical routes in place of addictive painkiller use.

One such way is by prescribing meditation instead of medication.

"Increasingly, both doctors and patients are looking for a more holistic way of treating pain," writes Jeena Cho in an article about an orthopedic surgeon doing just that.

An impetus for the medication-alternative search, a move the Food and Drug Administration supports, are the statistics showing prescription drug overdoses in the United States tragically kill more people than car crashes.

With an estimated 50 to 100 million people in the US who are dealing with this issue of pain, finding effective alternatives to medication is paramount.

Yet that quiet prayer is expressed by the phrase, "Let go. Let God," indicating that it is not so much an emptying of thought as filling consciousness with an awareness of God and our substance as the expressions of God. This is what enables a person to align with, and evidence, their God-given health

This non-medical, spiritual approach was advocated by an early proponent of prayer-based healing to address health needs viewed from an individual's spiritual understanding of God.

"It is our ignorance of God, the divine Principle, which produces apparent discord, and the right understanding of Him restores harmony," said [Mary Baker Eddy](#), in *Science and Health with Key to the Scriptures*, the book that details her research into the relationship between spirituality and wellbeing and her thoughtful results. Eddy found

*Inspiration continued on page 3*

*Inspiration continued from page 2*

that looking beyond the limited materialistic sense of a self apart from God through prayer was integral to restoring and maintaining health.

What could this powerful idea about prayer's efficacy in dealing with health issues mean to those currently suffering from pain?

Many, like me, have found that prayer can consistently lead to relief of all sorts of discomfort and health challenges.

As a reduction of pain medication through more holistic approaches is explored, it's

encouraging to hear of more people who have found healthy results through such prayer. The inspired sense of our relationship to God is the cup of cold water that Eddy talks about in *Science and Health*: "Millions of unprejudiced minds — simple seekers for Truth, weary wanderers, athirst in the desert — are waiting and watching for rest and drink. Give them a cup of cold water in Christ's name, and never fear the consequences."

Drop by drop, this inspiration will increasingly be sought and found to lead to more health and healing.

## 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, Covina  
238 N Citrus Ave., Covina  
**Tuesday, July 12th at 7:45 pm**



## My Facebook Page:

### *Health and Spirituality from a Christian Science Perspective*

It's been about six months since my foray into having a Facebook organization page (as opposed to a personal profile page, which I've had for years)! I felt that this outreach would be a great opportunity to connect with a potentially different segment of the online community and I wanted to create a new venue for conversations on Christian Science as it relates to health and spirituality. And conversations only work when there are at least two sides, and so I encourage you to like my page, share articles from this page, and share your own thoughts on any of the articles and comments by also commenting. Even when an article has been shared, there is the ability to delve more deeply into the conversation. I look forward to hearing from you!

## INTERFAITH COUNCILS

### Assistant Committees participate with local Interfaith Councils

#### Conejo Valley Interfaith Valley Association:

Each Thanksgiving eve, for several years now, the Conejo Valley Interfaith Association has presented a Thanksgiving service for ACOM Anne Condon's Thousand Oaks community. Ann is a part of the planning process beforehand. This year she suggested that the Lord's Prayer with its spiritual interpretation by Mrs. Eddy be included in the program. Everyone agreed and it was included. What Ann didn't know was where it would be placed in the program. The rabbi who was hosting the service put it last on the program, which pleased the Ann very much. What better way to have this beautiful truth remembered. And at the end everyone was asked to stand and repeat together the Lord's Prayer with Mrs. Eddy's spiritual interpretation! There were about 800 to 1,000 people there - standing room only. Many of the attendees commented about how wonderful it was to have different clergy and members of the community all together saying the Lord's Prayer with its spiritual interpretation from *Science and Health* by Mary Baker Eddy. And that source was definitely included.

#### Newport Mesa Irvine Interfaith Council:

The ACOM for the Newport Beach Church, Noie LaRue, attends all meetings regularly and voluntarily. Her love for the group is visible. Recently the group leadership requested for her to present Christian Science to the group as the program for that month. The group asked many questions of the panel of three Christian Scientists such as "What does a prayer that heals look like?"

#### Upland Interfaith Council:

Mike Ingram, ACOM for the Ontario church, has a great relationship with the folks on the Upland Interfaith Council and it has been a positive thing for Christian Science in general to have this exposure. The current president is a Mormon, and a fine gentleman. He attended a Wednesday testimony meeting a couple of years ago and remarked on the "purity" of the service, due to no personal spin on the readings. He said "Mrs. Eddy was one smart lady". UIC also sponsors a monthly lecture series at the library featuring a different religion, and the Mike Ingram spoke about Christian Science at that meeting.

### Expect an informational contact from the Committee!

I like to personally hear how each church/society is doing and any fruitage or change in status, so I'm planning on reaching out to each church/society. I'm interested in feedback on how the Committee office can better serve and any other items that pertain to church in that community. I'm looking forward to chatting with you.

-Don Ingwerson-

*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