

# Watch Words

Donald W. Ingwerson,  
Committee on Publication

## A Message from the Manager

It is a privilege and joy to have this new opportunity to serve you as Manager of Committees on Publication. I enter this work with sincere gratitude for your love of God, your keen spiritual discernment, and your Christly dedication to the work of the Committee on Publication and its essential mission, as given to us by Mary Baker Eddy in Article XXXIII of the *Church Manual*. I'm grateful to the Committees on Publication who continue to work side-by-side with one another, with their Assistant Committees, and with the members in their Field as we continue on the path set out under Rich Evans' wise and loving management and witness this continuity of good together.

Sincerely,  
Kevin Ness, Manager  
Committees on Publication

## ANNUAL CONFERENCE

***The 2017 Annual Assistants  
Committee Conference has a new location  
— the Holiday Inn Buena Park!***

**Plan to attend Saturday, September 9th for an all-day event for assistant committees and church representatives. 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. Details for the conference will be sent out in July.**

-Don Ingwerson



## Harmony in Health through Spiritual Understanding by Don Ingwerson

Health care continues to be a major concern for everyone, and it seems to be getting more complicated and expensive over time as overdiagnosis and overtreatment increasingly becomes a problem.

What I've found is that an integral component in my daily activities is a spiritual foundation developed from reading the Bible. The spiritual concept of being unlimited, as an idea of God that I found in that reading, was helpful in my activities as a youth and as I matured.

As I grew up, I found developing a spiritual understanding of God allowed me to see how mental outlook and physical well-being were affected by thought. And I could directly access that well-being by maintaining that spiritual awareness. I relied heavily on the idea of being unlimited and I found that when I controlled my thinking, I was able to run for miles without feeling exhausted.

*Harmony cont'd on page 3*

## At annual meeting, Christian Scientists see “new spirit” emerging in society

by *Kevin Ness*

Boston, MA — In today’s culture of political divisions and religious strife, Christian Scientists spoke at their church’s annual meeting of “a new spirit” emerging, which is calling forth the best in people across denominational and national lines.

In an interview, the chair of the denomination’s board of directors, Allison Phinney, pointed to the simplest of signs seen at a nearby Methodist church in Boston’s South End: “God is Love.” “You are Loved.” “Justice.” Said Phinney: “Materialism doesn’t satisfy. It is Spirit, God, that brings us into newness of life, shifting thought, revealing the power of church.”

“Newness of life”—a Biblical expression—was integral to this year’s meeting. The theme, “Let us feel the divine energy of Spirit, bringing us into newness of life,” came from the denomination’s textbook, *Science and Health with Key to the Scriptures*, by church founder Mary Baker Eddy. The meeting took stock of the challenges as well as the promise facing many Christian denominations in this period.

These very challenges have prompted many to look to their core values as people of faith, the board emphasized. In these core values is the power that renews individual lives and revitalizes churches and society as a whole.

There’s an awakening, Phinney said, to the fact that “we have to work together, that it requires the practical Christianity, which Christian Scientists would term healing, so evident in the life and love of Christ Jesus.” It is bringing out “a new spirit of joy and healing at work in our own movement right as communities around the world are searching for deeper answers to human needs.”

The recent launch of a daily digital edition of the 109-year-old *Christian Science Monitor* is one result of this deeper look at core values. According to church officials, it represents a modest new beginning, focusing less on the number of Internet hits and more on the *Monitor’s* basic ideal of healing and impartial journalism. “We’re seeing ever stronger demands for just treatment of all the members of human society,” Phinney noted, “and we know it is Spirit, God, the divine influence and energy, that is touching the heart of humanity.”

The new church president introduced at the meeting, Irmela Wigger of Hamburg, Germany, is a Christian Science practitioner and teacher active in the ministry of spiritual healing. Following a tragic incident of violence in her family some years ago, her church family brought her through. “Church is about serving God,” she said, “and from this serving we get a pouring out of Love—God’s love—you can’t imagine.”

According to the church’s clerk, Suzanne Riedel, new members joined the church from 29 countries, including Australia, Chile, Democratic Republic of Congo, Indonesia, Mauritania, Mexico, Portugal, Togo, Uruguay and Zimbabwe, as well as the United Kingdom and United States. The meeting included reports of healing as well as church progress.

Founded 138 years ago, the Church of Christ, Scientist, is a Christian denomination based on the Bible. The use of the term “Science” refers to what Mary Baker Eddy saw as the spiritual laws of God as understood and demonstrated by Jesus. Members come from all walks of life and backgrounds, including the physical sciences. Said board member Rich Evans, “We don’t equate serious spiritual commitment with ignorance or unreasonable belief.” The conclusions of the Christian Science founder “were untraditional in some respects, but she thought deeply about the relation between practical Christianity and demonstrated proof of God’s great love for humanity.”

*Harmony cont'd from page 1*

What may be a key component in turning around the over-reliance on the medical model is the understanding that health is now being widely viewed in terms of taking control of your body. H. Gilbert Welch elaborated on the idea of taking control of one's own health to combat overtreatment/overdiagnosis by writing, "For years now, people have been encouraged to look to medical care as the way to make them healthy. But that's your job...Doctors might be able to help, but so might an author of a good cookbook, a personal trainer, a cleric, or a good friend." And a spiritual foundation to express harmony in health may be just what is needed to stop the rise in overdiagnosis and overtreatment seen today.

Scientific findings indicate health is governed by thought and is affected by one's spirituality and consciousness, which promote harmony. [Mary Baker Eddy](#), spiritual leader and early health researcher, understood the importance of taking control of thought when she wrote, "predicting of danger [disease] does not dignify life, whereas forecasting liberty and joy does; for these are strong promoters of health and happiness." She found that spirituality and a personal relationship with God are key to harmony and good health.

In my own experience, well-being is best established by starting from a spiritual perspective and understanding that health is God-given, not something I have to engineer. An unlimited and always present God leads to the idea that the man God created is also actually unlimited. In school I found that a reliance on understanding this idea allowed me to break physical barriers. I saw heat exhaustion corrected by turning to this understanding of God, always present. This is only one example of how I was able to view myself spiritually – and find a healthier outlook on life. As more people bring a spiritual perspective to their health care, overtreatment/overdiagnosis will diminish as harmony and health are found.

## 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, Bakersfield  
2215 18th Street  
**Saturday, June 17th at 10:30 a.m.**

First Church, Manhattan Beach  
1130 Manhattan Beach Blvd  
**Saturday, July 15th at 10:30 a.m.**

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

First Church, San Juan Capistrano  
31897 Del Obispo Street #120  
**Sunday, August 13th at 11:15 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**

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## REACHING OUT TO THE COMMUNITY

### Ontario – Assistant Committee Mike Ingram

On May 1, 2017, the Ontario church held our lecture at the Rancho Cucamonga Community Center. Of those in attendance, we had three individuals from our local interfaith group, two from the LDS church and one from the local Muslim mosque. The Islam representative took two *Science and Health's*, one for him and one for an associate who had earlier told us he lent it to a friend and never got it back. The Islam representative said the lecture was interesting and thought provoking.

May 23rd is the date when I will give a C.S. 101 at the Upland Library as part of the Upland Interfaith Council's lecture series, "Conversations about God."

### San Diego – Assistant Committees

Several ACOMs have mentioned the San Diego Interfaith conference coming August 6-10, 2017. The 2017 NAIN "Connect" Conference is a 4-day workshop. There is a registration fee. For those interested visit the website <<http://powayinterfaithteam.com>>.

### *Recently published Committee articles from around the world:*

These corrective articles were prepared with the purpose of bringing a clearer understanding of Christian Science to the public.

[LTE: Living and healing in Christian Science](#)

Martha R. Moffett, Minnesota  
*Post & Courier*

[Letter: Sharing a thought](#)

Rich Evans, previous Manager  
*Deseret News*

[Commentary: Responding to the refugee crisis](#)

Bill Scott, Washington  
*Spokane Falls*

[What is a true friendship?](#)

Rodolfo Lacusong, Philippines  
*The Daily Guardian*

[Jesus' life: inspired and scientific](#)

Steven Salt, Ohio  
*Cleveland Plain Dealer*

[Dios es realmente omnipotente?](#)

Maryori Ordoñez, Venezuela  
*Inspirulina*

[LTE: Christian Science member interested in history](#)

Linda Farquhar, Kansas  
*Hiawatha World Online*

**Read more on the [Press Room](#)**

*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

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