

Watch Words

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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.

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ABC Television Show “Quantico”

Corrective by Don Ingwerson

Many of you may have seen or heard about a misrepresentation of Christian Science in the ABC television show, “Quantico,” where Christian Science was spoken of in the context of refusing blood transfusions. I have sent this letter to Josh Safran, producer and screenwriter of the show:

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ACTIVITY

Published Articles

- ▶ *Christian Science: The path to a deeper sense of renewal* – Redlands Daily Facts
- ▶ *Commentary: Finding a deeper sense of renewal* – Los Angeles Times (Daily Pilot)
- ▶ *Finding a deeper sense of renewal* – Laguna Beach Patch

Media Contacts

- ▶ John Canalis – LA Times Community Newspaper (Daily Pilot)
- ▶ Cash Peters – The Life Quiz
- ▶ Lilia O'Hara – Enlace/Vida Latina SD
- ▶ Inday Moses – San Gabriel Valley Examiner
- ▶ Susan Espenschied – Aliso Laguna News
- ▶ Josh Safran – Quantico TV Series
- ▶ Bill Hinkle – The Drew Pinsky Show



PLEASE DUPLICATE WATCHWORDS AND SHARE WITH YOUR MEMBERS

Master Fear continued from page 1

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.

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.



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

Quantico Corrective Letter continued from page 1

I recently came across the Quantico episode titled "Clue". It was interesting to watch the twists and turns of the FBI recruits as they go through intensive training at Quantico and the flashbacks that reveal more depth to the characters. I have no immediate ties to anyone going through this type of training, so I enjoyed getting a type of insider education on this process. As the former Superintendent of Schools in Los Angeles County, I especially value education and accuracy.

Ironically, that's why I'm writing to you. I'm sure you've been asked which aspects of your show are based on fact and which aspects are based on fiction. Likewise, people often ask me clarifying questions about Christian Science because I am a Christian Scientist. That's why the clip in your Clue episode about Christian Scientists caught my attention, in which one character, Caleb, explains how his sister died after a car wreck because their dad refused to allow her to get a blood transfusion because he was a Christian Scientist.

In the spirit of accuracy, could I just clarify:

No, that's not quite an accurate description... at least in the way it's often assumed.

This is one of those stereotypes that seems to chase Christian Scientists, so I thought you might be interested in learning a little more about this aspect of Christian Science.

Often Christian Scientists get brought into the conversation about healthcare and religion because we do take a non-traditional, prayer-based approach to healing. But choosing to rely on prayer is rooted in our relationship with a loving God, in order to understand and prove - step by step - more of our inherent wholeness and health. It is an individual decision, and not something that the church mandates. I can only speak for myself, but

in my experience this has been a choice that naturally grows out of my commitment to try to apply the teachings of Christ to my everyday life. More than just an approach to health care, for me it's a way of life. The reason I continue to practice it is because I've not only found healing on many, many occasions but I've found a close relationship with God that I deeply cherish.

I've also found that a sincere practice of Christian Science doesn't stem from the kind of "opposition" to doctors that people often assume, but rather from a deep desire to learn to heal and live the way Jesus did. I have much respect for the motives of physicians and others in the medical profession and have always felt blessed by the occasional interactions I've had with them.

In regard to blood transfusions specifically, Christian Scientists don't draw any particular religious distinction between blood transfusions and other medical procedures. While Christian Scientists normally choose a different, spiritual approach to healing, we don't hold religious beliefs about blood that would make transfusions or similar procedures problematic if we were for some reason to find ourselves under medical care. In those circumstances we would respect the responsibility that doctors naturally feel and would always be grateful for doctors to accord us the same respect and consideration that would naturally be shown to others.

I hope that's helpful for any future script writing.

Thanks again for your openness to present facts of importance alongside the entertainment of the story!

Blogging for www.csinsocal.com

We've been blogging for more than five years now and we couldn't have done it without the continued writing from our assistant committees! I wanted to thank you for your continued openness to sharing your inspiration with the Field – and as assistant committees to this office, I encourage you to be ready to write a new blog. With about 100 assistants to work with, I usually ask an individual assistant for new content about twice a year. So if you haven't been asked, but you have something to share, write it down and either send it in or wait for me to circle back around to asking you. I know everyone has something of value to share and I look forward to reading it and sharing it with others!

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

