

# Watch Words

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Committee on Publication

## A Message from the Manager

I'm sure we all begin our day with prayer – with a listening thought and desire to serve God and mankind. One statement I find slate-cleaning in beginning work for the day is, “Christian scientific practice begins with Christ’s keynote of harmony, ‘Be not afraid!’” [SH 410:29-30]. It has been a “friend” for many years.

While useful in any application, what I find most helpful in thinking about our Committee work is the word “harmony” in that statement. We can only practice pure Christianity in Committee work from that basis. Whether writing specific corrective articles or healing an imposition that is disturbing our own thought, when we have caught the tone of harmony that naturally rings out at the rebuke of fear, hesitancy, doubt, distrust, confusion, disappointment, our work is effective. To find harmony in our work, we shut down fear. And, that is where it all begins. From that point, we can expect our work to have a healing effect in public thought, in our own thought, and in the thought of those who appear to be handled by an impulsion to diminish, obfuscate, or abuse the Christ-spirit found in Christian Science.

There is constant progress required to keep up with divine Mind’s unrolling of ideas, which sets our agenda. Such progress, however, can leave any of us with a bit of apprehension as to how certain developments will pan out or how changes will fit with our current work. It requires grace, which is our growth. The removal of any fear that would seek to engender itself enables us to hear the keynote of harmony, which is where we began this letter, and begin our healing practice in this work.

With gratitude,

Rich Evans  
Manager, Committees on Publication

## ACTIVITY

### Published Articles

- ▶ *Is There a Paradigm Shift on Reality?* – San Gabriel Examiner
- ▶ *Is The Truth Actually Out There Somewhere?* – Aliso Laguna News, Beverly Hills Patch, Blogcritics, Calabasas Patch, Cerritos-Artesia Patch, Claremont Patch, Laguna Beach Patch, Lemon Grove Patch, Montrose Patch, Oceanside Patch, Palm Desert Patch, Palos Verdes Patch
- ▶ *Commentary: Prayer Can Lead to Hidden Truths* – LA Times Community Newspaper (Daily Pilot)

### Media Contacts

- ▶ John Canalis – LA Times Community Newspaper (Daily Pilot)
- ▶ Susan Espenschied – Aliso Laguna News
- ▶ Inday Moses – San Gabriel Valley Examiner

### Media Visits

- ▶ Leo Smith – Orange County Register
- ▶ Jeff Miller – Orange County Register



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

## What's Love Got To Do With ADHD?

by Don Ingwerson

Have you ever wondered what it's like to grow up relying on medications to control your behavior? "There's this frustration, this anxiousness, not knowing who I actually am without the medication," says one individual treated since childhood for Attention Deficit Hyperactivity Disorder, according to reporter Madeliene Thomas. "When I go off [the medication] now, I can't get through simple chores, errands, tasks, anything. The biggest thing I hate about it is that I'm a drug addict. If I'm being completely honest, I'm dependent on it. There's a lot of anger and self-loathing that comes with that."

It's likely these feelings are shared by many who have been treated for ADHD with drugs. And while there's no doubt that caring motives are behind the efforts of medical professionals treating these patients, some are searching for better, more compassionate solutions, including non-medical treatment options. I think many doctors would agree with the statement that Christian healer [Mary Baker Eddy](#), author of *Science and Health with Key to the Scriptures*, wrote over a century ago: "Narcotics quiet mortal mind, and so relieve the body; but they leave both mind and body worse for this submission." This puts that anger and self-loathing comment in a new light.

Could it be that love is the key to addressing these issues?

Love for others is expressed so clearly by a friend of mine who serves as a state governor. At one point, she had the opportunity to tour a group

of schools and was pleased to find them orderly and clean. But she was concerned with the many children who were sitting quietly with almost a glaze over their eyes. Although we both agreed that probably not all of these children were on medication for ADHD, we both felt that medical treatment resulting in any student passivity should be reevaluated.

Love inspires activity instead of inaction, compassion instead of apathy, humility instead of hubris. Eddy makes a great statement on the power of love: "Love enriches the nature, enlarging, purifying, and elevating it." It has been my experience that this love is from the Divine and is available to each and every one of us.

Jesus demonstrated the power of divine Love to heal. He taught that each of us, created in God's likeness, is complete, capable, and unlimited, and he proved this through his healing works. This healing message is just as potent today, including for the treatment of ADHD, as it was in Jesus' time. On this basis, school personnel may feel the support of divine Love and perhaps find ways to draw out each child's natural curiosity and focus of interest to bring real harmony to classrooms. Health, the expression of harmony, is the ultimate goal that medical professionals, teachers, and parents – actually all of us – strive for. And I believe love is the key.



*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

## 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 2016/2017.

*Check with church for time before attending.*

First Church, Santa Barbara  
120 E. Valerio Street  
**Saturday, November 5, 2016**

First Church, Rancho Santa Fe  
6165 La Flecha  
**TBD**



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## New Column in the *Sentinel* from the Committees on Publication

In a world fraught with religious strife and division, genuine understanding between people of differing faiths and backgrounds sometimes seems as rare as it is vital. Stereotypes abound. Religious believers often find it hard to see past their differences. Secular commentators often lump all faiths together as if they were the same.

Similar obstacles are equally common in public perceptions of Christian Science. The first step toward greater understanding, as a church publication titled *Dialogue with the World* pointed out several decades ago, is often the “clearing away of a tangled underbrush of misconceptions” (The Christian Science Board of Directors, 1972).

Christian Science Committees on Publication have been in dialogue with the world since the early years of the denomination. The clearing away of misconceptions of Christian Science that would obstruct genuine understanding is at the heart of their work. In establishing the Committee Office, the Church's founder, Mary Baker Eddy, instructed that this work be carried out “in a Christian manner” (Church Manual, [p. 97](#)). The purpose is not spin or the promotion of a public image, but to bear witness to truth. The spirit is that of healing, not criticism of those who disagree.

“The need for correcting the biases that keep us from seeing each other clearly was never greater,” the *Dialogue with the World* booklet noted. This statement is even truer today. The Christian Science *Sentinel* now has a new column with letters that address common misconceptions in recently published articles. They illustrate the continuing effort of Committees on Publication to (in the words of the booklet) bring “light, not heat” to public discussion of Christian Science.