

Watch Words

Donald W. Ingwerson,
Committee on Publication

NEW MANAGER APPOINTMENT

As Rich Evans, CSB, steps into his new role as a member of the Christian Science Board of Directors, the Board is pleased to announce the appointment of Kevin E. Ness, CS, to succeed Rich as the Manager of the Committees on Publication.

Ness has worked in the legal department of the Mother Church for over 17 years and is presently serving as General Counsel.

Relying on God while Entrenched in a Crisis

by Don Ingwerson

Have you ever heard the statement, “There are no atheists in a foxhole?” I recently came across this statement and it really brought to mind the idea that although most of us aren't actually hunkered down in a literal foxhole, but figuratively many of us feel that we are as we fight for health and harmony in our lives. It can actually feel like a combat zone for anyone who has serious emotional stress, addiction, health condition, or other crises. And in these situations, people are more inclined to seek a higher power for help.

What this means to me is that people are not actually accepting the inharmony in their lives, but instead are claiming their right to freedom by turning to God. Early spiritual leader and health researcher Mary Baker Eddy helped many understand their spiritual nature and right to experience physical and mental harmony, and in her book *Science and Health with Key to the Scriptures*, she encourages people to: “Realize the presence of health and the fact of harmonious being, until the body corresponds with the normal conditions of health and harmony.”

Relying on God continued on page 2

Legislative Activity

Eric Nelson and I visited with the Health Committee staff and consultants on an April 26-27 trip to Sacramento.

There are 17 bills being watched at this time. Four of these bills have accommodations for children. These bills are:

- AB 60 (Santiago) Subsidized child care and development services.
- AB 1110 (Burke) Pupil health: eye and vision examinations
- AB 1302 (Grayson) Child care.
- SB 379 (Atkins) Pupil health: oral health assessment

SB 18 (Pan) This bill has had negative media coverage, but at present it is “stuck” in the rules committee and it’s not likely to be dealt with until this fall.

SB 562 (Lara) The Healthy California Act: It is too early to determine any action on this bill, which is not new and will be very costly if passed. Our interest was to indicate what language was needed to accommodate Christian Scientist.

Note: Assistant committees who live in areas where legislators sponsoring bills AB 60, AB 1110, AB 1302, and SB 379 will be contacted with a suggestion that they thank the legislators for the accommodations in these 4 bills.

For more detailed information, please contact Don Ingwerson by email at californias@compub.org or telephone at (949)494-5071.

Relying on God continued from page 1

Not only are people realizing their spiritual communion to God is linked to harmonious being, but doctors are also realizing that this spiritual relationship is important to their patients' well-being. Judy Ann Bigby, M.D. reports that she asks her patients if they have any spiritual relationships and how these relationships might aid them in working through their health challenges. But she also encourages patients who have a spiritual relationship to cultivate that relationship at all times, not just when they are having a health challenge. In this way, well-being is encouraged. "Being healthy is not just the absence of illness," says Dr. Bigby. "For many people, being at peace and having a spiritual connection affects their overall well-being and feelings about their health. Many others are searching for answers to questions about man's existence and the reality we live in. A very promising aspect of this is that many physicians are also realizing that thought is key to how reality is experienced, and this has positive ramifications for health."

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This realization by many that a connection to a higher power is health-giving is also now being backed by studies, which show that religious commitment, including worship attendance and prayer, is valuable to an individual's welfare. Specifically, spiritual or religious practice has been shown to enhance prevention and treatment of mental disorders and addictions, reduce pain and disability, and prolong survival. In addition, spiritual treatment has been shown to enhance recovery.

Regardless, many people believe that the condition of their spirit affects their well-being and health. People know the importance a loving act can have on another's spirit – and on their own spirit. That's why cultivation of the spiritual is being promoted and accepted. As people realize the presence of health from a spiritual perspective, as Eddy encouraged, they will start seeing a richer, fuller, harmonious life outside of that perceived entrenchment.

ACTIVITY for Assistant Committees

(Assessing the visibility of Christian Science in the Community)

Looking for ways to support the Committee office – and in turn help in the community? Here are some very helpful field projects you can work on:

1. Check with county, city, and high school libraries to see if they have Christian Science literature such as *Science and Health with Key to the Scriptures* and *The Christian Science Monitor* in stock.
2. Contact local interfaith groups to find out if Christian Scientists are members and/or if the Christian Science church has had the opportunity to be introduced to the group.
3. Meet with news editors and federal/state legislators to put a face to the Christian Science presence in the community. This is an opportunity to let them know that you have community lecture events sponsored by your church. Keep in mind that many times meeting a staff member is as helpful as meeting the legislator!
4. Correct "fake news" and other impositions about Christian Science that you may encounter on social media – especially Facebook.

Your efforts and support are vital to this important work. Thank you in advance for this outreach – and let me know if you have any questions either by email or phone. And I look forward to hearing your reports as often as you can send them in!

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, Manhattan Beach
 1130 Manhattan Beach Blvd
Saturday, July 15th

First Church, Bakersfield
 2215 18th Street
TBD

Twenty-eighth Church, Los Angeles
 1018 Hilgard Avenue
Saturday, October 28th

First Church, Laguna Niguel
 29012 Aloma Avenue
TBD

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

First Church, San Juan Capistrano
 31897 Del Obispo Street #120
TBD



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

PLEASE DUPLICATE WATCHWORDS AND SHARE WITH YOUR MEMBERS