



HIGH
RIDGE
HOUSE

SPRING/SUMMER 2014 NEWSLETTER



A Healing Journey Begins with God

“Emerson says, ‘Hitch your wagon to a star.’ I say, Be allied to the deific power, and all that is good will aid your journey...” So wrote Mary Baker Eddy in her article, “Ways Higher than Our Ways.” (Un. 17:4-6) A journey “allied to the deific power,”—to good and its ever-present reality—is one of healing and spiritual growth. A stay at High Ridge House, a Christian Science nursing facility that supports total reliance on God for healing, might be one that would aid your own healing or that of a loved family member.

We at HRH believe that these important journeys should be acknowledged and appreciated and so our theme for this newsletter and our Annual Meeting in September is “Healing Journeys.”

And we want to start right now by sharing the healing experiences of two individuals at HRH recently. The first journey began one afternoon with a phone call. Someone wanted to come for help right away. The Christian Science nursing staff immediately got together. Could we take care of this woman as well as those patients who were already at HRH? The decision was yes, we could. And she was driven in to HRH and admitted.

What was the reason for her call for admission? Sharp, immobilizing

pains in the head, neck, and back. With consecrated prayers, support of a CS practitioner, and the practical help from our CS nurses, that same evening this woman was able to stand without assistance and care for herself. The next day she went home full of love and gratitude. She was very thankful for the opportunity to have a safe haven to come to, where she was surrounded by Christian Science nurses and loving staff.

Here’s another healing experience we’d like to share. We received an urgent call from a woman who asked to be admitted to HRH. She was having pain in her hip and was unsteady on her feet. As she lived alone, it wasn’t safe or practical for her to be at home by herself. The same admission process was followed, and she soon arrived at HRH, where she regained her freedom within a month.

Choosing to stay on as a Rest & Study guest until all arrangements were made for her safe return home, we enjoyed each other’s company while joyfully testifying to the divine power of good. After she was home, we asked if we could share her demonstration and she enthusiastically said, “Yes!”

So now you’ve read two inspiring stories about healing journeys among

many we have witnessed at HRH over the years. And it’s clear that whether the time our patients spend with us is brief or extended, *it is always* nurturing and progressive. We can be so grateful for the good that helps us along the way when we are “allied to the deific power.”

Sandra Block-Effron
Director of Christian Science Nursing



Sandra Block-Effron, *Director of Christian Science Nursing*, is grateful for the new vehicle purchased for the Home Nursing program, as is her staff. They travel to meet the need for loving Christian Science nursing care in the comfort of one’s home. This service is available 24/7 every day of the year.

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From the Executive Director:

Healing Journeys

In writing to a dear group of supporters recently, I remembered an idea shared by our Leader in her article “Pond and Purpose” (Mis 206:32):

“As you journey, and betimes sigh for rest ‘beside the still waters,’ ponder this lesson of love. Learn its purpose; and in hope and faith, where heart meets heart reciprocally blest, drink with me the living waters of the spirit of my life-purpose, — to impress humanity with the genuine recognition of practical, operative Christian Science. “

Mrs. Eddy’s life purpose – and the accompanying journey – was a healing one. The practical and healing nature of Christian Science is felt in every aspect of the church she founded, including Christian Science nursing. She has invited us to join her in this grand journey and purpose. In her textbook *Science and Health* (21:20-23), she shares a related idea:

“... if my friends pursue my course, we have the same railroad guides, and our

mutual interests are identical; or, if I take up their line of travel, they help me on....”

Our journeys are both individual and collective. At High Ridge House, we witness and accompany many patients and guests on their healing journeys. Physical, mental, employment, even organizational healing takes place as we turn away from material sense and turn toward the things of Spirit, gaining “a little each day in the right direction.” (ibid. 21:13)

This year, HRH is giving special focus to “healing journeys” – what they are; where they go; what we learn as we rely radically on Christian Science. You’ll find healing journeys in this newsletter. You’ll read about them in some of our monthly emails. And we’ll explore the subject more deeply at the High Ridge House Annual Meeting in September.

High Ridge House itself is on a journey. It is a journey of restoration and renewal – both within and without. It is a healing journey.

Kevin Massey
Executive Director/Administrator

The Maintenance Shed has been restored!



Maintenance Supervisor Jim O’Reilly designed a workshop to replace the crushed buildings from the storm in 2011. The team built it last fall and is painting it now!

High Ridge House:

A Beautiful Place to Be

May 3, 2014, was an especially wonderful day at High Ridge House, where scores of guests were happily involved in “Celebrating Healing through Art.” This event demonstrated Mrs. Eddy’s statement that the “divine Principle of all expresses Science and art throughout His creation” It had a four-fold purpose: 1) to appreciate the history of healing and gratitude represented by the HRH art collection; 2) to welcome the healing activity of art within all of us; 3) to showcase artists within our Christian Science community; 4) to raise funds to support our healing mission.

And what a day it was! The sun was shining. Spring flowers were in bloom. Guests were warmly greeted. And smiles never seemed to end, as people bumped into old friends and made new acquaintances at this second art event in two years at HRH.

The day began with art tours conducted by Joyce Horman. Dozens of paintings and drawings grace the halls of High Ridge House, and Joyce provided information both about the generous donors and the artists themselves.

After they registered, guests were encouraged to go to the meeting room, which had been transformed into an art gallery, and examine all the items they could bid on during the silent auction. They were also welcome to check out items from estate sales that lined one wall in the dining room.

Then attendees had the tough job of choosing between two programs, which ran simultaneously—“Welcoming the Artist Within,” an inspiring talk and demonstration by artist and writer Diane Allison, or “The Spiritual Significance of Hats,” a lively session by Mindy Fradkin, owner of Princess WOW Designs. Both sessions were uplifting and fun. An author, performer, puppeteer, and illustrator, Diane, who illustrated the children’s book, *Big With Blessings*, had

brought items from our garden and invited those attending her session to pick one of them. Then she asked each participant to look closely at the object and describe its spiritual qualities, remarking that each item expressed perfection. “You have to forget all you think you know and trust what you see. In healing, you have to trust what *God* sees!”

Meanwhile, in HRH’s living room, people were learning about the spiritual significance of “wearable art hats,” as Mindy Fradkin refers to her creations. And from the laughter emanating from that area, attendees at this session clearly were enjoying themselves.

When the morning programs were over, guests were invited to sit down for a delicious lunch, served by “Artists in Character.” During lunch the artist donors were introduced and asked to say a few words about what inspires them to create or to tell of the spiritual qualities behind their donation.

This really increased the appreciation of and interest in the auction items. As expected there were not only oil paintings, water colors, drawings, and lithographs, but also sculpture, earthenware, photographs, books, earrings, a silk jacket, a designer hat, and a quilt. All proceeds went to High Ridge House.

As this 2014 art event was coming to a close, one of the guests was asked what she most enjoyed about the day. “I loved the atmosphere of the whole place,” she replied. It definitely was “an atmosphere of Love divine,” to cite Hymn 144 in the *Christian Science Hymnal*. And there certainly was great love expressed that day—love for the healing and renewal many have experienced at High Ridge House, love for the objects of beauty whose sale will help HRH to continue its important work, and love for the opportunity to enjoy the company of other individuals celebrating healing through art.



Volunteers portrayed famous artists as they served lunch and guided guests to each program. Naomi Vaughn as Frida Kahlo, Jonathan Miller as John Constable, Dorin Seymour as Welsh Poet, Michael Rosen as Edouard Manet, and Ryan Keiser as Alfred Stieglitz. Not pictured: Jodie Maurer as Georgia O’Keefe



Listening to “Welcoming the Artist Within.” In the foreground the Silent Art Auction Gallery. For more photos of the event go to: www.highridgehouse.org/photogallery.html.

Your gifts to our healing mission are gratefully accepted.

Visit: www.highridgehouse.org/contribute

Thank you!

Health Care News over 100 Years Ago

In 1909, Mrs. Eddy asked the Christian Science Board of Directors to establish “a *Christian Science resort for the so-called sick.*” This standard provides a haven where the patient and healer are free to release all human cares to God, ever-present Life and Love. To resort to the truth of God’s presence and power is to sense a strength that is far greater than material power or comfort. It is to waken to a spiritual sense of identity and well-being, all the while supported by

Christian Science nurses. As this occurs, the complaints disappear and the patient finds himself/herself well and ready to return to the joys of daily life.

And today...

Christian Science nursing facilities provide an important refuge for nursing care. High Ridge House has been just such a refuge for 65 years. As our society debates various methods of care, how grateful we can be for Mrs. Eddy’s divine

foresight to call for “a *Christian Science resort for the so-called sick*” where patients and Christian Science nurses rely on a completely spiritual method of healing—available to all.

This article is revised from the March eNews. We hope you receive our monthly email. If not, please go to www.highridgehouse.org and sign up to join our mailing list.



“Flowers of Thanks” to Nancy Wright, our recent Home Nursing Coordinator. We are so grateful for her service to the Tri-State area and wish her well on her move to New Mexico.

ENJOY the Seasons and the Smiles of New York

High Ridge House currently has two open positions for experienced Christian Science nurses:

- Assistant Director of Christian Science Nursing
- Christian Science Home (Visiting) Nurse Manager

You’re invited to serve the New York City/Tri-State area with your Christian Science nursing skills:

For more information, please go to www.highridgehouse.org/employment or contact **Sandra Block-Effron**, *Director of Christian Science Nursing*, 718-796-4200, ext. 259, or email SEffron@HighRidgeHouse.org

High Ridge House

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Accredited by The Commission for Accreditation of Christian Science Nursing Organizations/Facilities, Inc.

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Upcoming Events

Independence Day Picnic

“Volunteer Appreciation”

Saturday, June 28th, 3-6 p.m.

Please let us know if you can attend:
Janet Rosen,
(718) 796-4200, ext. 202, or
JRosen@highridgehouse.org

High Ridge House Annual Meeting

“Healing Journeys”

Lona Ingwerson, C.S.

Sunday, September 14th, 3 p.m.
First Church of Christ, Scientist,
White Plains, NY