

LINKS OF LOVE

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Welcome to our Annual Meeting 2011!



Smiles abound!

"For blessings flow where'er He reigns" (Christian Science Hymnal, #271) aptly describes the sentiments of High Ridge House's Annual Meeting on Sunday, October 16. The guests were treated to refreshments, tours of the building, music, but most importantly the sharing of reports and a wonderful talk by Christine Irby Williams, "BIG With Blessings." This newsletter is designed to bring the meeting to you! You will find photos and condensed reports, as well as the keynote address, enclosed as a separate document which you can retain. An audio version will soon be up on our website as well as a short video with highlights of the event.

Let's re-live the Annual Meeting and get started claiming more blessings right now!

The key messages from the 2011 High Ridge House Annual Meeting were:

- That High Ridge House is a place for Christian Science healing to be actively

practiced and actively experienced

- That High Ridge House is running well and heading in the right direction
- That each one of you has a vital role to play in the future of High Ridge House and Christian Science nursing in the Tri-State area
- And that BIG blessings are ours to claim today!

The High Ridge House staff has been actively acknowledging daily blessings for many months as we prepared for this Annual Meeting. And many of you joined us either in person or by mail or on our website. We wrote down many of those daily blessings and they were spilling out of the baskets in the meeting room. During the meeting, we added to that cornucopia of blessings.



All together now—the music blesses one and all!

Gentleness and Strength

From Executive Director, Kevin Massey

Recently, High Ridge House was blessed to have the Christian Science Board of Directors from Boston stay with us while they were on business in New York. In a lovely 'thank you' letter we received afterwards, the Board referred to their experience at High Ridge House this way: "Being in the atmosphere you provide for guests renewed our desire that the gentleness and strength of the nurse permeate all the activities of our Church."

Indeed, Christian Science nursing and what we provide here at High Ridge House is far more than just skilled care for those deemed sick. We do that, and we do it well! But we do it with an atmosphere that is permeated with both gentleness and strength. That is the art of Christian Science nursing.

I have long been interested in how Mary Baker Eddy pairs terms that might first seem to have different qualities, like the terms "gentleness" and "strength." Mrs. Eddy then shows us how strongly those pairs of terms are related — maybe even being two sides of the same coin. Some examples are: Father and Mother, male and female, reason and revelation, Michael and Gabriel, Principle and Love. These pairs of terms are so closely interrelated, that you really can't have one without the other. Mrs. Eddy puts it this way in *Science and Health*: "Union of the masculine and feminine qualities constitutes completeness. The masculine mind reaches a higher tone through certain elements of the feminine, while the feminine mind gains courage and strength through masculine qualities. These different elements conjoin naturally with each other, and their true harmony is in spiritual oneness." (57: 4-11)

Gentleness and strength do conjoin naturally. And like Gabriel and Michael, "these angels deliver us from the



A harvest of blessings!

depths." (S&H 567: 3) They are found throughout High Ridge House, because those qualities are found in the Christian Science nurse.

The *Church Manual* requires the Christian Science nurse to be a member of The Mother Church, to have a demonstrable knowledge of Christian Science practice, to understand thoroughly the practical wisdom necessary in a sick room, and to take proper care of the sick. To provide proper care, it takes the gentleness of the Mother accompanied by the strength of the Father. To have the real practical wisdom necessary in a sick room, it takes both reason gained through experience and revelation gained through inspiration. And it takes a deep understanding of the Principle

that is also Love and of the Love that is also Principle to be able to have a demonstrable knowledge of Christian Science practice.

It is divine Love which does the healing. And it is the healing power of divine Love to which the Christian Science nurse bears witness when working with patients and families, all while expressing the strength it takes to give proper, practical care. It is our joy at High Ridge House to prepare room for this joyful witnessing of both gentleness and strength.

As you read this newsletter, you will see examples of this gentleness and strength in action. I hope today that you will also feel the flame of divine Love and be refreshed, inspired, strengthened, and nursed.

Calm and Confident Christian Science Nursing

From Director of Christian Science Nursing, Sandra Block-Effron

Christian Science nursing is a unique and extraordinary provision of our movement. And High Ridge House provides a unique and extraordinary presence within New York City and surrounding states. As you know, New York City alone has countless medical centers, clinics, and offices. That makes what we do here not only unique, but also essential for those

of us who choose radical reliance on Christian Science.

Every day at High Ridge House, Christian Science nurses calmly and confidently support the individual's spiritual growth — exposing error and revealing its native nothingness. This nursing practice includes an uncompromising reliance on the

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HRH Today and Tomorrow

From Board President, Frances Hall

We are happy to report that the Board is very pleased with the way High Ridge House is being run. Of course, there are always challenges in running a facility like this one, but this is a very strong, prayerful management team with a marvelous nursing and support staff. The Christian Science nurses at High Ridge House are of the highest quality! And the support staff has been re-organized into an “innkeeping” team to better reflect the model of the “inn” found in the parable of the Good Samaritan.

Recent Accomplishments of the HRH Staff

Many of you will recall a letter we sent to the field about two and a half years ago indicating that we were in dire financial shape and that contributions were needed immediately. This corresponded with the start of *Abounding Grace, the Campaign for High Ridge House*. You responded and for that we are so grateful. Since that time, our finances have stabilized due to your generosity and to a series of measures to hold down expenses, work with patients who had little to pay, and stand for principle to collect certain reimbursements from Medicare which had originally been denied. This combination of measures – and the graces of gentleness and strength – enabled the organization to remain solvent despite economic conditions.

At the same time, HRH is now serving more patients than it had in recent years, both in the facility and in the home. Meanwhile, our Rest & Study activity has greatly increased with guests coming for associations, extended stays, and spiritual retreats. And all during this time, we have made extra efforts to be present in



Volunteers help today and throughout the year!

your communities, taking our Advance Directives workshops and other events on the road. We have also substantially strengthened communication with our field, through our website, eNewsletters, and other electronic media. All in all, it has been an active time!

Several big storms have literally blown through this area in the last couple years, helping us learn that “man’s extremity is God’s opportunity.” Collectively, the storms did hundred of thousands of dollars of damage to HRH, but we have used that as an opportunity to repair, replace, and upgrade, and the financial needs have been gracefully met—much of it by insurance.

Our next major project is to upgrade the front entry plaza. It, too, comes with a significant price tag, but your support in these final months of the *Abounding Grace* Campaign will help make our entry safer, more economical,

and more attractive than our current plaza.

Answering the Residential Question

While attending to these various projects, we have also been giving deep consideration to the future mission and services of HRH. Among the areas we have explored has been the question of whether or not HRH should expand into offering residences for the Christian Science community. After much prayer and much discussion, we have concluded that Christian Science nursing care remains our core mission and any other services we offer must be closely related to that mission.

There exists a wide spectrum of possible residential services, from independent residential living, to

what is called in the industry, “assisted living,” to building a whole adult community for Christian Scientists. Through our prayer and research, we have been led to focus on those services where there is an identified need for Christian Science nursing, even if it is for an indefinite period of time. We call this type of nursing “Sheltered Care,” and an individual in that program may call HRH their home. But we have chosen not to offer independent residential living arrangements where there is no need for Christian Science nursing.

For us at HRH, it is important to always maintain an expectation of healing, and not accept the claims of age or decline. All our services have Christian Science nursing, healing, and progress at their core. If you have any interest in our Sheltered Care program or comments regarding our decision, we would be happy to talk with you. Please email BoardPres@highridgehouse.org.

The Joyous Progress of Abounding Grace

From Development Director, Lynn Meyerson

Lynn Meyerson began with a long expression of gratitude for supporters of the campaign, the audience, and the staff. She, then, jokingly commented that although abounding grace never ends, she would just try to talk for 4 more minutes.

Isn't humor a wonderful thing? Cheerfulness is an element of grace just as wisdom, beauty, and love are. And "grace" is also the answer to these questions:

- What best promotes your spiritual development?
- What brings you farther than your dreams ever said you could?
- What takes you around the bend, not that far away, but still to a bold new view?

Grace, gratitude, and a great sense of God's infinite love, wisdom, and power! Our Mother-Father God is guiding, guarding, and governing. Take your hands off the controls—God is steering.

And that's what *Abounding Grace, the Campaign for High Ridge House* is all about—an utter commitment that High Ridge House is a complete idea of the "Sustaining Infinite," who can never lose or let go of one of Her ideas. (see S&H vii:1-2) Like the inn from the Good Samaritan parable, High Ridge House is the "Inn" for this great, big Tri-State and beyond region. It opens its doors and keeps the light on for anyone that you, as the Good Samaritans, will bring to our house. It's built with gentleness and strength. Some patients are able to pay their own bill and some are not. But, we continue to provide loving, practical, and economical care, and the big collective "we" plays a very important part in making that happen.



CAMPAIGN GOAL:
\$3.6 Million through 2011

RAISED TO DATE:
\$2.33 Million



Friends arriving and meeting more friends!

Being good stewards of the organization, the Board and Management team foresaw a need of \$3.6 million over the three years from 2009 through 2011, over and above what the expected service revenue would provide and including some renovation projects. Then, we set to work to see what grace would pour out.

We have raised almost 2/3rds of the goal in contributions. Because we have stabilized financially, we can call the campaign a success, but it is not over. We still expect to bring in a full portion of the remaining million or so by the end of this year, because grace supplies in unexpected ways. In I Peter, Peter asks us to be "good stewards of the manifold grace of God." (4:10) High Ridge House expresses good

stewardship over all the funds it receives. Today, we especially need to finish our construction projects and to benevolently provide an atmosphere of healing and renewal.

We ask you to share in the gratitude of what we have accomplished in the last two and a half years. And we invite you to continue the support, both prayerfully and financially! Sir Edmund Hillary said upon climbing Mt. Everest—"it wasn't the end of everything in reaching the peak—I was still looking ahead to other challenges." Our named campaign of *Abounding Grace* might be over at the end of 2011, but look ahead—the future is bright with challenges and opportunities that bless us all!

Examples of Healings this Year

From a patient at High Ridge House:

This was not just my healing from a fall, but a healing awakening that included the whole family—my three sons (who were raised in Christian Science) and my three daughters-in-law (who have their own religion).

When I was brought to HRH, I felt there was a great sense of apprehension on my family's part. How serious were my injuries? Would I get the right care? They were all worried, and some did not approve of my going to HRH.

Each time they visited, their fears were assuaged and I saw them

mentally and physically relax. On one particular visit, my son brought my grandson with him. When they entered the room, I saw they were amazed to see me sitting up in a chair. My grandson is a paramedic, and he had been told that my condition was probably serious and there was fear that I might never walk again. It was so gratifying to see both my son and grandson very satisfied with what they saw.

I knew I was in my right place. I was soon able to walk with a walker and go to the dining room for my meals. At home, my spiritual and physical

progress continued, and I was soon able to abandon the walker, drive the car, and go to the store.

Through the time I spent at High Ridge House, my family really woke up to see, recognize, and sincerely appreciate all the good you do there. They were grateful for all the love that was shown to me! ME TOO! My thanks to everyone at HRH who helped to make this a beautiful and healing experience for us all.

(An expanded version of this healing can be found on our website www.highridgehouse.org)

From a Christian Science Home Nursing Patient:

Last May, I tripped and fell nose first onto the parking lot at work. Instantly, I began to treat this occurrence with prayer. My first thoughts were of God's angels who keep me and everyone upright, never falling. At home, I called a practitioner to help

me through prayer. And my wife called High Ridge House to ask if a Christian Science nurse could come to our house to bandage the cuts. The Christian Science nurse was wonderful! She was so gentle and calm while cleaning the wound. She fixed me up quickly, lovingly, and

then showed my wife and me how to change the bandage and keep the wound clean.

The open wound healed fairly quickly and I had very little discomfort during this experience. I feel very grateful that we have High Ridge House nearby to help us in time of need.

Care provided for an Outpatient:

A gentleman from a local, residential home hit his big toe on the metal track of a shower door. The Director of that facility called HRH for assistance and later offered this testimony:

The toe had a very bad cut and bled profusely. We [the staff at the residential facility] did our best to clean and bandage it, and called for support from a Christian Science practitioner. Prayer continued, but

two days later, two staff members (who are not Christian Scientists) were helping him in the shower, and came to me with the dire prediction that the toe was blue and he was sure to lose it... They were alarmed.

...the resident was taken to High Ridge house for outpatient care.

The calm, quick, and loving reception with which the Christian Science nurse greeted him, the beauty of the surroundings about which he

repeatedly commented, and the skill of the nurse in cleaning and bandaging were the beginning of the complete healing. He returned home immediately and the foot was normal in a few days. Instructions about proper care and bandaging were also shared with our staff after the visit to High Ridge House. I am very grateful for the availability of a nearby Christian Science nursing facility and all the help that was provided.

theology of Christian Science, along with a strong-and-steady defense of its purity.

Christian Science nursing is done in the midst of what claims to be fearsome adversity—as pictures of disease or injury, as well as sly suggestions such as, “Oh, a little ointment won’t harm my reliance on Christian Science.”

Christian Science nurses see these dream pictures daily. However, we continue to go about our Father’s business by helping the patient to begin their day from a metaphysical basis and then accomplish the dozens or hundreds of tasks we do during any given 24-hour period. This is exactly what happens at High Ridge House — or in your home — 7 days a week, 365 days a year.

This is big! There are no small healings. Each one gives us a clearer

picture of man’s undisturbed, uninterrupted, and harmonious relationship with God.

Please read the three healings shared on page 5 by those who have experienced the joy of healing with the help of High Ridge House. It is incredible to learn how every healing touches and blesses so many people—not only those who directly receive support, but also family and friends.

Each of these blessings started with a phone call. And from that first phone call we can determine how best to serve you and to joyfully see man’s present perfection together! That’s what Christian Science nursing is all about at High Ridge House.

Just one more thought! You are a blessing to us and you fill each of our days big with blessings!

Upcoming Event Christmas Dinner

Sunday

December 25, 2011

12-1:30 p.m.

**Please call
718-796-4200, ext. 203,
for reservations**

\$20/person

**For more upcoming events,
please visit our website
[www.highridgehouse.org/
events.html](http://www.highridgehouse.org/events.html)**

Please Visit our Website to...

- Find links to important documents and resources
- Sign up to join our mailing list
- View and listen to a slideshow tour and testimony
- See our upcoming events
- Post a blessing on our Annual Meeting page
- Read a healing account from a Rest & Study guest
- And much more!

www.highridgehouse.org



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