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## Vision Statement

We will build a  
God-centered,  
joy-filled sanctuary,  
by nurturing  
and awakening  
in ourselves  
and each other  
what is spiritually  
true and real.

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A Christian Science  
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## Always Prepared to Welcome God's Man

*And it fell on a day, that Elisha passed to Shunem, where was a great woman; and she constrained him to eat bread. And so it was, that as oft as he passed by, he turned in thither to eat bread. And she said unto her husband, Behold now, I perceive that this is an holy man of God, which passeth by us continually. Let us make a little chamber, I pray thee, on the wall; and let us set for him there a bed, and a table, and a stool, and a candlestick: and it shall be, when he cometh to us, that he shall turn in thither.<sup>1</sup>*

Like this dear woman, we at High Ridge House want to be always prepared to welcome God's man. We begin by holding clearly in thought that God's man is *holy* and *beloved*. We make room in our lives and in our hearts to accept *this* man. We ask God to show us how we can best support the holy work of Christian healing. And we are grateful for every opportunity to share our home and our love for God.

### THE ADMISSION PROCESS

With this in mind, we've tried to keep the admission process simple and straightforward. For instance, most admission requests are handled over the phone, and can usually be approved within an hour of the initial request — especially if the need is for immediate admission. It's best if the prospective patient or a close family member calls us, since we would need to talk to one or both of them as part of the application process.

Age is not a factor—we have assisted patients of many ages and backgrounds. Anyone pre-

pared to rely on Christian Science treatment for healing is welcome, and this would include a new reader of *Science and Health* regardless of church affiliation.

Patients do not have to be ambulatory to come to High Ridge House. We are skilled and equipped to care for patients with a wide range of needs, even if they are temporarily unable to get out of bed or to feed themselves.

We will do everything possible to accommodate a nursing need, so never assume that we don't have a room available. On those rare occasions when we cannot immediately admit a patient, we may still be able to help you make other temporary arrangements until we do have space. We find that when someone needs help, God opens the way for providing this help.

The cost of care should not be an obstacle to admission. In fact, we discourage patients from even discussing financial concerns for as much as a week, in order to give their full attention to prayer and study. Whatever the need, we join with you in affirming that divine Love has



One of High Ridge House's Rest and Study Rooms.

## Always Prepared to Welcome God's Man (Continued)

already met it. High Ridge House has a Benevolence Fund, and will work with patients to find the right balance between deferred payment and benevolence.

### OUR COVENANT WITH PATIENTS

The Shunamite woman made a commitment in providing that room for Elisha. And he reciprocated by asking what he could do for her. Both were blessed by that relationship. We work to cultivate a partnership with our patients that will also bring mutual blessings.

**For our part, we promise that we will:**

- Support their spiritual growth and commitment to healing through prayer.
- Provide skilled and tender care that is prayer based and consonant with the theology of Christian Science.
- Respect their responsibility to make decisions about their nursing care and study needs.

- Maintain in ourselves a clear understanding of their present perfection as God's likeness and an expectancy of immediate and permanent healing.
- Work with them in loving cooperation.

**We ask patients who come to High Ridge House to agree to:**

- Commit themselves to spiritual growth and renewal while they are here.
- Actively study and treat themselves daily.
- Seek a better understanding of God and man through daily treatment from a *Journal*-listed Christian Science practitioner.
- Communicate directly with their practitioner to the extent that they are able.
- Care for themselves each day to the extent that they are able.
- Express *gratitude* and *joy!* (These speed healing!)
- Work with us in loving cooperation.

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### RELiance ON SPIRITUAL HEALING

It is understood that anyone coming to High Ridge House will rely on Christian Science alone for healing. We are here to support the patient's conviction that Christian Science treatment is always safe, reliable and effective. Medical procedures, medicated products, painkillers, etc. are not used at High Ridge House because Christian Science teaches that it is unwise to mix other healing methods with Christian Science treatment.<sup>ii</sup> What we do offer is a quiet, prayerful atmosphere, skilled and loving nonmedical nursing care, and reading aloud from Christian Science books and periodicals. These services, and others, are provided by a supportive staff with a strong conviction in the power of prayer—conviction that is grounded in many collective years of healing proofs that we have witnessed or experienced in our own lives.

### HOME NURSING AND OUTPATIENT CARE

We love the Shunamite woman's deep generosity and her admiration for Elisha's holy mission. She saw it as *her* mission to care for Elisha in a special and specific way. She also had the vision, later on, to call him to her home when her only son needed help quickly.<sup>iii</sup> For Elisha, that meant making a house call; he dropped everything to go to her son.

We make house calls, too. Our home nursing service is on call 24 hours a

day, 7 days a week. We can come in the middle of the night if the need is urgent, and we have done just that several times in recent months! Often only one visit is needed, but we are happy to come back, even daily, until the healing is complete. Our nurses can stay for up to two hours, and we will help make arrangements for someone to stay longer if that is the need. We've sent a nurse as far away as *Mexico*, but normally we answer calls in the tri-state area including New York City, Long Island, the lower half of New York state, and western Connecticut.

We also see patients on an outpatient basis. All we need is a phone call letting us know when to expect you and we will be ready to welcome you and to declare with the Shunamite woman, "*It is well!*"

<sup>i</sup> II Kings 4:8-10

<sup>ii</sup> Our mission states that we are here to support *Christian Science* healing, and we are certified as a *Religious Non-medical Health Care Institution*.

<sup>iii</sup> See II Kings 4:18-37

## PRACTICING ABUNDANCE

To those of you who have given financially, we so appreciate your generosity.

A gift to High Ridge House is a gift to each individual who calls on High Ridge House to support his or her reliance on prayer for healing. It is a tangible expression of Christ's presence among us. And we trust that this abundant giving blesses the giver as much as the recipient.

*Thank you for your kindness.*

# A Reminder about Medicare Benefits at HRH

## THE MEDICARE ELECTION FORM

Federal regulations state that one who desires to receive care at a Christian Science facility, and to use their Medicare benefits to pay for parts of this care, needs to complete a Medicare Election Form. In this form the patient states that he or she wishes to use his or her Medicare benefits for nursing services furnished in a "religious non-medical health care institution." This form must be filled out, signed, and notarized at the time of admission before Medicare benefits can begin. A notary is always available at High Ridge House.

The rules and guidelines surrounding this form are important to understand. The form must be signed by either the patient, a legal guardian, or a person legally designated to do so. A spouse, adult child, or a friend authorized under a health care proxy is not empowered to sign this form unless they have been appointed in a power of attorney.

## THE DURABLE POWER OF ATTORNEY

A durable power of attorney appoints an individual to act on your behalf in the legal and financial matters you specifically designate. This individual is often a spouse, an adult child, another relative, or a trusted friend. It could be the same individual named as your health care proxy or it could be someone else. You may assign very broad powers, such as handling all your personal affairs and finances, or you may assign a very narrow scope of power, such as the ability to sign admission forms at a Christian Science nursing facility.

One can obtain a generic form for a power of attorney at most stationery stores. This is an important legal document, however, and should be filled out in consultation with an individual experienced with such matters, such as an attorney. This will help ensure that only the specific powers you want to assign to another are, in fact, assigned. The durable power of attorney must be signed in the presence of a notary.

## PROTECTING YOUR MEDICARE BENEFITS

*Medicare benefits will not be available until the Medicare election form is properly signed and notarized.* If for some reason you are not able to sign the form yourself, only someone you have already named in a power of attorney could sign the form for you.

As you consider what other advance directives (such as a living will or health care proxy) are right for you, you may also wish to consider executing the power of attorney as a means of protecting your ability to apply for Medicare benefits at High Ridge House.

# A Nurse's Story — From Across an Ocean

*(This article is the first in a series of interviews with nurses on our staff. We hope you will find the series to be enlightening as well as informative about Christian Science nursing and the people who practice it. Future newsletters will include stories of other nurses and how they were brought to this ministry.)*

Enrico Pilande is an affable, motivated nurse here at High Ridge House. His road to Christian Science—and ultimately to Christian Science nursing—began when he was a senior in high school in his native Manila. His first step was as simple as picking up a copy of the *Christian Science Sentinel* from a literature distribution box at his local post office. On reading it, Enrico innately knew that something truly important had happened to him. For nearly a year, he picked up another *Sentinel* every time he went to the post office. He says that the *Sentinel* spoke to him in a way that did not preach. Although its language was very new to him, it nevertheless opened up an understanding of God as Love that does not punish and is the source of all good. The concept of man made in the image and likeness of this God made a deep impression on him.

At the end of the school year, Enrico contacted First Church of Christ, Scientist, Manila, and was invited to attend Sunday School there. During the initial months in the Sunday School, Enrico would sometimes attend his former church, but he finally came to the realization that this was too difficult for him. He prayed like this: “Father, I’m confused. I’ve always asked you for all good—career, supply, and a successful life. But in Christian Science, I am your loved and cherished son and already *have* everything I need. Please tell me where to go.” Then, he

says, an inner voice spoke to him: “Go to the Christian Science Sunday School.” After that, he attended Sunday School regularly.

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His first significant healing in Christian Science was of a long-standing recurrent problem seemingly brought about by water-borne amoebas. When this problem resurfaced, Enrico said he was now equipped to say: “No, this should stop. I am now in Christian Science.” He asked for support from his Sunday School teacher, who was also a Christian Science practitioner. She told him that stomach, food and water did not govern his life and had no power over him; that God is the *only* power. This realization and the loving support of the practitioner healed him. He then knew that, in his words, “Christian Science is a working religion.”

Subsequent events proved this to him time and time again both in the form of physical healings (including one of

severe back pain and being unable to stand up straight), protection (unhurt when in a serious car accident), and in career direction. While still in Sunday School, the Youth Committee of the Manila Church made it possible for Enrico to attend an Annual Meeting of The First Church of Christ, Scientist in Boston which included an international youth meeting. This was his initial visit to the United States.

After graduating from college with a degree in Education, he began teaching social studies in private and public high schools. This was followed by four years of teaching in college. He says he loved teaching, especially in the fields of history, economics and political science. He also served as an active officer of a leading teachers’ organization in Manila.

At the peak of a teachers’ protest movement in 1990, Enrico was one of hundreds of teachers who were summarily dismissed by the Department of Education (a case still being considered by the Supreme Court of the Philippines). While the case lingered on, he prayed for guidance. Instead of becoming involved in the imbroglio of the case, he chose to heed the Bible verse “...seek ye first the kingdom of God, and his righteousness...”<sup>i</sup> and he used the time to prepare to take a two-week course that would elaborate the basics of Christian Science, and prepare him to heal others through prayer. During this period, Enrico especially held to Mrs. Eddy’s counsel in *Unity of Good*: “...God is our helper. He pities us...and guides every event of our careers.”<sup>ii</sup>

In 1991, he took Christian Science class instruction from an authorized teacher in California. The following year, he returned to California for his first “Association” meeting, an annual, one day refresher course. This meeting took place at Arden Wood, a Christian

Science nursing facility located in San Francisco. It was there that he had his first contact with Christian Science nursing. His reaction: "One day, I hope I can be a part of this." A friend heard this spoken desire and asked him to work as a volunteer, which he did for almost a month. He enjoyed the volunteer work, helping his fellow Christian Scientists by reading the Bible-Lesson, assisting them with meals, and taking patients in wheelchairs out to the garden. For him, it was sheer joy when people asked about his cultural background and he interacted with them. He was so immersed in it—and did so well—that he was asked to enter the basic nursing class. But, feeling he was not ready, he regretfully declined and returned to the Philippines.

At home, he pondered what he had done. "I couldn't be a nurse," he told himself. "I have heavy hands and I would only hurt people." An inner voice replied: "You have a gentle heart and willing hands and you love to give and to interact with students. Why not with your fellow Christian Scientists who hold your own views about God? Don't be afraid."

So, when he came back to San Francisco the following year for his Association meeting, he applied to enter the basic nursing class at Arden Wood and the facility offered to help him with his immigration papers. At this point, he prayed with another verse from the Bible: "*For ever, O Lord, thy word is settled in heaven.*"<sup>iii</sup> He had found where he wanted to be.

After the basic training course, Arden Wood offered him a work and study program that enabled him to remain in this country. So, having told himself that—here or in the Philippines, wherever Mind directed him—he would be privileged to work as a

Christian Science nurse, Enrico stayed at Arden Wood. He worked there for nearly ten years and progressed from nurse to supervisor to mentor for new nursing students. During this time, he met Lise Marsh, one of his fellow nurses. Lise and Enrico were married in 1996.

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In June of 1999, Enrico became a *Journal*-listed Christian Science nurse. "To be *Journal*-listed," he says, "is to affirm your oneness with the Movement and to represent yourself as a Christian Science nurse working under Mrs. Eddy's directives in both the *Manual and Science and Health With Key to the Scriptures*. It means you are committed to continuous study and spiritual growth in the healing ministry of Christian Science. It means you are prepared to serve in this ministry in a wider sense and not just in facility nursing, but anywhere, everywhere—in a world without borders."

This pair of dedicated Christian Science nurses—Enrico and Lise—came to High Ridge House in 2000. Enrico says that he likes the openness of the High Ridge House "family." He "appreciates and values the contributions of his fellow nurses, the gentle sense of leadership that allows the staff members to grow in a natural way, and the very evident sense of working together." He especially likes the High Ridge House Vision Statement: *We will build a God-centered, joy-filled sanctuary, by nurturing and awakening in ourselves and each other what is spiritually true and real.* "It places a proper emphasis on what Christian Science nursing is all about," he says, "for nursing is not only nurturing our true selves, but also loving our fellow men as their true selves. It's obeying Jesus' command: "...love thy neighbour as thyself."<sup>iv</sup>

Enrico not only likes working at High Ridge House, but he also enjoys living in New York. He finds our city "culturally rich" and he very much appreciates the changing seasons.

And how does he look to the future? With joy, and trust in God's direction. "*For ever, O Lord, thy word is settled in heaven.*"

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<sup>i</sup> Matt. 6:33

<sup>ii</sup> Unity of Good, p. 3

<sup>iii</sup> Ps. 119:89

<sup>iv</sup> Matt. 22:39

## WEB SITE LAUNCHED

High Ridge House is pleased to announce the launch of our new web site, as part of the Christian Science New York State web site.

On our site you can get additional information about our services, directions to High Ridge House, upcoming events details, and more.

Please visit us at [www.christiansciencenys.com/highridgehouse.htm](http://www.christiansciencenys.com/highridgehouse.htm)

## LOVING REPRESENTATIVES

High Ridge House has a host of representatives throughout the church community in the tri-state area. These ambassadors in the field graciously serve to distribute information, make friends, assist people seeking Christian Science care, and actively participate in our healing mission.

In order to help them help us, we encourage them to visit our facility and take back home first-hand information about the loving and healing environment that we offer. They may bring a friend for this visit and tour, so please find out who your church's rep is and join them for a visit. We would love to welcome you to our home!

## ARE YOU MOVING?

The friends and families on our mailing list are very precious to us. We do not share our list with any other organization. If you have moved, would you please contact us? We would also like to know if you would like to add or remove a name and address on our list.

Please send changes to [info@highridgehouse.org](mailto:info@highridgehouse.org) or call us at (718) 796-4200 ext. 208 at your convenience.

# You are Invited to Pray with Us

High Ridge House has monthly prayer topics, which help focus and unify the metaphysical support for our work. We invite you to join us in these collective prayers — it's one more way you can support the healing mission of High Ridge House.

Each topic originates from members of the nursing staff based on their discernment of a general need. Sometimes the topic relates to what is going on at High Ridge House; sometimes it relates to what is going on in the world. For example, two of our topics this year have been "Irresistible Love" and "Willingness to Give".

Staff, patients, guests, and Board Members are given the topic at the beginning of the month along with several illuminating ideas to provide a direction. There is a bulletin board in the central hall for sharing the consequent inspiration and fruitage from our prayerful study. Staff meetings throughout the month also provide opportunities to voice these new insights.

If you would like to pray with us, please e-mail us at [info@highridgehouse.org](mailto:info@highridgehouse.org) and we will e-mail you our topic for each month and some of the inspiration that has been shared. We will also be happy to pass along your inspiration through our meetings and bulletin board. Fresh insights are sure to abound amongst our broadening High Ridge House family!

## Trustees Honored

We felt it was time to do something special to honor the trustees who have given so generously of their time, talents, and prayers over the years, so we invited them *all* to dinner in June. We loved getting reacquainted with one another, showing our former trustees some of the recent improvements to the building and grounds, and sharing our gratitude for their contributions over the years.

It was enlightening to all of us to see how some of the questions we had all grappled with in the past and storms we had weathered together had been resolved over time, and the organization strengthened by prayers and policies that emerged over our years of work together.

High Ridge House's wonderful food service staff prepared an especially delicious meal, and Cornelius and Aaron Bumpus entertained the group with live jazz music on saxophone and bass. It was a delightful evening, and we loved having an opportunity to express in person our appreciation to a group of people who have given so much to High Ridge House and to the Christian Science field.



High Ridge Hopuse Volunteers enjoy our July 4th Barbeque.

## “Moments of Sharing” — The Essence of Volunteering

The word “volunteer” comes from a Latin root meaning to will or wish. It means to do something of your own free will. Looking at it this way, volunteering is as natural as getting up in the morning and greeting the new day.

We are blessed with a wonderfully rich and varied group of volunteers. We’ve had gardeners, librarians, musicians, practitioners, clerks, photographers... the list goes on and on! Some come weekly, others monthly. What draws them all is a sincere desire to share some of the good they’ve gained from their practice of Christian Science — “freely ye have received, freely give.” (Matt. 10:8)

One volunteer writes: “On my first day of volunteering I visited with a patient in her room. Although I had brought a *Christian Science Journal* to read to her we just talked. The conversation was light and easy, and even though we were virtual strangers, we both felt a connection and were left uplifted. She was the first person I

visited with the following week and that continued until she left for home, much improved.”

It is these simple kindnesses that create the connections between people. Finding perfect blossoms for bud vases on meal trays, spreading colorful fall leaves on the dinner table for all to enjoy, taking patients for wheelchair rides to see a special flower — these are all natural and easy moments of sharing.

Some of our volunteers have discovered new talents. One decided to lead patients in a group Bible study for the first time. The volunteer, together with the patients, utilizes our Study Room and its wealth of materials to develop valuable insights into the Bible Lessons. Her love of the subject and the people she shares it with frees her from any thoughts of unworthiness or lack of knowledge. Love feeds her with what she needs to feed others.

Another weekly volunteer, who makes a three-hour trip from another state on

public transportation, says that, “the joy and fulfillment is so full [when I volunteer at HRH]. It is the way you feel after singing hymns with others.” Abundant giving brings with it abundant receiving and the lengthy trip is inconsequential.

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Many of our volunteers who are experienced readers come to read a Sunday Afternoon Service or Wednesday Afternoon Testimony Meeting. Some of our readers have been returning for close to 30 years.

Why do they keep coming back? We think it’s because they’ve discovered that simple moments of sharing with others—whatever they have to give—brings grace and meaning to their lives. It certainly enriches the lives of those they touch.

If you’d like to join in these blessings, please call our Volunteer Coordinator John Shuman at (718) 796-4200 ext. 208.





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## Healing and Gratitude

“I have never ceased being grateful for the spiritual fortification High Ridge House gave me, and whatever progress I made was the outcome of all the loving care given me with you all.” — *a nursing patient*

“My rest and study time at High Ridge House was the best! It was very helpful in doing metaphysical research, praying and quiet contemplation, to be in a place that totally supports that objective. It was wonderful to be undisturbed and quiet yet not feeling alone, ignored. When I needed to chat there was always someone there to share an idea. What great balance!” — *a Rest and Study guest*

“Thank you once again and as ever for your loving care of my mom. The sweet atmosphere of your house was so much in evidence on Valentine’s Day. As I’m preparing to move my mom back into her own house I am mindful of taking all I can of your atmosphere of love and harmony and keeping it with us.” — *a family member*

*In seamless gratitude I weave  
A silent, healing prayer,  
With shining threads of ceaseless joy;  
For man is God’s great heir.*

“Please accept my deepest gratitude for meeting mine and my friends need on the night of Sept. 11th when you took us in. I never felt so protected and comforted than that night. It was the right place to be. Divine Love did indeed meet our need, thank you for being there.” — *a Rest and Study guest*

Christian Science Hymnal (#146)