



High Ridge House, Inc.
5959 Independence Ave.
Riverdale, NY 10471-1299

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Fall 2003 Newsletter

Messages of Healing and Gratitude

“Please accept the enclosed check as an expression of our deep appreciation for your care of our friend and the many others who come to HRH for healing in Christian Science. Our friend has spoken very highly of your facility and its staff, and [the people] who picked him up were impressed with the professional and healing environment...It is comforting to know there are places like HRH and we appreciate what you do to serve the cause of Christian Science.” —*a church board that helped to pay a member's nursing bill*

“I want to thank you for all the help you extended toward [my friend]. The loving and practical care was obvious. There was no question in my mind that he was in the right atmosphere. The work you do and that of your staff is appreciated. It's not always easy, but think of all the water in Christ's name that [you] have given to those in need.” —*a friend of a patient*

“I would like to take a minute to thank you and your wonderful staff for all the loving care and kindness given to my dad and myself. You always made me feel welcome and that helped me immensely.” —*a family member*

“I received marvelous value at HRH. Not only was the room lovely and conducive to study, but there were many personal touches and encounters that money could never buy.” —*a Rest and Study guest*

Newsletter



Volume 41

Fall 2003

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Mission

To support Christian Science healing by providing Christian Science nursing care in the most loving, practical, and economical way possible, and by providing an environment conducive to individual prayer and study.

Board of Trustees

Morag Frager
Kenneth B. Furry
Carol Rockhold Miller
Elizabeth P. Mitchell

Nurse Management Team

Doug Marouk-Coe
Administrator
Linda Bumpus
Director of Nursing
Pam Roberts
Director of Home Nursing
Lise Pilande
*Assist. Director of Nursing/
Training Coordinator*

A Christian Science
Nursing Facility
Accredited by The
Commission For Accreditation
of Christian Science Nursing
Organizations/Facilities, Inc.

Thank God for High Ridge House!

A former patient—now a devoted friend of High Ridge House—shared this healing at one of our Regional Annual Meetings in June.

I had been visiting my daughter in New Jersey. Several days after my arrival I awoke in the early hours of the morning in great pain, and was rapidly overcome with severe symptoms of weakness, nausea, and disability. Within moments I was unable to move or call out. I reached out to God with every bit of strength I could muster, and tried to meet this without calling my daughter. However, I soon realized that I had to have help and after great effort I was able to rouse her. My distress was very vocal, and I was losing consciousness. She asked me if I would like her to take me to the Emergency Room at a nearby hospital. Her question helped rouse me somewhat and I said “No” emphatically. It also helped me to realize that I could not stay with her in the apartment in that state. But what to do,—where to turn?

At that very moment we both thought of High Ridge House! She called and was able to reach someone there immediately. This was about 2:00 AM. It would have been impossible at that moment for her to get me into the car to go there, but the dear person she was talking to told her that one of the nurses would come to see me! She arrived about an hour later and lovingly tended me, and read to me from the chapter *Footsteps of Truth in Science and Health*. I shall never forget her trust and quiet confidence, her gentle but firm rebuke of the error, and of my fears, and all with joy and even humor! Soon we were able to get me into the car, and my daughter then

drove me to Riverdale. I was still suffering intensely, but hopeful and more expectant of good.

We arrived about 10:00 AM and were received with much love and spiritual support. We were able to contact a practitioner and I was able to rest comfortably in that atmosphere of peace. For some hours I felt the recuperative powers of Truth, (interspersed with occasional helpings of lovely broth, or apple juice, or whatever I wished!) Calls to and from the practitioner were encouraged, for which I was very grateful. I was there for four days, sometimes ringing for help at all hours, and each call was answered with love, joy, and spiritual authority.

I don't know just what this problem would have been called, but I know that it was one of the most severe challenges I've ever had in over 50 years of reliance on Christian Science, and it was the only occasion where the emergency required professional full-time nursing care. I shall ever be grateful for the unwavering trust and steadfastness of the nurses and staff, for the sense of unity and dedication to Christian Science.

When my daughter came to get me, the nurse who walked to the car with me mentioned how wonderful it was that I was walking by myself, with dominion and joy, to the car. This alerted me to the importance of gratitude for the healing, and for its thoroughness and completeness, for High Ridge House, and for all those there—whose reliance on Truth makes it what it is!

Communing Heart with Heart...

High Ridge House's 2003 Annual Meeting

"I became a Christian Scientist and a Christian Science nurse at the same time. To me, they are the same thing." These words opened our 2003 Annual Meetings, as Doug Marouk-Coe, High Ridge House Administrator and a *Journal*-listed nurse, told the story of his first experience with Christian Science nursing. He had been caring for a family member. When the demands were beginning to exceed his knowledge and abilities, he called a friend who had become a Christian Science nurse. A short time later she appeared at his doorstep. "When she walked into our home, you could just feel the spiritual uplift. It was a tangible, spiritual presence. It was the first time in several weeks that I had been able to really catch my breath. And I said to myself, I want to learn how to do that."

Doug's story set the tone for each of our six regional meetings this past spring. These weren't the typical Annual Meetings with the usual concise reports followed by a meta-physical address. Director of Nursing Linda Bumpus, Director of Home

"Communing heart with heart, mind with mind, soul with soul, wherein and whereby we are looking heavenward, is not looking nor gravitating earthward, take it in whatever sense you may. Such communing uplifts man's being; it makes healing the sick and reforming the sinner a mutual aid society, which is effective here and now."

Mary Baker Eddy, The First Church of Christ, Scientist and Miscellany, page 154:27

Nursing Pam Roberts, and several former patients accompanied Doug, and shared our message with interested listeners in Manhattan and White Plains, New York; Montclair, New Jersey; East Williston, Long Island; and Darien and Hartford, Connecticut. We hoped that everyone who came to the meetings would leave feeling that they had a better understanding of what it is that Christian Science nurses do, as we shared "heart with heart" some of the stories we see lived out every day at High Ridge House and in the homes of those we visit. A practitioner who attended wrote: "The meeting gave me a very warm feeling about High Ridge House—more than anything else a sense of the very gentle, caring, and loving way in which you deal with patients, what it would be like to deal with you all in a difficult situation. I came to the meeting because as a practitioner I thought I should. I didn't expect to come away with something that went well beyond mere information."

At each meeting, someone who had been healed at High Ridge House came forward to testify at length about what it had meant to them to experience the supportive and prayerful atmosphere that High Ridge House provides. Whether they spent a few hours, a few days, or several weeks, each had faced a challenge that seemed overwhelmingly severe, and had felt strengthened, guarded, enlightened—had found *healing* at High Ridge House.

Doug, Pam, and Linda also shared stories of healings they had witnessed,

including a young woman whose mother in Texas asked our nurse to visit her in her apartment in Manhattan, and a woman in her late nineties whose children gathered from around the country to tell her their goodbyes, and instead saw her healed and back home after about a month.

Pam and Doug picked up their cell phones and reenacted a phone call to High Ridge House to request nursing assistance. They demonstrated how we begin nursing from the time we pick up the phone, offering reassurance,

At each meeting, someone who had been healed at High Ridge House came forward to testify at length about what it had meant to them to experience the supportive and prayerful atmosphere that High Ridge House provides.

and a recognition that the Christ is already on the scene, guiding, guarding, cherishing. As Pam asked a few key questions, it became clear that what we most need to know is "How can we help?" and "Are you working with a Christian Science practitioner?" Arrangements for a visit to the home or an admission to High Ridge House can usually be made within an hour or two of the first call to High Ridge House.

Linda walked the audience through a typical nursing class on how to cleanse and cover wounds. She explained that nurses often ask a patient to read aloud while the care is given. This helps both the patient and the nurse keep thought focused on the reality of

Spirit, not the material picture. And she shared examples of how she prays for herself when faced with such pictures. "Sometimes I pray to know that I can't be hypnotized to see something that isn't there. At other times I remind myself that, even in the human scene, I'm not really looking at matter. I'm seeing someone's thoughts. They may be thoughts of fear, resentment, pride. That's a very private matter, and I know that I must approach this with a great deal of mercy and compassion. But I also know that God doesn't give unhealthy, sinful thoughts. Mind is actually imparting thoughts of purity, unselfed love, patience, order, spiritual conviction, and I claim for myself the right to see God's thoughts made manifest."

Carol Miller and Morag Frager explained on behalf of the Trustees that everyone on the Board was serving out of gratitude for the way Christian Science nursing had blessed their lives and their families. They emphasized the integral role area church members play in this three-way partnership (those working at High Ridge House, the Board, and the field) that makes Christian Science nursing care available. Of our approximately \$2 million annual budget, about \$1 million comes from patient billing and another \$1 million must come from contributions. We usually receive about \$500,000 through contributions and it is necessary to make up the shortfall of approximately \$500,000 each year by drawing on reserves or legacies or special gifts. Every gift is important and needed and each donor can know that he is contributing to making possible the furtherance of Christian Science healing.

Our deepest thanks to the churches and High Ridge House reps that

facilitated so graciously the many details necessary to offer these meetings.

A POSTSCRIPT: Subsequent to these meetings, several individuals with strong professional credentials and experience have stepped forward and offered to help us develop and launch a major capital campaign in the coming year. And while we are grateful that day-to-day needs are being met, we are mindful of the importance of operating from a secure financial basis.

As we make preparations to undertake this campaign, help is especially needed to support day-to-day operations. If you are already a regular contributor, would you consider increasing your level of support at this time? If you have not contributed in the past, your financial support now would

make such a difference as we work to ensure that this vital care continues to be available in our area.

Please let us know if your address changes, or if you'd like to add a name to our mailing list.

**Contact John Shuman at:
(718) 796-4200 ext. 208, or
info@highridgehouse.org**

We Had No Idea!

The 2003 Regional Meetings sparked lots of questions. Some audience members were surprised to learn that:

- There was so much healing going on at High Ridge House!
- Individuals calling High Ridge House to request admission can usually be admitted the same day.
- High Ridge House is again offering classes in Christian Science nursing.
- High Ridge House nurses have made home visits as far away as Hartford, CT and Ithaca, NY.
- Admission is open to anyone ready to rely on Christian Science alone for healing (and working with a *Journal*-listed Christian Science practitioner). Church membership is not required.
- No payment is required at the time of admission.
- Christian Science nurses see clear metaphysical thinking as a primary part of their job.

A Nurse's Story — Taking Christian Science “On the Road”

(From time to time we publish interviews with nurses on our staff. We hope you find these 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.)

Does a career path from musical theater to Christian Science nursing sound unusual? Not to Pam Roberts, High Ridge House's much-loved Director of Home Nursing.

Pam attended Christian Science Sunday School from an early age, but she really made Christian Science her own when she was studying theatre in graduate school at the University of Kansas. A Christian Science campus counselor helped Pam with school and family pressures, and it was then that she realized how useful Christian Science could be as a guide to daily living.

Not long after that, she fell and heard a loud snap in her foot. She immediately called a Christian Science practitioner and, in her words, “the show went on”—she didn't miss a day of work, she danced, she built scenery! In a matter of a few weeks she was fully healed. She considers this a landmark experience—one that strengthened her faith in Christian Science. Over the ensuing years, Pam experienced many more practical proofs of the healing Truth's effectiveness—“not just one experience,” she says, “but a continuing unfolding of healing.”

Pam's career in dance and children's theater brought her great satisfaction, because she found it an instrument for imparting joy. Significantly, it was this desire to bring joy into the lives of others, and at the same time work more diligently for the Cause of Christian Science, that brought her

into Christian Science nursing. Answering the call in I Chronicles: “...who then is willing to consecrate his service this day unto the Lord?”¹ she enrolled in a three-year course to become a Christian Science nurse.

*This is not just a job: it's a ministry.
Following Mind's guidance helps
keep you in tune so that you're alert
in every aspect of your life.*

Pam refers to her studies at the Chestnut Hill Benevolent Association as a “well-disciplined program. One thing that stood out to me was how each skill we learned was preceded by a metaphysical exploration of the qualities involved in using the skill—so a strong basis of metaphysical support was built as we progressed through the training program. For example, in bed-making we learned that as we went through the process of making the bed, we were at the same time ‘making’ such qualities as comfort and peace into the bed along with the sheets and blankets—a wonderful way to help someone feel comfortable.”

Christian Science nursing is grounded in the *Manual of The Mother Church*, by Mary Baker Eddy, she explains, “and I love the fact that there is a *Manual* provision for a Christian Science nurse. By being a Christian Science nurse, and loving it, I am putting that requirement into practice every day. This is not just a job: it's a ministry.



Pam Roberts, Director of Home Nursing.

Following Mind's guidance helps keep you in tune so that you're alert in every aspect of your life.”

Following her course at Chestnut Hill, Pam worked in various capacities, including nursing instruction, and private-duty and visiting nursing. Pam came to High Ridge House six years ago as a contract nurse, working as needed. When it became apparent that there was a need to nurture High Ridge House's Home Nursing Service, Pam agreed to take on the job.

“I like to think of High Ridge House being a ‘facility without walls’. Not everyone who needs help or encouragement needs to be in a facility. For many, a one- or two-hour visit will suffice—help with a meal or a bath or perhaps a change of a dressing. Sometimes encouragement and help in setting up a support system meets the need. There is something very normal about being in the comfort of your own home.

“Home nursing can be challenging at times,” Pam acknowledges. “You sometimes have to be creative when you have to make do with just the supplies that might be at hand.” Still, “I love being able to help,” she

says. “We are committed to answering each need as it comes in. We know daily that Love is meeting the need of each of its ideas. Sometimes, if I already have calls scheduled, a second nurse is sent out to meet an immediate need. Last Christmas Day the Director of Nursing even made a home visit. What a joy to be part of such a team!

“I never thought that I’d live in New York City,” she smiles, “but I love the continuing daily adventure.” Not only is Pam living in New York, but she’s also seeing a lot of it. In the course of her work, she often drives 200 miles or more a day, and has logged 120,000 miles in three years. Once, while she was stuck in heavy Bronx traffic, “a man jumped into the back seat of the car. He didn’t look especially friendly. ‘Excuse me,’ I said, ‘you have the wrong car.’ He looked at me, and left.”

This poise is reflected throughout her work. Whenever Pam approaches a nursing situation alone, she says, “I always know that the Christ goes before me as I enter each dwelling. And the patient knows that, too.”

Nor does she quail in the face of error: She quotes Mary Baker Eddy, the Discoverer of Christian Science: “*No evidence before the material senses can close my eyes to the scientific proof that God, good, is supreme.*”²

Pam recently heard someone pose the question: “If it was advertised that Jesus was at a modern shopping mall, how would you know he had been there?” The answer: “You would see it in the faces of everyone who had seen him.”

“My hope,” she says, “is that every time a Christian Science nurse visits a patient, there is the same effect.”

¹ *I Chronicles 29:5*

² *Miscellaneous Writings, page 277:23.*

NURSING CLASSES ARE BACK!

Pam Roberts took a break from the Home Nursing Service during June and July to help reinstate High Ridge House’s nursing classes. Her first class included beginning nursing students from Connecticut to Kenya. They have been exploring what it means to demonstrate the By-law from the *Manual of The Mother Church*, by Mary Baker Eddy:

Christian Science Nurse. SECT. 31. A member of The Mother Church who represents himself or herself as a Christian Science nurse shall be one who has a demonstrable knowledge of Christian Science practice, who thoroughly understands the practical wisdom necessary in a sick room, and who can take proper care of the sick.

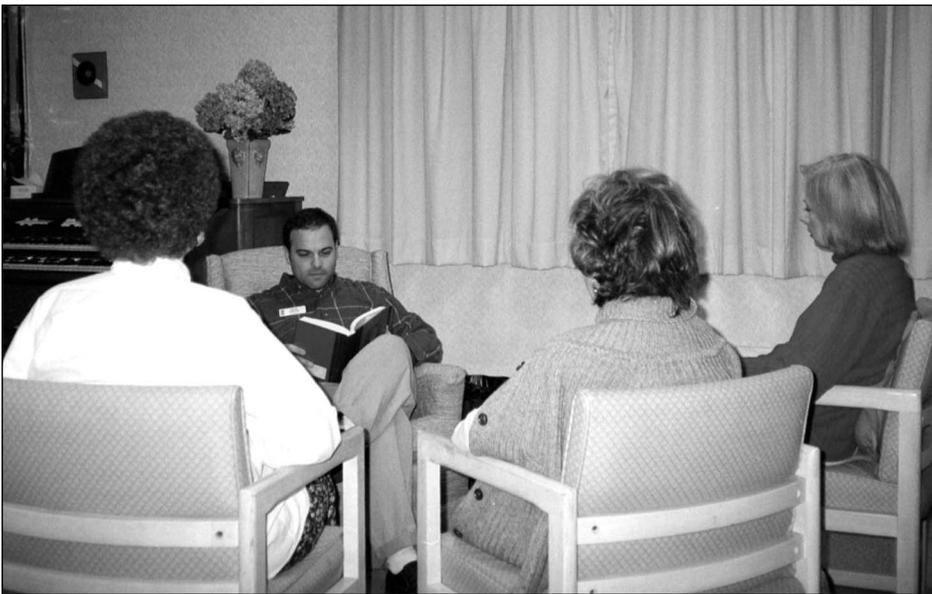
The cards of such persons may be inserted in The Christian Science Journal under rules established by the publishers.¹

Learning the art of Christian Science nursing begins with prayer and unfolds naturally from that basis. During classes, new nurses research the Bible and Mary Baker Eddy’s writings and discuss the spiritual concepts that undergird this work—concepts like purity, activity, nourishment and health. In addition to learning practical skills for caring for others, nurses learn to develop spiritual intuition, patience and true wisdom. They consider the ethics of Christian Science (which form the basis of our professional ethics) and the role of prayer in keeping the nurse’s own thought uplifted and ready to support others.

Lise Pilande, Assistant Director of Nursing, is our new Training Coordinator. She is working closely with Pam and several other *Journal*-listed nurses on staff to ensure that all our students receive the ongoing support and guidance they need to fulfill this ministry with grace and skill. If you are interested in finding out about future nursing classes, please call Lise at 718-796-4200, ext 257. She would love to talk with you.

(Please see a related notice on page 7: “Discovering the Nurse Within: A High Ridge House Workshop” Saturday, November 8)

¹ *Manual of The Mother Church, page 49:7.*



Volunteer Peter Carlton reading to patients.

Volunteers Strengthen our Ministry

It didn't take long for one of our newest volunteers to realize that his weekly visits were making a difference. It seemed like such a simple thing at first—just to visit with patients over dinner and then read to them from the latest *Christian Science Sentinel* or *Journal*. He wasn't sure he was really earning the free meal that came with that assignment.

But after two or three evenings, he noticed the genuineness with which patients always thanked him for coming, their delight in his interest, and their earnest attention to whatever he had to say. These *are* simple things—the kinds of things that Jesus often did for those he encountered on his daily rounds. What makes these simple acts so meaningful is the quality of love that inspires them.

High Ridge House feels blessed to have this Christian Scientist as part of our family. In fact, we have several new weekly volunteers, and they make such a difference! By simply pulling up a chair for a friendly chat, they

*These are simple things—
the kinds of things that Jesus
often did for those he encountered
on his daily rounds.
What makes these simple acts
so meaningful is the quality of
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bring sunshine with them. And this sunshine—the radiance of inspired interaction—can be just the light that's needed to break through gloomy thought and bring healing.

High Ridge House cherishes its volunteers, giving them a thoughtful orientation and a Volunteer Coordinator to support and encourage them. Here are a few excerpts from our Volunteer handbook:

It is with immense gratitude that High Ridge House welcomes you

to this uplifting and demanding experience called volunteering. You are a vital part in the ministry of Christian Science and its demonstration of healing. Mere human affection has not sent you, but a sincere desire to cherish the ministry of spiritual healing in our movement.

Whether a volunteer or a nurse on duty, metaphysical preparation is indispensable to gain inspiration in order to see God's image and likeness during your visits at High Ridge House.

“The vital part, the heart and soul of Christian Science, is Love.”¹

We are so grateful for all our volunteers. Their commitment strengthens and enriches the ministry that High Ridge House offers to students of Christian Science, providing ready hands and pure hearts for this healing work.

If you'd like to talk about volunteering, please call our Volunteer Coordinator, John Shuman at (718) 796-4200 ext. 208.

¹ *Science and Health*, page 113

Please visit us at
www.christiansciencenys.com.
 Click on “Organizations”,
 scroll down and then select
 “High Ridge House”.
 (Please note that this is a change
 from our old address!)

*A High Ridge House Workshop
for anyone interested in*

DISCOVERING THE NURSE WITHIN

Saturday, November 8, 2003

10:00 am–3:00 pm

Registration from 9:30-10:00

Advance reservations would be appreciated.

- **Biblical models of nursing.**
What do the Scriptures teach us about spiritual motives and principles for caring for one another?
- **Discovering the “nurse” within.**
Learning to recognize and cultivate qualities of nurturing and fostering the best in each other. We all do it!
- **Hands-on nursing.**
Participate in a sample session of a Christian Science nursing class, starting with the spiritual foundation, and learning to put those ideas into practice in tangible ways.
- **Bible-based ethics.**
It’s about relationships! What ethical principles guide our relations with one another as fellow Christians?

In addition...

- **When nursing becomes a life work.**
If divine Love is urging you to make this your life work, where do you go from here? *or*
- **High Ridge House Rep meeting,**
to discuss the role of the rep and share creative ideas for effectively communicating with church friends and branch churches.

For reservations or further information please contact: Lise Pilande, Training Coordinator or Lynn Meyerson, Communications Coordinator at 718-796-4200 or info@highridgehouse.org

Messages of Healing and Gratitude

To You Precious Christian Science Nurses:

“Your role in the sick room is vital. Touching a patient with Christly love is *holy* work. Feeding the *famished affections* is holy work. We all hope for this. We all need this. We all must look so deeply into the words and works of our Master and our Leader, that we are imbued with a Love that transforms us and all we come in contact with. Thank you for your commitment to this work. Thank you for serving God by lending a helping hand to those in need.”

To High Ridge House Staff:

“Your role in the support of Christian Science healing is vital. The structure must be in place for Christian Science nursing to operate. All these things [heating, maintenance, food preparation, electricity bills, yard, financial and legal matters, Medicare] take a great deal of time and thought. But when competently and confidently done, they provide an atmosphere of orderliness, settled stability and peace which leaves one free to focus on the spiritual need at hand, that of growth in Love and regeneration. Thanks to all staff for being a staff to support the purpose and mission of Christian Science healing.”

—a church representative and volunteer



Doug Marouk-Coe, Administrator, playing the beautiful Steinway baby grand recently given to High Ridge House.