



Newsletter

A SANCTUARY FOR HEALING AND RENEWAL

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High Ridge House: A Vision in Action

A few months ago, I had the great privilege of being asked to serve High Ridge House as its new Executive Director and Administrator. Moving from another part of the country, my wife and I had many occasions to let people know about the wonderful events taking place in our lives. This gave us many opportunities to talk about High Ridge House to people unfamiliar with what it is and what it does. During those conversations, I found that the single best word to describe this place of healing is the word *sanctuary*.

Dictionary definitions include "a sacred place"; "immunity from arrest or punishment"; "any place of refuge." And that is just what is found at High Ridge House: a holy, sacred place of refuge, where patients and guests find immunity and freedom from the so-called laws of matter. Jeremy Carper's article on the next page describes this kind of sanctuary so well. It is our calling, our joy, our privilege to witness spiritual healing in this sanctuary every day.

High Ridge House has a vision statement, developed

with consecrated prayer, which has served to focus our thoughts and activities for many years: "We will build a God-centered, joy-filled sanctuary by nurturing and awakening in ourselves and each other what is spiritually

HIGH RIDGE HOUSE
VISION STATEMENT:

*We will build a
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true and real.*

true and real." That is what we do. The spiritual awakening that takes place at High Ridge House daily blesses everyone who enters its doors. And right now, at this very moment, you have entered the sanctuary of thought that characterizes High Ridge House. Therefore you are participating right now in the promise and progress of spiritual awakening that is our purpose.

Each nurse at High Ridge House, is guided by this bylaw written by Mary Baker Eddy in the *Church Manual*: "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." (*Man.* 49) These requirements, deeply understood and practiced, allow us to help our fellow Christian Scientists in the most practical, most caring, and most healing ways during times of need. We can do this in our quiet sanctuary in Riverdale. And we can do this by taking the sanctuary out to you when the need or the occasion arises. Wherever we are, we are nursing; we are awakening ourselves and others; and we are taking this God-centered and joy-filled sanctuary with us.

So you might ask, "Why is it important to provide Christian Science nursing care in our area?" Because Christian Science nurses support and expect healing 24/7. Because Christian

Why Should You Give to High Ridge House?

Because someone you know may need Christian Science nursing care today.

We Will Build a Sanctuary...

In this newsletter we are celebrating “sanctuary,” a most inspired word found in the High Ridge House vision statement. Since medieval times, the word has meant a place of safety and refuge, and was specifically applied to church. The person who reached the church door and applied for sanctuary would be taken in, sheltered and protected, until the danger was past. Secular laws on the outside would not apply to the individual seeking sanctuary.

Isn't this descriptive of the work at High Ridge House? There is, perhaps, no better word than “sanctuary” to describe the environment that this, and every other Christian Science nursing facility, is aiming for. Everything at High Ridge House, from the nursing floor to the business office, is geared to support this sanctuary activity. What High Ridge House stands for is a *Christly* idea of sanctuary, healing, and regeneration. This is an activity of the Christ. Of course God doesn't know about the physical structure, the state of the plumbing, or cash flow. These exist in the second degree of the Adam-dream, as the mortal mind progressively disappears “and man as God's image appears.”

(*Science and Health with Key to the Scriptures* by Mary Baker Eddy, 115-116.) But God does know that His ideas of love carry their own sustainability, benevolence, and the instant readiness of supply to meet the demand. Guests and patients who come to this sanctuary can expect a

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place of protection and support, and they plan to return to their homes and productive lives when they have found renewal or demonstrated their freedom.

A verse from the Bible comes to mind as illustrating the healing welcome found here:

Thou shalt bring them in, and plant them in the mountain of thine inheritance, in the place, O Lord, which thou hast made for thee to dwell in, in the Sanctuary, O Lord,

which thy hands have established. (Exodus 15:17)

Guests and patients at High Ridge House come because of God's prompting. It is the touch of the Christ that truly brings them here. Being “planted in the mountain of God's inheritance” seems to me to involve a sense of security, a nurturing, as one grows spiritually to a more solid understanding of oneness with God. In this quiet atmosphere healing naturally takes place. Truly, this institution is an activity of Church, and does afford “proof of its utility” as Mrs. Eddy indicates. Here, healings occur that actually defy materia medica's so-called laws of health. These so-called laws just don't apply.

I have had the great privilege of working as “house practitioner” for High Ridge House, and have had the joy of standing guard metaphysically. I have found Mrs. Eddy's words from our dear textbook very illuminating: “If hypocrisy, stolidity, inhumanity or vice finds its way into the chambers of disease through the would-be healer, it would, if it were possible, convert into a den of thieves the temple of the Holy Ghost,—the patient's spiritual power to resuscitate himself.” (S&H 365) This “Riverdale

Why Should You Give to High Ridge House?

Because it demonstrates your commitment to Christian Science healing.

Sanctuary” truly is a sacred refuge from aggressive claims,—and hypocrisy, stolidity, inhumanity and vice simply can’t enter. In this pure atmosphere of Love, “the patient’s spiritual power to resuscitate himself” isn’t just nurtured and encouraged—it is celebrated! And spiritual healing through prayer is the right of every person on this planet. High Ridge House gives out the aroma of Spirit, the aroma of lovingkindness, the aroma of spiritual regeneration and healing. Truly this is holy ground.

The blessings of this sanctuary don’t stop with the patients. Those who visit or work here also can expect the benefits of sanctuary, a quiet atmosphere that is characterized by love and mutual respect. They can expect to see the coordinating effects of the one divine Mind and the beautifying of Soul. They can experience the resilience of Spirit, the productivity of Life and integrity of Truth. Because their incentive is the all-embracing divine Love, they are governed by Principle, expressing accuracy, precision, and consistency.

In praying for High Ridge House, I was led to Luke 17:11-19, where Jesus heals ten lepers and only one comes back. I pondered why the Father had led me to this passage, especially verse 15, “And one of them, when he

saw that he was healed, turned back, and with a loud voice glorified God.” It came to me that just one person’s loud-voiced gratitude is enough to shatter the supposed barrier that animal magnetism would try to fence around the Christly healing activity. And I’m sure that High Ridge House has more than one person’s gratitude! It’s natural for this sacred activity to be supported by the community. The welling-up of love and support for High Ridge House is a normal response to the healing and regeneration that take place here. Our prayers support the Christly healing that is taking place, and our financial contributions help in a very practical way, to ensure that patients’ physical needs are met completely and easily. Spiritually viewed, this sanctuary—High Ridge House—supports the community and is supported by the community in an ongoing circle of gratitude.

Jeremy Carper is a Christian Science practitioner in Fredericksburg, VA and has been a house practitioner for High Ridge House. The house practitioner prays to support the vision and mission of High Ridge House and also accepts calls from staff to handle specific, work-related issues. Each patient has independently chosen and engaged a practitioner listed in The Christian Science Journal to assist his or her individual healing.

Why Should You Give to High Ridge House?

Because it helps preserve Christian Science care as a viable alternative to traditional healthcare.

Dessert and Dialogue

High Ridge House has been holding a series of small group meetings throughout our multi-state area. They are unique opportunities to connect with one another and think deeply about “healthcare.” We call these meetings “Dessert and Dialogues” and we have held more than a dozen since Spring 2005. These small gatherings have been informative for us and for you!

One participant said, “I wanted to let you know how helpful the Dessert and Dialogue discussion was to me. I had no idea how many wonderful services High Ridge House is providing. Your emphasis on ‘healthcare’ planning was thought provoking and inspiring.”

From our visits, we have learned about specific needs regarding young families, about caring for loved ones, about assisting church members, and more. We have enjoyed hearing and sharing creative ideas as we deepen our understanding of God’s love and care for each of us and for our fellow man.

We plan to have several more Dessert and Dialogues in 2007, and would love to invite everyone in our field to one of them. Some attendees have left with such an uplifted thought that they have come to more than one! If you would like to be invited to a Dessert and Dialogue, host, or help organize one in your area—please contact Becky Shelby (718) 796-4200 ext. 242, BShelby@highridgehouse.org

A Nurse's Story—Leaning on the Sustaining Infinite



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. Theresa Austin became Director of Nursing in July 2005; here is her story...

Eleven-year-old Theresa Austin had been bedridden for many months with heart disease. The pediatrician told her mother to accept with maturity the fact that Theresa would not live much longer. Moreover, he said, she needed to focus her attention on her other three children. That was a “level of maturity” that Theresa’s mother did not intend to reach!

Although raised in a family of Christian Scientists Theresa’s mom did not at first embrace the religion. However, she was a deep student of the Bible. Theresa’s uncle was also a Bible student, and when told of the doctor’s verdict,

he knelt by Theresa’s bed in humble prayer. On the next visit to the pediatrician the diagnosis had changed: Theresa could live, but would be an invalid. “Maybe Mary Baker Eddy was right after all,” her mother thought, and began earnest prayer for hours on end. She was able to mentally separate the illness from Theresa and was able to exercise her God-given dominion. From then on progress was steady and active.

The family moved to another city. One day her mother heard an inner voice directing her down unfamiliar streets, then to stop. She looked up, and was standing in front of a Christian Science Reading

Room. She purchased a paperback copy of *Science and Health*. The family began attending the local Christian Science church and the children were enrolled in the Sunday School. A few years later her mother became a member of The Mother Church and a local branch church.

One last time Theresa went back to her pediatrician. He displayed all her x-rays, past and present, and confirmed that all had returned to normal.

Theresa was a normal, happy child, physically active in every way. In terms of spiritual growth, however, a lot still lay ahead. In her words,

“I attended Sunday School until I was 16, and then determined to live a ‘regular life’ without any real spiritual focus. The memory of my healing faded. Still, I had an inward capacity to listen for direction and always felt protected. My mother was always praying for me.

“As a young adult I took a position as governess for a family with five children, one of whom was later diagnosed with a fatal disease. The family had always relied on medical care and did their best to find a cure. I took over the full care of this dear child and eventually realized there was no medical help for her. The memories of my own healing came flooding back. Prior to this event, I had been looking into various religions and philosophies. I was convinced that God could not be both good and evil, because if He was, the battle would continue throughout eternity—which made no sense. I called my mother and asked her to send me a Bible and everything she had on Christian Science. She sent what she called a ‘Christian Science Care Package.’ I read everything from cover to cover. The little girl eventually passed on, but my own thinking and life had been completely

reoriented toward a radical trust in God. I returned home to live with my mother and later joined The Mother Church and a branch church. Mother and I began an active collaboration of sharing spiritual insights. We'd pray together to resolve family illnesses and other challenges. So I became a metaphysician."

Theresa embarked on a new career in real estate, but a cherished practitioner friend said that "Christian Science nurse" came to her mind several times when she thought of Theresa. "At a Wednesday evening service in another town, my mother introduced me to a Christian Science nurse. When the nurse realized our purpose her eyes opened wide and she said, 'I had no idea why I brought this booklet on Christian Science nursing this evening, but it must be for you.' I took it as a sign from God. As soon as I made the decision to become a nurse, all the doors opened wide and I took the big step and began training at Arden Wood in San Francisco.

"After graduation I began a nurse's 'life on the road,' accepting private duty cases and assignments in Christian Science care facilities

(including High Ridge House), and found the work deeply satisfying. In a few years, High Ridge House offered me the position of Director of Nursing, which seemed a very radical move, as I was recently married, but after much prayer it unfolded as a right idea. Now I realize how much of my past experiences directly apply to my work at High Ridge House—nursing patients, working with their families, training nurses, administration, and problem solving. All the while, my metaphysical job is to firmly maintain the conviction and mental qualities I know are requisite for the support of Christian Science healing." Theresa's husband, Steven, totally supports her new position. And his experience as a mechanic and skilled craftsman made him the right person to fill another need at High Ridge House—that of a full-time Maintenance Manager. We are doubly blessed!

Her life at this point? "It's turned out wonderfully and now we're living happily ever after," she laughs.

To reach Theresa call (718) 796-4200 ext 259 or email TAustin@highridgehouse.org.



An Invitation to Volunteer

Matthew 25: 15 "...to every man according to his several ability;"

Your friends at High Ridge House invite you to come spend time in our sanctuary

of healing. Your selfless love and willingness to seek your "own in another's good" add to the healing atmosphere. We appreciate everything you bring.

Here's a recent example. A group of five from a local branch church conducted our Sunday Service, which we hold at 3:00 p.m. They arrived around one o'clock to have a delicious High Ridge House lunch (which is on the house for all volunteers). The soloist and accompanist warmed up, the Readers set up their books, and the fifth volunteer greeted patients and passed out hymnals. The service was a feast! After a final exchange of smiles and visiting, off they went. What a blessing! Whether you are an individual or a group, we welcome you to be a part of our Wednesday or Sunday afternoon service—Reader, accompanist, or vocalist.

If you like outside activities, the four seasons on our four acres provide a rich variety—planting flowers, raking leaves, designing garden beds, building snowmen, to name a few. And we will always provide refreshments or a meal to go along with your hard work.

So come for a friendly visit with our patients—in a group or one-on-one. Bring inspiring newspaper articles from the *Christian Science Monitor*, the *New York Times*, or a playbill from the theater. We love spontaneous calls announcing that "you have some time!" Our volunteers express so many talents and bring so much love and joy to our sanctuary of healing. It matters. Please accept our invitation! Call Becky Shelby 718-796-4200 ext. 242.



Why Should You Give to High Ridge House?

Because Christian Science nurses always expect healing. Always.

Our Family of Nurses and Nurturers

Why Should You Give to High Ridge House?

Because someone you know has been blessed by the care provided by High Ridge House.

High Ridge House is so grateful for our fellow Christian Scientists throughout the area that care for each other frequently, even daily. Sometimes this care is organized by Care Committees in local Christian Science branch churches; sometimes it is just the natural, informal touches that friends and neighbors lend to one another. These moments of care express and provide “sanctuary” to both the giver and receiver of care, which expands to embrace our community without boundaries. We would like to share one of these “limitless sanctuary” ideas. The following example was submitted by Barbara Suthergreen from First Church of Christ, Scientist, Greenwich, CT. She shared it at a meeting of Church Representatives and Care Committees held at High Ridge House last year, and we would like to share it with all of you:

A year ago I was privileged to serve as Chairman of the Board of Directors of our church. We were led, through our prayers, to choose as our focus for the year, “To cherish and nourish our members.” We have been striving to make sure that each and every member of our dear church family feels loved and cared for, and we are trying

to support and assist each one in whatever way is needed.

A number of our members have not been able to physically attend our church services. So, we have started to ‘broadcast’ all of our services—live—over a telephone line to our home-bound members. Listeners at home join a teleconference

“We feel connected to the church again.”

where they can listen to our services on their telephones. Fifteen minutes before a service begins, one of our ushers dials into the call center and initiates the ‘conference’ on one of our church telephone lines, and places the cradle of the phone right next to a speaker that is in one of the church’s back rooms. Any time after this start-up call from the usher, home listeners can dial into the call center and get connected to the ‘conference.’ In our case, it is a church service. We’ve set it up so that listeners’ phones are muted—they can hear us,

but we can’t hear them. If they so choose, listeners can hear the prelude, service, and postlude. They can connect, disconnect, and reconnect any time they wish. We use a service called “freeconference.com” and it is just that—free. The only cost to the church is its long distance call to the call center, and the only cost to the listeners is their long distance calls to the call center. We can have up to 100 listeners listen at any time.

A number of our members have been utilizing this provision, and they have been delighted and very grateful. They say, “We feel connected to the church again.”

We will continue to include helpful, “new” ideas from Care Committees and churches in future newsletters. If you would like more info about an idea or would like to share one yourself, please contact Lynn Meyerson at 718-796-4200 ext. 258 or email LMeyerson@highridgehouse.org. Lynn coordinates the High Ridge House Church Representative program and communications with Care Committees.

Why Should You Give to High Ridge House?

Because if Christian Scientists do not support Christian Science care...who will?

Are you moving?

The friends and families on our mailing list are very precious to us. 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 on our list. Please send all changes to info@highridgehouse.org or call us at (718) 796-4200 at your convenience. Please note, we do not share our list with any other organization.

(continued from page 1)

Science nurses work with everyone to “be not afraid” and to put trust firmly in God for healing. Because Christian Science nursing is the aid found in the *Church Manual* which is based entirely on “a demonstrable knowledge of Christian Science practice.” It is a healing and caring service that Christian Scientists offer to each other and to the world. It supports you at all times (not just in times of physical need) as do all the provisions in the *Church Manual*. In return, Christian Science nursing in general—and High Ridge House in particular—need your prayerful and financial support.

Our current fundraising campaign is based on the line from Mrs. Eddy’s poem *Christmas Morn*, “Fill us today with all thou art...” Our sanctuary is always filled with good, filled with a clear sense that God is all. Could we ever run out of that good? No way! Will we continue to offer these services that help support seekers of health and freedom? That answer lies in part with you. You help us to make this sanctuary a visible expression of care with its experienced and loving staff, its well-maintained building, and a financial base that can withstand economic storms. We have yet to see the full demonstration of that financial base. We are here making the need known. Throughout this newsletter

we try to answer the question “Why Should You Give?” We hope that you’ll read and pray about these reasons and perhaps come up with a few of your own.

I am privileged to be at High Ridge House today. I look forward to meeting you and working with you to offer appropriate services to you and your family. I hope you will read through this newsletter to understand our current services more fully. I’m also very interested in your feedback: please contact me anytime at the telephone number or email address below. We’re interested in hearing about your ideas for this sanctuary of healing and how it can best serve the Christian Science community today and for the generations to come. High Ridge House is indeed a God-centered, joy-filled sanctuary, and it belongs to you.

Kevin Massey is the Executive Director and Administrator at High Ridge House. In addition to active work in his branch church, he currently serves on the board of Twelveacres, which provides residential living and a healing environment for Christian Scientists who are overcoming the claim of developmental disability. Kevin also has many years of management and consulting experience, and started his work at High Ridge House earlier this year as a business consultant. He can be reached at 718-796-4200 ext. 243 or KMassey@highridgehouse.org.

The Home Touch

Starting with this issue, we will begin including useful information about our Home Nursing services. This includes tips from the Home Nursing Coordinator, frequently asked questions, and practical guides to help you care for loved ones.

Q. Could I ever borrow any of your equipment on a temporary basis?

A. Yes! High Ridge House has a variety of canes, walkers, and wheelchairs that can be loaned to those with a need for a temporary aid. If you or a loved one finds it necessary to use a mobility aid, give us a call and we can arrange to either deliver it to you or you can come and pick one up. We would be happy to demonstrate the use of the mobility aid, and assist you to be sure that it is the proper size and type to meet the need.

Q. How serious does a situation have to be for me to call High Ridge House?

A. You do not need to have an emergency in order to call High Ridge House for home nursing. A visit can often give a person just the help they need to be able to clear their thinking and focus on the healing. We also can show you practical ways of being more independent when you’re working through a challenge, and we can teach family members simple ways of assisting loved ones too! If such a visit sounds like it would be helpful, call us (718-796-4200 ext. 285).

Nurturing Our Community Workshops

High Ridge House has been conducting customized workshops for local branch churches. If your church is interested, please call Lynn Meyerson (ext. 258) to schedule a workshop to meet the needs of your membership. Items typically covered include:

- How to know if a person really needs assistance
- Basic skills to help people with mobility aids
- Biblical basis for caring for others
- Assistance with meals and shopping
- Ethics of caring for a person in their home
- Developing a sense of community

We would be happy to hear from you, and look forward to meeting with you! To submit a question, email LHartman@highridgehouse.org. Thank you!

Appreciation for the High Ridge House sanctuary...

Thank you so much for providing such a beautiful haven of Soul for me this summer—I am deeply grateful! During my stay I felt continually embraced in God's love and care. The atmosphere of Divine Love was tangible and my every need was met. I felt profound appreciation for the Christian Science nurses, who were always ready to support me metaphysically and in every way. I was completely free to devote myself to understanding more about God and to healing in Christian Science.

—a patient

This is to thank each of you for your support and care during my recent stay. The harmonious atmosphere was so special, as well as the inspiring church services I attended. I also miss those meals!

—a patient

I enjoyed staying at High Ridge House. The "service" was truly service for God, expressed in loving and practical ways.

—a Rest and Study guest

Why should you give to High Ridge House, when there are so many worthy organizations needing contributions?

Please see inside for the answers.

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