

Links of Love

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Renewing Our Hearts for Service

On Saturday, November 9th, we had the privilege of listening to a talk by Sue Spotts, CS on “Renewing Our Hearts for Service.” It was the keynote address of the 2013 High Ridge House Annual Meeting. The focus was on renewing the core of our calling. In *Retrospection and Introspection*, Mary Baker Eddy writes about different stages of advancement in this way: “Though our first lessons are changed, modified, broadened, yet their core is constantly renewed...” The talk encouraged us to go back to that which we love dearly and continually strengthen it. You can listen to the whole address on our website and there is also an abbreviated version included with this newsletter.

Before the keynote address, several reports about High Ridge House were given. Sandy Efron, Director of Christian Science Nursing, reported that “Healing and renewal is taking place all the time. It’s a demonstration of divine Love meeting a human need.” She then gave several examples of healing at HRH and always reminded us, “if there is a need and HRH can help, *just call us*.” If you are not sure whether HRH can help, *just call us* and we’ll be happy to talk it through. HRH provides support on the phone,

in your home, and at our facility.

Kevin Massey, Executive Director, also reported on several more recent healings. Then he stated, “Patients have been experiencing healings and renewal at HRH for 64 years, the last 41 of which have been at our current location in Riverdale. Our Christian Science nurses – who serve not just patients at a facility but all of us in this movement – are on the front lines of practical demonstration. The healing that results from this practical Christianity blesses all mankind – in New York and beyond. And it helps preserve our right to choose a spiritual method of healthcare when everything in our society is pushing us toward medical treatment.”

How grateful we can be that we not only have dedicated staff to serve at High Ridge House, but a strong Board that volunteers to support our mission prayerfully and practically. Fran Hall, Board President, expressed abundant gratitude for her fellow Trustees, our staff, and the field that supports HRH in so many ways. “I am happy to report



Friends enjoying HRH Annual Meeting held at Third Church of Christ, Scientist, NY, NY

the last several years have reminded us that God meets our needs in His own way. Sometimes predictably, sometimes extraordinarily. Right when it appears that cash reserves are getting too low, the tide shifts and High Ridge House receives some kind of extraordinary inflows.” Much appreciation was shared for each of you.

In addition to the keynote address, you may listen to all the reports from our Annual Meeting at www.HighRidgeHouse.org. The only thing not available online will be the brownies and punch. You may schedule a visit to HRH at your earliest convenience for that. We’d love to see you!

Message from the Executive Director

Dear Friends,

This newsletter is a gift to you – a joyous recap of this past year. Some articles are new – about our Annual Meeting in November or our current development activities. But most articles are versions of emails we previously sent digitally. They are well worth repeating in print and distributing even more widely. We've added some photos that show what we can't say with thousands of extra words. So whether this sounds familiar or is completely new to you, we hope you are inspired and enjoy sitting down with us and visiting your High Ridge House home.

–Kevin Massey

**Changes to your address or email?
Help us stay current and send any changes to info@highridgehouse.org or call 718-796-4200, ext 202.**

States of Health

Words. Language. Whether out-loud (what we say) or in-loud (what we are thinking), the words and the language we use are important. Mary Baker Eddy, the Discoverer and Founder of Christian Science, gave deep and prayerful attention to the words that she chose to use in her writings. Recently, I was led to reconsider the importance of words.

In August, as the Affordable Care Act continued to roll out, the name of New York's health benefit exchange was announced: "NY State of Health." This brand or identity was the result of much inquiry and effort among state officials and advertising professionals.

All this effort to apply an identity to a set of medical insurance programs got me to thinking about "states of health" from a Christian Science standpoint. In an article entitled "Mental Practice," Mrs. Eddy wrote "[A] state of health is but a state of consciousness made manifest on the body, and vice versa..." And in *First Church of Christ, Scientist and*

Miscellany she wrote, "A scientific state of health is a consciousness of health, holiness, immortality—a consciousness gained through Christ, Truth; while disease is a mental state or error that Truth destroys."

So, because a state of health is really a mental state, a "consciousness of health, holiness, immortality," how important, then, that we as Christian Scientists foster, identify, and live in that state!

At High Ridge House, we work to stay on top of the changing human landscape of insurance for the benefit of those we serve and for the well-being of our community. But our real priority is to help our patients, our guests, and ourselves stay on top of each one's unbroken, eternal relationship with the divine. This is being actively conscious of present perfection right now -- a real state of health that never changes. And that's a state where we can all live – that's our state of health.

–Kevin Massey

The Assurance of Healing

Why do we serve at High Ridge House? To witness firsthand the wonderful healings that Christian Science reveals.

Here's an example of the gratitude expressed to the Christian Science Home Nurse after making a visit to attend a deep cut on a finger:

You couldn't have been more helpful. I was quite fearful... and that was one of the main difficulties. However, your presence and tender reminder of God's constant love and presence assuaged my apprehension quickly.

I was so grateful to learn of the very best way to cleanse and bandage the seemingly deep cut. You honestly

couldn't have been more patient and thoughtful in teaching me the step-by-step procedure... No rush; no doubt; no fear. All was well and would stay well. You did this slipping in wonderful truths all along the way.

I was also ever so grateful for your calls back to check in – expectant of healing and progress. And particularly for your compassionate willingness and readiness to return again at any notice.

As it turned out no further visits were necessary and the healing was soon complete.

Such gratitude renews our hearts and brightens our day!

Upcoming Event

May 3, 2014

Expressing Healing Through Art – Lunch and fundraiser

Renewing Our Sanctuary – Inside and Out!



High Ridge House is truly grateful for the loving support of our community, which has helped us to renovate our healing sanctuary. Improving and maintaining our building and grounds is an essential part of keeping a safe and secure environment and being available when needed.

Earlier this year, we reported that our new sliding front doors were in place. And just last month the old, cracked concrete at the front entrance was removed and new sidewalks with a gently sweeping

design were poured. Even several graceful trees were planted before the ground began to freeze.

Now our new front entrance provides a first impression of ease and mobility – qualities that Christian Science nurses encourage and expect. We see evidence of these qualities in the healings that patients have experienced this year:

- One patient appreciated the atmosphere which helped her to move from bed care to walking out on her own: “Thank God for this place!” she said. “What a wonderful

place for people to come and get close to God.”

- Another patient expressed it simply as she was going back home after a short stay: “I’m able to get around now!”

- Another patient expressed gratitude for progress while still at High Ridge House: “I was experiencing difficulty and thought I shouldn’t come to the Wednesday church service. With the gentle care and encouragement of the Christian Science nurse, I had the courage to make the attempt. I’m so glad I did – the readings were wonderful...I’m so grateful for High Ridge House and for all the love that is expressed and the support that every one gives in coming out from the material world.”

The healings that take place at our sanctuary encourage us to renew our dedication to the practice of Christian Science as we continue to provide services to our community.

What does the plaza look like now? Come and see. We love visitors!

We send special love and thanks to Diane Staples, who recently left the HRH board after many years of service. Diane has made an invaluable contribution with her spiritual strength, love, and joyous ideas to communicate to our field.



HRH honors Hattie Bond (second from left surrounded by family and friends) for her 40 years of service at the annual Employee Appreciation Lunch in October.

Make This a Year of Service – Volunteer at HRH



Honoring our volunteers at the 2013 Independence Day Picnic



High Ridge House is deeply enriched by the time, love, and talents our volunteers share with the patients, guests, and staff each time they step into the facility. Mary Baker Eddy writes, "Happiness is spiritual, born of Truth and Love. It is unselfish; therefore it cannot exist alone, but requires all mankind to share it." (S&H

57:18) This statement provides the basic foundation on which High Ridge House volunteer service is built – sharing with others our love, joy, and individual talents.

A Reader for our church services says, "Reading at High Ridge House makes me feel like I have a part in its

healing activity. It has enlarged my sense of community and become an extended family for me."

Another volunteer describes it this way, "I wanted to practice demonstrating Love, and I wanted to share my talents in a practical way that would further the cause I believe in."

A High Ridge House Rep in a New York church says, "I like being the Rep because it is exciting to share the dedication I have witnessed to maintain a healing atmosphere in a comfortable and welcoming setting. The workers demonstrate the practicality of Christian Science through meeting the human need while recognizing God's perfect man." If your church has a High Ridge House Rep, please give them a hug for us and you may wish to visit HRH with them.

Volunteering provides blessings all around – for the volunteers as well as the recipients. A patient shared these thoughts, "I look forward to my weekly visits from the volunteers. They might read an inspiring article, write a letter, or do some research for me. Most enjoyable is the sweet interchange of personal experiences and thoughts on Christian Science. Or perhaps a tender touch of encouragement is all that is needed. In any case, a dear friendship has been formed."

Why not make this a year of service and join our talented, loving team of volunteers at High Ridge House!

**To learn more about
volunteering or to apply,
please contact Janet Rosen,
Volunteer Coordinator,
(718) 796-4200, ext. 202.**

United Hearts, Distinct Services

Here are some questions that have come up from time to time: "What's the difference between a Christian Science practitioner and a Christian Science nurse? Do they work together? When do you call one or the other?"

Christian Science practitioners and Christian Science nurses are united in the seamless garment of healing. Both have a demonstrable knowledge of Christian Science practice. Both reflect a deep, spiritual love for patients. But a Christian Science practitioner and a Christian Science nurse have distinct roles.

Every month *The Christian Science Journal* publishes a worldwide listing of practitioners and nurses. Here's part of how the *Journal* describes the role of practitioner: "The men and women who advertise in these pages are devoted full-time to helping others through Christian Science as explained in the book *Science and Health with Key to the Scriptures* by Mary Baker Eddy. They are experienced in the healing ministry of Christian Science, and available to give Christian Science treatment through prayer for life challenges. These healers may also be available for office visits, in-home or care facility visits, and they are happy to answer questions about Christian Science ..."

And here's part of how the *Journal* describes the role of the Christian Science nurse: "The men and women who advertise in these pages represent themselves as experienced Christian Scientists who are prepared to provide spiritual reassurance and skillful physical care to those receiving Christian Science treatment for healing. The care they provide may include such things

Renewing Our Hearts For Giving



Marivic Mabanag, Development Director

As the newest staff member at High Ridge House, I am honored to serve as the Development Director for this sanctuary of healing and renewal. I am privileged to be an active witness to and a part of the present and ongoing growth of High Ridge House. This growth includes "enlarging the borders of our tent"--developing a broader sense of love and community with you so we may better express what our Leader, Mary Baker Eddy wrote, "The vital part, the heart and soul of Christian Science, is Love." (*S&H 113:5*)

As Christian Scientists, we have the opportunity to express and prove Love in so many ways. It shines in the care our Christian Science nurses give to our patients at our facility or in their homes. We reach out with love through our workshops that aim to educate and inspire the community. And of course, we share

as helping people bathe, preparing special modified foods, bed care, bandaging wounds, and helping people who need assistance to move about. They do not administer drugs or provide any sort of physical therapy or other medical treatment."

Patients seeking prayerful treatment for healing from a Christian Science

this love with each and every one who comes in contact with High Ridge House.

Each day we can renew this heart and soul of Christian Science in our own unique way. For example, the need for patient benevolence has doubled this year and is greater than ever. Also, we are making some needed capital improvements to our building to ensure a safe and stable environment for our patients and guests. We look to each of you as our partners in preserving a place like High Ridge House for both present and future generations. It is the support of many individuals, committed churches, and foundations that helps us succeed in this important work. We urge you to join us in ensuring that we continue to have a nursing facility that is available for all of us as we practice our reliance on the best healing method we have all come to know.

High Ridge House is your spiritual haven. We are here to assist you in your Christian Science nursing needs. We also welcome you as a Rest & Study guest. Together, we can unite in our purpose of witnessing healing and spiritual growth. Our hearts overflow with gratitude for God, divine Love, expressed in all your gifts to High Ridge House. For this coming year, I look forward to seeing how we may work together to support this important mission and how you can share your "heart's rich overflow."

practitioner do not usually require nursing care. However, a patient seeking Christian Science nursing care, whether at home or in a facility, is usually required to receive practitioner treatment as well. To learn more we recommend an article entitled "Practitioner, nurse, and the seamless garment of healing" in the December 1981 issue of the *Journal*.



High Ridge House

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**Renewing Our
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