



HIGH RIDGE HOUSE

A Christian Science Nursing Facility

SUMMER 2022



“ . . . press toward the mark . . . ”

High Ridge House is making continued progress. A big step forward came when Joan Gaylord joined us as the new Administrator. Additionally, there are shifts and promotions in staffing. Plans to address the interior needs of the building are being made. A lovely new security gate has just been installed, with the assistance of a major grant. Changes, corrections, adjustments, and progress are all part of our forward momentum.

In Paul’s letter to the Philippians, pressing toward the mark is a two fold plan. In the preceding verse, Paul encourages his readers to forget the past, then “. . . press toward the mark for the prize of the high calling of God in Christ Jesus.”

Our high calling is the healing ministry of Christian Science nursing. Its underpinnings are found in the spiritual growth of those who serve this cause.

“I press toward the mark for the prize of the high calling of God in Christ Jesus.”

Phillippians 3:14

“Press toward the mark” is the theme for the 2022 High Ridge House Annual Meeting to be held on Saturday, September 17. Our speaker is Lynne H. Buckley-Quirk, CS of St. Louis, Missouri. In preparation for this meeting, we invite you to join us in the study and application of this passage in Philippians. We each have a high calling.

From the Board of Trustees

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Healed, with renewed sense of God’s love

TESTIMONY

I arrived at High Ridge House (HRH) in an ambulance, unable to speak clearly, walk, or care for myself.

I am grateful for the loving Christian Science nurses and staff for their care, washing me, helping to feed me and make me comfortable in bed. I was filled with fear, unable to even turn over, sit up or care for myself. Their love and encouragement began to diminish my fear and turn my thoughts to trusting God again.

Prior to coming to HRH, I had become depressed over the eight-year illness of my husband, his passing, then having to sell our home of 42 years.

When I came to HRH, I was terrified, hardly slept, and grieving, thinking of past regrets. With my Christian Science practitioners’ help and the spiritual Truths shared by the Christian Science nurses, I began walking with a walker.

Becoming more confident of God’s loving presence, my steps became freer, and I was able to eat normally. I began participating in the activities offered.

Being able to listen to hymns, the Bible Lesson and Mother Church services on the intercom in my room anytime—night or day--- was inspiring and a definite factor in the healing. So was going to the study room to enjoy all kinds of resources.

Not to be forgotten for kudos are two wonderful chefs who provided delicious food.

Today, I am going home, completely free, walking on my own and rejoicing over this healing, and grateful to High Ridge House for renewed sense of God’s love.

~ name withheld

New Achievements



Esterlita (Ester) Sarmiento

We all congratulated Ester for being awarded her United States citizenship. The dedication and perseverance that she brings to her position as Assistant Director of Christian Science nursing at High Ridge House, served her well in attaining this goal.

Perseverance characterizes her career as a Christian Science nurse. She started as a volunteer in house-

keeping at Glenmont, where her husband worked. This led to Christian Science nurses training at Fern Lodge and she has continued her dedication to this ministry. She finds blessing others is just a blessing to her. She sees this career path as an opportunity to give back the love that has been expressed to her in her life. She notes “it is a rewarding job to see and witness healing.”

We are pleased to announce Francie’s promotion to Manager of Christian Science Nursing Services.

In her new role, with its new title, she functions as an interface among our Christian Science nursing staff, the patients and the services that are provided. Her responsibilities start with admissions and continue until they go home. She functions as a “Patient Advocate” seeing to their comforts. Working with our

Christian Science nursing staff she is in charge of scheduling, manages substitutions and finds the appropriate combination of talents to fill in the needs for each shift. To all this work she brings great energy, cheer and a willing heart. We are grateful for the significant contribution she makes at High Ridge House and look forward to her continued progress.



Frances (Francie) Berland

Christian Science nursing — practical, operative Christian Science



How well I remember this past January and my first day as the new Administrator of High Ridge House. When I entered the office and sat down at my desk, it felt as if I had come home.

Some of you may know that I was a Christian Science nurse here ages ago, an experience that proved to be pivotal in my practice of Christian Science as well as my professional career. But the feeling that day was so much more than returning to a location.

I had certainly never planned to become a Christian Science nurse. My path was in obedience to my inspiration and, I will admit, despite my telling God that I had other plans. But I took that step after an experience when I had received Christian Science nursing care. I had been in a dramatic car crash and signed myself out of the hospital. A visiting Christian Science nurse lovingly tended to my injuries and provided the practical support that I needed at that time. But she gave so much more. Her work was an inspired example of this “Manual”-based activity.

The inspiration that followed was clear—I had experienced the spiritual power of Christian Science nursing. Drawing upon my new hard-won understanding, I felt led to find ways to pay it forward, so to speak, to ensure that this opportunity is available to other “honest seekers of Truth,” as Mrs. Eddy describes us.

I began my Christian Science nursing education here at High Ridge House, but my path since then has been a circuitous one. After a few years, I left to raise my family. Some years after that, some might recall, I was appointed the Committee on Publication for New York State. What you probably don’t know is that I consistently found my best preparation for the Committee work to be the ethics class that I had taken as part of my Christian Science nursing education. That course had instilled an understanding that guided vital practical steps by relying on spiritual Truths. After all, that is pretty much what a Christian Science nurse does each day.



Joan Gaylord

When I returned to Christian Science nursing a few years ago—again, because God had made it clear that this was His plan even if it wasn’t mine—opportunities unfolded that I could not have imagined. But we know that Divine Love is like that, right? When the opportunity presented itself to become the new administrator for High Ridge House, I realized my recent path had included the coursework, the practical experiences and the mentoring that beautifully prepared me for this position.

So, this is really just the latest chapter in an ongoing adventure, one that includes a remarkable staff here at High Ridge as well as a dedicated community of Christian Scientists that reaches far beyond these brick walls. I feel so blessed to be the new Administrator. Joan Gaylord, Administrator, High Ridge House



What’s in a name?

What’s in a name? Mary Baker Eddy asks this question and applies it to the importance of naming her periodicals. We, the High Ridge House Trustees therefore, asked ourselves: what is the name that best describes leadership at High Ridge House? Administrator was our answer. Why?

For us, it represents the emphasis on ministry, our healing ministry. We periodically review our decision to stay focused on our healing mission, and not include other components such as residential care. We have rededicated ourselves to this purpose. In selecting our new

Administrator, we were blessed to find someone with broad experience, including as a Christian Science nurse. As you see, Joan Gaylord, brings her sense of ministering love to her new position, and her title reflects her focus.



WE ARE GRATEFUL . . .

During the past year unselfishness, philanthropy, and brotherly love have carried us forward through a time of transition to a new chapter for High Ridge House. This has been an individual and collective demonstration of Love in action.

When we needed to have help while we sought a new Administrator unselfish ambition came to the rescue. Mark Schierloh was the first person we asked, and he immediately said yes to our request for assistance. His vast experience as an Administrator helped steady the organization, solve some thorny issues and keep us moving forward. Next, we reached out to Suzanne Givens, who has served as both an Executive Director and a Director of Christian Science Nursing. She focused on the needs of the Christian Science nurses. Both Mark and Suzanne, working together, supported High Ridge House. Their selflessness remains a great blessing.

Brotherly love . . . the sweet dedication to the High Ridge House mission and to each other enabled us to press forward. Each staff member stepped up to do their part. We are grateful for their dedication.

Then philanthropy, expected good from unexpected places, supported us. It may be difficult for donors to understand what their gifts mean, especially in a moment of transition, when the way forward is not yet apparent. But faithful donations, large and small remain a beacon and a comfort. Each gift is a sign of caring, a cause for rejoicing, a symbol of hope.

We are, therefore, grateful to share the good news that generous donors have offered to match donations to High Ridge House dollar for dollar up to \$25,000 if received by August 31, 2022.

