
HIGH RIDGE HOUSE

Autumn 2025

To Be a Beacon

In the Bible, in the book of Matthew, we find a familiar verse, “Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.”

This brings to mind the official “Vision” for High Ridge House that reads— “To be a beacon of spiritual healing as revealed in Christian Science.”

Each day, the High Ridge House Christian Science nurses serve as beacons, letting their lights shine as they lovingly care for those relying upon Truth for spiritual healing.

Over this past year, we have opened our arms and welcomed those seeking this loving, skilled care.

But we have also expanded our expectations of how and where we might provide Christian Science nursing care. After all, there is nothing that says one must be admitted or even come to our facility in Riverdale. Perhaps there are other ways to meet a need.

When appropriate, our Christian Science nurses now travel across the greater New York

City area to provide practical support in someone’s home, helping with a bandage or perhaps assisting with a shower.

*I feel spiritually supported
and uplifted after our visits.
I have the deepest
gratitude for the time we
spend together.
— from one receiving weekly
“Christian visits”*

Members of our community are also welcome to visit as “outpatients.” They might receive care for a wound, perhaps, or guidance on how best to attend to a physical situation as they continue to address it prayerfully. They often leave with the appropriate supplies for them to use at home.

Another service we have been providing this past year is what we call “Christian visits,” a term we borrowed from our colleagues at

Tenacre.

These are when a Christian Science nursing assistant visits someone in their home to read the Bible-Lesson together as well as articles from the Christian Science periodicals. The



--continued from the front cover--

Christian Science nursing assistant brings lunch or a baked treat to share. One person described these visits as bringing a loving sense of church community to someone who might not be able to attend their own branch church right now.

Each of these services fulfills the High Ridge House "Mission" of "Healing through loving Christian Science nursing care." We adapt the services we provide to meet a current need and, consistent with Christian Science nursing, always provide this care with the expectation of progress and healing.

As you can see from the testimonies we've shared, this care is received with an abundance of gratitude. We also regularly hear expressions of gratitude from our Christian Science nurses as they bear witness each day to the healing power of the Christ as they fulfill the official "Purpose" of High Ridge House, "To glorify God through Christian healing."

I think every visit of two
Biblical examples— Jesus
washing the disciples feet
with such tenderness,
and the parable of the
Good Samaritan who was ready
to go the extra mile. It is so
comforting to know, whatever the
seeming situation,
you are not alone, but
"cared for, watched over, beloved,
and protected."

Thank you, thank you.

— from one receiving care from a High Ridge
visiting Christian Science nurse

I feel like I have been put into the
kingdom of heaven with so much
to be grateful for—all the Love being
expressed, for the resourcefulness
of the Christian Science nurses and
staff who have worked tirelessly to
tend to the wound on my leg, for the
accommodations made available to
meet my human need, and for the
dedicated work of the
Christian Science Practitioners
who have continued to support my
healing exclusively through
Christian Science metaphysics.

— from one receiving care at
High Ridge House

All of this is part of the expression of "community" that we have been cherishing, a community that includes you. Perhaps you or a loved one has received Christian Science nursing care. Maybe you tune in each month for our Healing Thoughts talks. We are here for however we might meet the practical need.

We are able to fulfill our mission because of the financial contributions we receive throughout the year from our High Ridge family. Your generosity is another reason for our gratitude.

As our Leader tells us, "The rich in spirit help the poor in one grand brotherhood, all having the same Principle, or Father; and blessed is that man who seeth his brother's need and supplieth it, seeking his own in another's good." (S&H: 15-18)



Joan Gaylord, Executive Director

From Our Board

Dear Friends,

At this Thanksgiving season, our hearts are filled with gratitude for the progress that has been made at High Ridge House this year, and for the love and generosity of the community that supports it. It is time to take stock of the fruits of our labor and the blessings received and given.

Many elements have contributed to our progress. But the underlying factors are prayer, love, and a commitment to what our Leader refers to as the “essence of [Christian] Science” – “right thinking and right acting.” (No & Yes, p.12) This commitment is foundational to the unity of purpose, harmony, and efficiency of our entire operation. And we know that it motivates the individuals, churches, and foundations that support High Ridge House.

We are immensely grateful for the selfless dedication, prayer, and tireless efforts of our Executive Director, Joan Gaylord. Her commitment to right thinking and acting has set the tone for the entire staff and fostered an atmosphere of love, respect and mutual appreciation where efficiency, order, and productivity flourish. Her knowledge and experience as a Christian Science nurse have been a tremendous blessing. She has been instrumental in developing and strengthening our Christian Science nursing staff.

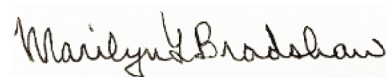
We are thankful beyond measure for our Co-Directors of Christian Science Nursing, Keba Mhaladi and Lizzie Nangonzi, who have brought professionalism, loving dedication, and progress to the Christian Science nursing operation since their appointment in January. We are grateful for the unselfish dedication, harmonious cooperation, and commitment to the highest standard of spiritual practice that characterize our entire team of Christian Science nurses.

We are blessed with administrative managers and staff who are highly capable, efficient, and creative, who serve together with love and joy in dedicated support of our healing mission.

We are deeply grateful for a loving community of right thinkers near and far – donors, friends, and volunteers who support our important mission of healing and love. We continue to meet the care needs of both in-house and home care patients, outpatients, and rest and study guests; and to provide support and encouragement to individuals and families in a range of different circumstances.

Your financial gifts make this possible and we are very thankful. However, increased financial support is needed to match income with operating expenses. The progress being made at HRH, the healing that is occurring, and our increasing ability to serve our community is evidence of God’s holy purpose unfolding. We invite you to join us in demonstrating that the resources needed to fulfill His purpose will be provided.

With love,

A handwritten signature in black ink, reading "Marilyn Bradshaw". The signature is written in a cursive, flowing style. The name "Marilyn" is written in a larger, more prominent script than "Bradshaw".

Board President





High Ridge House

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www.HighRidgeHouse.org

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At the conclusion of each of our monthly Healing Thoughts talks— without fail— someone from somewhere around the world will email us to express their appreciation for the ideas they just heard and for the inspiration it provided them. Sometimes these notes include financial contributions earmarked for the project, and we are always grateful for those expressions of practical support.

While we produce one talk a month, did you know you don't have to wait until next month to hear one? The collection is available on our website where we have gathered more than five years of talks for you to enjoy at any time!

To find them, go to www.HighRidgeHouse.org and scroll down the blue column on the left. Click on “metaphysical talks” to reveal the titles.

I do so appreciate
the monthly
inspirational talks—
such a blessing!
—an email from a
Healing Thoughts listener

We've also learned that some people are sharing these recordings with friends and you are welcome to do so, either by forwarding a link or sharing these instructions.

Healing Thoughts talks have proven to be a wonderful way for us all to support our community.