



## All is well

A couple of years ago I was leaving Lynn House late on a cold December night. As I dashed quickly through the parking lot toward my car, I somehow managed to trip over my own feet and fall — hitting my head on the asphalt and hurting my hand in the attempt to cushion the fall. As I got myself up, feeling quite stunned, this familiar statement came to thought: "Accidents are unknown to God ..." (*Science and Health*, by Mary Baker Eddy, p. 424). I knew that to be the spiritual fact, but it was also apparent that my head and my hand needed bandaging.

So I went back inside Lynn House and to our Christian Science nurses station. Our night Supervisor, to whom I had said "good night" just five minutes earlier

as I was heading out the door, was surprised to see me back. But when he realized the situation, his response was so prayerful that it helped me to recognize that nothing about my true identity had changed within those five minutes.

Though I may have appeared a mess, he was clearly seeing through that picture. As he tenderly cleansed and bandaged my forehead and my hand, he quietly and confidently assured me that "all is well." Over the next few days, I stayed with the truths that had comforted me that evening — and I was grateful for a quick healing and that this "non-event" didn't interfere with any activities during that time.

There did, however, seem to be a lingering aftereffect from this experience. One of my fingers, which apparently had been jammed against the ground during the fall, was not functioning properly. After a few months, I was tempted to consider this minor inconvenience as my "new normal ." But I could still hear those reassuring words from the Christian Science nurse that evening: "all is well." Not "almost all is well" — but "all is well." As I recognized the absolute truth of that statement and felt deep gratitude for that truth, my finger almost immediately regained its ability to function fully.

This is Christian Science nursing — lovingly meeting the human need, while firmly staying with the spiritual truth. It allows those receiving this care to

set aside concern and fear and to know the presence of the Christ. It is a ministry of healing.

In this newsletter, we are delighted to share more about Christian Science nursing and the work that we are doing at Lynn House.

We are tremendously grateful to all who support this blessed ministry!

Susan Orttung  
Executive Director



*While His truth we are applying,  
And upon His love relying,  
God is every need supplying,  
All, all is well.  
(CS Hymnal #350)*



## Rose Mudida

### Director of Christian Science Nursing

As Christian Scientists, we know that our thought affects the atmosphere. Being a Christian Science nurse

is all about love and spiritualization of thought through daily prayer and study. It is correcting our thought on what is being presented to us in order to behold the perfect man. Mary Baker Eddy states, "Whatever holds human thought in line with unselfed love receives directly the divine power." (*Science and Health*, p 192)

Mrs. Eddy taught us that the weather or other conditions are not beyond God's control and that they can be corrected through right thinking. It is recorded that she once said, "The weather expresses our concept of it and can be handled as any claim if you do not hold it as something apart from you, governed by some other power or almanac. God governs all." (*We Knew Mary Baker Eddy*, Expanded Edition, Volume II, p. 287)

Jesus proved this when he was sleeping on a ship during a severe storm. When the disciples fearfully woke him, he asked them why they were so fearful and he instantly stilled the storm.

When a Christian Science nurse is presented with any claim of discord — physical, mental or in the atmosphere — we immediately turn to prayer to correct our thoughts of what is being presented. We commune with Divine Mind for guidance and know that the healing Christ is present.

As Hymn 10 states:

All power is given unto our Lord,  
On Him we place reliance:  
With Truth from out His sacred Word,  
We bid our foes defiance.  
With Him we shall prevail, whatever may assail,  
He is our shield and tower, Almighty is His power:  
His kingdom is forever.

## Update on Housing Project

Our plans for a new building for Christian Science nurses housing and training have taken a new form. Our original plan was to replace the small cottage on the corner of our property with a larger building that would provide both short-term living accommodations for our Christian Science nurses and space for Christian Science nurses training. However, we have encountered some roadblocks with the permitting process, and we are currently reevaluating options.

The goal remains the same: providing short-term housing for Christian Science nurses as well as a space for Christian Science nurses training classes. However, we are now exploring the possibility of accomplishing this by adding a new wing to our building. We will keep you posted.

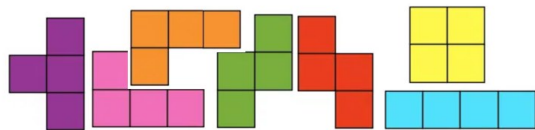


## From the Executive Board

The Board is very grateful for all the support being given to Lynn House. Since “letting our need be known” in June, we have made lovely progress on many fronts. We have had new Christian Science nurses join our staff, and we have received generous donations from individuals and churches in our region. Christian Science nursing is loved, treasured, and so very precious to us all!

A priority has been to support our Christian Science nurses with training and mentoring as they work toward *Journal*-listing. Doing this, while ensuring that we have the staffing in-house to provide proper care, can be a challenge.

In praying about this and other situations where it can seem difficult for all the pieces to come together in just the right way, I was reminded of a game I played as a child. This game is now very popular on phones and electronic devices. Its name is Tetris. It has 7 basic shapes and they are rotated and placed as if building a puzzle to make shapes or to create a wall structure, which then allows the game to proceed.



I love thinking of God as the ultimate Tetris-master for Lynn House and in my life. As challenges arise and we don't see humanly how to resolve an issue, as we pray and stay close to that Christ light, we can see



solutions appear in unexpected ways. An inspiration or idea provides an answer from an angle no one was contemplating. Human willfulness dissolves; patient and humble acceptance emerges. There is grace.

In every hard situation and conversation, divine Love assuages fear and gently helps us to go forward. We can remain calm and trust God's next steps. There need be no resistance or delays and disruption of our progress.

Mrs. Eddy's Address at the National Convention in Chicago in June 1888 (included in Prose Works "Science and the Senses") has been an inspiration recently. As I've been praying in support of Christian Science nursing, these statements have been especially meaningful:

The scientific sense of being which establishes harmony, enters into no compromise with finiteness and feebleness. It undermines the foundations of mortality, of physical law, breaks their chains, and sets the captive free, opening the doors for them that are bound. ...

The Science of omnipotence demonstrates but one power, and this power is good, not evil; not matter, but Mind. This virtually destroys matter and evil, including sin and disease.

If God is All, and God is good, it follows that all must be good; and no other power, law, or intelligence can exist. On this proof rest premise and conclusion in Science, and the facts that disprove the evidence of the senses.

*(Miscellaneous Writings 1883–1896, Mary Baker Eddy, p. 101)*

—Sandy Workman  
Executive Board Chair



## "The Things of the Spirit"

In November, Lynn House hosted an inspirational talk by David Sand on "The Things of the Spirit." We had a full house, and attendees expressed much appreciation for the thought-provoking and inspiring message that was shared. A video replay is posted on our website, and a print version of the talk is also available. We are delighted to share this gift with our field!



*The natural fruits of  
Christian Science Mind-healing  
are harmony, brotherly love,  
spiritual growth and activity.*

*(The First Church of Christ, Scientist, and Miscellany, p. 213)*

Below are photos from some activities over the past few months — sharing travel slides, watercoloring, enjoying a violin performance, and reading outside together on a nice afternoon!



## Volunteering

Would you like to read the Bible Lesson with our patients and residents? Every weekday morning at 11:00 am we gather together to sing two hymns, and then a volunteer or staff member reads the Bible Lesson. If you might be interested in helping with this healing activity, please reach out to our Activities Coordinator, Holly Black, at 703-379-6000.

We also welcome volunteers who would like to lead a special activity, give a musical performance, or share anything else enriching with our patients and residents.

## Notes of Gratitude

“This is a card of sincere gratitude for your prayers, kindness, and support .... The inspiration from prayer gave strength to ‘each step of the way’ during the past few months. Freedom of medical concerns was met by knowing I am always in God’s loving care and protection. I was always conscious of how each moment was an opportunity to receive Divine Love and know our spiritual perfection. All challenges have dissolved into their ‘native nothingness’ and the greatest proof was attending my C.S. Association ... for the first time since 2019. The trip was peaceful and the joy of receiving new, fresh views of Life, Truth, and Love is proof of the healing work you provide at Lynn House.”



....

From a Rest & Study guest—

“I love the atmosphere at Lynn House. It is a loving, peaceful, and quiet atmosphere that is perfect for studying and praying.”



### **Christian Science Provider Network** A Spiritual Care Network Serving Health Plan Enrollees

The Christian Science Provider Network (CSPN) was created by The Mother Church in 2012 to support Christian Science nursing facilities with processing insurance claims (including Medicare) on behalf of patients.

Their priorities include:

- ⇒ Expanding the universe of insurance plans that will include Christian Science care facilities in their networks;
- ⇒ Establishing better rapport with insurance providers, explaining how Christian Science care is delivered and the reasons why, facilitating more rapid claims

processing, and eliminating denials;

- ⇒ Securing wider acceptance of religious nonmedical methods while enhancing protection of the purity and ethics of Christian Science nursing practice.

Its efforts are funded primarily by individual and institutional donations.

The Network gives invaluable support to Christian Science nursing facilities and those using our services. We encourage you to learn more about this wonderful resource by visiting their website:

[www.csprovidernetowrk.org](http://www.csprovidernetowrk.org)



## Gratitude for support

We are deeply grateful for all the loving support given to Lynn House — for your prayerful support, for those volunteering their time and talents, and for your financial contributions. Lynn House truly is “rooted and grounded in love.” (Ephesians 3:17)

A friend of Lynn House recently sent this note along with a donation:

“I know first hand how important it is to have the Christian Science nursing facilities available at times of need for a healing atmosphere. [When I had this need] the love I felt during my stay at Lynn House contributed to my healing.”

Each year Lynn House counts on about \$1 million in donations, grants, and bequests to cover the difference between our revenue and our true operating costs. Your support helps to ensure that Lynn House is here to provide Christian Science nursing care — and that it remains, for years to come, a beacon of Christian Science healing in the Washington, DC area.

**Financial donations can be made by check, credit card, stock, or IRA gifts.** They can be given:

- through our website ([lynnhouse.org](http://lynnhouse.org))
- by mail (4400 W. Braddock Rd., Alexandria, VA 22304) or
- over the phone (703-379-6000).

**Please consider becoming a Sustainer** by pledging to make a monthly contribution of any amount that is comfortable for you. Sustainers play a special role in helping to bring stability to our operations.

**Including Lynn House in your estate plans** is another way of giving support and leaving a lasting legacy. The loving bequests that Lynn House has received over the years have been a tremendous blessing.

For questions about making a donation (or other questions about our activities), please call Susan Orttung, Executive Director, at 703-379-6000.

**Every gift of support strengthens Lynn House and is deeply appreciated.**



*Would you like to explore the possibility of joining our Christian Science nursing ministry? If so, we would love to hear from you!*



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### SERVICES

- ◆ Inpatient and Outpatient Christian Science nursing care
- ◆ Visiting Christian Science Nursing Service
- ◆ Residential / Assisted Living
- ◆ Rest & Study

*We welcome  
your calls  
24 hours a day,  
seven days a week.*

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A Christian Science nursing facility supporting Christian Science healing