

Building on the Rock

Excerpts from a talk given by Mark Unger, C.S., of Boston, MA
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Thank you for the privilege of being with you today for this special occasion. It occurred to me to talk about a principle that brings the most fruit to our individual lives and to the work at an institution like Arden Wood.

I think it is safe to say that all of us here — and everyone else in the world, for that matter — wants basically the same thing: We all want to be happy, healthy, satisfied, fulfilled. We all want to walk this earth with a sense of strength and dominion and freedom from any form of tyranny, whether it is illness, or stress, or depression, or feeling limited or not worthy or anything that would make us feel afraid, weak or vulnerable.

Christ Jesus, more than any man, taught us how to be free, really free — how to be strong against the storms of life and how to maintain a deep sense of joy and dominion in this life. I repeat, IN THIS LIFE — this experience, here and now. Right out of the starting gate, right at the very beginning of his three-year ministry that changed the world forever, his first words, according to the gospels, were to announce that the kingdom of heaven is at hand — right here, right now. He added one key word, a verb, to this announcement: “repent.”

Matthew 4:17 says, “...Jesus began to preach, and to say, Repent: for the kingdom of heaven is at hand.”

The Greek word for repent, “matanoeo” (met tunah aa’oh), means in part, “To change one’s mind for the better” — according to *Strong’s Concordance of the Bible*.

So, in order to see and experience this kingdom right at hand, here today, we need to think differently from the way the world would have us think. It occurred to me that the rest of his ministry was showing us that the kingdom is, in fact, here and now — and he taught *how* to change our minds “for the better” so we can see and experience it. He made evident this kingdom of harmony by healing every illness and disease, casting out sin and evil, raising the dead, feeding the multitudes, stilling storms — by showing the unlimited, impartial, and merciful love of God for His children at every

turn. And we have a compact and wide-ranging teaching in Jesus’ Sermon on the Mount for how to think differently — “for the better” — which is to repent.

Most of us here, I’m sure, are very familiar with what Mary Baker Eddy, who discovered and explained the Science of what Jesus taught, wrote about the teachings in the Sermon on the Mount — Matthew 5, 6, and 7. In her *Message to The Mother Church for 1901*, she wrote, “To my sense the Sermon on the Mount, read each Sunday without comment and *obeyed* throughout the week, would be enough for Christian practice” (’01 11:16-19).

“Read and *obeyed*.” That is very similar to what Jesus himself said at the end of the Sermon on the Mount. He said if we hear his sayings and

DO them, we would be like one who builds on the rock, and when the storms of life come, we will stand strong, with dominion, and not be knocked down — to use my own paraphrase.

I have seen in my own lifetime positive proof over and over again that, to the degree we think and live the way he taught us to think and live, we do see and experience this kingdom of heaven, harmony, at hand. And in this realization, there is a great sense of deep joy and dominion and strength, even in times of weakness or struggle. There is a sense of permanent happiness, health, fulfillment, peace and freedom — and it’s deep seated. Who doesn’t want more of that?

This goes along with what Jesus said in John about why he came: “...these things I speak in the world, that they might have my joy fulfilled in themselves. ... They are not of the world, even as I am not of the world” (John 17:13 these, 16). He also said: “...I am come that they might have life, and that they might have it more abundantly” (John 10:10 I).

Today, I would like to focus on one instruction about how to think differently, “for the better.” It’s in the Sermon on the Mount (in the last half of chapter 6 in Matthew), where Jesus instructs us not to think about our lives. And not to think about our bodies. **That’s pretty radical instruction — not to think about our lives and bodies.** Because



isn't that all we tend to think about—our lives and our bodies? Well, he's clearly introducing a necessary paradigm shift, a major change in the way we need to think, to experience this kingdom at hand.

Jesus tells us *why* we don't need to think about our lives or bodies, reminding us of birds and flowers that are taken care of by our heavenly Father. He even makes the point that by taking thought, we can't make ourselves any taller, for example, so *why* think so much about our lives? But he doesn't leave us hanging. He tells us what we *should* be thinking about instead—the kingdom of God and His righteousness. And when we do this, all the things we need for our lives and our bodies, which would include health and happiness and supply of everything good, will be given to us. Jesus is assuring us that our Father knows our needs even before we ask Him.

Now, can we trust this? Will we really be taken care of? Is this a rock we can truly build on, as he said?

I remember vividly in my early teens as I was walking down the street, this scripture about taking no thought for your life but only seeking God and His righteousness came to thought. And I decided right then and there to follow that instruction in my life. With this as my goal, I had some wonderful experiences during those school years and after. I'd like to share an example from those early years that I think illustrates simply and clearly this principle of building on the rock and how it can work.

I had recently graduated from high school and was sitting on the curb in front of our house, thinking about things. It occurred to me very clearly that it was time to move out of my parents' house and the reason *why*—a reason that was really important to me: I had this clear sense that living at home would hold me back in my spiritual growth. However, it wasn't at all clear how I could accomplish this financially.

Long story short, I sat there praying and wrestling with different ideas until one came that made the most sense, and I felt at peace. It occurred to me to buy a house for myself. It didn't take much money to buy a house in those days. If you could find one that needed work, you could buy it with little money down and a personal contract with the owner to make small house payments.

In fact, I already owned a rental house and a 4-unit apartment building, which I'd bought this same way with money I saved from my paper routes and a part time job. These purchases were based on ideas that had come to me from God during high school, which I felt were the result of following Jesus' instruction to seek first the kingdom of

God and His righteousness. All my friends were spending their money on other things, but this is what I felt God was leading me to do.

So, through my prayer that day, I had a plan from God, a clear direction, and the authority and confidence that go with it. Of course, we can plug any decision one arrives at through prayer into this scenario. It could be a decision to take a job, join a church, enter into a relationship, start a business, come work here at Arden Wood, or live here, even decide to come here for healing.

But, some may ask, **how do you know that it's God's plan?** That's an important question because this is now the rock that I'm going to be standing on through the process—the fact that this *IS* God's plan—and I'm going to be trusting that He is in control. I think there are different ways to figure out if it is really God's plan, depending on the situation. In this case, it was pretty clear because the whole idea developed within my thought in a very short time sitting there on the curb, and it wasn't anything I was even considering. I also knew I had a deep desire in my heart to follow God's lead because I believed He would always have the best plan for me. And I think if that's what's in our heart, we're always safe—safe, that is, from self-inflicted turmoil like what Jonah put himself through. If this wasn't God's plan, then it ultimately wouldn't work out, and new thoughts and ideas would come along the way. Plus, we all know that when we pray, it is not an intellectual exercise. We feel something. And I *felt* something.

So now I had a solid rock to stand on through the whole experience, especially if things got rough or challenging or trying. I could go into this trusting God and not be swayed by circumstances or people or events, no matter how challenging. And isn't this the basis or principle by which Jesus operated? Didn't he take to heart his own words and build on the rock himself, not thinking about his own life, but seeking first the kingdom of God and His righteousness—and consequently not being swayed by people or circumstances or events, as challenging as his journey became?

He said point blank, "...I seek not mine own will, but the will of the Father which hath sent me" (John 5:30 4th I). He trusted his all, even his very life, to God. And he was willing to lay it all down for God and for us. *That's no small thing, of course.* I'm sure we all feel that we can't remember and be grateful often enough for what he did for us.

If we look at Mrs. Eddy's experience, she, too, was clearly building on the rock, not thinking about her life, but seeking

God's will. Consequently, she was able to withstand the many severe storms that came during her discovery and founding of Christian Science, trying to knock down her work and her reputation.

Now, for me in this simple example, the biggest challenge was that we would find a house, look at it, picture me in it and feel it was just what I needed at the right price, only to learn that it was already sold. I was tempted to be disappointed.

The types of houses I was looking for sold like hotcakes, even before they hit the market, so I knew that finding one could be tricky. But, again, this was God's idea. That's where the peace and dominion came into play. I kept going back to the fact that I was seeking God's will, and this was His idea and not mine. That really is a heavenly rock.

The first time I looked at a house, felt ready to buy it, and found out it was sold, I very quickly thought about the fact that God was in control and had something *better* for me. That was not my house, I reasoned, and I didn't need to be disappointed. It was clearly someone else's house, and there would be something even better for me. Sometimes this can be hard to imagine once you have your heart set on something.

Many weeks went by, and one day, possibly with a hint of impatience, I picked up the Sunday paper and threw it down in front of my older brother, who was a realtor and helping me with this, and said, "Find me a house." To this day, I can remember the exact scene. I think it was a God-impelled moment.

My brother started looking through the paper, called on a house and got an answering machine. To make a long story short, in what seemed like a miraculous way, we were able to view and buy the house, even though the realtor had received over fifty calls on the house that day. And, in every way, this house was far better for me than anything I had seen.

The woman who had been living there just walked out one day and was now living in an institution of some kind. I bought the house with everything she had in it, and I mean everything, right down to the Kleenex. Think about what would be in your house if you just walked out. Literally everything, from bath towels to dishes to furniture and so forth, was left behind. There was even food in the cupboard. I had a brand-new washer and dryer...and really nice china dishes! I could never have imagined something like this happening.

Those early years of seeking God's will and trusting were

only the beginning of a lifelong journey of learning what it means to build on the rock. As my faith and trust increased through experience, so did the life-changing leadings and demands, and it's all been good—actually, great!

Now, so I don't come across here as Mr. Perfect, I can tell you that there have been times when I have interjected my will, my desires, my limitations, even my fears. And what I have found is hopeful. It seems that, **if deep down we want to do what is right, what is God's will, and yet we are interjecting our own will, God still leads us, and blesses us even more by exposing and destroying any sin in thought that's trying to get in the way of His perfect plan for us.**

In Science and Health with Key to the Scriptures, Mary Baker Eddy makes clear that Paul was blessed this way. In an explanation of Saul's conversion to Paul, Mrs. Eddy writes:

“. . . his *uncertain* sense of right yielded to a *spiritual* sense, which is always right. . . . He learned the wrong that he had done in persecuting Christians, whose religion he had not understood, and in humility he took the new name of Paul. He beheld for the first time the true idea of Love, and learned a lesson in divine Science (*SH* 326:24–25 his, 27). (emphasis added)

We *can* trust our lives to divine Love.

When Paul came up against challenges—"bonds and afflictions," as he called them—he said,

"But none of these things move me." And he also said, "Neither count I my life dear unto myself, so that I might finish my course with joy, and the ministry, which I have received of the Lord Jesus, to testify the gospel of the grace of God" (Acts 20:24).

There's no doubt that God is calling the workers that need to be here at Arden Wood to be here, and that is a heavenly and strengthening rock to stand on. If I were called to work here, I couldn't help but be very aware of certain foundational truths. I would want to keep myself aware of why Arden Wood is here and what it represents at this moment in the world. It's really not just any institution, it seems to me. It's not just a nice place to work with friendly people who think in a similar way.

When we think about the healing activity going on here at Arden Wood, we can easily go back at least 2000 years to the birth and ministry of Christ Jesus—back to the fulfillment of the most important prophecy in the world: the coming of the promised Messiah for the salvation of mankind. These are not just nice words about Arden Wood. This is really true.

Of course, we know that anything good in this world is God ordained, God supported. But, **the healing activity here at Arden Wood has a special place in the fulfillment of prophecy.** And that, to me, is not something to take lightly. The constant realization of this is a rock to build on and stand on, especially when the going gets tough.

If we think about it, Arden Wood, with its focus on spiritual healing according to Christ Jesus' method and command, would not be here as the institution it is right now if Jesus had never lived, if the promised Messiah had never come, if the virgin birth had never taken place. It wouldn't be here, would it?

The whole prophecy, birth, and ministry of Christ Jesus were ordained by God for the saving of the world. We know that Jesus then prophesied the coming of the Comforter, which would explain his teaching and thus further this saving of the world. And we know this Comforter came through Mary Baker Eddy and her discovery of Christian Science, as she says in *Science and Health*: "In the words of St. John: He shall give you another Comforter, that he may abide with you forever. This Comforter I understand to be Divine Science" (*SH 55:27*).

We know that Mrs. Eddy not only discovered, but also founded, Christian Science. She was clearly directed by God to establish the many activities of the Church of Christ, Scientist outlined in the *Church Manual*. Mrs. Eddy made it clear that it was the power of God impelling her to write the *Church Manual*. She wrote specifically in regard to the rules and bylaws, saying: "They were impelled by a power not one's own, . . ." (*Miscellaneous Writings*, 148:12–13 [to ,]).

To me, that means that the activities of the *Manual*, wherever they are lived and supported, have the full support and backing of Almighty God. And that, to me, is a rock to stand on. It translates to mean that if we are living in any way in support of those activities, we have welcomed the power and presence and strength and comfort and safety and goodness and happiness and dominion of God into our lives.

It's helpful to keep this in mind so that **we can continue in our work with the unwavering assurance that God is with us no matter what trials come our way, no matter what resistance we face.** And sometimes we need that assurance, especially when we are doing God's work, seeking His righteousness, in a world that would oppose that.

Now, the text in the Sermon on the Mount that we've been talking about, the last half of Matthew, chapter 6, applies

specifically to physical healing as well. Let's consider that briefly. In Christian Science healing, we prayerfully get the focus off our life, a limited sense of life that feels separate from God, and we turn away from the body—and do what? We seek the kingdom of God and His righteousness, His rightness—the rightness or correctness of perfect God, perfect man.

For healing, don't we get thought settled on the one, all-harmonious Life and ourselves as natural, healthy expressions of that Life? In this same section of Matthew 6, Jesus instructs that if our eye is single, our whole body will be full of light. We must keep our eye single to the light of Spirit and away from matter.

As Jesus told us not to think about our lives and our bodies, **Mrs. Eddy, interestingly enough, tells us what to expect if we do think about our bodies—and how to remedy that mistake.** She writes in *Science and Health*:

"If we look to the body for pleasure, we find pain; for Life, we find death; for Truth, we find error; for Spirit, we find its opposite, matter. Now reverse this action. Look away from the body into Truth and Love, the Principle of all happiness, harmony, and immortality" (*SH 260:31*).

Wouldn't that be the kingdom of God and His righteousness?

And she continues:

"Hold thought steadfastly to the enduring, the good, and the true, and you will bring these into your experience proportionably to their occupancy of your thoughts" (*SH 261:4*).

So, this is a way of changing thought for the better in regard to our health.

Let's go back to this bigger picture again. Did God set this all in motion—the *prophecy* of the Messiah, the *fulfilling* of the *prophecy* in the birth and ministry of Christ Jesus, the *prophecy* and coming of the Comforter, the *fulfilling* of that prophecy in the revelation of divine Science through Mary Baker Eddy, along with the establishment of the activities to further this revealed Truth to the world—and *then just leave it to us to work out*? No, of course not. God is with us every step of the way. Do you see the rock we can build on and stand on?

Everyone here has the full support of the all-loving, all-powerful God right here, right now, bringing about the fulfillment of prophecy and the salvation of mankind. Think of what this *active awareness* does for those who come here in need of comfort and healing. It causes everyone to lean on, depend on, trust in God, which is where healing

comes from. **Those who come here have all the power on earth and in heaven—the full power of God and His healing Christ behind them—for transformation and healing.** The power of God is in this work and is a solid rock.

This is a humble facility nestled in the trees here in San Francisco. But work being done here brings light into the whole world. Remember, Jesus was born in a barn, surrounded by farm animals, and he grew up in the obscure little village of Nazareth; yet, he changed the world. And how many dedicated students did he have? Not many.

It seems important not to lose sight of what is going on here and of what you are doing here. You are changing and saving the world; you are fulfilling prophesy.

You are strengthened, upheld, supported, enlightened by your Father in your day-to-day work. You are never alone. No matter what seems to be going on here, the truth is that God is in control, and you can trust that with all your heart and soul and mind and strength. Whatever the demands are, whatever changes need to be made at any time, God is here leading you on. The rock is to *remember* that this is God's work. This is God's plan.

We don't need to think about our lives. All we need to think about is God and His righteousness and to listen for His guidance and direction and support and angel messages at every step. God takes care of our lives and makes them happy and healthy and bountiful.

Even those living here have a privileged role to play in support of the healing activity going on. If I were living here, I hope I would remember that every thought I think, even in the privacy of my own home, could make a difference in the healing that takes place here.

As employees and workers, in all the day-to-day work and human interactions, dealing with all the issues that come up constantly, I know how easy it can be to forget the bigger picture, why you are here, how important this is, how God is ordaining this activity, and how supported you are of God *because* of the work and the mission.

I love the inspiring and no-nonsense address given on the eve of the opening of this facility so many years ago by Mr. Marvin Randolph Higgins, who apparently had so much to do with the origin of this facility. He said,

"You are part of a vast spiritual movement that is revolutionizing the religious thought of the world. You are engaged in the greatest work in the world, healing the sick, comforting the distressed, giving the thirsty the cup of cold water" (*Tribute*, John Henry Nash, p 30).

He also said, "You are here for a definite purpose, a sublime purpose" (*Tribute*, 31). I love that he used the word "sublime" to describe your purpose. That would be an exalted purpose, noble, awe-inspiring, glorious, wonderful, fabulous, heavenly, divine, out of this world. He was, of course, right.

On an individual basis, this work is between you and God. It is really God, isn't it, that places each one of us—and continues to direct our way? Based on my experience, I have found that we can be the best workers, the best employees, by putting God first, by thinking of Him or Her as our supervisor or boss first and foremost. Putting God first in everything in our lives is always the best approach. This is seeking His righteousness. **We are most effective when we are about our Father's business, under the direction and supervision of God, divine Love. That is our rock.**

Mrs. Eddy tells us in *Miscellaneous Writings*: "Each student should seek alone the guidance of our common Father—even the divine Principle which he claims to demonstrate, . . ." (*Mis.* 138:10–12 [to ,]).

It doesn't matter what other people think, or do, or even say about you or others. It only matters what *you* think and do and say. Putting God first puts us in right relationship with others. I have found this to be true even in something as close as a marriage relationship.

If you think about it, Jesus was not concerned with what others thought or did, was he? He was just obedient and loved because of his secure relationship with his Father. This was his rock—the reason why he wasn't moved. He was even silent in the face of false accusations at his trial. I have always loved his open secret, which he shared with us when he said, "...he that sent me is with me: the Father hath not left me alone; for I do always those things that please him" (John 8:29, he).

Certainly, Jesus' oneness with the Father is the same as our oneness with the Father. We are equally God's children, equally loved, equally protected and cared for and comforted. That was his message. The same Father that sent us has not left us alone—EVER. I've found this to be a key to healing. And we can stand on this rock of Truth.

". . .for I do always those things that please him," Jesus said (John 8:29). He was in the God-pleasing business, wasn't he—not the people-pleasing business? That's because he knew he was employed by God. We, too, can strive to please God. This allows us to have the purest love, which brings healing. This brings the biggest blessing to those around us—those we are helping and those we work for.

This is the most loving and supportive thing we can do for others. This is a way to follow the two great commandments: to love God with all our heart and soul and mind and strength and to love our neighbor as ourselves (Mark 12:30, 31). Mrs. Eddy says these two commandments form the rock on which Christian Science is built ('00 5:22 [only]).

When I worked for The Mother Church—which I did for many years—I always thought about why I was there at any given point and reminded myself often that I was there at God’s bidding.

I was always ready to leave or stay, depending on what God wanted. And there were *definitely* times when I felt ready to leave, and God said stay because I apparently had more to give and definitely had more to learn. I was serving God first, and out of that came the best service I could give—to the Cause of Christian Science—to those I worked with as well as to the world. Putting God first was definitely my rock.

I would like to wrap this up by sharing two of many experiences I had while working at The Mother Church. They are examples of putting these ideas into practice, of seeking God and His righteousness, of thinking less about my own life and of being able to trust all of that. These experiences happened many, many years ago.

At one time, I was going to have a performance review, and I knew it was going to be a bad one, and in my mind, very unjustly so. It would take too long to explain it all, but briefly, I had been bounced around from boss to boss, department to department, because the job I was doing was so unique. At the same time, it was an extremely important job that met many commitments the Church had. Also, things were in a big transition and nobody was sure where my activity belonged, nor did anyone understand what it took to do my job. I was doing a lot for one person and was mostly unsupported, except by God, of course. I was giving this work all I had, yet I knew my boss, who was fairly new to me, thought I should be doing some administrative things that were not important to getting my job done.

My first thought was that I was going to be prepared to fight this during the performance review and then take my case to the Personnel Department to explain how unreasonable and unfair it all was—and, of course, to let them know what an amazing job I was doing.

My second thought was that I could use this opportunity to attempt to be more like Jesus, and truly not think about myself, not be concerned about my life, but give my all to God, who was my real and only boss and who knew what I was doing and would continue to reward me accordingly.

Could I trust my life to God in this way? At the time, I felt that attempting to go down that road would be nearly impossible. How could I not react to what was about to be a very unjust sentence that could easily be explained away, or so I thought?

I decided to use this as an opportunity to grow. I knew that the only way I could succeed would be to really feel God, to be completely governed by God—to have the anointing of the Holy Ghost. I prayed fervently to shift my thinking off myself to God and His righteousness. I reminded myself why I was there, who put me there, that I was working for God, that God knew and appreciated me. I also knew clearly that my compensation was determined by God and not by people. I knew I didn’t need to stand up for myself. I didn’t need to fight for anything. I could just give my life to God and let God take care of me.

What happened absolutely amazed me. I did feel the anointing of the Holy Ghost in that room that day. I couldn’t believe how peaceful I was during the performance review. And it was a bad review. I felt attacked, personally and professionally. But it didn’t bother me at all. I didn’t try to defend myself. There was no need. I was at peace and felt divine Love present. I felt no resentment or animosity and was able to love this other person. I was not taking offense. I listened to the concerns expressed calmly and with an amazing detachment from it all. I surprised myself by even writing on the review that I was going to try to do better in light of the concerns expressed, and I was sincere.

I will never forget the peaceful feeling I had that day. Not only did I get a very unjust and bad review, which went into my file, but I was also punished by not getting any merit increase in my pay for that year, which everyone gets. But for me, that was a small price to pay for what was a complete and utter victory. I had overcome myself, my mortal sense of self, even if only for a time. I think we all know that experiences like that never leave us where they found us. I know I was changed forever. I was standing solid on the rock and was sustained. God and I knew all that I was doing for the Cause and the world in my work, which no one else at that time clearly understood. It didn’t matter.

Within the year, I was moved to a new department that completely understood all I was doing, completely supported me, and was so impressed by what I was accomplishing on my own that they gave me a \$10,000 raise. This was ten times more than the merit increase I didn’t receive.

We can trust our Father-Mother God to take care of us in any situation.

Another time I was asked to work on a very intense and important project that would last 6-8 months. I turned it down because it had taken me months to recover from doing a similar project the previous year, and I was just getting over it. I didn't feel I could go through what I had gone through before *again*. The way it had been managed seemed to cause a lot of unnecessary work for me, meaning many late nights and working weekends for months on end.

I was asked a few times if I would consider working on the project. I finally said I would if I could get some agreement on how things would be done. The person who hired me for this agreed to my terms, but I found within a few weeks that the same things were happening all over again, and my demands had been lost in the shuffle.

I became very upset one Friday night after having to work very late; I could see the writing on the wall, and it made no sense that I should have to go through this again. I was a bit angry with myself for agreeing to do the job. I remember telling God on the way home that the only thing I could see to do was to quit on Monday, so that if He had something else in mind, He would have to make it really clear. I really did have that deep-down desire to do what God thought best, even though I felt there was really only one option.

So, I sat on the train in a state of frustration with my mind racing, and through it all I heard God say to me, "Do you really think the Church is being governed by many minds?" Do you know what a slap upside the head feels like? Well, that's kind of what this was.


It was an angel message that changed everything.

It was such a simple concept that I had completely missed. One Mind governs the Church. Was I willing to put my money where my mouth was? This is a concept we throw around all the time, right? "There is only one Mind." But,

are we willing to live it, to make it practical? This was very humbling and was my opportunity to live and to hold to what I knew to be true.

What's great about God's messages to us is that they are not just, as I alluded to before, intellectual thoughts that come to us; instead, they are a transforming power. As I thought and prayed about this message and calmed down and humbled myself, I felt transformed. I was actually excited to continue working on this project. I had a whole new job description from God. I knew I had a higher purpose for being there and that was to constantly know, at every turn, that there was one Mind governing. And I felt this project needed someone knowing that. Every hint at many minds needed to be put down with this simple but powerful truth. The actual work I needed to accomplish now seemed secondary to this task.

It was one of the best experiences of my life. I wouldn't have traded it for the world. I'm not sure that things necessarily changed that much as far as the management and the late nights and weekends, but I had a completely different outlook and wasn't focusing on mismanagement or mistakes, but on doing everything I could to support the activity, holding to the fact that there was one Mind, no matter what presented itself. I was on the rock. I forgot about my life in my connection with Truth — with the kingdom of God and His righteousness — and was richly rewarded, as I've seen happen so many times.

The kingdom of God truly is at hand, as Jesus said. We can repent, "change the way we think for the better," by forgetting about our lives and our bodies and giving our all to God and His will for us. This is our solid rock of happiness and health and freedom and dominion and heaven on earth. 



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(415) 379-2224

Christian Science nurses are available round-the-clock to provide exceptional care in private rooms with comfortable, modern amenities. Patients must work daily with a Journal-listed Christian Science practitioner.

Visiting Christian Science Nursing Service (VCSNS)

Aïcha Langel, Assistant Director
vcsns@ardenwood.org
(415) 740-0460

VCSNS provides assistance in the home, workplace or other venue for up to 2 hours per visit. Visiting Christian Science nurses will assess care needs as well as provide care and support to patients, new moms, or anyone who would benefit from a care visit.

Christian Science Nursing Arts Training (CSNA)

Yvonne Renoult, Registrar
yrenoult@ardenwood.org
(415) 379-2222

CSNA training is available to Christian Scientists who wish to pursue the role of Christian Science Nurse, as outlined in the Church Manual By-law (Article VIII, Section 31). Our multi-year program includes classroom work and mentoring from highly skilled, Journal-listed Christian Science nurses. Arden Wood trainees are paid and receive full employee benefits.

Personnel and Support Services

Tricia McNeil, Director
tmcneil@ardenwood.org
(415) 379-2105

General Information

Sarah Banning, Marketing Manager
info@ardenwood.org
(415) 379-2104