



Christian Science nursing
inspiring, loving and healing
humanity

Sunrise Haven



Spring 2020

Christian Science Nursing Report

Woody Minsk and Jennifer Scott

Led by Mary Baker Eddy's teachings about the Science of Christianity, Christian Science nurses embrace spiritual reality:

"Material sense does not unfold the facts of existence; but spiritual sense lifts human consciousness into eternal Truth."
(*Science and Health with Key to the Scriptures*, p. 95:30-32)

Daily study, along with deep, expansive, unselfish prayer, informs and uplifts the practice of a Christian Science nurse. This consecration leads to the demonstration of God's healing

"Lord, ... open his eyes, that he may see,
The mighty prophet prayed.
Send not armies great and strong,
Neither strength to battle wrong,
But lift his vision to behold
Your truth already here,
The legions of omnipotence,
The hosts of Your deliverance.
Awake, O man, and know
Love's all-embracing sphere."

"Lord, open my eyes that I may see
Your presence everywhere,
My dwelling circled by Your might,
My mountaintop aflame with light,
The shining sentinels of Your love
Triumphant in this hour.
For You with me are greater far
Than all the seeming evils are.
Be still, O heart, and trust
God's omnipresent power."

(Elizabeth Glass Barlow,
The Christian Science Hymnal 527)

power in the nurse's own experience which, in turn, provides the spiritual conviction that enables the nurse to encourage patients with prompt assurance and faithful, calm, loving-kindness.

Every day at Sunrise Haven, we are grateful for our staff of dedicated Christian Science nurses who inspire each patient with the expectancy of healing. In addition to skillful and compassionate physical care, their work with patients includes loving reassurance of

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An inspiring healing of contagion

In the spring of 2019, a patient called to ask about being admitted to Sunrise Haven for healing. She was not feeling well and her body was partially covered by a rash. She wasn't eating much and needed help getting in and out of bed. Her family had identified the condition as a contagious belief heavily in the community's thought at the time. They wanted to take her to a hospital. A life-long Christian Scientist, the patient refused medical diagnosis and rejected the suggestion of contagion. She wanted to be in Sunrise Haven's healing atmosphere while she prayed to claim her unblemished identity as a child of God.

As part of the admissions process, we talked individually with Christian Science nurses before the patient came in, and asked for their specific prayers on the imposition of contagion.

The patient's family members, most of whom aren't Christian Scientists, were concerned and wanted us to use a particular medical remedy on the affected areas. We lovingly explained that this type of attention to the body is not included in our Christian Science

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Christian Science Nursing Report

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God's tender care, ever-presence and omnipotence.

A year of healing progress

This past year has been one of much progress! Our facility provided a refuge for Christian Science nursing to 58 individuals. The many healings we witnessed include the prayerful overcoming of the following challenges: effects from a fall; swollen legs; inability to eat food; labored breathing; inability to move; pain; dizziness and extensive bandaging needs.

The patients facing these impositions came to Sunrise from the far reaches of the six-state region we serve — Montana, Wyoming, Idaho, Oregon, Alaska and Washington — as well as from a state on the East Coast.

We are so grateful to be here for them, which brings us to you — every one of you in our field who supports Sunrise Haven. We are deeply grateful for our on-call "house practitioners"; for Sunrise Haven's "Prayer Support Team"; for the volunteers who provide church services, read to patients and provide activities; and for all who support Sunrise Haven through your volunteering, your prayers and your financial contributions. We sincerely hope you know how vital you are to Sunrise Haven's healing mission. ■

An inspiring healing of contagion

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nursing practice. We explained that, while we are providing needed physical care for the patient, our primary care is to spiritually support her desire to rely exclusively on God and Christian Science for healing. We cleansed and covered the affected areas, prepared appealing nourishment, and assisted the patient in moving around her room. More important, we practiced the healing truths about God and man as taught and proven in the lives of Christ Jesus and Mary Baker Eddy. We looked past the material picture to see the patient's true, spiritual selfhood; denied any material claim in her experience and encouraged her spiritual sense.

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As the patient gained spiritual strength, the challenges abated; she began to eat normally and move about by herself. The affected area diminished until coverings were no longer needed. Once physically free, the patient stayed another week to ensure she was ready to return home. We rejoiced to see her claim her freedom and take up her normal activities with renewed confidence in spiritual reality and her birthright as a child of God! ■

A national fund assisting Christian Science nursing patients at home and in facilities



The National Fund for Christian Science Nursing (NFCNSN) is a benevolence fund that can assist Christian Science nursing patients in the United States and its territories. The fund can help when Christian Science nursing care is needed, whether at home or in a facility like Sunrise Haven. For more information, visit nfcnsn.org or call 800-873-2843. ■

Christian Science nursing is an expression of God's love for humanity, embracing all people in a higher understanding of good. Christian Science nurses training demonstrates, through one-to-one training and branch church workshops, opportunities for each of us to help our fellowman.

This past year, three new students completed the Intermediate Course in Christian Science Nursing.

Two of these students entered the Christian Science nurses training program after attending one of the branch church seminars listed below. Throughout the year, all Sunrise Haven Christian Science nurses continued to improve their skills through monthly reviews and refresher courses. The basis of all our training is daily individual study with our Pastor: the Bible and *Science and Health with Key to the Scriptures* by Mary Baker Eddy.

Training activity outside our facility included:

- **Providing two introductory online courses** to help interested Christian Scientists take the first steps to becoming Christian Science nurses — “Introduction to Christian Science Nursing” and “The Ethics of Christian Science Nursing”.
- **Presenting “The Spiritual Dimension of Care” seminar** in 6 sessions to over 100 participants at various locations throughout our region. This seminar’s purpose is to uphold the healing mission of our church and looks closely at the *Church Manual* By-Law for the Christian Science nurse found in Article VII, Section 31 (p. 49). Participants explore and discover the spiritual dimension of care and how it can be expressed through helping each other.

The basis of all our training is daily individual study with our Pastor: the Bible and *Science and Health with Key to the Scriptures* by Mary Baker Eddy.

- **Partnering with Canterbury Crest**, our sister Christian Science nursing organization near Portland, for two of the above seminars.
- **Sharing our two-hour workshop** called “Responding to Accidents and Sudden Needs — a Christian Science Approach” with two branch churches.
- **Presenting a workshop** at the A/U Ranches for 34 eighth-grade students participating in the National Leadership Council program. We applied spiritual lessons from our Pastor to their lives and activities. Working with these young people proved Christian Science nurses training is useful at all stages of our experience.

For those who would like to explore or continue Christian Science nurses training, Sunrise Haven provides education for all levels of interest. If you would like to learn how to provide care for a loved one at home, or gather with other church attendees to learn how Christian Science nursing upholds the healing mission of our church or are working toward a professional career in Christian Science nursing, please contact us. Our accredited training program, workshops and seminars can be customized to meet your individual needs. ■

Christian Science nursing is an expression of God's love for humanity, embracing all people in a higher understanding of good.

Christian Science Nurses Training Report

For those who would like to explore or continue Christian Science nurses training, Sunrise Haven provides education for all levels of interest.

From the Executive Director

Patrice D. Edwards



Sunrise Haven's "Prayer Support Team"

Join us in praying for Sunrise Haven!

Each month, we share a spiritual concept from the Bible, *Science and Health* or Mary Baker Eddy's other writings that Sunrise Haven trustees and staff are working to understand and put into practice with increased clarity. Topics such as spiritual identity, eternal life and the healing power of the Christ are emailed to prayer supporters. Your collective prayers are felt and appreciated. To join, email Patrice Edwards at executivedirector@sunrisehaven.org.

"Third Degree: Understanding. SPIRITUAL. Wisdom, purity, spiritual understanding, spiritual power, love, health, holiness."
(*Science and Health*, p. 116:1-3)

Spiritual integrity is foundational to our work here at Sunrise Haven. It's the power that helps establish and strengthen a healing atmosphere in the facility and contribute to the healing of patients. Through it, we are empowered to fulfill our mission of Christian Science nursing inspiring, loving, and healing humanity.

Last fall, Sunrise Haven's Christian Science nurses embraced a new initiative, the "Christian Science Nursing Standard" (CSNS). This model of practice is built on the By-Law requirements for the Christian Science nurse found in Article VIII, Section 31 of the *Church Manual* (p. 49) and the nursing qualities identified on page 395 in *Science and Health*. The standard is about radical reliance and keeping one's thought filled with Truth. It's about letting the healing balm of Christly thoughts lift us to that pinnacle of grace that heals.

The CSNS speaks to the integrity required of one who desires to serve as a Christian Science nurse. Specifically, it describes the moral conditions needed — spiritual maturity, unity in thought and purpose, discipline, honesty, kindness, selflessness, compassion and increasing dominion over

material sense. It reminds each one of us to continually keep these qualities in thought and strive to live them.

By seeking and striving to embody in thought the wisdom, purity and spiritual power that comes from above, we demonstrate our devotion to having that mind "... which was also in Christ Jesus" (Philippians 2:5).

Here are additional highlights from our year:

- Over the past 12 months, Sunrise Haven reached and blessed over 400 people in person-to-person engagements through Christian Science nursing, outpatient care, Study and Renewal stays, Christian Science nurses training and at workshops and presentations throughout our field.
- Sunrise Haven's volunteer, on-call "house" practitioners and our "Prayer Support Team" provided invaluable encouragement and healing insights to all in the facility. We appreciate the vital support of all who take a stand for the efficacy of Christian Science healing, forming a potent force for good, uplifting humanity.
- Our yearly, unannounced inspection by the Washington State Department of Social and Health Services went very well! The lead State surveyor proclaimed, "These have got to be the happiest un-medicated people I've ever seen! Whatever you're doing, keep it up!" We are thankful for the State's recognition of the outstanding quality of our work.

Our ongoing commitment is to be that sanctuary where individuals who choose to rely on Christian Science receive spiritual support and practical care to facilitate quick and whole healing! ■

“Christian Science gives a fearless wing and firm foundation.”
(Mary Baker Eddy, *Miscellaneous Writings* 1883-1896, p. 213:19-20)

Sunrise Haven’s Board of Trustees witnessed many examples of the “fearless wing and firm foundation” of Christian Science this year.

Firm Foundation

Last spring, as we embarked on a prayerful recruiting period for a new Executive Director, we were grateful for that “firm foundation” of Christian Science that resulted in multiple, qualified individuals applying for the position. In May, we welcomed Patrice Edwards, a non-profit development professional and former Christian Science nurse, as Sunrise Haven’s new Executive Director.

In July, we ratified Sunrise Haven’s new Strategic Plan, the culmination of three years’ work by trustees, staff and Christian Science nurses prayerfully developing new vision, mission and values statements, and then creating the Strategic Plan based on feedback from patients, Christian Science nurses and staff. The plan identifies the priorities and action points for Sunrise Haven’s current and future growth and sustainability.

Fearless Wing

In the fall, we took the first action step in the new Strategic Plan by focusing on the top priority — a new program titled, “Valuing our Christian Science nurses and staff”. Using the results of a nationwide survey published earlier in the year, local and regional economic information and a survey with our own staff, we concluded that compensation levels were significantly below what they should be for the high cost of living in the greater Puget Sound area, and that salaries should be increased and a new

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family leave benefit introduced. The compensation plan was announced and implemented in early October. The increase is being funded by a generous donation made to Sunrise Haven earlier in 2019 and through grant applications. We also welcome contributions from you, our Sunrise Haven family.

Just before we began working on this report, it became necessary to postpone Sunrise Haven’s annual meeting in April. Our keynote

speaker, Chaplain (Colonel) Janet Horton, U.S. Army (Ret.), has generously committed to rescheduling with us later this year and you can be sure that we will keep you posted on the new date! ■

Board of Trustees

*Kelly Michaels,
President*



Marsha Rockabrand is a member of First Church of Christ, Scientist in Burien, Washington. She retired from the Renton School District after 32 years in the Human Resources Department, where she

coordinated recruiting and hiring and, most recently, served as Operations Manager. Marsha lives in Renton, and loves spending time with her three adult children and three grandchildren. She also enjoys connecting with people in other lands through travel.



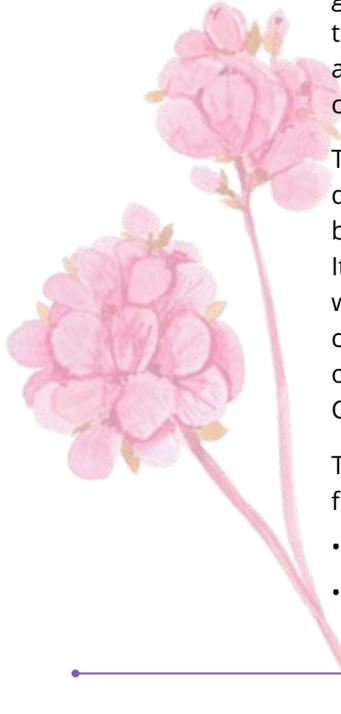
George Gregory, CS, is a member of First Church of Christ, Scientist in Missoula, Montana. Following a career in engineering management, he became a *Journal*-listed practitioner in 2005.

George has served as Committee on Publication for Iowa, and also as facility practitioner with Canterbury Crest in Portland and Wide Horizon in Denver. He lives in Hamilton with his wife Lucille, also in the public practice of Christian Science. Their three daughters and three grandchildren are a happy part of their lives. ■

Welcome new trustees Marsha Rockabrand and George Gregory!

Financial Summary

Nancy Hirschman,
Treasurer



The financial report for Sunrise Haven could be summarized in one word: gratitude!

To expand on this, the Trustees are grateful for the inspiration, comfort and healing that goes on at Sunrise Haven every day. We're grateful for the dedicated Christian Science nurses and staff that hourly support the activity of spiritual progress and healing. And we're profoundly grateful for the expressions of your gratitude that come in the form of payments, grants and contributions from individuals and branch churches.

The financial objective for Sunrise Haven is: "To demonstrate supply and demand in perfect balance — because the source of both is God." Its foundational guidance is that "God requires wisdom, economy, and brotherly love to characterize all the proceedings of the members of The Mother Church, The First Church of Christ, Scientist" (*Church Manual*, p. 77:18).

The financial results for Sunrise Haven's past fiscal year (10/1/18–9/30/19) are:

- Total income: \$2,119,425
- Total expenses (exclusive of depreciation of \$74,461): \$1,134,238

- Yielded net income (exclusive of depreciation): \$985,187

Of special note during the 2019 fiscal year:

- Sunrise Haven received a \$1,000,000 donation from a disbanding church. This contribution has been placed in a special fund to help pay for compensation of Sunrise Haven's Christian Science nurses and staff.
- As part of implementing Sunrise Haven's Strategic Plan and valuing and appreciating the Christian Science nurses and staff, we studied the compensation rates and made the decision to give significant pay raises.

In November-December of 2019 (not in the fiscal year, but still significant), a church in Montana offered Sunrise Haven a significant challenge grant. The region responded generously, and we are grateful for this loving support of Sunrise Haven's mission. Total contributions from this opportunity were \$52,093.

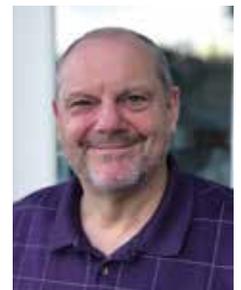
As we move ahead, our responsibility is to use our resources with wisdom, economy, brotherly love and gratitude! ■

Thank you and love to outgoing Trustees Kelly Michaels and Mark Schoening

Kelly Michaels served two terms (six years) on Sunrise Haven's Board of Trustees, most recently as President. Her extensive career as president of a commercial real estate firm, and in marketing, brought valuable expertise to the team that developed our vision, mission and value statements as well as our Strategic Plan. Kelly was also instrumental in Sunrise Haven's re-branding of its logo, newsletter, website and a new social media presence. She led the recruiting effort that resulted in the hiring of a new Executive Director in 2019.



Mark Schoening also retired from Sunrise Haven's Board of Trustees after serving two terms (six years), including three years as President. Mark's background as a small business owner contributed invaluable perspective and insight during the development of Sunrise Haven's new vision, mission and value statements, and Strategic Plan. He participated in the adoption of the accredited Christian Science nurses training program through Le Verger and in developing self-evaluation procedures for the Board. Due in part to Mark's leadership, Sunrise Haven introduced a 2019 initiative "Valuing our Christian Science nurses and staff", which effected wage adjustments to livable levels. ■



Serving on the Sunrise Haven Board of Trustees has been an extraordinary period of spiritual growth, and a great blessing for me. Never before have I been part of an organization that relies so completely on prayer and the direction of divine Mind.

Here are some of the profound lessons learned from this work:

1. Our fellow Christian Scientists and the efficacy of their prayers can be trusted. Not just the professional teachers, practitioners and Christian Science nurses, but the soul-filled workers who show up every day. The infinite power of God is discerned and felt in the simplest of prayers and gestures of love.

2. Give God the glory.

"... [He] is in one mind, and who can turn him? and what his soul desireth, even that he doeth.

For he performeth the thing that is appointed for me: ..."
(Job 23:13 he, 14 (to :))

Through this work I've become aware that the mortal sense of personality tends towards identifying the individual who comes up with an idea, or seems to be doing the work. After a deep examination of my motives I realized that I often worked to distinguish my own efforts. Letting go of this false ego, and recognizing God as the source of all good, freed me to humbly embrace the inspiration of others and contribute in a divinely-inspired way. Ideas and actions developed in this way are more productive in leading to an organization's progress.

Sunrise Haven is a hub of spiritual healing in our "modern" medical world. If one ever doubted the efficacy of Christian Science, or viewed Christian Science healing as coincidental or anecdotal, spending time at Sunrise Haven will prove otherwise.

3. "Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven." This is such an important concept that Jesus emphasizes it: "Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake. Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you" (Matthew 5:10-12).

Mary Baker Eddy encourages, "If you launch your bark upon the ever-agitated but healthful waters of truth, you will encounter storms. Your good will be evil spoken of. This is the cross. Take it up and bear it, for through it you win and wear the crown" (*Science and Health*, p. 254:27-31).

This is a rule in our practice. Spiritual good will be evil spoken of, unfairly. Get used to it.

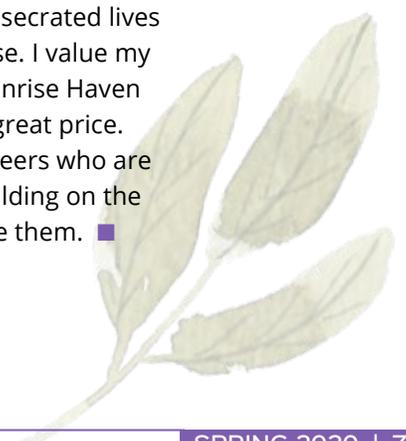
4. Sunrise Haven is a hub of spiritual healing in our "modern" medical world. If one ever doubted the efficacy of Christian Science, or viewed Christian Science healing as coincidental or anecdotal, spending time at Sunrise Haven will prove otherwise.

I've been blessed to work with inspiring individuals, including several remarkable *Journal*-listed Christian Science nurses, department heads, and staff in the kitchen, business office, facility maintenance and two tireless executive directors, all of whose sacrifices and consecrated lives further our beloved Cause. I value my friendships within the Sunrise Haven community as pearls of great price.

I'm grateful to the volunteers who are continuing the work now, and building on the works of those who served before them. ■

Mark Schoening

*Sunrise Haven
Trustee
2013 - 2019*



One, infinite, omnipotent God, good



On Friday, April 3, Chaplain (Colonel) Janet Horton U.S. Army, (Ret.), shared inspiration with Sunrise Haven staff and trustees via a Zoom videoconference. She spoke about how Christian Science answers the ancient theological

question, "How do you explain evil?" This question is just as relevant today as it has been throughout human history.

Janet pointed out that Mary Baker Eddy is the only theologian in history who addressed the implications of accepting evil as a reality. Mrs. Eddy consistently maintained that there is one, infinite, omnipotent God, good; therefore, evil is false belief, error, nothingness. Throughout her writings, she poses variations on the "immortal question" — "Where does evil come from?" Citing Biblical passages, especially the teachings of Christ Jesus, Mrs. Eddy's answers illustrate how she helps spiritual seekers understand the impossibility of evil existing alongside a God who is the All-in-all. ■

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www.sunrisehaven.org



Visiting Us: Bring a friend; we'd love to give you a tour. Do call ahead though, so we can be sure a staff member is available to show you around.

Our vision:

**Humanity
loved, blessed, healed**

Our mission:

**Christian Science nursing
inspiring, loving and healing
humanity**

Services:

- 24-hour nursing care, including inpatient, outpatient, and relief care
- Consultation by phone or in-home
- Equipment rental
- Rest and study

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