New **Vision Now!** Production Team Being Formed

Your Christian Science Nursing Communication Network (CSNCN) Board is excited to announce that we are putting together an impressive **Vision Now! (VN!)** Production Team. We welcome to the team Pamela Roberts, **VN!** Manager; Jobea Lindley, **VN!** Designer; and George Strong, **VN!** Editor and temporary **VN!** Ad Rep; and Nancy Butcher Stevens, **VN!** Story Seeker.

**VN!** Ad Representative until we fill this position. Also, we are looking for a **Vision Now!** Mailing Coordinator to complete the team. If either of these jobs (Ad Rep or Mailing Coordinator) piques your interest please be in touch with the CSNCN board.

We feel privileged to provide you with this communication vehicle three times a year.

Hats off to all who contributed their talents in putting together this issue devoted to the metaphysical and practical aspects of food in our Christian Science nursing practice.

In recognition and appreciation of the centennial of the by-law in *The Church Manual* by Mary Baker Eddy for the Christian Science Nurse (Art. VIII, Sect. 31), both the July and November issues of **Vision Now!** will carry a representative sharing from Christian Science nurses on how the requirements for the Christian Science nurse in the by-law have influenced their nursing practice. You won’t want to miss these special focus issues.

In closing, this is Mary Langworthy’s last issue as **Vision Now!** Editor. We wish her well in her new adventures and appreciate all she has brought to **Vision Now!** as Editor and her time on the CSNCN Board in previous years. George is covering as the

With love and appreciation for all you do,

*Your CSNCN Board*

---

**Inside...**

- Letter to the Editors .......................................................... 2
- Food Supplements Unnecessary .................................. 3
- Food Preparation: The Main Ingredient Is Love.......... 4
- Visits Nourish With Soul Food ..................................... 5
- Variety Defines Standard in Menu Planning ............. 7
- Fold in Love ................................................................. 8
- Thought For Food Or Food For Thought? ................. 11
- Some Vegan Ideas .......................................................... 12
- How I Became a Christian Science Nurse ................. 14
- Annual Business Meeting and Financial Report ....... 15
- Advertising Section ....................................................... 16
November 2007

Dear Heart,

I can now access *Vision Now!* on my e-mail. There is no need to mail it to me anymore. Thank you for your patience and generosity in posting it while I was learning more of this wonderful means of communication.

I just loved the Conference. My November *Vision Now!* arrived in my Australian mailbox today. I was delighted to see two of my digital prints in the middle page spreadsheet . . . I loved being a volunteer for all that gracious and loving interaction with my fellow nurses. Such a privilege. Thank you to all the [CSNCN] Board of Directors, for your labour of love as a gift to all in our Movement. May its ripples just spread out and bless more ideas than we shall ever know . . . to all mankind.

With love,  
Marti McClelland.
In today’s world the subject of food in all its forms is heavily portrayed in the news. For this issue of VisionNow! we decided it would be helpful to re-visit and focus again on the metaphysical and practical aspects of food in our Christian Science nursing practice. We asked a few Christian Science nurses to share from their experience.

The ideas and opinions expressed within these pages are not necessarily those of the CSNCN Board, but are presented for your prayerful thought.

### Food Supplements Unnecessary

*By Mbaari Kinya*

The world aggressively claims that, beginning with infant foods, the food we eat is routinely deficient in certain necessary substances. Pharmaceutical companies manufacture dietary supplements intended to correct these purported deficiencies and zealously market their products. An individual, community or nation that does not embrace these beliefs (and use these products) is deemed backward and uninformed.

Sometimes friends or relatives suggest to patients that they supplement their diet with substances such as Ensure™. The issue that patients are often unaware of is that such products are based on medical and pharmaceutical beliefs about the human body. When these patients are placed under my care as a Christian Science nurse, I gently share ideas from my study of Christian Science that explain why I cannot provide such products.

For instance, Mrs. Eddy writes in *Science and Health with Key to the Scriptures*, “Admit the common hypothesis that food is the nutriment of life, and there follows the necessity for another admission in the opposite direction,—that food has power to destroy Life, God, through a deficiency or an excess, a quality or a quantity. This is a specimen of the ambiguous nature of all material health-theories” (page 388); and “Only through radical reliance on Truth can scientific healing power be realized” (page 167).

I love researching ideas like these in the Bound Volumes. To me they are modern-day epistles. In a 1954 editorial in The Christian Science Journal entitled “Spiritual Energy and Vitamins,” Harold Molter poses this question: “If vitamins are food and food is required to maintain normal health, is there any objection to Christian Scientists using them?” He answers that while we should not ignore normal eating requirements, constant attention to the subtle rules of hygiene, diet and other beliefs only cloud our understanding of our true identity (vol. 72, page 375).

And in “Food Supplements Redundant,” an editorial in a 1977 *Christian Science Sentinel*, Naomi Price asks if the world has forgotten Christ Jesus’ admonition about food: how obedient are we to his command, “Take no thought for your life, what ye shall eat, or what ye shall drink … Is not the life more than meat, and the body than raiment?” (vol. 79, part 2, page 2137) Ms. Price notes that the use or recommendation of dietary means, such as vitamins, minerals and the like, shows the individual’s lack of unreserved trust in God, which predictably leads to a loss of that individual’s ability to heal through divine power.

What would make anyone even consider practices and products

Food Supplements continued on page 10)
Food Preparation: The Main Ingredient is Love

By Jeffrey Bender-Baird

Good cooks frequently say you can taste the love in the food they offer. Love is the key ingredient whether in the Christian Science nursing kitchen, in their homes or at friend’s. Christian Science teaches us to see beyond love as merely a human emotion or motivation to its divine source, Love. As Love takes rightful place as the “center and circumference” of our food activities, each element of the meal is spiritually liberated and enhanced.

Choosing menus becomes less brow-knitting and more gentle revelation. A visiting Christian Science nurse demonstrated this well with a patient wrestling with some food issues who was staying at our Christian Science nursing cottage. As he reported his activities from the previous day, describing with such gentle affection a breakfast menu of cream of wheat, poached eggs and pureed strawberries, we were not surprised to hear that the patient enjoyed and ate the meal readily.

Meal preparation, infused with Love, is a joyful time of listening without any sense of burden and pressure. The particularly loving nature of one patient I worked with set a standard in this regard for her Christian Science nurses. Her reflection of divine Love uplifted the preparation process. The attitude she inspired in the Christian Science nurses came back to her in joyfully prepared meals that she relished!

The presentation of meals flows naturally from divine Love and Soul. At our Christian Science nursing cottage, of necessity, we frequently base meals around combinations of fresh and microwaved elements. The challenge with microwave-ready meals is that they may look “prefab.” Even with the simplest foods, however, we still receive fairly consistently good reviews. We’ve found that attractive presentation has less to do with the nature of the food and more to do with the way it is served.

When the meal is served with kind attentiveness—stemming from the selfless reflection of divine Love—the patient beholds the love of the Christian Science nurse instead of the microwaved meal. On one home case, using the patient’s unique dishware, I presented small portions in individual dishes and arranged them in an inviting pattern on the breakfast bar. The Christian Science nurse’s love may be expressed in a fresh salad, a lovely tea cup, or even, in spring, a colorful garnish such as the flower of a Johnny-jump-up. (Many websites have lists of edible flowers. Here’s one: http://www.exr.colostate.edu/pubs/Garden/07237.html.)

The serving of food is an opportunity for radiating grace and loving-kindness. On a recent home case, the patient beamed with gratitude and gladly ate a simple meal consisting of a slice of pizza and a glass of chocolate milk. She was responding to the loving manner with which it was brought from the kitchen—to the pure expression of Love’s presence.

Love reflected in love, reflected in love: Love cubed—that is, growing exponentially, not diced! That main ingredient, love, as Love’s expression, is always at hand, wherever we are. So, we can always produce good cooking, flavored with inspiration, seasoned with humility and nourishing all. ☺
Visits Nourish With Soul Food
By Jobea Lindley

Every summer when my mother lived with us, she and I traveled to California to visit her sister who lived alone. (Both were in their late 80’s at the time.) My aunt’s primary caregiver, one of my cousins, checked with my aunt regularly by phone. And he looked in on her once or twice a month as his schedule allowed, but he lived a couple hours drive away from her at the time.

This cousin had arranged through Meals-on-Wheels to have a hot midday meal delivered to her. When we arrived, we always found her refrigerator filled with Meals-on-Wheels boxes. The only thing eaten out of each box was the dessert. (My cousin told me it was the same every time he came and he’d spend part of each visit dumping meals.)

I found that she liked to sleep in, usually having a cup of coffee and a sweet roll or donut for her breakfast about 10 o’clock. When the hot meal was delivered around 11:30, the person delivering the meal would ring the doorbell, come in, say “Good morning,” place the meal on the kitchen counter, check to see if she was OK, then zip out the door with a “Good bye, see you tomorrow.” (Total encounter time, one to two minutes.)

My aunt wasn’t hungry, so the meal would sit on the counter until it cooled off, then she’d put it in the refrigerator to “eat later.” When “later” came, she was hungry and not in the mood to heat up the institutional food that by then didn’t look in the least bit appetizing. So, she would just grab the quickest thing—the dessert. It wasn’t that she didn’t have a good appetite as she ate heartily when we took her out for meals, or prepared meals to be eaten between 3 and 4 in the afternoon.

So it was with great interest that I read the “Food for Thought—Meals to Go” article in the November 2006 *Vision Now!* Little did I know then that I’d have the opportunity to see this program in operation and even help deliver some of the Meals-to-Go while training with Joy Reges as a visiting Christian Science nurse.

What a difference! Lynn House has everything right. The meals, for the most part, are the same as those served to the current patients and staff—absolutely delicious! The recipient lets the visiting Christian Science nurse know when he/she would like a meal. The meal is ordered from the kitchen, then prepared, packaged and put in the refrigerator.

When it is time to deliver the meal, usually later the same day, it is put in a cooler on lots of ice. The visiting Christian Science nurse takes the meal to the home, goes in and visits with the person for half an hour to an hour. She may help with heating up the meal, but when I was helping to deliver, we just visited, putting the meal in the refrigerator for later use.

By putting the meals away, the visiting Christian Science nurse can assess whether the patients have enough food in the refrigerator and whether they seem to be eating what was brought in before. During the friendly visits, concerns or needs may come out that can be handled immediately, or dealt with in an appropriate way later. Truths may be shared. The patients know that someone really cares about them. That love is palpable, especially when the Meal-to-Go includes the Lynn House Baked Custard!

As Hymn 327 says, “He gives the hungry needful food . . . With constant care, His tender love all human need supplies” (*Christian Science Hymnal*). Lynn House Meals-to-Go supplies food for the body as well as Soul food. What a winning combination! ©
Impressed? Never! Nurturing? Always!
By Marie Claire Tetteh

There are times when giving extra care and attention to the food we serve our patients helps them feel loved, valued and accepted; helps them see that their healings matter. Such clear expressions of divine Love often enable them to take in the food provided.

When food challenges nevertheless continue, I have noticed that patients can become unsettled if Christian Science nurses fuss over uneaten food. Our role as Christian Science nurses is to continue to provide suitable food at regular intervals whether it is eaten or not because of our expectancy of healing and our obedience to the laws of the land.

Furthermore, when we understand our Father’s unconditional and nourishing divine love and care, we remain unimpressed by food challenges, no matter how long standing or severe. This nurtures our patients’ spiritual sense of Life.

I experienced this first-hand when assisting a patient who gradually refused to take food while working closely with the Christian Science practitioner. It started with certain food, then all food other than liquids, then even liquids. I certainly had to develop my spiritual sense of Love and Life, and my understanding of the real man! The patient felt it and expressed a lot of gratitude for it and for our sharing of truths about God and His divine ideas.

According to Mary Baker Eddy, Christian Healer, “I have all in divine Love, that is all I need” (page 219). That is what patients most need when they are faced with such tenacious beliefs as the inability to eat; our knowing that they have all in divine Love, that is all they need. With this insight, our food choices for them will be inspired, suitable and divinely nourishing. By continuing to provide food lovingly and appropriately, whether or not it is touched, and by quietly expressing our spiritual sense of Life and infinite Love, we fulfill our duty of care as Christian Science nurses.


---

Microwave Baked Custard
Sears Kenmore Microwave Cookbook

1 ¼ cups milk
3 eggs
¼ cup sugar
¼ teaspoon salt
1 teaspoon vanilla extract
ground nutmeg

1. Put milk into a 1 quart bowl. Add eggs, sugar, salt and vanilla. Beat with electric mixer (or put ingredients in a blender and blend) until smooth. Pour equal amounts into five 6-ounce microwave custard cups. Sprinkle with nutmeg.

2. Arrange cups in a circle in the microwave oven. Cook on 50% power for 9 minutes*. Remove each custard cup as it begins to bubble or becomes almost soft in the center**. Let stand 5 minutes before serving. Serve warm or cold.

*It may take as long as 15 minutes or more for some or all 5 of the custards to cook, dependent on the wattage of the microwave. After the initial 9 minutes just keep adding a minute at a time at 50% power.

**As you remove a custard, rearrange the remaining custards in the circle.

“I find when modifying food, it’s best to keep it simple. My rule of thumb is to blend no more than three ingredients together: the main food, a liquid and seasoning. I don’t mix the carrots, spinach, chicken, rice and gravy together. I serve the carrots as carrots, and the spinach as spinach. I like using the gravy as a dipping sauce for each bite of chicken. An exception is blended rice, which is usually indistinguishable as rice, so I mix it in the chicken (or other flavorful item).”

Christine Stephens

---

1¾ cups milk
3 eggs
¼ cup sugar
¼ teaspoon salt
1 teaspoon vanilla extract
ground nutmeg

1. Put milk into a 1 quart bowl. Add eggs, sugar, salt and vanilla. Beat with electric mixer (or put ingredients in a blender and blend) until smooth. Pour equal amounts into five 6-ounce microwave custard cups. Sprinkle with nutmeg.

2. Arrange cups in a circle in the microwave oven. Cook on 50% power for 9 minutes*. Remove each custard cup as it begins to bubble or becomes almost soft in the center**. Let stand 5 minutes before serving. Serve warm or cold.

*It may take as long as 15 minutes or more for some or all 5 of the custards to cook, dependent on the wattage of the microwave. After the initial 9 minutes just keep adding a minute at a time at 50% power.

**As you remove a custard, rearrange the remaining custards in the circle.

“I find when modifying food, it’s best to keep it simple. My rule of thumb is to blend no more than three ingredients together: the main food, a liquid and seasoning. I don’t mix the carrots, spinach, chicken, rice and gravy together. I serve the carrots as carrots, and the spinach as spinach. I like using the gravy as a dipping sauce for each bite of chicken. An exception is blended rice, which is usually indistinguishable as rice, so I mix it in the chicken (or other flavorful item).”

Christine Stephens
The following simple standard of menu planning provides what society considers a “balanced” meal without counting the portions served of vegetables, proteins, dairy products, and the like. This standard requires variety within each of six categories: flavor, taste, color, form, texture, and temperature.

**Flavor:** Strawberries and cherries may both be red and fruity but each possesses a distinctly different flavor, a particular taste associated with it.

**Taste:** Sweet, sour, tart, salty, savory, mild, strong, bitter, spicy, hot, etc., identify the character of a food. A twist of lemon in hot tea has a mild taste; lemon pie could be sweet, tart and strong at the same time; lemon chicken could be mild or tart and savory. Squeezing lemon over broccoli “brightens” the taste without giving it a lemon flavor.

**Color:** Avoid monochromatic meals. A colorful meal is more pleasing. Which would you prefer? Poached chicken in white gravy, with cauliflower, mashed potatoes, milk and vanilla ice cream; or poached chicken in a marinara sauce (red), linguini tossed with parmesan (white), green beans, a blueberry smoothie and a chocolate chip cookie?

**Form:** Whole, cut up, cut up fine, mashed, pudding, liquid, thin liquid, clear liquid, iced, etc., relate to the look, or the shape and consistency, of a food. Changing a food’s form often changes its texture (see below). A whole ripe banana in its natural form has a firm and soft texture. When I bite into it, there’s a slight resistance. Cut it up finely, and both its form and texture change slightly. Now soft and slightly chunky, there’s little resistance when I take a bite. Mashing it modifies the form and texture even more. Now shapeless and smooth, there’s no resistance at all when I take a bite. Blending it with some almond milk and honey deliciously liquefies it. The banana now takes the shape of whatever glass it’s in.

**Texture:** Smooth, grainy, tender, chewy, crunchy, seedy, etc., describe how a food feels in the mouth. A raw potato is crunchy and grainy; boil it and it’s soft and grainy; mash it and it’s smooth. Liquefy it with some cream, add a little vegetable or chicken base for seasoning, serve cold in a beautiful bowl and garnish with a sprig of chive, and you have a simple and silky smooth vichyssoise.

**Temperature:** Hot, warm, tepid, room temperature, chilled, iced, etc., describe a different kind of heat from the spicy taste above. A gazpacho soup is served cold (temperature) and may have be spicy hot taste. Potato, tomato and fruit soups are excellent served cold on hot summer days.

Let’s analyze a meal:

*Steak, baked acorn squash, mashed carrots, wilted spinach salad, peach cobbler.*

**Flavor:** variety. **Taste:** variety. **Color:** 3 items are orange, not so good. **Form:** variety could be better. **Texture:** 4 items are soft, not so good. **Temperature:** could be better, everything is hot.

By changing the acorn squash to a baked potato, the wilted spinach to a fresh spinach salad, and the cobbler to pound cake with strawberries, you add variety to color, texture and temperature.

What if a patient needs all food blended to a particular consistency, such as pudding consistency? The standard of

(Variety continued on page 10)
Good cooking is not about food. Good cooking is about love. The texture of inspired cooking is formed by order, rhythm, balance and precision; patience and possibility add color, while the variety of infinity furnishes the recipes. Good cooking expresses both the art and the science of Soul.

Moral integrity seasons a good meal; a meal prepared with principle and love sets the tone at the table, presenting the opportunity for harmony and grace to unfold through pleasant conversation and gentle manners. So, enjoy Love’s banquet from preparation to presentation and from bread to dessert. Ah, dessert—a wholesome opportunity for sharing healthful ideas—uncontaminated, unspoiled, unpretentious—ideas that refresh and inspire right action.

Clearing dishes and cleaning up the kitchen complete a good meal. Cleaning up willingly is an unselfed act that helps keep our thought unspotted from the world. The simple dignity of cleaning up polishes our refinement; well-done tasks shimmer with proficiency. As we clean, let us also remember that mentally scrubbing away the grime of materiality helps clarify reality for us and lets our sweet innocence sparkle. Cleaning up is goodness in action, elevating and purifying thought—the perfect outcome of a Soul-inspired meal!

What if we were invited to cook in another’s kitchen, one that was in disarray? With Christly compassion we would clean first, and then cook. If a patient believes that food tastes bad or that the smell, the sight, even the thought of it is distasteful, or perhaps painful, we might say that his kitchen (consciousness) is in disarray. “His materiality, clad in a false mentality, wages feeble fight with his individuality,—his

**Quickest Chicken Stock***

*Makes 3 quarts  Time 40 minutes to 1 hour*

This stock has three distinct advantages: One, it takes less than an hour to make. Two, it has clear, clean flavor—not especially complex, but very good. And three, it gives you a whole cooked—but not overcooked—chicken, for salad or any other use.

1 whole (3 to 4 pound) chicken, rinsed and patted dry with paper towels
1 cup roughly chopped onion (don’t bother to peel it)
1 cup chopped carrot
½ cup roughly chopped celery
1 sprig fresh thyme or pinch of dried thyme
½ bay leaf
Several sprigs fresh parsley
1 teaspoon salt, plus more if necessary
About 3½ quarts (14 cups) water

Cut chicken into pieces if you like; it will speed cooking. Combine all ingredients except the water in a stock pot; add the water. Bring just about to a boil, then partially cover and adjust the heat so the mixture sends up a few bubbles at a time. Cook just until the chicken is done, 30 to 60 minutes.

Strain, pressing on the vegetables and meat to extract as much juice as possible. Taste and add salt if necessary. Refrigerate, then skim any hardened fat from the surface. Refrigerate for 4 to 5 days (longer if you boil it every third day, which will prevent spoilage) or freeze.

physical senses with his spiritual senses.”¹

So we help sweep away material misconceptions until he realizes the spotless purity of his consciousness. Our pleasant conversation and gentle manners help him examine proper food for thought—healthful, spiritual ideas—until his zest, or taste, for life reappears. Together, we prepare thought for the perfect meal—spiritual regeneration—“that ye may eat and drink at my table in my kingdom” (Christ Jesus).²

Food modification can be a loving interim provision during the preparation period, but it isn’t a factor in healing. Modification of one’s own thought about food beliefs is a factor, however. Food beliefs spring from the accepted belief in a material creation where five so-called senses supposedly constitute man. To dissolve false beliefs, Christian Science nurse and patient trust Science “...to stir the human mind to a change of base, on which it may yield to the harmony of the divine Mind.”³

Just as good cooks don’t interfere with the action of yeast on dough because they trust the yeast’s effectiveness, Christian Science nurse and patient trust that Christ, Truth, is always effective, compelling so-called physical-sense knowledge and its evidence to yield to Science. Mrs. Eddy makes plain that a change in the mental state changes the outward expression of thought, termed body. Self-abnegation is imperative to mental change. When Christian Science nurse, Christian Science practitioner and patient each relinquish a false sense of self, consciousness realizes Soul’s self-control.

We can learn how to relinquish material selfhood and partake of Soul’s better fare through the Bible’s “recipe for all healing.”⁴ Good cooks master a recipe, knowing its ingredients and how to blend them properly to achieve consistency.

The Bible’s recipe includes all right ideas and the proper ways to incorporate them into our lives. Purity, patience, meekness and love folded into thought reveal that as God’s likeness, we are consistently good. These and other spiritual qualities comprise our substance, making it new and indestructible every moment.

Right ideas nourish us and as we digest (ponder) them and let them fuel our demonstration of spiritual selfhood, we are replenished hourly. This right action of the system signifies that Truth has changed the base of thought from matter to Spirit. We now understand how Mind harmonizes both consciousness and body.

Divine Love has fed us well! Thus human thought has been modified without help or harm from food and the patient gratefully eats normally. “O taste and see that the Lord is good: blessed is the man that trusteth in him.”⁵

¹ Mary Baker Eddy, Miscellaneous Writings, page 104
² Luke 22:30
³ Mary Baker Eddy, Science & Health with Key to the Scriptures, page 162
⁴ Ibid., page 406
⁵ Psalm 34:8

---

**Basic Drink**

4 to 5 ounces fruit juice of choice
2 scoops vanilla ice cream
1 teaspoon cream cheese
2-3 ounces custard

Blend all. If chocolate drink is desired, use milk in lieu of the fruit juice and use chocolate ice cream or chocolate sauce.
menu planning still applies. The **color, flavor, taste** and **temperature** of each food should still vary, though the **texture** in this case may vary only slightly. And plating the “puddings” in differently shaped bowls can provide some variety to the **form**.

Even clear liquids are not exempt from this standard. Vegetable water, apple water, and rice water each has a different **color**. Such slight variations in **temperature** as tepid, room temperature or chilled may also be considered.

Two passages in *Science and Health with Key to the Scriptures* by Mary Baker Eddy have provided guidance for me in this area. She writes, “Jesus never taught that drugs, food, air, and exercise could make a man healthy, or that they could destroy human life; nor did he illustrate these errors by his practice” (page 232). And “Strangely enough, we ask for material theories in support of spiritual and eternal truth, when the two are so antagonistic that the material thought must become spiritualized before the spiritual fact is attained” (page 355). I ask myself, what food theories am I holding onto?

Whether we’re teaching, mentoring or giving care, we need to ensure our Christian Science nursing practices illustrate our demonstrable knowledge of Christian Science practice and that we’re not giving power to the food in thought, deed or speech. ★

*(Variety, continued from page 7)*

*(Food Supplements, continued from page 3)*

that undermine the ability to do this? The answer is aggressive mental suggestion, which Mrs. Eddy counsels us in “Alertness to Duty” to defend against daily (*The Church Manual*, page 42). Humanity needs protection from these claims and a clearer sense of true nourishment. My daily prayerful work and ethical Christian Science nursing ministry are practical ways that I fulfill my duty “to God, to [our] Leader and to mankind.” ★

---

**Celery Soup**

6 stalks celery, chopped
½ onion, sliced
2 cups chicken stock or canned broth
1½ cups light cream
Salt to taste

Put the celery, onion, and chicken stock in a soup pot, bring to a boil, reduce heat, and simmer, partially covered, for 30 minutes or until the celery is tender. Put through a strainer or vegetable mill or puree in a blender or food processor. Return to pot. Add the cream and salt and reheat slowly. The tender, inner stalks have the best consistency and flavor for this soup.

**Creamy Rice Pudding**

2½ cups water
½ cup uncooked long grain rice
1 cinnamon stick or ¼ teaspoon ground cinnamon*
2 (½-inch) pieces lemon rind
Dash salt
1 (14-oz) can Sweetened Condensed Milk (NOT evaporated milk)
Additional ground cinnamon*

In medium saucepan, combine water, rice, cinnamon, lemon rind and salt; let mixture stand 30 minutes. Bring mixture to a boil, stirring occasionally. Add Sweetened Condensed Milk; mix well. Return to a boil; stir. Reduce heat to medium. Cook uncovered, stirring frequently, 20 to 25 minutes or until liquid is absorbed to top of rice. Cool (pudding thickens as it cools). Remove cinnamon stick and lemon rind. Sprinkle with additional cinnamon. Serve warm or chilled. Refrigerate leftovers.

*Cinnamon my be left out for a more mild flavor.
Thought for Food or Food for Thought?

By Marc Friel

Before becoming a Christian Science nurse, I worked in the restaurant business. I served meals at very formal dinner theater events as well as at family gatherings such as weddings, bar mitzvahs and things of that nature. I concentrated on catering to everybody’s needs, making folks comfortable and happy. Though satisfying to a certain extent, it was very different from the type of food service included in Christian Science nursing.

After joining The Mother Church, studying Christian Science and taking class instruction, I earned my way through prayer to becoming a Christian Science nurse, and I began to learn a new way of thinking about food. In *Science and Health with Key to the Scriptures*, Mary Baker Eddy says that “[Christ Jesus] did not depend upon food or pure air to resuscitate wasted energies” (page 44); that “The fact is, food does not affect the absolute Life of man, and this becomes self-evident, when we learn that God is our Life” (page 388); and that “Whatever furnishes the semblance of an idea governed by its Principle, furnishes food for thought” (page 195).

I like to keep these ideas in mind while feeding or preparing food. I find it is always good to cherish the idea that material nutriment is not true sustenance. It is not the material food that a patient needs as much as the spiritual food, which is provided by the grace and love both nurse and patient can express during the interaction of a meal. Joy and love nourish and it is important that I bring these qualities to the table.

Different patients have different food requirements. Some patients need food softened, some, liquefied. Some patients can eat crunchy food, some need food that is smooth as butter. Some patients can drink from a cup or straw, some can’t and we may need to siphon the nourishment.

While I follow practical wisdom in terms of the consistency of foods the patient should have, I always also look to the patient’s individual tastes for inspiration and variety. Some patients are more verbal than others. Sometimes a patient’s smile tells me what I need to know.

I’ve been on home cases where I’ve cooked breakfast, lunch and dinner, and then sat with the patient at each meal. I found that knowing what to serve and how to serve it came through prayer and experience. I also learned the importance of keeping an open mind as to what the patient would or would not like.

Once, I began to prepare small portions of food as “sides” to the meal. This allowed the patient to sample a variety of foods and allowed me to learn more about what the patient actually liked and disliked, without my own preconceptions interfering. I’ve learned many things from many mentors in my training, and have found that the best mentor is the patient.

I feel that food modification is service to God as well as to the patient, because I am recognizing God’s presence and expressing His grace in my care of the patient. I have learned that by proceeding from this standpoint and by communicating with my patients, I can ensure total care with open-mindedness and love.

Pork Adobo

2 pounds pork loin
½ cup soy sauce
½ cup vinegar
½ cup sliced onion
1 tablespoon minced garlic
½ teaspoon ground black pepper
3 pieces bay leaves

Cut pork loin into cubes, mix all the ingredients together with the meat, boil until tender.
Some Vegan Ideas—

Christian Scientists, like all individuals, eat in a variety of ways. It is vitally important for the Christian Science nurse to prepare nourishment that serves and supports the individual’s need. The patient is working out their own salvation and our job is to support without personal opinion, pro or con.

In the past few years there has been an increased need for the Christian Science nurse to be more educated on how to care for someone who embraces a vegetarian or vegan way of eating. These are a few recipes from three vegan cookbooks to give you some ideas, Refresh by Ruth Tal, 125 Best Vegan Recipes by Maxine Effenson Huchk and Beth Gurney, and Fresh and Fast Vegan Pleasures by Amanda Grant.

Another area to consider is making sure you have the supplies on hand to meet this specific need. Type “Vegan or Vegetarian Pantry” into a Google search and take a look. Most of the ingredients will be pretty familiar, but some may be new to you, so do some research until you’re comfortable with them and the differing ways some foods may need to be prepared. Consider it an adventure, a continuing education of your nursing skills!

The most important idea here is to meet the need. And you might find some great recipes along the way!

The seasonings in the following recipes may need to be modified, depending on the patient’s need.

Baked Portobello Mushrooms

from 125 Best Vegan Recipes by Maxine Effenson Huchk and Beth Gurney  
Serves 4

Preheat oven to 350°F (180°C)
Prepare a 13-by 9-inch baking dish, greased
4 portobello mushrooms, cleaned and stems removed
MARINADE
¼ cup olive oil
2 T. balsamic vinegar
Salt and freshly ground pepper

1. Marinade: In a small bowl, whisk together olive oil, balsamic vinegar and salt and pepper to taste.
2. Place mushrooms in prepared baking dish, gill side up, and pour marinade over top, making sure each mushroom cap is completely covered. Cover dish and refrigerate for 1 to 2 hours to allow mushrooms to absorb some of the marinade.
3. Drain off excess marinade. Bake mushrooms in preheated oven for 35 minutes or until soft.

Variations
Portobello Mushroom Burgers: Serve whole baked mushrooms on a bun or soft roll.
Portobello Mushroom Burgers with Caramelized Onions: For a nice change, top burgers with caramelized onions.
To caramelize onions, melt 2 tbsp soy margarine in a skillet over medium heat. Add 1 large onion, thinly sliced. Sprinkle with 1 tsp granulated natural cane sugar and cook, stirring often, for 20 minutes or until onion is soft and lightly browned.

California Classic Salad

Serves 2
from Refresh by Ruth Tal

The ingredients in this salad go so well together every bite is a pleasant taste sensation of flavour and textures.
Heart of palm is a vegetable harvested from the inner core and growing bud of certain palm trees. They are available canned at specialty food and grocery stores.

8 cups spring mix lettuce
½ cup cooked white kidney beans
2 T. Spinach Basil Pesto (see page 13)
1 avocado, sliced
½ cup hearts of palm, sliced
¼ cup toasted pecans
10 grape tomatoes

1. In a small bowl, mix white kidney beans with pesto.
2. Toss lettuce in dressing of your choice and place in large bowls.
3. Top with remaining ingredients and serve.
Rotini with Mushrooms and Caramelized Onions

`from 125 Best Vegan Recipes by Maxine Effenson Huchk and Beth Gurney`  Serves 4

3 T. olive oil
1 large onion, thinly sliced
2 cloves garlic, minced
(about 2 t.), divided
8 oz. button mushrooms, thinly sliced (about 2 cups)
6 oz. oyster mushrooms, halved
(about ¾ cup)
2 Baked Portobello Mushrooms, halved and thinly sliced
(see page 12)
8 oz. rotini
½ cup sweet Marsala wine, divided
[substitute a red grape juice here]
2 T. soy creamer
Salt and freshly ground black pepper

1. In a large skillet, heat 2 T. olive oil over medium-high heat until very hot but not smoking. Add onion and drizzle with remaining olive oil. Reduce heat to low, cover and cook, stirring every 10 minutes to prevent burning and sticking, for 25 to 30 minutes or until onions are soft and brown.

2. Add half of the garlic and cook, stirring, for 1 minute. Increase heat to medium-low and add button, oyster and portabella mushrooms. Stir well, cover and cook for 5 to 6 minutes or until mushrooms begin to soften.

3. Meanwhile, in a large pot of boiling salted water, cook rotini for 8 minutes or according to package instructions, until tender to the bite. Drain.

4. Add ¼ cup Marsala [grape juice] to mushroom mixture and cook, uncovered, for 4 minutes. Add soy creamer and mix well. Reduce heat to low and cook for 1 minute. Add rotini and toss gently to coat. Stir in remaining Marsala [grape juice], garlic, and salt and pepper to taste. Cook, stirring constantly, for 1 minute or until flavors are blended.

**Variation**
Any blend of fresh mushrooms works well in this recipe. You can replace button or oyster mushrooms with cremini, shiitake or chanterelle, using the same amounts as those that you are replacing.

Spinach Basil Pesto

Makes 6 servings
`from Refresh by Ruth Tal`

2 cloves garlic, minced
1 t. sea salt
¼ cup sunflower seeds
½ cup pine nuts
3 T. olive oil
1 bunch fresh basil, stems removed
2 cups chopped fresh spinach

1. Blend the garlic, sea salt, pine nuts, sunflower seeds and olive oil in a blender or food processor until smooth.

2. Mix in the fresh basil and spinach. Scrape down the sides once or twice.

3. Store in a sealed container in the fridge or freezer.

Chocolate Brownie Cookie

Makes 32 brownies
`from Refresh by Ruth Tal`

This is a double-chocolate melt-in-your-mouth cookie. Make a batch and freeze half for later—otherwise, you may end up eating them all before you know it.

2½ cups maple syrup
1 cup canola oil
1½ cups dark chocolate chips
2½ cups dark cocoa
5 cups barley flour
¼ t. sea salt
2 t. vanilla extract

1. Combine the syrup, oil and chocolate chips in a bowl.

2. In a separate bowl, combine the cocoa powder and barley flour.

3. Combine the two mixtures in a large bowl. Slowly add the remaining ingredients.

4. Using a teaspoon, scoop the batter in portions (a rounded teaspoon) onto a waxed cookie sheet. Slightly flatten each ball of dough with the back of the spoon.

5. Bake for 15 to 20 minutes at 350° F. Remove from heat even if the cookies are still a bit soft; they will harden as they cool.
I grew up going to Christian Science Sunday Schools until I was 17. Then I left home for college, and left Christian Science forever, I thought. I earned a degree in zoology and entered the doctoral program in plant physiology, but after three years I began to question the education I was pursuing. In addition to my academic disciplines, I looked into every religion, philosophy, utopian thinker, anthropologist, or social critic I could find. None of the systems I studied was satisfying to me, so I left the university with a Master’s degree and went to live a utopian dream. I wanted to change the world for the better and help mankind.

Slowly I began to realize that Christian Science offered the most thorough understanding of being. And it brought the promise of healing through prayer. I saw how helpful the passages I had learned from the Bible and *Science and Health with Key to the Scriptures* by Mary Baker Eddy had been to me. I finally had to admit that I had a present sense of God as Love, Mind, Principle, Life, Truth. I knew that God loved me and that He, or She, as I regularly thought, loved everyone I met, whether I liked him or her or not.

Four years after I left the university I was living on a small farm near the California coast. I had it made. The place was beautiful, and I had steady work to visit me at the farm. I hadn’t shared my prayers with them, and they thought I was perfectly happy in my paradise. During their visit I heard them say, “You should look into Christian Science nursing, it might be what you’re looking for, and the need is great.” And I said in my heart, “OK, I’ll do it.” By February I was working as a nurse’s aide at Fern Lodge.

I completed the three-year course then required, and I came back to Fern Lodge to serve as Assistant Director of Christian Science Nursing and On-Job-Training Instructor. I have loved every day of my Christian Science nursing work.

And it wasn’t until I had returned to Fern Lodge that my mom and her friend told me how surprised they were when I went into Christian Science nursing. That day on the farm they were talking to someone else, not to me; they didn’t even know I had overheard them. They waited three years to tell me, because they thought I might change my mind and go back to the farm. But Love had shown me the path God designated.

Out of all the possibilities for showing gratitude for Christian Science, I would have said that nursing was unlikely, maybe impossible. In high school I’d taken a career aptitude test, and

(Continued on next page)
on a scale of 0 to 100 I’d shown aptitudes in the 90’s for the sciences and engineering, and my lowest aptitude score was a 7, for nursing. But divine Love knows what we cannot guess, and Love leads us through the experiences that urge our growth in Christian character.

I’ve always felt that the way I was brought to Christian Science nursing illustrates a passage in Science and Health where Mrs. Eddy writes, “Love inspires, illumines, designates, and leads the way” (page 454). I am so grateful to God, and to all the individuals who have helped me over many years, some through their selfless expression of divine Love, and others through the demands I have felt to enlarge and purify my ability to reflect the constant, non-judgmental love of Love for everyone, here and now. 

---

### Carrot Timbale*

1 egg

$\frac{1}{2}$ cup carrots chopped and cooked

$\frac{1}{4}$ cup milk

1½ teaspoon melted butter

Dash of salt and pepper

Blend 2 minutes. Pour into buttered custard cups and place in a pan of hot water. Bake at 350°F for 25-30 minutes.

Serves 2.

*from 1985 Tenacre Foods Book

---

**Annual Business Meeting and Financial Report**

The CSNCN by-laws require that the Board hold an annual meeting. This year we held it via conference call on January 31, and continuing on February 1 and 2. Officers for 2008 are located on the masthead on Page 2. The graph below is the CSNCN 2007 Financial Report.

---

The Christian Science Nursing Communication Network, Inc. is pleased to announce the International Christian Science Nursing Conference for 2009 will be held on October 21st through the 25th at Humphrey’s Half Moon Inn in San Diego California.

Look for more information as we progress.

Plan now to reserve those dates for an informative, educational and inspiring experience!
**Director of Christian Science Nursing**

Sunland Home Foundation, in San Diego, California seeks an experienced *Christian Science Journal*-listed Christian Science nurse offering the professionalism and ability to manage the full range of responsibilities required of the Christian Science nursing activity for this organization. The individual is one who demonstrates a breadth of knowledge of Christian Science nursing, possesses effective leadership skills, and consistently expresses a spirit of love and vision for the Christian Science healing purpose.

This member of the executive team for the facility will:

- Inspire and lead the nursing staff
- Oversee the proper care of the patients
- Help establish and monitor nursing policies
- Evaluate, mentor, and develop nursing skills
- Help insure the orderly, lawful and successful operation of the facility
- Expand Sunland’s Christian Science Nursing programs to meet the community needs

My prayer, some daily good to do, To Thine, for Thee
An offering pure of Love, whereto God leadeth me.

---

**Christian Science Nurse Trainer**

(staff or Contract position)

Sunland Home Foundation also seeks an experienced *Christian Science Journal*-listed Christian Science nurse who can offer the demonstrated knowledge of Christian Science nursing, as well as teaching and mentoring skills, to effectively train Christian Science nurses at diverse levels and with varied backgrounds. This position can be designated as full or part-time.

This OJT (on-the-job-trainer) will be an integral member of the management team reporting directly to the Director of Christian Science Nursing and will be responsible for:

- Evaluation of levels of skills and competencies of each member of the nursing floor, as well as the needs of the organization, present and future
- Design and implementation of effective instruction and mentoring programs for all levels of Christian Science nursing
- Preparing and conducting classes and in-service workshops at regular intervals
- Participation in strategic planning for the educational needs of the nursing activity of the organization

All inquiries are confidential. Please submit to:
Pam Ludwig, Executive Director
691 Sparta Drive
Encinitas, CA 92024
(760) 944-2976
pam@sunland.org
O send out thy light and thy truth: let them lead me;

Psalm 34:15

Christian Science Nursing and Education at Tenacre

Tenacre stands ready to serve those who are relying on God for healing through the study and practice of Christian Science.

School of Christian Science Nursing Education for 2008

- Fundamentals I for Christian Science nurses: June 16 – August 22
- Fundamentals III for Christian Science nurses: July 21 – September 12
- Fundamentals II for Christian Science nurses: September 29 – November 2
- Fundamentals I for Christian Science nurses: December 1 – February 6

Employment Opportunities

- Experienced Christian Science Nursing Instructor and Mentor
- Christian Science Nurses

Call today for an application and more information at 609-921-8900 or 800-626-9155.

Also you may visit our website at www.tenacre.org for additional information.
Overlook House
Christian Science Nursing Since 1948

Nursing Positions
If you are a nurse “...who has a demonstrable knowledge of Christian Science practice, who thoroughly understands the practical wisdom necessary in a sick room, and who can take proper care of the sick,” we offer a supportive, loving environment for you to practice your love of Christian Science nursing.

To obtain information regarding the positions available, please call: Janet Kopp or Kimberly Thorndike, Directors of Christian Science Nursing
Overlook House
2187 Overlook Road
Cleveland, Ohio 44106
(216) 795-3550
E-mails: janet@overlookhouse.org
kimberly@overlookhouse.org

Fern Lodge...
...is seeking an inspired and dedicated Christian Science nurse to serve as Assistant Director of Christian Science nursing. We welcome applications from those who have advertised in the Christian Science Journal for at least one year. Some experience working in a facility will be helpful, and simple computer skills are required.

We have an active and thorough Christian Science nursing education program. The Assistant Director will serve as an instructor and mentor, so applicants must express the qualities that will help others in their Christian Science nursing education.

Please call or email for a job description.

Sharon Strong
510-886-2448
sharstrong@comcast.net

Broadview, Inc.
Los Angeles California

Complete Christian Science Nursing training program in place for qualified Christian Scientists on staff here or in another Christian Science facility

Work with a supportive team of Christian Science nurses and staff who foster an environment conducive to Christian healing.

And while working here, enjoy Southern California’s
• Beaches • Sports • Shopping • Cultural Events
• Mountains • National Parks • Spectacular Weather

“In atmosphere of Love divine, we live, and move, and breathe;” Christian Science hymn #144

Contact Cindy Snowden
Director of Christian Science Nursing
Broadview, Inc.
4570 Griffin Avenue, Los Angeles CA 90031
E-mail: cindys@csbroadview.org
or call 323-221-9174

New Advertising Rates & Guidelines
Effective with the July 2008 issue.

Vision Now! advertising rates are set by the CSNCN Board and are subject to change. Ads must follow the advertising Guidelines in order to be printed in Vision Now!

1. Quarter page: 3.375” (20p3) x 4.625” (27p9)
   $75 per issue.
2. Half page: 7.125” (42p9) x 4.625” (27p9)
   $130 per issue.
3. Full page: 9.5” (57p) x 7.125” (42p9)
   $260 per issue.
4. If you wish us to design your ad, the cost for a simple text ad will be an additional 50% of the ad cost. The cost for a complex ad is negotiable.
5. All ads must be prepaid.
6. Advertising in Vision Now! implies no endorsement or recommendation of any advertiser’s products or services.

For Advertising Guidelines and more information, e-mail the Vision Now! Ad Rep at CSNCNVisionNow@aol.com or check out our website at www.csncn.org
Announcing—

The Association of Christian Science Nursing Services in England is organizing a

2-day Christian Science Nursing Conference

in

Altrincham, near Manchester

October 10 and 11, 2008

for further information contact Christine Allen at: christine@cmallen.freeserve.co.uk

Discover a peace-filled haven for spiritually-based healing, renewal, and living.

Come to Arden Wood, a Christian Science community located in the city of San Francisco. We offer services tailored to meet your individual needs, from active and extended-care residential living, to Christian Science nursing care and nursing education. Rooms are also available for short term spiritual renewal visits.

Our dedicated, skilled staff of Christian Science nurses and loving associates are available every day of the year, twenty-four hours a day. Should you wish to visit us, apply for employment, or have questions, we invite you to look through our website and contact us. We welcome your inquiries and are here to help.
Are you over 55
and longing for better balance in your life?

The Winifred Stuart Mankowski Homes

Seeks to reward the incomparable service that Practitioners and Nurses Have contributed to humanity and the Christian Science Movement.

This park-like, active community with semi-detached cottages offers independent living in an atmosphere of comfort, quiet and spiritual growth.

We’re located in Southern California in the foothills of the San Gabriel Mountains near cultural and educational activities.

Qualifications include:

* Journal-listing of 10 years or longer
* A desire to retire or semi-retire from nursing
* The ability to live independently and in harmony with others
* A desire to remain active in church membership
* A monthly income from all assets of under $3,500 / month

Residents enjoy rental rates of under $200 / month that include utilities, monthly cleaning, maintenance, gardening, and van service.

Even if you’re not ready to retire, we invite you to visit us and learn first-hand what Mankowski Homes has to offer.

Please call us at 800-962-6298
or e-mail us at Manager@MankowskiHomes.com

For more information, see our website at MankowskiHomes.com