



Christian Science nursing
inspiring, loving and healing
humanity

Fall 2023

Sunshine at Sunrise Haven

The name “Sunrise Haven” brings to mind the awakening rays of warmth and brightness that come from the sun, a source of light, coupled with the comfort of a place of safety or a haven.

The link between Christian Science nursing and the warmth of sunshine can be seen in this statement from *Science and Health*, page 365: “The poor suffering heart needs its rightful nutriment, such as peace, patience in tribulation, and a priceless sense of the dear Father’s loving-kindness.”

Christian Science teaches that when we are in need, it is God who comes to us through His Christ, “the sunlight of Truth,” as naturally as sunshine comes to earth. When a cloud of tribulation hovers, we may not see much sunshine. However, the sunshine of Love has a way of awakening sleeping thought and turning it toward the light and healing.

In contrast with the chaotic and fearful atmosphere of the world, the atmosphere of Sunrise Haven is peaceful, ordered, prayerful, joyful and spiritually nourishing.

This atmosphere is maintained with prayer by nurses, staff, trustees and all associated with the facility. Do you know there are scheduled prayer times daily for all in the facility? The intent is to meet the

human need for comfort and healing and to do that with the joy of knowing Love’s presence and power.

For a guest who enters this small, eight room haven, there is a restful change of atmosphere and professional, loving

care that is unique for each individual who is welcomed into Sunrise Haven. ■

— George Gregory, CS

From our
Board President

...there are
scheduled prayer
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Pocket Full of Sunshine

As part of my highway commute into Sunrise Haven, I sometimes find myself in what driver's education referred to as a "traffic pocket". This pocket occurs when there are no other vehicles within my vicinity, and it feels like I am part of a marvel no one else is privy to. Of course, this is not the case. Most of us know that traffic pockets occur when clusters of vehicle speeds either increase or decrease in proximity to one's own.

Letter from the Executive Director

Nonetheless, it is an occurrence that triggers instantaneous joy and contentment within me. Its significance? Even if lasting for only a moment, it has the power to completely reset whatever attitude I previously possessed prior to the "pocket".

The "pocket" reminds me of the familiar song lyric by Natasha Bedingfield, popular in the early millennium, "got a pocketful of sunshine". The imagery stimulated by this lyric gives magnitude to the impact of the "pocket" because it perfectly illustrates the immediate effect of divine Love on my thought. This effect is like having the sun all to myself, as though I could take it out of my pocket, hold it, and bask in its warmth and the comfort of its light. Like it shines only for me. In essence, it is how

God loves each of us. From my years in Christian Science, what I know is that sharing this light gives far greater impact to my own life and those around me.

Sharing this light can be difficult when its effect with strangers feels unpredictable, such as in heavy traffic. But, when I remind myself that this light represents an impersonal closeness with God, an uninhibited access to the divine that is pure and child-like, it becomes easier. So, when I am in my commute, at work, or anywhere around other people and can conscientiously share this light through my perception of others, I more effectively experience joy and contentment without needing the physical circumstance of the "pocket".

As a reminder to myself, the "pocketful of sunshine" I experience in a moment on the highway can prompt me to let God guide and reset my thought to the all-ness of Love; the closeness of God that is reassuring, immediate, safe, and infinite. I invite you to recognize your next opportunity to feel this "pocketful of sunshine" that is God's love surrounding you. ■

— Emma Flavin

"The nurse should be cheerful, orderly, punctual, patient, full of faith, — receptive to Truth and Love."

Science and Health, p. 395:18

These words of Mary Baker Eddy from *Science and Health with Key to the Scriptures* are for everyone as we are called upon each day to reflect the qualities of cheerfulness, orderliness, punctuality, patience, faith, and receptivity to Truth and Love. Our work to exemplify these qualities makes the difference between merely

TRAINING

going through the motions of daily routine, or truly witnessing progress in ourselves and others. One of the most important aspects of Christian Science nursing is maintaining our willingness to see, acknowledge, and celebrate the healing of humanity.

The etymology of the word "demonstrate" can be interpreted as De-Monster! And this is what I see the Christian Science nurse doing- providing the atmosphere of comfort and assurance that would clear out the monsters of fear and doubt. As Mary Baker Eddy tells us on page 215 of *Science and Health*, "So sin and sorrow, disease and death, are the suppositional absence of Life, God, and flee as phantoms of error before truth and love."

I'm so pleased to tell you of the liveliness of our Christian Science nurse training program, and my joy in accompanying students as their practice unfolds. The first step is a one-day workshop, The Spiritual Dimension of Care, which explores the foundation of Christian Science nursing: the Manual By-law, the qualities of a Christian Science nurse quoted above from *Science and Health*, and its basis in the Bible parable of The Good Samaritan.

Financial Report for FY ending September 30, 2022

The financial supply with which Sunrise Haven pursues our vision of “Humanity loved, blessed, healed,” is established in divine Mind and manifested each year in generous support from our community. The Bible gives us a firm foundation for our finances when it says, “I know that, whatsoever God doeth, it shall be for ever: nothing can be put to it, nor any thing taken from it.” (Eccl. 3:14) With divine Mind as our source, nothing can be put to or taken from Sunrise Haven. It is a complete idea, including all that’s necessary to enable Christian Science nurses to fulfill the Church Manual by-law and “take proper care of the sick” (*Manual of The Mother Church*, p. 49). Our financial report for Fiscal Year 2022 (October 1, 2021 to September 30, 2022) demonstrates this spiritual source of supply.

Total Income: \$1,053,048

Total Expenses: \$1,639,251

Yielded Net Income (Loss): (\$586,203)

Like most Christian Science Nursing facilities, Sunrise Haven operates at a deficit and depends on contributions, grants, bequests and investment income to cover the gap between operating

expenses and income from services. Nevertheless, Mary Baker Eddy says Christian Scientists “have no craft that is in danger” (*Message for 1901*, p. 30) and Sunrise Haven has always been solvent. In past years the growth of our investment accounts has been significant, but the market tumbled in 2022 and the value of our accounts dropped by about 30%, reflected in the total income listed above. Despite that turbulence, the combined income from our services and contributions, excluding the loss of investment income, totaled \$1,602,572 and covered nearly all of our expenses. Nothing can be taken from what God is doing!

From our
Treasurer

The expression of divine Love going on daily at Sunrise Haven is lifting up the lives of our guests, our staff, and the world. You are invited to participate in this spiritual uplift by contributing financially to our tax-exempt organization, and especially by volunteering your time and prayers. We consider you all part of the team providing Christian Science healing to the world, and we’re grateful for your support! ■

— Rachel Schutz, CS

Training continued

Our training program’s one-on-one instruction and mentoring provides flexibility and an individualized experience for those wishing to enter the practice of Christian Science nursing — to draw upon the student’s present demonstration of Christian Science to discover its reverence to the practice of Christian Science nursing. If you or someone you know is ready for a new challenge, Christian Science nurses are needed throughout the world.

Find out more about Sunrise Haven’s nurse’s training program on our website at [sunrise haven.org/christian-science-nurses-training](https://sunrisehaven.org/christian-science-nurses-training). ■

— Pam Greene, Christian Science Nurse’s Trainer and Co-DCSN

We are happy to announce our next major event for this year. We are hosting a Christmas Sing to come together in our love for one another as church members and community. It will take place December 9th from 1:30-3:00p at Sunrise Haven. There will be live music, holiday treats and singing, youth performances and more. We look forward to singing with you and hope you will join us.

Christmas Sing
December 9

Kitchen Update

After multiple permit submittals, supply chain delays, cost increases, and challenges with city requirements, we are more than a year and a half into the project and our renovation is nearly complete. Thanks to Project Manager, Matt Flavin, we have engaged the best contractors to ensure the project meets

We are thankful to our grant providers and donors who have made this project possible.

the quality standard we expect for serving the needs of guests at Sunrise Haven. We are thankful to our grant providers and donors who have made this project possible. As our way of sharing our progress with you,



the following renderings were created by designer victoriarobinsoninteriors.com that reflect our outcome. We look forward to showcasing the new space-in person and through an online tour posted on our website. ■



Once our kitchen is finished, we anticipate planning and preparing for potential projects during the 2024 fiscal year:

Future Financial Needs

Tuff Shed for equipment storage ~ \$10,000

Equipment room organizing carpentry project ~ \$5,000

If you would like to contribute to one of these projects in the future or to our general fund, please contact our Business Manager, Mary Collins, at mcollins@sunrisehaven.org. We are grateful for your involvement. ■



Reflections

I can't think of a better way to describe this past year than how Mary Baker Eddy states in *Science and Health with Key to the Scriptures*, "From Love and from the light and harmony which are the abode of Spirit, only reflections of good can come." We have certainly experienced an abundance of light and harmony since our last report to the field. Most importantly, healing is taking place at Sunrise Haven. Healing is our path, our purpose, and our privilege to witness amongst each other and with guests staying at Sunrise Haven. Practical "reflections of good" have come as the result of generous donations including our purchase of a new

facility vehicle, the complete renewal of our property's landscaping, and refreshed exterior paint colors for our building. Our back property received much-needed attention with the clearing of unsightly yard debris. Our care for one another when colleagues and Sunrise Haven friends needed our support was selfless and inspiring. This fruitage is true evidence of Love and harmony in action. Our mission to inspire, love, and heal humanity remains unflappable and reinforces the fact that only "good can come" from this dedicated service to healing. ■



Earlier this year we welcomed new staff member, Tony Serzo, as our Support Specialist. Tony comes from an extensive background in database programming and analytics, including web development, software training and corporate communications. Additionally, his vocal and guitar talents bring joy to our team. ■



This year we are installing a long overdue property sign that identifies Sunrise Haven to neighbors and visitors of our property. We are thrilled to share the design with you and eagerly anticipate the instalment later this month. The design of this addition is intended to be subtle and cohesive to our property and landscaping while clearly identifying our building. ■

From previous patients,

"I came with a particular expectation and left with realizations of a different direction in spiritual growth."

"I really enjoyed the hymn sings. I particularly enjoyed it when the nurses sang to me.

Thank you!"

During our Matching Grant Opportunity in 2022, we received funds to purchase new furniture for our Day Room and the results are lovely.

Thank you to those who supported this endeavor.

*A grateful heart a garden is,
Where there is always room
For every lovely, Godlike grace
to come to perfect bloom.*

HYMN NO. 3

Recent Events

Once the season officially shifted into Spring, we hosted a garden party where Christian Science community members volunteered to fill our planter pots with fresh flowers, help with weeding, and enjoy lunch on the grill with Sunrise Haven friends. ■

TOP, LEFT to RIGHT: Co-Director of Christian Science nursing, Jen Scott, volunteers, Sunrise Haven staff and families



BELOW, LEFT to RIGHT: This spring we hosted 15 teenagers from Discovery Bound's National Leadership Council (NLC) as part of their Adventure Trip this year. NLC is all about Servant Leadership, so they spent a few hours clearing brush and yard debris from our back property and reading to our guests prior to their trip to Juneau and Haines, Alaska for a kayak excursion (below). It is amazing what they accomplished, and we loved having them here.

FAR RIGHT: Co-Director of Christian Science nursing, Pam Greene





Please reach out if you have any questions or are interested in getting more financially involved with any of our projects. Your support of Christian Science healing is why we exist and serve one another through our mission of “inspiring, loving, and healing humanity”.



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Address service requested

Sunrise Haven

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800-641-1718

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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