

Breaking the Limits of Age

At a recent talk at the Wellesley Free Library, Marian C. English, a national speaker with 20 years experience in the healing ministry, delivered a message of liberation from age-based thinking. The sponsors of this event, the members of the First Church of Christ, Scientist, Wellesley share the following passage from her remarks as a holiday gift to the community that can keep on giving and enriching people's lives:

If you've heard that age looks backward, youth looks forward, and middle age looks worried, you don't necessarily have to believe it according to the Scriptures. The King James Version defines man, male and female, as the image and likeness of God (see Genesis 1:27). By that definition, man is as immune from the aging process as God.

A book based on the Scriptures, *Science and Health with Key to the Scriptures*, would agree. It states, "The radiant sun of virtue and truth coexists with being. Manhood is its eternal noon, undimmed by a declining sun." (page 246) The author, Mary Baker Eddy, does not promise a leap into agelessness, but presents spiritual ideas that free us from false claims about debilitating illnesses and other challenges associated with each age segment, from the terrible two's to senioritis.

Approached from the spiritual perspective of man as the likeness of God, age limits lose their grip. It's logical that if God does not begin with the need to mature, reach a high point of accomplishment, then decline into weakness and old age, how can the exact likeness go through a deteriorating process so untrue to the original?

The more prayer acknowledges God in our lives, the more we are able to reject age limitations that undermine health.

Prayer that identifies man with timeless God rather than time-worn deterioration begins

to do much more than merely add years. It dissolves walls of limitations.

Stereotypes of age and the age-related

problems that accompany them don't find validation in the ministry of Christ Jesus, who did not teach that aging is a virtue. On the contrary, he instructed his followers to become as little children.

With the freshness of childlike purity, "senior moments" can become moments of spiritual discovery of one's own relationship to God. Boredom melts into the adventure of progress and accomplishment. Forgetfulness gives way to a clearing up of the clutter of regrets from the past, fears for the future, and the stress of the present.

Journalist William Allen White once wrote, "I am not afraid of tomorrow, for I have seen yesterday, and I love today." Such a positive attitude enriches our lives, but the spiritual view takes a healing step forward.

Only from a spiritual standpoint can we actually begin to understand the continuity of accomplishment, progress, and health so natural to man as the image and likeness of God. *Science and Health* states it best. "Each succeeding year unfolds wisdom, beauty, and holiness."

Marian English, a member of the Christian Science Board of Lectureship, lives in Colorado Springs, Colorado. She is a practitioner and teacher of prayer-based Christian Science healing.



Additional information can be found at the Christian Science Reading Room, open Mon. thru Sat., 11 to 2, at the corner of Linden and Rockland (781-235-1128) www.christiansciencewellesley.org.