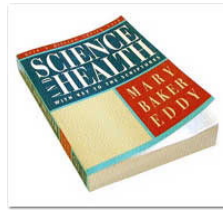


CSO



U_{niversity of} W_{isconsin}
Madison

Ideas from the Christian Science student Organization meeting

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December 7, 2005

Based on ideas in Science and Health with Key to the Scriptures / www.spirituality.com

OVERCOMING **STRESS** BEFORE THE HOLIDAY SEASON

...they cry unto the Lord in their trouble, and he bringeth them out of their distresses. He maketh the storm calm, so that the waves thereof are still. Then are they glad because they be quiet; so he bringeth them unto their desired haven.

Bible
Psalms 107

The calm, strong currents of true spirituality, the manifestations of which are health, purity, and self-immolation, must deepen human experience, until the beliefs of material existence are seen to be a bald imposition, and sin, disease, and death give everlasting place to the scientific demonstration of

Thy words, amid the words of earth,
How noiseless and how pure;
Amid the hurrying crowds of time
Thy step how calm and sure.

Amid the restless eyes of earth
How steadfast is Thine eye,
Fixed on the silent loveliness
That fills the morning sky.

Christian Science Hymnal, # 36

Spirit, God, gathers unformed thoughts into their proper channels, and unfolds these thoughts, even as He opens the petals of a holy purpose in order that the purpose may appear.

Mary Baker Eddy
Science & Health, p. 506

Come unto me, all ye that labour and are heavy laden, and I will give you rest.

Bible, Matthew 11:28

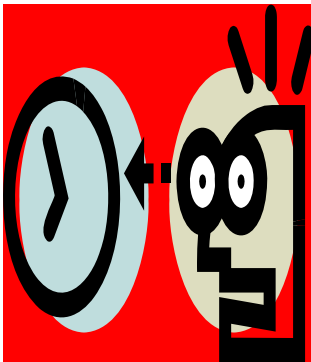
And the work of
righteousness shall
be peace; and the
effect of
righteousness
quietness and
assurance for ever.
And my people shall
dwell in a peaceable
habitation, and in
sure dwellings, and
in quiet resting
places;

Bible
Isaiah 32

Drop Thy
still dews
of
quietness,
Till all
our
strivings
cease;
Take from
us now the
strain and
stress,
And let our
ordered
lives
confess
The beauty
of Thy

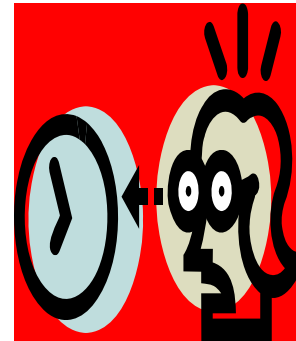
To the burdened and
weary, Jesus saith:
"Come unto me." O
glorious hope! there
remaineth a rest for the
righteous, a rest in Christ,
a peace in Love. The
thought of it stills
complaint; the heaving
surf of life's troubled sea
foams itself away, and
underneath is a deep-
settled calm.

Mary Baker Eddy
Prose Works / '02, p. 19



Be still and
know that I
am God.

Bible
Psalms 46



"Stress about work is something that I have to deal with almost every day. But understanding that I have the ability from God to tackle any assignment is, for me, a very effective way to deal with the stress."

By, Gregory Mitchell
From Christian Science Sentinel, 2001, No. 19

Christian Science student Organization - 315 N. Mills Street - 251-9452

Call or check our sign for our next meeting time

<http://cso.rso.wisc.edu>

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www.spirituality.com