

Additional content for the blog entry “Fretting vs. Healing” - April 2020

In case you would like to dig deeper, here are some more extracts from the unpublished letters of Mary Baker Eddy—examples of when she talked about “fretting”. Some of the first few letters are to students who did not listen to her warnings and ended up leaving Christian Science (E.J. Foster Eddy (Benny) and Augusta Stetson; in one letter to Benny, she adds to the letter three times in an attempt to get him to wake up!). One is a letter to a Committee on Publication (McCrackan) and the last two are Mrs. Eddy’s thoughts on her own fretting over evil and evil fretting over good.

Accession: V01400

Date Created: 1895/10/16

Author: MARY BAKER EDDY

Recipient: EBENEZER J. FOSTER EDDY

My dear precious Benny

.....

If God gives <me> this consecration the past will be a blessing and all tears be wiped away. Now when the temptations comes to remember evil and evil-doing -- put it down with a get behind me <Satan> thou savorest not the things that be of God but those that are of man" [ILLEGIBLE] In other words Thou are not from Truth, therefore thou art from error, and thou art unreal, a mere illusion a lie and I will not entertain a lie and let it seem real. Sin is no more real than sickness and to speak of it <only when you rebuke it face to face> is as unscientific as to talk sickness. Or to allow others to talk it over with you, to write it , to gossip over it, to hunt it up, is unknown to a man and will make him a sinner as certainly <as> it would make him sick to take that course relative to disease. It is manly, it is womaly, it is Godlike to suffer wrong without stooping to revenge or to be disturbed by it. Honor the scripture, **Fret** not thyself because of evil doers" You have not been wronged only as you wronged yourself, and others saw it. Now you have started to [illegible] The evil days and to be a grand high toned man, such as is worthy to be called my son. Do not relapse, do not weary in the strife. God and mother will comfort you in it.

With deep love

Mother

Accession: F00541

Date Created: 1898/08/25

Author: MARY BAKER EDDY

Recipient: JULIA FIELD-KING

Mrs. Julia Field King My dear Student:

I have only time to say my forgiveness is always ready for those ready to be blessed by it and it awaits your acceptance thus. May you see before it is too late to prevent it the effect of mad ambition

and passions. They close the door against me; and when the most spiritual is shut out by the sensual -- disaster comes much more inevitably than the fulfillment of Mr Totten's stellar signs. . . . Do not **fret** over teaching I am more than ever convinced that the students of my books that have no other teachers <or student teachers> gain the most genuine knowledge of C.S. The letter and spirit of it are there -- and the spiritless teacher, i.E. The unspritual thought is a blot on the pure page of Christian Science.

My precious student, for God's sake and the sake of the Discoverer of C.S. Cleanse your mortal thought of all that you would not have reflected and see in the lives of your students. Good healers are the only good teachers. A musician must sing or play well and is judged by his performance, not by his blab. Science is practice, proof, not a profession neither high toned wit nor philosophy; these are but apologies for its absence if they possess not the spirit that heals both sickness and sin.

Right teaching never needs reviewing and wrong teaching should not be repeated because it is no better the second than the first instance -- unless the individual character has risen and proved above what it once was -- the old put off and man's spiritual being found dominant in all things. Sweet charity, gratitude, patience, purity, fidelity, truth-telling selflessness seeking not one's own but another's good.

Dear one, when I got to the point of God's lesson my pen gave out! Do you not see that evil meant to stop it but did not? I seized my pencil and went on.

With mother's love
(Signed) M. B. Eddy.
Calvin A. Frye

Accession: V01279

Date Created: 1893/12/28

Author: MARY BAKER EDDY

Recipient: AUGUSTA E. STETSON / CAROL NORTON

Rev Mrs Stetson & Carol. My precious student; and my friend Carol, --

.... Now dear ones you know a greater effort then ever is being made to stop the growth of the loyal C. scientist In order to do this they must first put a glamour over their thought as to me. Here is where you must watch. But not take me up personally, this is not the way in science. Only watch that you yourselves regard me in the light of truth and see that no envy, no rivalry, is allowed to spring up in your minds towards any one, then no hatred can possess your mind. <Or control it from outsiders> If these three salient points for the enemy are strictly guarded, and you do not mentally treat people without their consent, then you are safe. But if you do the latter what you sow you'll reap and others will treat you and then you and they are sowing animal mag. And injuring yourselves and the world more [illegible] Than you at present can conceive of. It may be three <years> and it may be a quarter century before you will find yourself sufferng and almost in outer darkness just because of this error. About 20 years ago I had to have the students treat each other From this grew an apparent necessity for them to defend themselves from each other, from this sprang a state of pandemonium from which I have been trying ever since to rescue them. The only way on earth of doing this is for **every** <all> teachers to see that they never do it themselves and teach their students never to practice in this way, never to treat

any one mentally only as a physician whom they <others> employ to do this. <This method of help was right in the begining but is not now.>

Unless this is stopped our cause will be again lost for centuries. The teachers will not be able to teach the Truth when they are practicing falsely, and if they can not teach they cannot heal. Thus the books that I have written at God's dictation will be left to the mercy of those who cast lots for truth and the ages will sink into A night of error and terror beyond my pen to discribe. will you hear h is word from the mouth of his prophet aand obey? now I shall know if this is done; and if it is not done, b ut my knowledge will not help the case. with A great and deathless love your mother in israel

M B G E

don'T **fret** over this.

I love you and no person can move me one iota relative to A student of mine. do not say you obey me if you do not, do not tell people that I have given you A single direction that I have not given my other olde st students, for I have not. do not claim that you are my chosen one for you are not. god will show me hi s chosen in his revelations. I have seen but one yet for this age.

again in tender love yours

M B G E

Accession: L01977

Date Created: XXXX/XX/XX

Author: MARY BAKER EDDY

Recipient: EBENEZER J. FOSTER EDDY

My precious Benny

I ask as a special favor that you keep your mind fixed on Love and that you will not take up the m.a.ms.[1] or any body that they tell you mentally is trying to hurt you

I am greatly conscious in fact I know that you cannot get above the belief while handling it as proceeding from any personality but your own Sin must be overcome by God Good Love And if you handle suffering of any kind it must be as you handle sickness viz reduced to its true denomination nothing unreal, an illusion If you keep talking writing thinking of it it will never be destroyed If you study to revenge it it will destroy its avenger God's book says "If you make evil as real as good it will be as lasting in its claim"

Try what mother asks you to and gain a sense strong and clear of the allness the omniscience and omnipotence of Love ~~Feels~~ Feel it abide in it and it will abide in you and work out peace and health All the world couldn't make me suffer if only it would give me some peace You have nothing to trouble you at least it would seem to me if I had your place I should be at peace \$4000 had been gotten to pay for the land our church stands on when much of it was stolen and I had contributed 1500 of it But did not **fret** and fume over it although the very party that stole it or caused it to be stolen was trying day and night to kill me. But I did redeem the mortgage and now it is a memorial If you would do for others

a millioneth[2] part of the good that I have done it would return to you When you are Christlike or a Christian Scientist you will have no time to spend in any other way but doing good

Will you once do as you promised me [~~once~~], and know every month how things stand? Then you can detect the cause of a loss of 395 books in six months a loss in one year of 2370 dollars!

Now will you do as I ask about turning your mind away from me and not take up any one personally? Drop out of sight therefore out of feeling evil? Will you answer me? but send no such answer as gives your enemy all the advantage of you. Oh how many times have I said this to you I have not a loyal student but would do this if I had asked them Why do you treat me so?

~~With love Mother~~

I answer why, it is that m a m.[3] makes you morally insane. And it will kill you unless you overcome this tendency. Oh may God open your eyes I have done all in my power to save you

With love
Mother

N.B.

Dear Benny again I say Send me a reply to the questions I ask in this letter and promise me that you will do as I direct in this until I give you notice otherwise. Then write me the effect on you. I helped you yesterday but oh if you knew what it costs me to do this when your mind is full of hate and a false sense of things.

I have made a rule with those here not to take up anybody personally. My students here are not doing this for I can tell if they do and I know that they are not. I wish if you know of any one that is you would tell them from me to stop it

With love
Mother

Now I have written a lot for the hope of opening your eyes and breaking the spell of mesmerism Every word is true Mother knows and has proven she knows what she says on these questions I cannot be deceived

When you have taken me up I knew it and did as you wanted but nobody now can hide from me what is in their minds if they take me up at all That is why I am positive I should know if Frye[4] did that

Mother

N.B.

I've opened this letter three times the same as I called you back to deliver God's message when you were here

You can defend yourself by knowing there is no personal devil (evil) to know that there is subjugates you to this devil just as in theology

Argue that nothing is real but the right and know that nobody has any power over you know that God Love governs you Banish from your mind personality and it will save you from the snares of the fowler Your awful clinging to persons is the rock on which you wreck yourself If you loved God as you ought this would not be so

Oh Benny Mr Frye is no more trying to injure you than I am and God knows that I am not. He never saw that bandbox till I took the letter out. Clara took the box from the Express man. It is none other than the ones who rob the mail and have agents at work on their diabolical schemes that put that letter there. It was in Courtney's^[5] handwriting. I took no notice of it. Now bury that stuff I told people your connection was not criminal and that stopped the force of the enemy's intent. Drop it forever, never stoop to talking it. Mr. Frye is blunt and disagreeable but no plotter

Again
Mother

It is m.a.m that makes you think of such a thing

[1] malicious animal magnetizers

[2] millionth

[3] malicious animal magnetism

[4] Calvin A. Frye

[5] Probably Nellie Courtney

Accession: F00104

Date Created: 1895/03/06

Author: MARY BAKER EDDY

Recipient: JULIA FIELD-KING

[Pleasant View, Concord, N.H.,

March 6, 1895.

Mrs. Julia Field-King

Dear Heart!

How Mother loves you as she reads your last letter and perceives the experienced woman and the babe in Christ combining. How natural that the babe should be **fretted** with the friction of material history and the error it includes and must go to Mother for the milk of the Word and rest on the bosom of God.

Mother has felt all this and a million more struggles for 30 years and walked in the strait and narrow path which lies between harming others and helping them. Giving milk to babes and meat to men, requires great wisdom,

great growth, great love. To lead the world wisely means much hence Jesus' words: "be ye therefore wise as serpents"
To direct the thought to Gen. Totten's grand publication without forearming it with the facts laid down in mine, also the recital of your own experience as referred to in your letter to me -- would be as unwise as to talk materia medica and surgery to a patient you was healing of a compound fracture of the bone.

Search up the history you are upon the verge of discovering, fairly and clearly, -- and write it wisely then send it for publication in the Christian Science Journal and (if it is received favorably there) publish it in pamphlet form,
with love for her baby-daughter,
Mother
Mary

Accession: A10134
Date Created: XXXX/XX/XX
Author: MARY BAKER EDDY
Recipient: XX

<My> Mother taught me to say after any naughtiness <and she had punished me for it> "I am sorry and I will not do <so> ~~that~~ again"

When I was twelve years old and pained over points of old time faiths <one day> I asked her, <one day> if eternal pu<ni>shment was true She paused then with a deep <sigh answered> ~~replid~~ ~~so~~ Mary I suppose it is What said I ~~when~~ <if> we <repent> ~~are sorry~~ and tell God "we are sorry and will not do so again" Will God ~~continue to~~ punish us <then>? Then he is not as good as my mother and he will find me a hard case" Oh child she exclaimed <you will> ~~then~~ remember what you have said Her words are fulfilld. I <have> **fretted** over injustice till now etc etc

When my son was two years old +++= +++=his fath having passed===++ he lay on my lap asleep ++his father had passed on++ I was alone and a tear fell ++from my eyes++ on his ++downy++ cheek, it wakened him, ==and== ++then++ putting up his soft little palm he patted my cheek and ++said++ ==Mamma== Gorgie is ==man== is tomp'ny for mamma ==It really== ++Even++ that broken sentence from the child-heart solaced me

Oh may mother's tears <daily falling> ~~that daily fall~~ on the brow of thought waken the sleepers <to become> ~~to be~~ company for the woman in the wilderness

Accession: L11069
Date Created: 1901/05/28
Author: MARY BAKER EDDY
Recipient: WILLIAM DENISON MCCrackAN. [Committee on Publication]

Beloved Student[.]

I should have written sooner but could not[.]

I beg to say gather all the mental element you can into one grand prayer to still the newspaper waves **fretted** into angry foam, till this hour has passed into history[.]

Watch the last proofs and the locality of your articles in the papers that you publish in and speak the "peace be still" and the dignified defence whenever necessary[.]

With love mother

M B Eddy

Accession: A10286

Date Created: XXXX/XX/XX

Author: CALVIN A. FRYE

Recipient: XX

"He layeth the beams of His chambers in the waters. He maketh the clouds His chariot He rideth upon the wings of the wind".

Suppose for a moment that a man is about to ~~build~~ lay the foundations & to build the finest & most enduring superstructure that could be erected upon our planet In either ~~one~~ of the five divisions of our globe or in the stellar universe amid the lumnous rings & many moons of Saturn or <upon any planet> ~~throughout~~ among the twinkling stars & the nebula system throughout the infinite range of universal space & supposing this planet or satalite was composed of 3/5 of water & <the foundation> this stupendous superstructure must be equal to resist the force of 3/5 of the mighty universe of waters would he ~~compute~~ attempt to compute the power against which he was building safely so that if the mighty forces were loosed & & their boundaries overleaped <that he could depend upon> the resistance of 2/5 of dry land ~~that~~ to save him from the oblivion ~~of waters~~ of this stupendous deluge? No none but a mad man a hushash or a lotus eater would indulge in such a wild vagers & fantecy of mortal mind

To lay the beams of his chamber in the waters safely that all the detonations of the universe could not disturb these steadfast ~~pillars jointures~~ stones ~~work~~ <pillars> & jointures of his chambers they must be laid by Mind in Mind by the hand of omnipotence omipresence & omniscience founded by the all power the allpresence & the allscience of the infinite God else there would be a power beyond ~~these~~ the ~~beams~~ resistance of these beams & their ability to sustain the superstructure or to match the skill of the infinite architect & the wise founder & ~~buil~~ builder of the universe.

Now let us come to a conception that is practical of laying the ~~first~~ beams of our building through the mighty hand of God in the waters of mortal mind alias in the embryotic formation of mortal <mind> When I see the bright eyed intelligent countenance of a woman at work day & a portion of the night ~~surrounded~~ with aged parents several young children & an drunkard for a husband & the prospective mother of another child <in a tumbled down old house> with scarcely provision in the house for one meal more with scant fuel & scantier friends I ask myself Is it strange that this woman's mind is **fretted** troubled & sore disturbed so that she laughs & scolds & cries betimes? Then is it

stranger still that the embryo forming in this mother's thought is without a sure foundation in being? The beams of its chamber are rotten false feeble incapable of resisting the so-called forces of mortal <human> mind & these unworthy beams can surely receive no support from the divine Mind who saith to the mighty wave hither & no farther & commandeth the waters with a "peace be still"

Again what of the foolish design of laying <which would lay> the beams of his chamber in the mind of a prospective mother where wealth & fashion gait & sensuality surround are <form constitute> the waters of mind & start <form> the embryo of another mortal with these elements of mortal mind against which the winds & waves will prevail & the foundation built upon sand will be thrown down by the turbulent powers of evil beating against its own beams & unsustained by omnipotent Good.

These different beginnings must have different endings. The beams of the divine Mind <which build the chambers of thought and intelligence of moral & spiritual structures> are not laid in the waters of sensuality & sin nor of <in> earthly woe poverty ignorance & crime to build upon or from these foundations but they are laid figuratively laid thus in the waters of mortal mind as light enters darkness to destroy it & the strong element binds the weak made weak by sin or sorrow to destroy his goods to remove his weakness & grief even as truth comes to error & destroys it & joy extinguishes sorrow & Spirit overshadows matter & it disappears under its mighty hand carrying away with it all sin & sense & sorrow formed in the chaos of nothingness & dissolved in the ground somethingness & eternal Truth of God's Spirit's allness

Here we <enter upon> come to the next division of our text "He maketh the clouds His chariot (3d [illegible]) The best of mortal starting in the waters of mind Dictated to me by Mrs. Eddy.

Calvin A. Frye

Accession: A10493

Date Created: XXXX/XX/XX

Author: MARY BAKER EDDY

Recipient: XX

History repeats itself From time immemorial ++at even++ the prophet apostle or pioneer of Truth has been ++deserted by++ caste kinsman home ++country++ for the work set before him ++He has been++ forced into combat with the Church faced its deadly fire crossed swords with opposing factions ++fattening upon and filling their pockets with his hardearned treasures of thought++ advanced [ILLEGIBLE] ++Stood still++ fallen in his armor but ++has++ never retreated till victory ++was won and++ perched on the banner of immutable and immortal Truth ++irresistible++ real ++truth and++ right No cravings for fame or greed of gold [ILLEGIBLE] Pomp or pride of circumstance occasioned the apostle Paul's visit to Corinth a city distinguished for its moral pollution He said into whatsoever city I go bonds and imprisonment await me I go to++ fight the beasts of Epesus but more than infuriated animals ++to which Christians were flung in Roman amphitheatres is was human evil fretted into fury by combat with good it was the wounded and and cornered beast that turns on his assailant In Paul's church at Corinth were converts from the Jews who of course would put the new wine into old bottles

They thought it enough to own that that Jesus was the Messiah but must bring their ritual and ceremony into the Church They wanted circumcision Paul wanted Christ++

~~There~~ were Jewish converts in his Church who was content to say Jesus was the Messiah but circumcision must be retained the letter but not the spirit ~~Lead~~ <Thou wilt lead> them ~~gently~~ to the fold Take them in Thine arms Feed the hungry heal the heart Till the morning's beam White as <wool> ~~snow~~ ere they depart ~~Thou~~ wilt wash them clean

[And from Mrs. Eddy's draft of her article, "The Personal and Impersonal Saviour", Mis. 161]

Accession: A10385A

Date Created: XXXX/XX/XX

Author: MARY BAKER EDDY

Recipient: XX

From this dazzling God-crowned summit ~~of human experience~~ the Nazarene stepped suddenly before the people; ~~the pulpit and faculty~~; <and> schools of philosophy, gnostic, epicurian, stoic. <He must> ~~to stem these rising angry tides~~ <elements> and walk serenely over their **fretted** foaming billows.

Here the cross became the central emblem of Christ Jesus' history. <While> ~~and~~ the central point of his messianic mission <was> teaching and healing. ~~<Clad in human meekness and clad with>~~ divine might he was ready to be offered <and this hour drew nigh One taint of worldliness, ~~of>~~ human pride, or self-will, by demoralizing his motives would have dethroned his power. To ~~be carr<y>ied~~ out his <holy> purpose he must be oblivious of self.

Of the lineage of David like him he went forth simple as the shepherd boy to disarm the Goliath. ~~And~~ panoplied with the strength of an exalted ~~a divine~~ hope, faith and understanding, ~~Truth's trinity~~ he conquered the three in one of error -- the world, the flesh, and the devil.

Three years he went about doing good; he had been 30 years preparing to heal and teach but his 3 years mission was a marvel of glory ~~And its~~ <Its> chaplet a dishonored grave. He who dated time, <the Christian era,> and spanned eternity, <was the meekest man on earth.> He ~~healed and taught by the way side in~~ humble homes to itching ears and dull disciples the ~~science~~ <Word> of God, ~~and man the divine Principle or being and its divine idea~~ <that has ripened into interpretation by Science> His words were articulated in a decaying language, and committed to the providence of God. In no one thing seemed he less human and more divine, than ~~in~~ his unfaltering faith in the immortality of Truth ~~what he taught~~.

Referring to it <this> he said; "Heaven and earth shall pass away, but my words shall not pass away". And they have not, they still live, and are ~~to~~ today the basis of liberty, the cement of society, the ~~salvation~~ <hope> of the race. We have not space to detail a little of what he said and did, the four Gospels do this. Only three years a personal saviour, what did he not accomplish? <His was> ~~for mortals~~ a sublime success, an everlasting victory....

