

I love to read the news. I read the newspapers that get delivered to my home every day and I read the weekly news magazines we receive, including the *Christian Science Monitor*. I find that the Monitor is different from the other newspapers I read because of its motto. The *Christian Science Monitor* has the motto written by Mary Baker Eddy, “*The object of the Monitor is to injure no man, but bless all mankind.*” This is a very different motto compared to other news sources that I regularly read such as the *New York Times*, whose motto is “*All the news that’s fit to print.*” When the *New York Times* was originally first published, the motto they created was original. Newspapers used to (and some still do) make up news to sell papers. This was why the motto the *New York Times* used was very clearly telling the reader that their news was factual. The CS Monitor, on the other hand, prints factual news as well but they take the quality of their news to the next level. The motto tells you that they will print factual news because not doing so would injure man. The second part is to “bless all mankind,” that means that the news is going to be useful, won’t put anyone down, but will help raise everyone up. The mottos that the different papers have affect what they print. I love to read the Monitor’s news because with the goal to bless everyone, the news is always going to be thoughtful for the reader.

I have many favorite sections of the Monitor, my top three are:

1. Points of Progress
2. People Making a Difference
3. Humanity Behind the Headlines

I like these parts of the Monitor because they make the news relatable. I love the map on the Points of Progress page. For the rest of the week I can be bombarded by negative progress in the news, but when you open up the Monitor you can immediately see what is going on that is changing the world for good! Another section of the Monitor that I find inspiring is People Making a Difference. I can read about normal people making a big difference in their communities, just by expressing love. One example of this is from the October 26, 2020 issue, “How Doris Griffin makes sure Texas seniors matter.” It tells the story of a senior citizen advocate who lobbies to help seniors feel like they matter. I would never have learned about this if I did not have the Monitor. I find the People Making A Difference section so diverse and it seems like there are no limits as to what could be accomplished by normal people.

I also love reading the cover article. Most other news sites focus on a problem and what caused that problem and how the problem hurts people. They don’t usually give a solution or look at how people are working to change the dilemma. One of my favorite examples of this is from the October 19, 2020 issue. The cover article was about farmer suicide. You read the title and you know the problem, and immediately you learn about what is being done to create change. I loved being able to learn about a challenge that was present and how people were responding to the issue in a useful way. If I had read about this in a different news source, I find it unlikely that the progress and people working for change would have been highlighted as much as it was in the Monitor.

I have been reading the Monitor for years, but I never put much thought into praying for the world. I struggled with understanding what it truly meant to pray for the world. I had no idea what I was supposed to do. I also felt like I didn't know why it was important that I should pray when I am just one small person, it felt useless. It wasn't until a talk with my mom that I felt like I understood what NLC was trying to teach me by having me read the Monitor and pray for the world. My mom shared the idea that everything is connected and every thought matters. She shared the idea that a butterfly flapping its wings in the Amazon could affect a breeze in the Sahara. Praying is like the gentle, cleansing breeze and everyone feels it. The more I pondered and thought about this idea, I was able to make sense of what praying for the world truly means. I came up with three points that I use to help me pray for the world:

1. Keep my thoughts clear in my interactions and views of others around me and in the world as a whole.
2. Don't pray to "fix" what is going on in the world, because that won't work. Start with what is true and good and look for more good.
3. Focus on growing my understanding and perspective to have empathy for others and expanding myself first - don't get caught up trying to change others.

This changed my thought about what it meant to pray for the world and allowed me to actually do it! What you think about the world is reflected in what you see in the world around you. If I surround myself with news stories that show how discouraging things are, it will be harder to see what can and is being done to help fix those problems. The Monitor looks for the helpers and seeks to find the good. It encourages me to engage in a useful way. For me receiving the Monitor in the mail is like receiving a hug from a friend. You know that it will be loving and uplifting, no matter what the news story is.

How did I take action after understanding what it meant to pray for the world? Well, after I came up with my three steps for how to pray for the world, I read news stories about current events such as the election, the pandemic and natural disasters. I then had to figure out how to use the practical steps I came up with. In Sunday School we talk a lot about the omni's; omniscience, omnipresence, and omnipotence -- all-knowing, all-presence, and all-power. These three terms are used in the definition of intelligence in the chapter Recapitulation in Science and Health. I use these three terms to help me keep my thoughts clear when I read a discouraging news story.

1. Omniscience or all-knowing: when things seem uncertain, I can know that God is Mind and the one Mind is reflected by all. I don't need to be afraid because I reflect the one Mind, too.
2. Omnipresence or all-presence: reminds me that there is no spot where God is not. No matter what I read about in the news, God is there and with everyone because God is Father-Mother for all.

3. Omnipotence or all-power: God is more powerful than the wind and the waves that seem to rock us. I can let go of fear and embrace the truth that the only power is God, Love.

I also love to remember that people want to be good and strive to do the right thing. I might disagree with someone's politics but I don't have to let someone's opinions impact my view of who they truly are. God loves everyone. Just like when the rain falls and everyone outside gets wet, likewise, no one is outside of God's love.

I read about current events from many different news sources, however, now I am more thoughtful about what I absorb. I try to take my time and think about lots of different facts before I put them all together to form my personal opinions. The Monitor helps me see the people in the headlines are not just numbers. Being able to have a newsource that puts love and kindness into its articles let's me see that everyone is surrounded by Love no matter who they are.