

# PRAYER AND WELL-BEING:

## Addressing fears and contagion

*For many people,  
a spiritual practice is  
not something abstract;  
it's a way to ground  
oneself in Love against  
tides of fear and  
uncertainty.*



**3:00 pm PDT**  
**Saturday, October 17**



The Christian Science perspective on prayer can help anyone find genuine relief from fear, and experience whole-person healing. This talk addresses the how-to of effective prayer, as well as concerns and questions related to the current pandemic.

—Nate Frederick  
*International speaker and practitioner of  
Christian Science healing and member of the  
Christian Science Board of Lectureship.*

Sponsored by:  
First Church of Christ, Scientist, White Rock, BC

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### **INFORMATION**

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