

# Learn to pray and heal

**A Christmas gift for everyone**

by Nate Frederick, C.S.,  
Member of the Christian Science Board of Lectureship

**Come explore the how-to of spiritual healing. Learn to have more faith in Life, understand God as Love itself, and express Love in a way that heals.**

**Sunday, December 6<sup>th</sup> at 7:45 p.m.**

**Opera arias and holiday songs will begin at 6:30**

**First Church of Christ, Scientist, Baltimore**

**102 West University Parkway**

**Baltimore, MD 21210**



**NATE** is a spiritual adventurer who's traveled the globe sharing healing insights, exploring new cultures and performing music. As a media producer, Nate launched and produced the award-winning Daily Lift podcast, as well as the Time4thinkers; The Weekly Musician for his church, The First Church of Christ, Scientist, in Boston. Now as Christian Science practitioner he's doing what he loves most--praying with others and experiencing first-hand the healing power of God's love.

For more information, please call 410-366-2851. Free parking is available in the JHU parking lot across the street.