



**BEVERLY GOLDSMITH, C.S.B.**  
*Helping you find happiness, health, and healing*

Practitioner and Teacher of Christian Science healing

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**About Beverly Goldsmith: Musician/Singer in Vietnam War.**

Beverly's Vietnam War experiences are taken from [Q&A chats](#) she did on spirituality.com.

The healings and spiritual lessons she learned while in Vietnam, continue to empower her professional [practice](#) of Christian Science healing, as she helps others find health and healing in their lives.

**Self-care -- a spiritual approach**

[Q&A chat with Beverly Goldsmith, 28/6/02](#)

[Christian Science practitioner and teacher in Brisbane, Australia,](#)



Temple Two in Sugar & Spice

**Fatigue:** My brother and I were a singing duo. In 1969 we entertained troops during the Vietnam War in a show called **Sugar & Spice**. It was a hectic tour - 133 shows in just 120 days, traveling around South Vietnam. Halfway through the 4-month tour, I became ill and exhausted. I was told that I had to get better right away or the tour would be cancelled and we'd all be sent back to Australia.

I was offered medical treatment. I declined, preferring to employ the spiritual approach to self-care and healing set out in Mary Baker Eddy's book *Science and Health with Key to the Scriptures*. "[Constant toil, deprivations, exposures, and all untoward conditions, if without sin, can be experienced without suffering. Whatever it is your duty to do, you can do without harm to yourself.](#)" p.385. I knew this applied to me. I had a duty - to sing for the troops. This was useful, good. I didn't have to pay a penalty - be exhausted

for doing good to others. God is always active. God had given me energy and strength. I had spiritual energies. These couldn't wear out. I could do everything I needed to do. God was sustaining me.

I also found this in *Science and Health* p. 387: "[...one cannot suffer as the result of any labor of love, but grows stronger because of it.](#)" I thought, "That's right! That's the truth. Far from wearing out from doing good, I'm going to be stronger." And I was. My strength returned. I completed all the remaining shows.

**Loneliness:** When I was first in Vietnam, I felt cut off from everyone and everything that was familiar to me. I felt alone, miserable. I knew this wasn't right. God loved me. He was with me. I wasn't alone. He was guiding and protecting me. I had the right to be happy—even in a war zone. So when I felt alone, I thought of God's love for me, and those back home who were loving and thinking of me. I made the choice to think spiritually- to express the happiness that was mine from God. I wouldn't let unhappiness into my thought. I affirmed that I was happy because this is how God had made me. It was my divine right to be happy. I was well, happy, and contented always. This spiritual thinking stopped me feeling lonely. I've learned that feelings of loneliness and isolation are thoughts coming to the door of our thinking and we can keep them out.

**Weathering financial drought? Spiritual resources can help**

[Q&A chat with Beverly Goldsmith, 25/10/02](#)

[Christian Science practitioner and teacher in Brisbane, Australia](#)

**Lack:** At one time in Vietnam, our show had nothing to eat. We lived in a Vietnamese village in Da Nang.

We couldn't just go to a supermarket and get food. I decided to pray. I sat on my bunk and affirmed that [divine Love](#) was caring for us and supplying our needs. There was no way that we could lack the food we so desperately required. I felt God's tender care for us. I was confident God would meet our need.



C-Rations

That afternoon a group of Marines came to our door with frozen steaks. We were truly grateful and thanked them very much. We put the steaks in our tiny freezer. There was another knock at the door. It was the Navy with a carton of C-rations. We were so grateful. As we put these away, there was *another* knock at the door. This time it was the Army with more frozen steaks. At this point my colleagues said, "Stop praying. We have enough!" We had so much, we had to tie the refrigerator shut.



Why did these men turn up with food? We hadn't told anyone. Yet our need was met in a **BIG** way. We went many weeks with what they brought us. And, never again did we experience lack of food. This proved to me that God is always taking care of us. We never lack the good we need when we remember this fact.

**Testing times:** As singers in Vietnam during the war, my brother and I were in dire situations. We were shot at and bombed. I didn't think of these as "tests" but rather opportunities to see God's power and presence in our lives. And I did see this - over and over again. In the 4 months we were there, not only was I kept safe, but the others in the show were too. Divine protection was there for all of us.

God made us to be happy and live secure lives. That's what He planned. When testing times come, we need to hold to the truth that God is in charge. He loves and helps us. He keeps us safe and sound. This sustains us.

### [After a fire...how can we move on?](#)

[Q&A chat with Beverly Goldsmith, 1/2/02](#)  
[Christian Science practitioner and teacher, in Brisbane, Australia.](#)

**Disaster:** When I sang for troops during the **Vietnam War**, I *really* had to listen to God every minute. Travelling to military bases was fraught with danger and disaster. Because we were a low priority, we sometimes found ourselves stranded and having to find transport in [helicopter](#) gun ships, Hercules transport planes, Chinooks, Jolly Green Giant helicopters – whatever was available. When this happened my colleagues would tell me to stay with the band gear and pray because I had “a connection with God.” So I’d pray while the others went to see what could be done. Each time, we found the right way to move forward. We were guided to do the right things at the right time. This proved to me that “[God is our refuge and strength, a very present help in trouble.](#)” King James Bible, Psalms 46:1.

God is always helping, loving, caring, protecting and guiding us. He doesn't allow bad things to happen. God is good and only has good for us. The real question for me is: Am I listening to God and following His right ideas coming to me? [Science and Health](#) helps me to be, and stay, “in tune” with God.



### [The tsunami tragedy: Exchanging horror for hope](#)

[Q&A chat with Beverly Goldsmith, 6/1/05](#)  
[Christian Science practitioner and teacher in Brisbane, Australia,](#)

**Tragedy:** It's deeply distressing to witness tragedy, let alone experience the shock and horror of it firsthand. It can leave one shattered, numb. Prayer stops us being mentally and emotionally immobilized by trauma.



Cathy Wayne

I'll never forget the first time I stood alongside rows of body bags at Da Nang airport during the Vietnam War with the smell of formaldehyde.

I'll never forget when we sang on the stage where Australian entertainer, Cathy Wayne had been [shot dead](#) less than 48 hours earlier as she performed. We received no trauma counseling or help.

But I had one resource right at hand –the comfort of divine Love. God's powerful Presence was supporting me. I knew I needed courage and strength to overcome trauma. So I prayed. I affirmed that courage and strength were already within me. Divine Love had given me courage and strength, also [resiliency](#) and [buoyancy](#). I already embodied them. I kept praying for myself, and my colleagues. Prayer helped us overcome trauma and to carry out all our commitments.

Divine Love is with you and I. We won't be overcome by shock and horror. God made us calm and confident and He keeps us [calm](#) and confident. We're God's children. He helps us.



We can [refuse](#) to [ruminate](#), [reiterate](#) or [speculate](#) on what we see. You can say, as I do,

- [I won't ruminate](#)—that is, chew over all the bad things I see.  
I will affirm instead that divine Love is present to help and give hope to everyone.
- [I won't reiterate](#)—not constantly repeat things like *isn't this so tragic?*  
I will affirm instead that divine Love is comforting and sustaining everyone.
- [I won't speculate](#)—that is, wonder why this happened, or blame God, or think it's punishment.  
I will affirm instead that divine Love *loves* everyone and does not hurt or harm anyone.

Such prayer keeps us focused on the positive things that can be done to help survivors, rather than on tragedy.

### [The tsunami tragedy: Recovery and Restoration](#)

[Q&A chat with Beverly Goldsmith, 20/1/05](#)  
[Christian Science practitioner and teacher, in Brisbane, Australia](#)

**Recovering from trauma:** Mental health experts say it takes time for people to recover from trauma. I've found that prayer speeds the recovery process.

In 1969 I spent 120 days in **Vietnam**, singing 133 times for US troops. I was bombed, shot at, exposed to malaria and Agent Orange and had to pray for my life continuously. When I returned to Australia, I was physically and mentally exhausted. I couldn't work. For days I simply lay on my parents' couch. At night I had bad dreams. I'd coped with so much in Vietnam. I had to recover my mental well-being and strength.

I found help in the 23rd Psalm from the King James Bible. Mary Baker Eddy wrote a spiritual explanation of this Psalm in her book [Science and Health with Key to the Scriptures](#) p. 578

"[DIVINE LOVE] is my shepherd; I shall not want." This reminded me: divine Love made me well and keeps me well. I could never lose that.

"[LOVE] maketh me to lie down in green pastures:" This said to me: don't be frightened.  
God is right with you. He is keeping you safe.

"[LOVE] leadeth me beside the still waters." This meant to me: God made me peaceful and calm and He keeps me peaceful and calm.

"[LOVE] restoreth my soul [spiritual sense]:" This said to me: divine Love is restoring my health and well-being.

As I prayed, I improved rapidly. I obtained employment and went to work each day. The bad memories faded naturally, gently, as darkness does in the presence of light. I was restored in mind and body with no mental scars. This can occur for everyone. God helps each us be peaceful, balanced, confident.

**Safe from disease:** Prayer can keep people [safe](#) from disease and harm.



Vietnam mountain landscape

I was in Vietnam during the War. Malaria was rampant. My employer urged my colleagues and me to take anti-malaria tablets every day to protect ourselves from the disease. My colleagues did. I decided not to.

For a number of years, I'd relied on the practice of Christian Science healing, the divine laws of God, to care for my health. I'd had many healings. I felt confident about relying on God, divine Love, to keep me well.

Each day I prayed for myself with this idea. "The history of Christianity furnishes sublime proofs of the supporting influence and protecting power bestowed on man by his heavenly Father, omnipotent Mind, who gives man faith and understanding whereby to defend himself, not only from temptation, but from bodily suffering." [Science and Health](#), p.387

This reminded me that not only had God made me well but He was keeping me well. No matter where I was living, I was still His child, created in His image. I had the spiritual capacity to defend myself from sickness. I knew God was the only Creator. He was all-powerful. Everything He made was good. God never made anything bad that could cause me to be sick.

I reasoned that good health was actually real and powerful because health came from God and sickness did not. My true nature was spiritual, perfectly healthy and well. I didn't have to suffer. I could pray so that bad things didn't happen to me.

I also prayed with this Bible verse. "Because thou hast made the Lord, which is my refuge, even the most High, thy habitation; There shall no evil befall thee, neither shall any plague come nigh thy dwelling." King James Bible. Psalm 91:9,10.

This assured me that my health couldn't be threatened by disease. God was my refuge. I was exempt. As a result of my proactive prayer, I didn't contract malaria then or afterwards.

I'm confident that the spiritual ideas in the 91<sup>st</sup> Psalm apply to everyone. All can stay safe. The laws of divine Life and Love operate for people living and working everywhere.



Beverly retired from music altogether to enter the practice of Christian Science healing.



Beverly Goldsmith, C.S.B.

She became a professional Christian Science practitioner and commenced advertising her healing practice in the Christian Science Journal Directory.

In addition to her healing practice, Beverly also became

- a teacher of Christian Science
- a Contributing Editor, and author of over 140 inspirational articles for the Christian Science Sentinel and Journal, The Christian Science Monitor and [spirituality.com](http://spirituality.com)
- a speaker for the Christian Science Board of Lectureship.

About Beverly Goldsmith in Vietnam © 2010

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