

# Heart & Hand

Quarterly Newsletter of the **Spiritual Care Support Ministries<sup>sm</sup>**

Reaching for a hand, and touching a heart

Vol. 11, Ed. 3, September 2015

Issuing four times yearly - March, June, September and December

## Greetings from Chaplain Liz

Greetings from the Spiritual Care Support Ministry Center where we understand that the process to finding healing from chronic illness, grief and personal losses take a lot longer than most people understand or want to admit.



When you have been handed a diagnosis of a debilitating disease, or just been told your child has died, or just find out that the spouse that you have been married to, who promised to love and cherish you in good times and bad, has walked out for another man or woman, your world can fall apart.

Aging is another loss that many of the baby boomers are experiencing. They are spending thousands of dollars trying to find the right make-up, fashion or hair style, or having surgeries to make them look younger. Then there are those who have lost jobs or have retired and are experiencing the loss of identity. The pain that they experience is real. It is different for everyone experiencing it. In these moments of pain and suffering it is very hard to trust God or to trust anyone. There usually is no evidence that they can see or feel at the moment of a possibility of coming out of this experience whole again because of the emotional, physical, and spiritual pain that they are experiencing.

We believe that with the right support, which includes education and training to the needs presented, sensitivity, compassion, understanding, a

non-judgmental attitude, intercessory prayer support and patience, children, teens, and adults can find health, wholeness, and meaning again. We believe that there are people who truly want to help others but are not able to because of lack of training. At SCSM, we can train others to be effective in helping people. We never said it would be easy for them,

but we know it is worth it, and it can be done with God's help. God is in the business of doing things that go way past our own understanding. After all, He is God, the creator of the universe, who knows all of us very well. Every human being is valuable and respected as they enter our doors or contact us through phone conversations, emails, Skype, Facetime, Facebook, our website, or by mail. We believe that they are created by God, made in His image. They are special to Him and to us. So, when one of them is wounded from illness, grief, or personal losses, we need people who will give them the emotional and spiritual support they need. That is what God has called us to do at SCSM, to journey with those who have lost their way and lost sight of hope and healing. We are able to offer many avenues of support. Please look at our updated website [www.scsm.tv](http://www.scsm.tv) to see how we accomplish this. Our calendar will give you dates and times of events that we offer.

We are so honored to have the privilege of serving others here in Fauquier County, Culpeper County, Orange County and Prince William County, as well as throughout Virginia, the United States,

and overseas. May the Lord find us faithful in all that we do. If you would like to join me, our staff, and volunteers on this journey to offer hope to others, give me a call at 540-349-5814 or email me at [ChaplainLiz@scsm.tv](mailto:ChaplainLiz@scsm.tv). We have a place for you!

## Chat with the Chaplain *Teapots*



"Tea Time" has always been my favorite time of the day especially since Arvid and I lived in England. Our daughter, Cheryl, was born in England. Cobham, Surrey, was a wonderful place to live, and we met some British people who have become lifelong friends of ours. Often when I have a cup of tea, I think of them and the special moments we shared. So, when my friend, Carole Payne, sent me the following poem framed for our SCSM kitchen many years ago when we opened the Center, it was a reminder of why "Tea Time" is special to me. I hope that when you read the poem on the next page, you will be inspired as well and see "Tea Time" with family and friends as a very sacred and meaningful time together.

# Teapots

I always thought that there is something spiritual about a teapot.  
When I think of Christian service, I see teapots, vessels of the Lord, waiting to be filled  
With steaming comfort, ready to be poured out into  
The cup of someone's need.  
Jesus holds the handle firmly after the filling, lifts it up and tips a spout that is  
Determinedly focused on its purpose.  
The pot humbly bows, filling cup after cup in a tea service that will continue until  
Our Lord returns.  
A teapot is a servant, greatly needed, for there are so many empty cups waiting to be  
Filled with the love our Lord has brewed.  
These servants come in all shapes and sizes, equal in their design, none is more  
Important than the other. Whether silver or ceramic, they shine in their Master's  
Hand; polished to perfection, His image is reflected.  
I see collections of these teapots adorning the pews, poised and ready, then lining up  
With the cups at the altar to serve with prayers.  
I see teapots at the pulpits and in the Sunday schools.  
I see them almost everywhere.  
I know that there will be tea parties in Heaven,  
Because the prodigals have all come home;  
Abundant celebrations with cups overflowing and  
Teapots crowned with gold.

*But even if I am being poured out as a drink offering upon the sacrifice and service of your faith,  
I rejoice and share my joy with you all.*  
Philippians 2:17 NAS

(Teapot Image courtesy of Withthaya Phonsawat at FreeDigitalPhotos.net)

The screenshot shows the homepage of Spiritual Care Support Ministries (SCSM). At the top, there is a logo with a tree and the text "SPIRITUAL CARE SUPPORT MINISTRIES". To the right, the phone number "540-349-5814" and email "chaplainliz@scsm.tv" are displayed. Below this is a navigation menu with links: Home, About Us, Our Team, Calendar, Volunteers, Newsletters, Testimonials, Our New Book, Blog, Contact Us, Donate. The main image is a photograph of a white house with a sign in front that reads "SPIRITUAL CARE SUPPORT MINISTRY CENTER" and "540-349-5814". Below the main image are four circular icons representing different services: "PERSONAL LOSS" (a woman's face), "SUPPORT/GROUPS" (two women hugging), "CHRONIC ILLNESS" (a medical chart with "DIAGNOSIS" and "CHRONIC PAIN DISORDER"), and "WHAT ELSE DO WE DO?" (a group of people in a meeting). Below these icons is a "Home" section with a paragraph of text: "Spiritual Care Support Ministries (SCSM) provides grief and bereavement counseling and support groups in Warrenton, Virginia, and around the world. It is our mission to provide compassionate care and emotional healing for individuals and families struggling with loss and pain, whether from illness or the death of a loved one, a chronic condition, divorce, or other personal losses. Our support is strengthened through a faith-based perspective with open dialogues. We understand that each person's beliefs and the way in which we each mourn and heal is different; yet each person needs encouragement and compassion as they work through their feelings. Through the care and professional assistance of our more than 30 counselors and facilitators and 80 volunteers, Spiritual Care Support Ministries provides these services free of charge to those in need." To the right of this text is a "CHECK OUT OUR BLOG!" button with a small photo of a woman. At the bottom, there is a blue banner with the text "Reaching for a hand, touching a heart."

## SCSM has Updated their Website!

Chaplain Liz, Arvid and Danette have worked hard to make this the BEST EVER!

Check Out [www.scsm.tv](http://www.scsm.tv)!

# My Near Death Experience

by Catherine Robinson

Jesus was all over this challenge in January 2010. After a week long illness, I passed out at home and was taken to the hospital. A young doctor there diagnosed me with legionnaires pneumonia, and I wasn't expected to live. Even then, Jesus had His angels of protection around me.

My husband and a friend of mine contacted the church I was partnered with, and many people came every day. They prayed prayers of faith over me that I would live and not die.

I was kept in a medically induced coma the first several weeks to allow the tracheal intubation to administer medication into my lungs. My hands were tied to the bed to prevent me from having the reflex to remove the tube from my throat. My body had gone totally septic. My kidneys were not functioning at all.

When I awoke two weeks later, I didn't know why I was in the hospital. My body was in such a weakened state. I was told that legionnaires pneumonia was a known killer and that people who get it don't usually live to talk about.

I told my husband that I wanted to meet the doctor that diagnosed me. He researched everywhere, and no one knew who the doctor was or claimed to have ever seen that doctor. I believe that God sent me a guardian angel and that doctor was him.

I was hospitalized for 31 days. My pastors and church friends prayed and sang healing songs over me. I read scripture and worked on strengthening my faith. This was a process for me to keep my mind focused on God and His healing power.

One time I had unexplained bleeding which startled me when I saw the blood, but immediately Jesus said, "Don't be moved by what you see." It calmed me to hear His voice.

Throughout this stressful process, I stayed focused on Jesus. I could do that since I had so many praying people around



me every day. A scripture that strengthened me during that time was Psalm 91:2 (*I will say to the LORD, "My refuge and my fortress. My God, in whom I trust!"*). Even though the hospital personnel tried to convince me to go into a rehab facility, thanks to my husband, I began therapy at home in my own nurturing environment.

During my recovery months, the odds seemed to be against me, but by the grace of God, I made it to full recovery. Oh, for the love of Jesus to save me.

Jesus had already placed it in my heart to help hurting women. My near-death experience cemented in my heart that I could no longer procrastinate the starting of Resurrection Dignity.

Resurrection Dignity, Inc., helps women break a cycle of distress. We do this by empowering them through mentoring, counseling, or training. Our music events minister the love of Jesus to the hearts of hurting women, as well as raise funds for their transitional needs and the training, counseling, or mentoring they receive.

**SCSM is looking for  
INTERNS!**  
If you would like to  
intern with SCSM,  
we'd like to talk  
with you!  
540/349-5814

# SCSM

## Honorariums and Memorials

**In Memory of:** Grace Margaret O'Connor, given by Sharron Giambanco, Warrenton, VA; Glen G. Fletcher, given by Lucila Fletcher, Manassas, VA; Ralph M. Fleming, given by John R. Charlton, Manassas, VA; Mrs. Kay Chapman, given by Sari Calevro, Linden, VA; Annie E. Garbe, given by George Garbe, Warrenton, VA; Sgt. Jason A. Shaffer and Jennifer Nicole Shaffer, given by Roger and Gwen Shaffer, Huntly, VA; Art and family with the Lord, given by Sandra Lange, Haymarket, VA; Scott Neth, given by Jack and Joyce Neth, Flower Mound, TX; Kay Chapman, given by Sari and Mark Calevro, Linden, VA; Mary Lumsden, given by James and Isobel Ailles, McGaheysville, VA; Alfredo Hernandez, given by Arvid and Liz Danielsen, Warrenton, VA; Rob Christiansen, given by Anne Marie McCarty, Catlett, VA; Geoffrey Campbell, given by Audrey Mitchell and Enos Campbell, Culpeper, VA; Edward Strauzer and Joel Rothstein, given by Marvin and Sharon Strauzer, Sparta, NJ; Carl and Veronica Ferriere, given by Don and Nan DeVore, Franklin, NJ; Nicholas Daymude, given by John and Debbie Daymude, Copper Hill, VA.

**In Honor of:** Karen Angel Duby, given by James and Toni Russo, Sumerduck, VA; Ed Essertier, given by Shirley Essertier, Culpeper, VA; Carl W. Letsen, given by Sally Letsen, Castleton, VA.

**SCSM is on  
AmazonSmile!**  
Select  
Spiritual Care  
Support Ministries  
as your charitable organization



**Fauquier Ministerial  
Luncheon**  
All clergy and ministry leaders  
are invited to the SCSM Center  
1st Tuesdays, Noon

# Simple Things Make a Difference

I've been wanting to write to you for months, actually years, and I haven't. I've let life get in the way and I feel horrible about it. I've been wanting to say thank you for so many things.

Some may think that a small gesture as a card could not make a big difference in one's life – well they are wrong! Your cards have touched my heart in so many ways. You've been sending me cards for 7 years! I had an emergency brain surgery done 7½ years ago and had not yet completely found God. I believe your cards



Perri and Sean O'Flynn

had a part in my salvation. Through God's word and His artwork was one of a million ways to lead me there.

Your cards always arrive when God wants them to – perfect timing! I put them everywhere – my Bible, my car, my night stand, my kitchen.... So, I'm thanking you for allowing God to work through you, to share His love and His message!

“Goodness and love will follow me all the days of my life.” Psalm 23:6

*Perri O'Flynn*

## Groundbreaking Ceremony for New Building!

Spiritual Care Support Ministries held a groundbreaking ceremony on June 14 for the new SCSM Ministry Center that will be located at 6394 Airlie Road in Warrenton, Virginia.

The new, larger, and better organized facility will allow SCSM to help more people to find renewed hope and healing. It will also help to send more productive people back out into the community who have regained hope after losses such as death of a loved one, chronic illness, or divorce. As people find healing, they are often willing to help others.

SCSM is bursting at the seams in the present facility. In the new building, more



private rooms will enable our counselors to reach more people on an individual basis (we currently have only one private counseling room). Larger rooms for support groups and training classes will increase their effectiveness. A larger kitchen facility will provide ample space for preparing snacks and occasional meals, and for storage. There will also be more room for our volunteers who work on a multitude of projects. Landscaping will bring a peaceful atmosphere, with gardens of beautiful flowers and plants to help promote healing and peace. The new

Center will also provide more parking and be handicap accessible.

Through workshops, support groups, Coffee & Conversation Café, prayer and various other services, those who are experiencing personal loss come together with other individuals who have similar needs in a constructive and meaningful format. One-on-one counseling is also provided.

SCSM can't fix a person but will journey with them to provide the love, compassion, and value they deserve and provide helpful tools to assist in their healing. Support is given in homes, nursing homes and hospitals, as well as at the Center. Support is available through Skype, email, or telephone as well.

SCSM was incorporated in 2004. The executive director and president, Rev. Liz Danielsen, Chaplain, is an ordained, nationally endorsed health care chaplain. The seven executive board members are actively involved in the ministry. The ministry is supported by donations primarily from individuals and churches, and an occasional grant.



# But God... by Sue Amato

I've attended several Bible study groups throughout the years, but the one that helped me grow in my walk with the Lord was led by a wonderful Christian woman who had a true heart for helping others to understand the word of God. I've often described her as knowing the Bible "upside, right side up, and backwards" because she really did know it so well. She was a great teacher, and she was my mentor, although she didn't know it at the time. We met at her house on Tuesday mornings and, once I left her house, I could hardly wait until the next Tuesday.



was all new to me. However, it made me yearn to know more about the Lord and more about God's word.

As I sat down to write this article, that Tuesday morning years ago popped into my mind. I began to think about the many times throughout my life when "but, God" occurred, and I learned that God

is greater than anyone and anything in this world – with no exceptions.

I have been struggling with my health since January of this year. I was diagnosed with the Eppstein-Barr virus and was told it could take up to six months to feel well again. (I did some research and one source said it could take up to a year. That was not good news!) It is a virus so there is no medication that helps. I didn't feel sick, just completely exhausted all the time and fell asleep almost anytime I sat down. As the weeks and the months passed, I began to have days in which I felt better and that was great, but then I would wake up in the morning and feel that exhaustion again. This pattern is changing and I feel more normal most days, but other kinds of symptoms have appeared. None of these are seri-

ous or life-threatening, but very frustrating because I'm "tired of feeling tired" and want to feel healthy and energetic again. I've seen several doctors and had many tests and procedures but all have come back "within normal ranges".

At this point I want to make it clear that I believe firmly in the word of God and stand firmly on His word. Yes, I believe that Jesus is the Great Physician and that I was healed, and am healed, by the suffering, death and resurrection of Jesus. I believe – I know it is true. As you can imagine, the question I asked is why am I going through this when my faith is so strong?

I didn't hear an answer right away, but God is my heavenly Father, and He does everything in His time. One day as I was having my devotions, it became clear to me that I don't need to know the answer. I need to trust God and keep focused on Him and His word. He sees the big picture and has reasons for everything, and our finite minds could not, cannot understand it. Knowing this and being reminded of it has brought much peace to me. I stay focused on Him and remind myself that "God's words are life to those who find them and health to the whole body" (Prov. 4:22).

Yes, I've been fighting symptoms for several months – but, God! My life is in His hands, and He will work it all together for His glory.

## One Day in My Story

by Annette McCullough

It is a very early morning. As I pray with my husband before he goes to work, I find myself crying. My heart is breaking as I ponder that my aunt's heart is failing. Tears flow and I am free to shed tears because I know they are cleansing and washing away pain and fears. I have learned to cry without apology, without shame, without concerns of others thinking I am weak. They are right. I am weak, and in my weaknesses my God and Savior prove to be strong and mighty, a Rock I can



(Image courtesy of Ambro at FreeDigitalPhotos.net)

cling to and a Shelter in which I can find refuge and security. I will take that over pretending to be strong and self-sufficient any day.

Thank you SCSM for all you have

taught me throughout the years,

*Annette McCullough*

**Counseling and support are given by Chaplain Liz in Manassas and Culpeper. Call for appointments.**

## Thank You!

Bobby Delach and Theresa Wharton for cleaning the Center; The Orthopedic Office and Kitchen & Baths for use of their parking lots; Diane and Jim Fritz for donating coffee; Warrenton Bible Church for funding for our Clergy and Ministry Leaders luncheon each month; Hannah Miller for donating shawls for fundraising; Karen Angel Duby and friends for providing HOPE necklaces for us; Dunkin' Donuts in Warrenton for letting Chaplain Liz meet with SCSM friends at their place; Lorraine Tammera for taking pictures at the Groundbreaking ceremony.

**Newsletter Editor - Dorothy Slaga;  
Associate - Cheryl Reynolds**

# A Little History of SCSM

by Bonnie Knauf

I am always honored when Chaplain Liz remembers the role I played with the beginnings of SCSM. I may be a little fuzzy with the time frames and details about that time so long ago, but I would like to tell you the story of the humble beginnings of the now successful ministry of SCSM.



I met Liz at church and was impressed with her energy and dedication to her work with hospice and duties as a hospital Chaplain. One Sunday night we attended a supper sponsored by Manassas Assembly God. Those suppers were wonderful as they provided the opportunity to fellowship and to share our hearts about our relationship with the Lord. That night Liz shared the vision she had for fifteen years to start a Center for those who are sick, dying, and bereaved. I got her vision and wanted to be a part of it. We had lunch to discuss the vision, and I offered to do anything she needed to get the Center started.

The first thing that was needed was a

location for the Center. I had just finished becoming a licensed realtor (probably, just for this moment) so I could search the Multiple Listing for commercial property that was available for rent. After a brief search, there was one location that was commercial

and affordable. It was the psychic tarot card reader's house! Well, since it was the only property up for consideration, Liz and I went to look at it. When we walked in it was being remolded with new carpets, a little kitchen, bright yellow walls, and rooms for meetings. The owner walked in and that started a friendship between them that lasts until today.

The first GriefShare meeting in Warrenton was at the Odd Fellows Hall that included resident roaches and dingy lighting.

But we were glad to have a place for our first session of Grief Share, and it was free. We had one attendee at first, and it grew to two by the end of the session. The Center was finished, and we were able to have our next session in a beautiful and comfortable environment.

Liz and I went to visit local pastors to explain how GriefShare could supplement their mission. We then had to think about advertising and getting volunteer help. At first we had a handful of volunteers. Sue Amato was already facilitating with Liz, and Dorothy Slaga began providing computer support and found places to advertise SCSM services.

After about a year, I decided to move to Huntsville, Alabama, to be near my daughter, her husband, and my only grandson (who is at Liberty University studying to be a missionary aviator). I have made multiple trips back since 2005 and got updates in person as well as in the newsletter. Only God could have done the good work that has gone on at SCSM. Liz and Arvid have been faithful and God has surrounded them with love and wonderful supporters and volunteers. To God be the glory.

## Praise & Prayer Requests

### Praise the Lord...

- For God's love and His faithfulness in good and challenging times.
- For the donations that came to us from the Piedmont Local Just Give Community endeavor.
- For our new volunteers.
- For our new updated website, [www.scsm.tv](http://www.scsm.tv), and for the good feedback we are receiving since its launch.
- For our new book that we just published and the lives that are finding healing as they read the stories of lives being transformed.
- For our recent SCSM Ground Breaking Ceremony, a reminder that our new Center is becoming a reality.
- For the privilege of being used by

God in this ministry as an extension of His love, hope, and healing.

### Pray...

- For wisdom and discernment for staff and volunteers as we make decisions.
- For our new SCSM Center that is being built and for all those who are involved in making this happen.
- For patience as we face challenges.
- For good health for our staff and volunteers.
- For our upcoming Family Grief Camp, support groups, and events planned to give support to children, teens, and adults.
- For a SCSM Volunteer Coordinator who can be available at the office twice a week. This person would have to love

people, be flexible, and feel God has called them to SCSM.

- For volunteers who would be willing to facilitate and co-facilitate support groups.
- For more financial support.

### Celebrating Christmas with SCSM

**SATURDAY, December 12,** beginning at 3 pm at the Warrenton Community Center with the tree lighting ceremony following at SCSM. We hope you will plan to celebrate this special Christmas season with us!

**Save the Date!**

# Is Your Radar On and Tuned In?

Transformational Thought by Dr. Karl Benzio

Here are some interesting questions to contemplate. Do you feel your heart beating at this moment? Do you feel billions, yeah, billions of brain cells firing right now, allowing you to read this? Honestly, right now, the moment before I mentioned it, were you really feeling the love for your kids, or parents, or spouse or any other loved ones? Ponder this: do you feel the Earth actually spinning



(Image courtesy of nuttakit at FreeDigitalPhotos.net)

at an amazing speed, when a much slower amusement ride makes you dizzy?

I could go on with so many other examples of physical or emotional sensations from life, but I imagine you are already getting my point. Just because you don't feel these events or dynamics right now, doesn't mean they aren't happening. Some of them occur in big ways, yet we still don't feel them! This is a key point to remember.

You see, as Christians, even though we've accepted Christ as our savior, are filled with the Holy Spirit, and are in an intimate and indescribable union with God, at times we don't feel that power or emotion in our lives. Ironically, that's often the case during the times when we need to feel loved the most. Maybe we feel alone because our union with God is invisible. Remember, as Christians, we are each connected to God through Love-bonds that cannot be seen and that cannot be severed.

Our enemy fights against us and tries to hinder our ability to feel these experiences. Satan is so spiteful toward God. He doesn't want us to see, feel or know how determinedly God pursues us so we can receive His love. This spiritual warfare all around us, also known as the craziness of society, is Satan's strategy to numb our radar, which should be tuned directly to

God—24/7. Satan can't separate you from God's love, but as the Great Deceiver, he will try to convince you that God's love is not there for you.

Today, try to meditate on the fact that God is nearer than you think ... He is richly present in all your moments. Be aware of His presence. Put your hand on your heart, feel your heartbeat and say, "God is really in

my heart, whether or not I feel it. He really is always pumping in my life!" This is not an escape from reality. In fact, it is turning to the ultimate reality. He is far more real than the world you see, hear, touch and depend on. Whether you act on His reality and experience peace, joy, and fulfillment in this world or you fall for Satan's deception and become lost, it's your decision, so choose well.

### Prayer

Dear Heavenly Father, at times You feel so far away. I am easily sucked into Satan's vortex of fear and worry. I start to fixate on the things of this world to bail me out. When will I realize these frauds will never bring me the peace and joy I crave? Help me to open my eyes so that I may find You everywhere. Grow my antennae. Increase my spiritual radar and spiritual IQ. Teach me to be obsessed with You. The more aware I am of Your presence in my life, the more secure I feel. I need You, Father. Blazing missiles of fear are flying at me day and night; the attacks from the evil one come at me without rest. Build my faith, Father, so that I may be certain of what I cannot see. I pray in the name of my always-constant Savior, Jesus Christ. And all God's children say Amen!

### The Truth

*God did this so that men would seek him*

*and perhaps reach out for him and find him, though he is not far from each one of us. 'For in him we live and move and have our being.' As some of your own poets have said, 'We are his offspring.'* Acts 17:27-28

*Now faith is being sure of what we hope for and certain of what we do not see.* Hebrews 11:1

*Am I a God at hand, declares the LORD, and not a God far away? Can a man hide himself in secret places so that I cannot see him? declares the LORD. Do I not fill heaven and earth? declares the LORD.* Jeremiah 23:23-24

(From Dr. Karl Benzio, *Lighthouse Network's Stepping Stones Daily Devotional*, November 17, 2014. [www.lighthousenetwork.org](http://www.lighthousenetwork.org), used with permission)

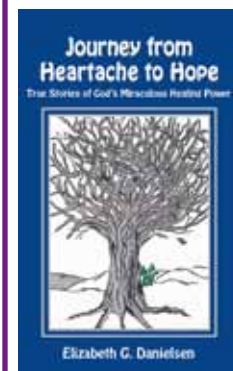


## Early Christmas Shopping?

SCSM's first book is now available!

**\$12**

Add \$3 postage for mailing for 1 or 2 copies. Call if ordering more.





**Spiritual Care Support Ministries, Inc.**  
 Reaching for a Hand, and Touching a Heart  
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**September 2015**

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**All SCSM services are provided free of charge!**  
 SCSM is non-profit and non-denominational. Donations are welcomed. Perhaps you would like to give a gift in memory of a loved one or in honor of someone special. Checks may be written to SCSM, P.O. Box 643, Warrenton, VA 20188.

## Dear Chaplain Liz

*There are times when I am disappointed with God. I don't want to pray. I feel so guilty which causes me to isolate myself because all my friends seem to have it together. Am I so different from others who know God? Do they always have it together?*

What a great question, and it took a lot of courage to ask it. We are all disappointed at times with God. We pray and believe that God will answer and give us just what we want. When the outcome is different, we feel disappointed. We want what we want which makes us very human. God, who knows us better than we know ourselves, knows the end of the story. He knows what is best for us. The pain of disappointment is real but God's love is real too. Just talk to the Lord and tell Him about your feelings. He is eager to hear you, and He loves you.

*Chaplain Liz, whose pain is worse? My loss of losing my young husband and being left with a young child or my friend who has lost her son? Everyone keeps comparing our pain.*

I hope the following will be of help to you as it was for me many years ago. It goes like this: To me, my pain is worse; to you, yours is worse. But why do we compare? I am hurting and so are you. Please allow me to have my pain, and I will allow you to have yours. Let me voice my anger, and you can voice yours. Let me release my guilt, and you can release yours. Let me cry on your shoulder, and you can cry on mine. Let me have my grief, and I will let you have yours. And then, one day, let us smile and hug and thank each other for being there. Whose pain is worse? Does it really matter?

Do you have a question for Chaplain Liz? Send your question to "Dear Chaplain Liz", SCSM, 76 W. Shirley Ave, Warrenton, VA 20186. All correspondence needs to include your name, address and telephone number to be considered. All correspondence becomes the property of SCSM and receipt of the same constitutes writer's permission to publish any portion of the material in the H&H Newsletter or any other media, at the sole discretion of SCSM. Only first names (or an alias if you so indicate) will be included in the use of the material.

**Board of Directors: Rev. Daniel Astuto, Sr., Kathleen Boudwin,  
 Arvid Danielsen, Joyce Ann Neth, Virginia Wright**

**Advisory Council: Susan Amato (VA), Ken Reynolds (IL), Bonnie Knauf (AL), Dorothy Slaga (VA), Ingrid Johnson (NY)**

### SCSM Mission Statement

**Providing support, education and a Biblical perspective to those who are ill, dying, grieving, and experiencing personal loss, and to those who journey with them.**

**SCSM Values: God's Word, Prayer, Value Every Human Life, Integrity, Confidentiality, Excellence in Everything We Do**

### SCSM Vision

**To establish a local, national and international resource center to provide ministry, training and a retreat for those who are ill, dying, grieving and experiencing personal loss and to those who journey with them.**