

Heart & Hand

Quarterly Newsletter of the **Spiritual Care Support Ministriessm**

Reaching for a hand, and touching a heart

Vol. 14, Ed. 1, March 2018

Greetings from Chaplain Liz

Greetings from Spiritual Care Support Ministry Center where we pay attention to details of a person's life. Each person is unique and special, created by God for a purpose. God has a plan and He wants us to be part of that plan. The conversations and stories they tell us, as well as their description of the physical, emotional, relational and spiritual pain they may be experiencing are what



we pay close attention to. "Listening" is what we do best. Pain is experienced by people of all ages. Life is not without trials, but there is hope for everyone. We encourage people to understand the importance of allowing themselves time to heal from what they are experiencing so that they can go forward in life to enjoy all that God has for them.

What they do with their time is important. Time by itself does nothing to bring healing. At SCSM, individuals learn how to use their time wisely to find ways to heal. Our many different types of support groups, Care Cafe, Bible Studies, counseling sessions, and other events are opportunities for people to experience for themselves how they can heal.

Excellence is one of our values. We do not strive for perfection, but we do ask God to help us do everything to the best of our ability as we serve our community and other people throughout the USA and the world.

I had the opportunity recently to go over to our new SCSM Center that is being built at "New Hope Lane" off Airlie Road in Warrenton, VA. I was brought to tears as my emotions got the best of me. The Lord gave me a vision in a dream almost 30 years ago and this is what I saw in my dream. Standing in the new SCSM building, I realized that the vision in the dream is now the reality for our new SCSM Center.

God has also spoken to Gray and Debbie Coyner who have been given the assignment to direct and construct the new center for our needs. God spoke to them as He spoke to me. Even as

If you have a construction skill and would like to help with the new SCSM Center, call the office.

world? So many people have unresolved issues from losses that have never been worked through. At SCSM we give people of all ages the opportunity to heal and experience hope despite what they have been through. Nothing is impossible with God!

In April 2017 we began our 14th year at SCSM. The past years in "our little house" at 76 West Shirley Avenue have been a blessing to all who have come there. The Holy Spirit has been our source of wisdom and direction each day along with prayer intercessors. We are also so appreciative for the many folks that are providing financial support as well as the over one hundred volunteers who sacrificially give of their time along with our three paid employees. We are continually striving to do what God has asked us to do. The vision is now a reality!

Would you like to be part of what is happening at SCSM and the new Center? If you are interested in helping with the construction of new center, please contact the office (540-349-5814) and we can connect you with Gray Coyner. If you have a skill, he can use you. Thank you for prayerfully considering partnering with us in this way.

We are so excited about this year 2018. Everyone at SCSM is waiting with expectancy to see what God is going to do as we continue to be obedient to His assignment and to the needs of those who will come for support, education and a listening ear. Please feel free to contact me at ChaplainLiz@scsm.tv if you have any questions or need to just chat.

Chaplain Liz Danielsen

Chat with the Chaplain

The Power of Your Hands

I was thinking today about my hands, and felt that God was giving me a message about the power of our hands. Would you take a moment before you read on to look at your hands? Our hands were created by God. No one has hands like you. Our hands are powerful and can be used to change a person, a city, a country and the world. Hands are used in so many ways. Right now, we have hands helping people who have been affected by the hurricanes in Houston and Puerto Rico. Hands are helping in California with the fires. Hands were available to help recently in the Las Vegas shootings. Hands are helping those still in the hospital after the Las Vegas shootings. Animals are rescued by hands when they are hurt. Hands help in nursing homes and hospitals. Caregivers give of their hands as they help their loved ones and friends. Hands have been used to help children learn how to ride a bike. Hands are used during play time with children. Hands

are offered as a greeting to say, "So glad you are here." Signing with hands



brings conversation to others who cannot hear. Hands clean homes, churches, and centers. Beautiful flowers, fruits, and vegetables come forth because of the seeds that were planted by hands. Hands held during grief with another bring peace and comfort, showing that they care. Hands bless children, adults and animals. Hands held with another during prayer give spiritual connection. Holding hands in times of danger brings calm. Laying on of hands to a person brings healing from God. Uplifted hands to God bring praise.

Have you taken time today to thank God for your hands and for the many times He has used you in so many ways to help others? If not, now is a good time.

Praise and Prayer

We Praise the Lord:

- That the new SCSM Center is a reality. The construction has started!
- For a new year of opportunities to serve others.
- For guiding us each day.
- For all those who are praying for this ministry.
- For God's faithfulness, love, mercy and grace.
- For the financial support we received in 2017.
- For bringing is Melissa, our new receptionist.

Please Pray:

- For the safety of all who are helping with the construction of the new Center.
- For others who have skills that can assist with any of the construction. Please contact the office if you can help in any way.
- For teens and adults who will hear the voice of God to partner with us in this way.
- For more financial supporters.
- For more volunteers to facilitate and co-facilitate groups, lead Bible Studies, and help with other events.
- For all those who are suffering on a daily basis with physical, emotional and spiritual pain.
- For our area pastors, their families, staff and congregations that God will equip them to do what He has called them to do.
- For unity among the pastors and ministry leaders in our area and surrounding counties.
- For first responders and our military, that God would strengthen them for the challenges they face and give them wisdom.

SCSM Honorariums and Memorials

In Memory of Lisabeth Leilani Merritt, given by Sandra Joy Gray, Manassas, VA; Scott Neth, given by Jack and Joyce Neth, Flower Mound, TX; Rob Christiansen, given by Ann Marie McCarty, Catlett, VA; Terry Smith, Gerald Melvin Fillman and Kenneth Hubert Coyner, given by Liz and Arvid Danielsen, Warrenton, VA; Sgt. Jason A. Shaffer (killed in action in Iraq) and newborn Jennifer Nicole Shaffer, given by Roger and Gwen Shaffer, Huntly, VA.

On to Still Water

by Scott Walker

My wife, Beth, our son, Jodie and I were on vacation in the mountains near Lake Lure, North Carolina. One day while we were hiking along the banks of the Broad River, we stopped to gaze at a series of small rapids cascading down to the lake. Suddenly I looked upstream and saw a mother mallard duck and five ducklings approaching the swirling rapids. The ducklings seemed like puffs of fluff, too fragile to negotiate the dangerous waters. As they approached the rapids, the mother duck scooted in front of the ducklings and they swung behind her in single file. With determination, she led them over the first drop, watched each of them disappear underwater and bob to the surface, and then herded them to the shoreline and calm water. After a few minutes rest, she led the ducklings back into the swift current, down the next rapid and back to the safety of the still water. Slowly they made their way downstream, one challenging descent at a time.

Lord, when the currents become treacherous, remind me that You are with me, guiding me toward safety and rest. Amen

That mother duck and her obedient ducklings have become a spiritual symbol for me. They remind me of the way God leads me through turbulent waters. When I'm anxious or afraid, I'd like to remember that God is in the river with me, guiding me over the rapids, one challenge at a time, and on to still water.



Lord, when the currents become treacherous, remind me that You are with me, guiding me toward safety and rest. Amen.

(Originally appeared in Daily Guideposts, July 2006-Tue 11 and is reproduced with permission from Guideposts. Copyright © 2006. All rights reserved.)

Newsletter Editor: Dorothy Slaga
Associate: Cheryl Reynolds

Mental Health

Training

by Diana Unciano

Last October, as part of our continuing education, several staff and volunteers from SCSM attended the Youth Mental Health First Aid training class given through the PATH Foundation and Fauquier County. The PATH Foundation contributed \$500 to SCSM because we had at least 5 of our staff/volunteers trained. From our training, we learned how to administer different action plans for youth, ages 12-18, who may be struggling with a mental health challenge or are in a mental health crisis.

During the 8 hour class, we were able to role play different scenarios and sharpen the new skills we were being taught. Due to the training, we are better equipped to give "first aid" to youth at risk for suicide and those challenged with depression, anxiety, cutting, substance abuse disorders, eating disorders, and bullying.

Unfortunately, mental health challenges



can affect our youth. You can be the bridge to connect them to further help and support.

If you know a youth with a mental health challenge, please call SCSM so we can help or direct you to a mental health professional. Also, if you believe a youth is at risk for suicide, please call the National Suicide Prevention Lifeline at 1-800-273-8255.

Thank You

Bobby Delach for cleaning the Center; The Orthopedic Center for use of their parking lot; Diane and Jim Fritz for donating coffee; Warrenton Bible Church for funding for our Clergy and Ministry Leaders luncheon each month; Pam Dudley for office supplies; Jim Presley for light bulbs; Cindy Norris for the crystal cross.

World Championship Journey by Patricia M. Boord

God's grace enabled me to win my first world bench press championship. See, I injured my back in April 2014 enroute to a meet. The pain began instantly and intensified throughout the competition. I took a break from training to rest but resumed lifting six months later to prepare for the 2015 National Team. But my back hurt with such intensity I could hardly get into position on the bench.

My orthopedist discovered a shadow on my x-ray. Concerned that an earlier bout of septic arthritis had returned, he ordered additional tests. I withdrew from the team.

Although the tests were negative, the x-ray shadow and the pain remained. I was referred to the University of Virginia (UVA). After many months and additional tests, UVA diagnosed an unusually herniated disk.

A subsequent knee replacement netted me twenty months of lost training. It was

like starting over, a reoccurring theme during the last nine years. "Did I have any start overs left?" I cried to God. The Holy Spirit spoke to my heart and said that I would start over as many times as He needed me, but He would be with me.

My two-year competition hiatus required stops at two qualifying meets; resulting in a slot on the 2017 National Team. That's when I learned to further surrender my will to God.

In January 2017, I willingly violated God's Word. I soon realized the magnitude of my sinfulness. Rightfully



so, God withdrew Himself from me. Although I prayed for forgiveness, I remained empty inside.

My flight to the 2017 World Classic Bench Press Championship left early Easter morning. Arriving at the meet, I found myself sharing my wooden crosses and praying with total strangers. Regardless of how I lifted, my meet would be successful. Sharing the love of Jesus was paramount. I was re-born and felt the Lord's presence return.

I lifted well the next morning and took gold! Standing on the podium, patriotic tears rolled down my cheeks while our national anthem played. I also shed tears for my love of Jesus, His strength to resume competing, and forgiveness. My true gold medal is our Lord's grace and forgiveness.

Memory Boxes by Pat Ericksen

In 2008 my son-in-law was diagnosed with leukemia. He went into the hospital on my granddaughter's 2nd birthday. My grandson had turned 4 years old a few months before. I was already familiar with Chaplain Liz and had taken some classes with her for various ministries at our church, so naturally I turned to her for advice.

She was a great support to me through the year of my son-in-law's illness. Chaplain Liz always made time to take my calls when I needed advice on how to help the children through the illness and death of their daddy. She told me that we should take the children to a park to tell them so that they could run around to deal with their grief. "Let them be children,"



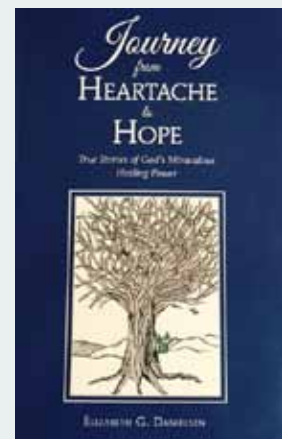
she said.

She also suggested that we help the children make memory boxes of their dad. Gia was only 3 so it was harder for her, but I bought stickers of things that her dad liked and pictures of him for her box. Matthew was 5, and the box was very meaningful to him. The first thing he wanted to put in was his dad's small witnessing Bible and his dad's cross. He put in pictures from magazines of things his dad liked and covered the lid with stickers that described him and things they liked to do together. He carried that box under his arm for months, everywhere he went. Then when Matt was 10 years old, his friend's 19-year-old sister was killed in a car accident. Matt told his friend he would help him make a memory box about her because that is what helped him. Just this past week, my daughter's friend's husband passed away from cancer and so my daughter went to the store and bought things to do with the children so that they could make memory boxes of their dad.

The things that I have learned from Chaplain Liz have helped me enormously as I have ministered to others grieving or dealing with chronic illnesses. As you can see, Chaplain Liz's ministry touches many lives, not just the ones she touches directly.

In Christ, Pat Ericksen

SCSM is on **FACEBOOK!**



\$15

Here's a **GREAT** gift idea while supporting your favorite charity, **SCSM!**

More than Enough

by Betty Hoyt

Following the loss of my dear husband after a nearly fourteen-year battle with cancer, I struggled with everything. I felt my life had ended, and in actuality, the life that I shared with him for forty years, had ended. But I didn't want to accept that. I tried to make some sense of it, but that was not to be. The ache was more than I could process, especially as my mind continued to replay those last days and hours as he fought the good fight through much suffering, and as I watched and could do nothing about it.



Jerry and Betty Hoyt

One morning as I was crying out to God, I began to formulate in my mind what I sensed He was trying to tell me, and my heart found comfort when I received and accepted the following nugget of truth.

My love wasn't enough to save him, but Yours was. As great as my love was for him—and it was great—it wasn't enough to make him well, to take away the pain and suffering, to remove the cancer, and make him strong again. It wasn't enough. I was helpless. As powerful as my love was for him, it wasn't enough to raise him up and give him a new body. But Your love was enough. Your love rescued him, healed him, made him more whole and healthy than I can imagine!

My love wasn't enough, but Yours was sufficient—more than enough.

Our Heavenly Father is the way-maker, peace-giver, provider, protector, comforter, and the One who loves us unconditionally, and His love is always more than enough.

VISIT CHAPLAIN LIZ'S BLOG
<https://www.scsm.tv/blog/>

You Steer While God Provides Traction Control

by Dr. Karl Benzio

Transformational Thought

Dealing with winter weather can be frustrating and treacherous, but thankfully, there was an amazing breakthrough about 20 years ago in automotive technology. Generically, it's called traction control. Practically, it means a computer onboard your car measures the amount of grip or traction of each wheel over a thousand times per second. Based on that measurement, the computer applies more or less power to each wheel, ensuring that the car moves forward under control and, most importantly, in the desired direction.

Amazing! This guidance and power is automatic. It's built into the car's system. We don't have to ask in order to get this incredible life-saving service. With this at our fingertips, our only responsibility is to aim the car in the right direction.

I believe this is how God blesses us with His power. On any given day, you may have trouble maintaining control. You may find yourself on a slippery slope, at risk of going in a direction you didn't intend, and ultimately crashing. The more challenging the day is, the more of His power He places at your disposal. He continually senses (much more than 1,000 times per second) where your mind and heart are and what your slippery road is like. In response, He provides His power in the right places and in the right way. You don't even need to ask—it's automatic. That's the Holy Spirit in you.

So, the logical question is, "Why do all of us still make mistakes, sin and slide off the road into ditches of frustration if God is providing all this traction, power and guidance?" The answer is that we need to steer toward God. Just like driving a car, the power is useless if we don't steer in the right, or His, direction. We can't look in the direction of pornography, alcohol, caffeine, food, work, ESPN, power, looks, kids, money, gadgets, control, sex or toys. God's peace and comfort that surpass all understanding cannot be found in those directions or things.

Don't steer toward the false roads, detours, counterfeit dead ends and destinations that Satan and your old self offer. Christ shows you the direction that is best for you if you pay attention and read the Bible. You have free will. It's your responsibility to control the steering wheel. God does all the rest. So, yield to His traction



control. As you are challenged, so shall you be strengthened. Amazing!

Today, if you struggle but don't sense His power, the problem isn't His lack of power. The problem is your steering. His traction power is always there. He never sleeps, slacks off or goes on vacation. If you are off-course, it's because you are steering in the wrong direction. Wake up and look at the decisions you are making. Know that a simple glance and a decision made in faith to follow your

Lord is enough to connect you to the ultimate source of guidance, power and traction control. Whether you steer in God's direction or you steer toward Satan's false "Promised Land" detours into life's traps is your decision, so choose well.

Prayer

Dear Father God, I look to You with faith and thankfulness. Today my strength seems so insufficient for the demands I am facing. I look to You, Lord, for the strength sufficient to handle the challenges of this day. Thank You for Your traction control every minute, especially when I am losing control as the day gets slippery or windy. Give me eyes that see the truth and recognize Your beacon directing me back to You. I also ask for wisdom as I steer. Give me courage and patience to see and follow Your direction and avoid the traps set before me. Thank You, Lord. All glory be to You! In the name of the One whose death gives me power over death, Christ Jesus. And all God's children say AMEN!

The Truth

"Your sandals shall be iron and bronze; as your days, so shall your strength be." Deuteronomy 33:25

"Seek the LORD and His strength; seek His face evermore!" Psalm 105:4

"But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions and calamities. For when I am weak, then I am strong." 2 Corinthians 12:9,10
(From Dr. Karl Benzio, Lighthouse Network's Stepping Stones Daily Devotional, December 30, 2017. www.lighthousenetwork.org, used with permission)

Christmas Lights for 2017

CHRISTMAS TREE SPONSORSHIP:

In memory of Bridgit McCargo, given by Jerry McCargo, Alexandria, VA
In memory of Segundo and Carmen Hernandez, Rafael Hernandez, Carmen Lydia Hernandez, Sylvia E. Melendez, Antonio Melendez, Carmen Elizabeth Garcia, Izabeau "Mou-Mou" Hernandez, Wilfredo Hernandez, Ramon Feliciano and David Butler; the military service of Jesus M. Hernandez, and in honor of Julia Hernandez, Lucy Hernandez, and Pedro Hernandez, given by Rose Hernandez, Manassas, VA
In memory of the military service of Patti Sheehy Stager, given by Joe Stager, Centreville, VA
In honor of Presley and Viola Wright, in memory of Harold Wright, and Betty Reedy, and in honor of Arvid and Liz Danielsen, and all volunteers at SCSM, given by Virginia Wright, Hume, VA
In memory of George Fayas; Irene E. D. Fayas; Lila DeGroot; Erma Louckes; Jeannette G. (Anderson) Fredrickson; Roy Fredrickson; Marlene Gardner; Marilyn Faye Fayas; Amelita Drost; Paul Drost; Nathan Calcagni; Florence Liddle, George Miller, Duane G. Fayas, Josie Acotto; Henry Acotto; For service in the military: Ryan Fayas; and Justin Fayas, given by Carol and Dennis Acotto, Manassas, VA
A Christmas offering given by Ken and Kathleen Boudwin, Humble, TX
In memory of June and John W. Payne, given anonymously

STAR SPONSORSHIP:

In memory of Lorena Felzien and Delia Perry, given by Joan and Joe Perry, Fairfax, VA
In memory of Lisa Reynolds Stone, given by Charles E. Stone, Marshall, VA
A Christmas offering given by Norm and Lynn Vinson, Jeffersonton, VA
In memory of Justin Lee Quoyeser, given by Kathy Quoyeser, Warrenton, VA
In honor of our parents, Jim and Dorlene Russo, given by James and Toni Russo, Sumerduck, VA
A Christmas offering given by Joseph and Sandra Dahle, Manassas, VA

IN MEMORY OF (White Lights):

Patrick Ryan Gay, given by Karen Bosy, Warrenton, VA
Jon D. Peavley, given by Amy, Charlie and Rachel Peavley, Jeffersonton, VA
Charles Leggett, given by Silvia Leggett, Manassas, VA
Howard Goff and Carol Hackley, given by Lora ad Jay Goff, Amissville, VA
Jeffery Ritchie, C.L. "Boots" Ritchie, and Glenn Ritchie, given by Gail Ritchie, Bealeton, VA
Virginia Sheesley and Terry Curtis, given by Dianna Sheesley, Amissville, VA
Peggy Kilgo, Brett and Jennifer Toler, Terry Halsey, Lenna Lang, Jean Rook, Jasmine Halsey, Bill and Pauline Halsey, Doris Poe, and Erica Heath, given by Carol Brinegar, Manassas, VA
Juanita Steele, Teresa Ronayne and Jennie McBride, given by Marty Ronayne, Marshall, VA
Walter and Margaret Hodges (Dad and Mom) and Clem Sharp (Dad), given by Donald and Brenda Hodges, Manassas, VA
My Darling Gary; my sister, Cathy Kiser, and my brother, Lynn Bast, given by Vickie J. Richey, Rock Hill, SC
Ragna and Tom Danielsen, given by Helen Danielsen, Roseland, NJ
Ethel Solecki, Emil M. Solecki and Judith S. Kroboth, given by Lea Solecki, Sparta, NJ
Angela Dawn Grigsby Carter, Caleb Ezra Wingert Proper, Grandma Alice Porter, Aunt Bertie Lib Aylor, Hildegard Foerstemann, David Gearhart, Granddaddy Lawrance Freeman, Rev. Bob and Sally Donphy, Rebecca Jenkins, William "Junie" Carter, and Dudley Freeman, given by Sharron Proper, Washington, VA
Cynthia Ann Tallia, given by Angela and George Hull, Nokesville, VA
Fitzhugh Lee and Angaleene Lee, given by Chess and Janice Heater, Catlett, VA
My son, Rob Christiansen, given by Ann Marie McCarty, Catlett, VA
Nicholas Daymude, given by John and Debbie Daymude, Copper Hill, VA
John L. Spaldo, Jr., given by Debra Spaldo, Nokesville, VA
Eugene Lofdahl, given by Arlene Lofdahl, Warrenton, VA
Kate Hall, Woodrow Hall and Virginia Bisson, given by Sheila Bisson, Warrenton, VA
Roy Weakley, given by Frances W. Payne, Culpeper, VA

Carole Payne, Joe Huryk, all our family members in heaven, Eric Kalleberg, Kay Chapman, given by Arvid and Liz Danielsen, Warrenton, VA
Cliff Grimsley, given by Margaret Grimsley, Marshall, VA
Mary Teresa Gazillo, given by Mark Gazillo, Warrenton, VA
Helen N. Case and Thomas Case, given by Irene E. Walsh, Sparta, NJ
Jim Graham, Donald Holzhauser and Jack Farley, given by Dale Walsh, Sparta, NJ
Grace Hazel Vouros, Norman Glen Ashley and Ruth Virginia (Seal) Ashley, given by George and Mary Ashley, Nokesville, VA
Russell Burnie Jones, given by Judy and Greg Jones, The Plains, VA
Jack Shaver, given by Barb Shaver, Warrenton, VA
Ida and William Layton, given by Loretta Green, Warrenton, VA
Dennis C. Shaw, Cheryl Caracciolo, Kathy Joerger and Betty Reedy, given by Elizabeth Shaw, Warrenton, VA
Steve Smith, Henry J. Betz, Jr., Andrew D. Lindsey and Mary E. Betz, given by Nancy Taylor, New Bern, NC
Virginia Parker, grandmother, given by James and Toni Russo, Sumerduck, VA
Diane Slaga, Betty Reedy, and Stuart Sondheimer, given by Tony and Dorothy Slaga, Nokesville, VA
Terry Neil Smith, given by Vicki Smith, Warrenton, VA
Pete Grossarth and Glenn Grossarth, given by Hillie Grossarth, Staten Island, NY
Andreas and Lisa Kalleberg, John and Esther McCourtney, and Eric Kalleberg, given by Harold Kalleberg, Goshen, NY
Kevin Geer and Patricia Strassner, given by Richard and Carol Geer, Spencerport, NY
Peggy and Bill Beverley, Dan Kotek and Dorothy Huges, given by Mary Beverley-Kotek, Broad Run, VA
Cecil, Mabel and Herbert Crowder; Otis, Elsie and Louis Smith, Ivan, Jean and Debbie Craig, and Gilbert Crowder, given by Dorothy Crowder, Woodbridge, VA
Our father, John W. Kettis and Becca Thorson, given by Tom and Pam Gay, Warrenton, VA
Lucille J. Board and Eleanor White Cowan, given by Charlotte and Pamela Reynolds, Front Royal, VA
Betty Jean Hinshaw Reedy and Maryann A. Rankin, given by Robert Reynolds, Front Royal, VA
Karen Stanley, given by Ray Gilbert, Midland, VA
Steven Charles Smith, Andrew Douglas Lindsey and Henry Betz, given by Carole M. Taylor, Warrenton, VA
Carroll Andrew (Drew) Winston; Mr. Delma Ross Coates; Mrs. June Schuermann Spicer; Mrs. Hilda Brown Winkler, Mrs. Frances Flikeid; Mrs. Kathleen G. Lee; Mrs. Ruth Johnston Ferraro; Mrs. Eileen Ferraro Wilson; Mrs. Lottie Frances Thurnhill; and Alice Forrester Sanford, given by Jacqueline Schoenfeld, Warrenton, VA
Jeff Embrey, given by Hazel Settle, Reva, VA
Nancy Allman, Betty Reedy, Jane "Nanny" Johnston, Denny Pires, Benita Furr, Justin Dover and Isaiah Dean, from the Furr Family, Culpeper, VA
George McKenzie, Sr., Marie McKenzie, Lucille Kidwell, Cecil H. Hawkins, Veronica E. Hawkins, Theresa Hawkins, Dustin Cecil McKenzie, and Thomas P. Kidwell, given by George and Doty McKenzie, Culpeper, VA
My loving husband, Jimmy, from your loving wife, Joan Weimer, Brightwood, VA
My precious granddaughter, Allison; Doris and Tommy Sanders, and my loving Mom, Louise Posey and Walter and Louise Weimer, given by Joan Weimer, Brightwood, VA
Thomas Fitzgerald, given by Jane Fitzgerald, Alexandria, VA
Laura Schick, given by Wade Schick, Culpeper, VA
Steven Peltzer, given by the Peltzer family, Warrenton, VA
Betty Reedy, given by Liz and Arvid Danielsen, Warrenton, VA

Christmas Lights for 2017 (continued)

Justin Mallon, given by Barbara Mallon, Simpsonville, SC
Eleanor Johnson, given by Jane Calvert, Fayetteville, NC
Jack A. Chapman, given by Arlene M. Chapman, Amissville, VA
Robert L. Hinman and Sue Rosica, given by Marlina Schetting, Blairstown, NJ

Michael McClintock, given by Kathleen Smith, Succasunna, NJ
Karen Varona, given by George Varona, Boston, VA
Jack Balenger, given by Nadine Balenger Varona, Boston, VA
Walter Owens, Donald DeLuca and David Fincham, Sr., given by Robin DeLuca, Warrenton, VA

Bobby Satre, given by Moira and Scott Satre, Jeffersonton, VA
Gary Richey, given by Jeff Kiser, Manassas, VA
Richard Illingworth, given by Janice Illingworth, Flanders, NJ
BergLiot and Sigurd Hansen, given by Annemarie Paine, Albany, NY
Vernon W. Brugger, Jr., given by Frieda Brugger, Manassa, VA
Aunt Betty Reedy, given by Brenda Neary, Warrenton, VA
David Price, Jr. given by David Price, Sr. Nokesville, VA
Brian Maloney, given by Cornelius and Helen Maloney, Beach Lake, PA
Kevin Geer, given by Duane and Lori Danielsen, Spencercport, NY
Rod Via, given by Dee Via, Haymarket, VA
Joan Wallace (Mom); Jeffery Wallace (brother), Verna Day, Tammie Skarren and Thomas Usavage, given by Michele Halbeisen, Dale City, VA

Gareth C.E. Linder, given by Chris and Rich White, South Riding, VA
Carole J. Payne, given by Harry Payne, Hamburg, NJ
Gloria Covert, given by Ann Nygaard, Culpeper, VA
James S. Bassett, given by Linda Bassett, Catlett, VA
Geoffrey M. Campbell, given by Audrey Mitchell and Howard Campbell, Culpeper, VA

Cynthia Liwen, our daughter, given by Connie Liwen, Austin, TX
Eddie Valadez, given by Sylvia White, Dumfries, VA
Jerry Hoyt, given by Betty Hoyt, Culpeper, VA
Betty Reedy, given by Becky Crouch, Warrenton, VA
Virginia Dalton, given by Sandy Martin, Culpeper, VA
Cornell Stoots, given by John Staples, Stephens City, VA
Darrrell Nygaard, given by Ed and Lisa Lyons, Madison, VA
Helen Menendez, given by Bill and Margaret Trum, Branchville, NJ
Maris I. Kaneps, given by Henry and Yolanta Kaneps, Sandyston, NJ
In memory of our parents and brothers, given by Marianne and Doug Nigreville, Manassas, VA

Laura Bednarski, given by Flo Ramey, Culpeper, VA

IN MEMORY OF A CHILD (Green Lights):

Our loving son, Bobby Goff, given by Lora ad Jay Goff, Amissville, VA
Milton M. Sheesley, given by George and Dianna Sheesley, Amissville, VA
Donald Ryan Hodges and Peyton Joy Hodges, given by Donald and Brenda Hodges, Manassas, VA

Jennifer Nicole Shaffer, given by Roger and Gwen Shaffer, Huntly, VA
P.J. Lynn, given by Jim and Pam Lynn, Nokesville, VA
Samuel Legg, given by Barb Shaver, Warrenton, VA
Our son, Patrick Ryan Gay, given by Tom and Pam Gay, Warrenton, VA
Grace Furr, Baby Isaiah, Ausha Sterlitz, Miranda Grace, given by the Furr Family, Culpeper, VA
Baby James, given by Joan and Julie Weimer, Brightwood, VA

IN MEMORY OF MILITARY SERVICE (Blue Lights):

Sgt. Jason A. Shaffer, given by Roger and Gwen Shaffer, Huntly, VA
Arthur L. Walsh, given by Irene E. Walsh, Sparta, NJ
Charles Strassner, given by Richard and Carol Geer, Spencerport, NY
George Bowles, given by Mary Beverley-Kotek, Broad Run, VA
Robert Taylor, given by Barbara Taylor, Warrenton, VA
James B. Reynolds, Sr., given by Charlotte and Pamela Reynolds, Front Royal, VA
James B. Reynolds, given by Robert Reynolds, Front Royal, VA

IN MEMORY OF A PET (Red Lights):

Rosie Halbeisen, given by Michele Halbeisen, Dale City, VA
Gretta, Molly and Justin, the best therapy pets ever, with love from Noah Furr, Culpeper, VA
Spudy McKenzie, and Bear Bear, given by Dotty and George McKenzie, Culpeper, VA

IN HONOR OF (Red Lights):

Liz and Arvid Danielsen, given by Don M. and Julia C. Robertson, Warrenton, VA
Dennis Halsey and Ruth Jarvis, Amy and Colin Scherer, Helen Glessner, Lelia and John McKee, Carol Everhart, Howard Brinegar, Carleigh and Abel Scherer, Lucy Fletcher, and Anne Key, given by Carol Brinegar, Manassas, VA
Janet Ferraro, given by Frankie Schuman, Sparta, NJ
Betty Reedy, given by Gwen Rivett-Olson, Glen Allen, VA
Elizabeth and Arvid Danielsen, given by Lea Solecki, Sparta, NJ
Teresa Wharton, the SCSM staff and volunteers, Frank Conti, Helen Danielsen, Lorraine and Rob Tammera, Eddy and Alice Abrahamson, for their life-long friendship; Patricia Allis; and Arvid, in celebration of 49 years together, given by Liz and Arvid Danielsen, Warrenton, VA
Everly Hall, given by Chess and Janice Heater
James K. Lynn and Chaplain Liz, given by Jim and Pam Lynn, Nokesville, VA
Robert Goff, given by Mary Goff, Warrenton, VA
Harper Cashman, given by Tom and Pam Gay, Warrenton, VA
Avery, Ezra and Noah Furr (from Mom and Dad), Izzy "The Diva" Stober, Rebecca Patrick, Brantley Dobbs, given by Amy Furr, Culpeper, VA
Shawn Furr, loving husband and dad (from Amy Furr and the boys), Sharon Cottrell, Britny Martin, Tammy Patrick, Michele Stober, Chief Louis Battle, Pastor Danielle Dean, Pastors Greg and Lisa Hackett, Pastor Brent and Lindsey Henderson, given by Amy and Shawn Furr, Culpeper, VA
Rev. Liz Danielsen, given by Wayne and Jo English, Warrenton, VA
Carol Accotto, given by Mr. and Mrs. Robert Fayas, Kingsford, MI
Our granddaughters, Sarah Grace and Netanya Mae, given by Marvin and Sharon Strauzer, Sparta, NJ

CHRISTMAS OFFERING:

Carolyn Garrison, Warrenton, VA
Sandy Martin, Culpeper, VA
Frank Conti, Sparta, NJ
Fellowship Assembly of God Church, Sperryville, VA
Carla Perkins, Marshall, VA
Joyce Battle, Culpeper, VA
Sandra Lange, Haymarket, VA
Charlene Pressley, Gainesville, VA
Linda and Roy Ross, Norwalk, CT
Peter and Ingrid Johnson, Saranac Lake, NY
Bernice Arnold, Rixeyville, VA
Gloria McElwee, Warrenton, VA
Dancy Cowan, Front Royal, VA
Mary Petrilla, Bristow, VA
Bonnie Knauf, Madison, AL
Kaye Kilfeather, Warrenton, VA
Carolyn Early, Broad Run, VA
Barbara, Ron and Brian Willis, The Plains, VA
Jon and Kim Raines, Humble, TX
Kenneth Danielsen, Oro Valley, AZ
Mildred Embree-Wieser, Culpeper, VA
Anna Cornwell, Manassas, VA
Kenneth Schloe, Haymarket, VA
Sandy Matthews, Warrenton, VA
Patricia Mixon, Houston, TX
Diana Unciano, Herndon, VA
Vincent and Juney Buonomo, Staten Island, NY
Brian Schmidt, Bristow, VA
Bill and Pauline Bethea, Warrenton, VA
Patrick and Joyce Nutz, Warrenton, VA
Nancy Mahevich, Gainesville, VA
George Garbe, Warrenton, VA
Alexander and Elizabeth Major, Chantilly, VA
Bridget Koloseus, Jeffersonton, VA
Melba Jones, The Plains, VA
Nilsa Martins, Manassas, VA
Lorraine Tammera, Warrenton, VA
Karen Duby, Sumerduck, VA
David and Kelly Hammarberg, Bainbridge, PA
Beverly Cropp, Hartwood, VA
Warrenton Presbyterian Church Missions Committee, Warrenton, VA
Rachel Underwood, Warrenton, VA
Ruth Pavlik, Locust Grove, VA
Collect Seed Ministries, Fredericksburg, VA
Linda Spafford, The Villages, FL
Alice and Ed Abrahamsen, Mount Bethel, PA
Leroy Luttrell, Winchester, VA
Rev. Dan and Evelyn Astuto, Cherry Hill, NJ
Cardinal Engineering, Annapolis, MD
Levi Atkins, Amissville, VA
Laura Winks, Ellicott City, MD
Marc and Ruth Dominguez, Front Royal, VA
We regret if we misspelled or omitted a name. Please contact us if this has happened.

Celebrating Christmas with SCSM





Spiritual Care Support Ministries, Inc.

Reaching for a Hand, and Touching a Heart
P.O. Box 643, 76 West Shirley Ave.
Warrenton, VA 20188-0643
Tel. 540.349.5814 ChaplainLiz@scsm.tv
www.scsm.tv

NONPROFIT ORG
US POSTAGE PAID
WARRENTON VA
PERMIT NO. 00031

March 2018

RETURN SERVICE REQUESTED

**Please remember
SCSM when you are
donating to a ministry!**

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

Dear Chaplain Liz, I have not had any significant losses of a loved one or a personal loss, but I want to be able to effectively help others when they come to me. Right now, I am clueless. How do I help those who have had loss of any kind?

What a great question. Caring about others and wanting to do the right thing in helping a person is commendable. It is not unusual to feel uncomfortable especially when you are not sure what to do or say.

These are just some suggestions I can share that I think will be very helpful. Acknowledge what has happened to them. Listen to their story. Accept where they may be in the process of loss. Some show a lot of emotion, others do not.

Do not judge how they are responding. Offer to help them and make it clear what you mean by helping. Please do not say, "If I can do anything, please contact me." Most people will not contact anyone.

Those people who are experiencing pain from loss often need to be alone to work through what is happening to them. So, if they say, "no," to an invitation that you are giving them, please do not take it personally. Try again and again. Follow up is important. Send reminders that you are thinking of them. Just knowing people are thinking of them is such an encouragement to anyone that has had a loss. Praying is powerful so please keep praying for those who are experiencing loss.

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, Jay McCargo
Advisory Council: Ken Reynolds (SC), Bonnie Knauf (AL), Dorothy Slaga (VA), Rev. Ingrid Johnson, Chaplain (NV), Susan Amato (VA)

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 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.

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