

# Heart & Hand

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

Reaching for a hand, and touching a heart

Vol. 15, Ed. 4, December 2019

## Greetings from Chaplain Liz

Greetings from the Spiritual Care Support Ministry Center where we are entering a time of celebration with Thanksgiving and Christmas holidays.

Psalm 9:1 says, "I will give thanks to you Lord, with all my heart; I will tell of all your wonderful deeds."

We are so thankful for so many things at our Center. We are thankful to you who are reading this newsletter. In some way you are connected to us because you are receiving it. Thank you for taking time to read our quarterly update on how God, the Creator of this universe, is changing lives as He transforms people's hearts.

We are so grateful to have been voted the Best Charitable Organization as well as the Best Counseling Center in Fauquier County for 2019. We are so grateful for all those that pray for us regularly. We are grateful for those who have been led by God to give financially. We are so thankful to be in God's story. He had a plan a long time ago, and He chose us at SCSM to be a part of His plan. We are so grateful to be directed by Him each day. God's love and faithfulness has been given to us on a daily basis. We are so grateful that we are partnered with the

God that knows all things so when we are weak He gives us His strength. He gives us His wisdom and discernment when needed.



We are so thankful for every child, teen, and adult who enters our doors. Not only do we feel privileged to have met them and to have heard their story, but we have learned many valuable lessons that have changed us. We are so thankful for all our volunteers who have gifts and talents who have contributed to this ministry. We are a family. Everyone is significant and valuable. Every volunteer serves with a heart that cares for others. It is amazing to me to see how much our volunteers do so that we can get the work accomplished that is necessary, and they have fun!

I am grateful for the Executive Board Members, Arvid, Dan, Jay, Kathy, Joyce, and Virginia who have believed in the vision that I received in a dream so many years ago from God. They along with my staff and volunteers have supported this work from the beginning, and I have been blessed to know each one of them. The vision of SCSM could not have been accomplished without each one of them.

To travel with those who suffer is never easy, but it is worth it. I am so grateful that at SCSM we can have con-

versations about God. We can bring our doubts and fears as we try to understand through conversation the spiritual pain we may be experiencing. Years ago when I was ministering in New Jersey, one of our bereavement participants shared that after the death of her child, she tried everything to relieve the pain she was experiencing. She shared that she tried drugs, sex, food, shopping, etc., but she never thought of trying God. That is what brought her to the bereavement support group that night. Everything else failed that she tried so now she was ready to find out about God and how He could help her.

There is a part of each of us that only God can fill. We try to fill it with other things, but it never works. Perhaps you have tried everything this world has to offer and nothing has satisfied you. Would you be willing to give God a try? He is available to you 24 hours a day. He wants you to know that there will be challenging days in your life, but He promises to never leave you or forsake you. He knows the plans he has for you, plans to prosper you and not to harm you, plans to give you hope and a future. His plan includes unconditional love, forgiveness of sins, and heaven!

We are so grateful for 15 years of serving our community, our county, our country and overseas. If you would like to be a part of the SCSM ministry, please contact me at [Chaplainliz@scsm.tv](mailto:Chaplainliz@scsm.tv) or call me at 540-349-5814.

*Chaplain Elizabeth Danielsen*

# Chat with the Chaplain

## A Tribute to Dorothy Slaga

**“I thank my God every time I remember you.”**

**Philippians 1:3**

Laughter, long talks, tears, hugs - the common experiences of friends as they journey through life together. How does one share in words how much I have appreciated the “friend behind the scenes” at Spiritual Care Support Ministries? I cannot. She is the quiet one who loves her computer. She eagerly does what needs to be done and wants it to be done right. She loves the Lord with all her heart and knows the scriptures well. She is a prayer warrior and knows when it is time to get on her knees to pray through for a specific need that we have had at the Center. You don’t hear much from Dorothy except “to remind everyone that there is a right way to do things.” I knew in my heart I could not have Dorothy with me forever working at SCSM. After all, she deserves time off.

Dorothy volunteered at SCSM



for 15 years. The amount of work she completes would tire even the younger generation. We are scrambling, even now, to figure out how we can get the work done. What a blessing she has been! Without her, we could not have accomplished all that we have seen God do at SCSM. She not only worked at the SCSM Center, but continued to work each week on her computer at home. At a time when I needed someone especially appointed by God, He gave me

Dorothy. What a gift to me and to others.

We will all miss her! However, every time I think of “my friend behind the scenes,” I will give thanks to the Lord. “Our friendship through the years had made our patchwork lives into a lovely tapestry. The threads woven through simple pieces of fabric are respect, appreciation, admiration, support, comfort, forgiveness, patience, refuge, joy and laughter. These priceless threads of gold and silver strengthen and beautify the texture of our friendship. Each year the tapestry of relationship grows more valuable” (Viola Ruelke Gommer). I am thrilled that Dorothy has agreed to stay on as an Advisory Member for SCSM.

With appreciation and much gratitude,

*Chaplain Liz Danielsen*

## Introducing Shelly Hall, Receptionist

My name is Rochelle (Shelly) Hall. I was born and raised in Fauquier county but have lived in IN and NC too. My work history includes being a loan advisor, receptionist for a construction company, and data analyst for a non-profit organization.

I have been living in Warrenton now for the past 9 years. I have two beautiful girls, Shayla and Carina, who give me so much great joy. I enjoy spending as much time with them and venturing out and trying different things. They love being in the water. Therefore, in the summers we spend most of our time at waterparks or traveling to the beach for vacation. One of their favorite places to go is Great Wolf



Lodge. I enjoy it as well; I just won’t tell them that (wink).

Now that they are both in school, I decided it was time to do something that was more meaningful during the day. I was working part-time in retail.

However, standing for hours at a time was taking its toll on me due to some of my health issues. I prayed to God that I would be able to find a job doing what I loved. I found out SCSM was looking for a receptionist/scheduler. I thought this would be the perfect job for me, so I applied and prayed that God’s will would be done.

My prayers have been answered. SCSM was the missing piece to my puzzle. I am so blessed to have the opportunity to work with such great people. Just as much as they needed a receptionist, I needed to be surrounded by God-loving spiritual people. Not sure what God’s plan is for me, but I am up for it.

# Swallowed Up By Life

by Vickie Richey

II Corinthians 5:4 says, “so that what is mortal may be swallowed up by life.”

November 18, 2004 – My darling Gary’s death from pancreatic cancer, after 40 years of marriage, left my soul riven. This passage is taken directly from my journal nine months after his death. “I can’t be strong or cheerful or brave. I don’t care if I’m a good example or if I’m a disappointment. I’m screaming with pain and loss. It’s slowly sinking in – past the layers of shock. Gary is never coming back. Ever. Hated words are single, widow, change of status, alone, moving, ‘how are you doing?’ I’m exhausted from trying – just to live, to keep breathing. There is a huge hole in the middle of my chest where Gary used to be. I’ve lost too much blood... my body continues to live...but I’m lost and there’s no escape hatch...”

Very raw words, but an accurate reflection at the time. My testimony NOW is the hated words from my journal have been swallowed up by LIFE words.

HOPE – Unflinching hope made its way into my wounded heart. Because Jesus, Himself, is the object of our hope. It is strong and resilient and shimmering. Hope wrapped strong cords around me and held me steady.

HAPPY – This was a long reach for me. It seemed too far away. Attending Grief Share and Spouse Loss offered an outlet to release the deadly sorrow I held. The negative and painful were emptied so my heart could be filled again with His word. I saw how fortunate I was to be deeply loved by Gary. Grief is the price we pay for love and its loss. It’ll pay it!

Contentment came slowly. Gary could never be my source of happiness. Only Jesus can fulfill our deepest longings. I filled myself with His words, His



truth, His promises. My mind was renewed, my shattered emotions began to be repaired and real contentment came.

HEALTHY – The grief journey began with brokenness, weakness, loneliness and the anguish of amputation. His death felt like that. But there is health after amputation. You just learn to “walk” and “see” differently. My upside-down world began to right itself.

HORIZONS – The grief journey is not onward and upward. It’s dizzying and confusing. But God’s care is faithful from horizon to horizon.

What were God’s purposes for me? I felt helpless and useless. But God used His glue (very exclusive) to mend my brokenness. I didn’t have to be a beautiful, elegant vase, but I could haul water!

God’s purposes always included these last 15 years. He already knew. My horizons have changed dramatically. I’ve retired, moved from Northern Virginia where I’d lived since 1953, and settled in South Carolina – my life repurposed.

Hope, Health, Happiness, and Horizons greet me each sunrise. God stands outlined on each horizon every. single. day. I am swallowed up by LIFE!

Newsletter Editor - Dorothy Slaga  
Associate - Cheryl Reynolds

# Living Hope

by Bill Stalcup

From Parade magazine comes the story of self-made millionaire, Eugene Land, who greatly changed the lives of a sixth-grade class in East Harlem. Mr. Lang had been asked to speak to a class of 59 sixth-graders. What could he say to inspire these students, most of whom would drop out of school? He wondered how he could get these predominantly black and Puerto Rican children to even look at him.

Scrapping his notes, he decided to speak to them from his heart. “Stay in school,” he admonished, “and I’ll help pay the college tuition for every one of you.” At that moment, the lives of these students changed. For the first time they had hope. Said one student, “I had something to look forward to, something waiting for me. It was a golden feeling.” Nearly 90 percent of that class went on to graduate from high school!



Hope changes everything, doesn’t it? Let’s take a brief look at a couple of other stories where Jesus brought hope.

Consider the woman in Luke 8 that had the issue of blood (hemorrhaging) for 12 years. She had been to ev-

Cont’d Hope Page 4



# How to Offer Support to a Friend with Cancer

by Chaplain Liz Danielsen

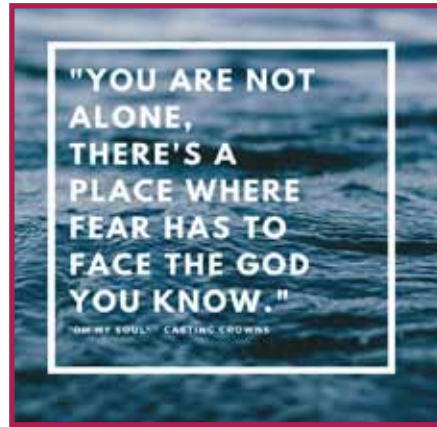
Friendship is based on support, love, and trust, and when a friend's life is flipped upside down due to a cancer diagnosis, it becomes crucial for other friends to know how to respond.

There are many ways to offer support to a friend with cancer, from simply showing up to listening and keeping spiritual faith present in the friendship.

Here are a few important ways to support your friend that recently received a life-changing diagnosis.

## *Stay in touch*

Your friend needs you from the point of initial cancer diagnosis to be-



yond the conclusion of treatment. One of the most important ways to support your friend is to simply be there for them and to treat them the same as you

*Hope, Conid from Page 3*

ery doctor she could find, but she was getting weaker and weaker by the day, growing pale and stooped, and crawling rather than walking. She was unclean, an outcast, just like a leper and nobody wanted to be around her.

However, she then heard about a street preacher who was helping many people, so she made her way to where a crowd had gathered around Jesus. She crawled through the crowd to Jesus, touched His garment, and was healed!

Maybe God wants us to know it's OK to be desperate because a prayer of desperation is from deep down, not superficial. Heaven responded to the desperate cry of a woman who pushed through everything to get to Jesus. Are we casual or desperate in our prayers?

Next, consider Peter who we see in Luke 5 lost hope. After he fished all night and caught nothing, Jesus asked him to push out into the deep to fish again. Peter was discouraged and had no hope, but he reluctantly complied with Jesus' request. Peter felt he was the expert fisherman, and he knew there were no fish. He was relying on his own expertise and skills. However,

what came next was the biggest catch of Peter's life! Have you ever been so sure of something that you left Jesus out of the picture?

Think also about the psalmist, David, who had to wait 13 years filled with adversity to become king. David wrote his sweetest psalms while hiding in a cave from King Saul who wanted to kill him. Is there a King Saul or a Goliath in your life right now that threatens you? God is still bigger than your giants!

Hope based solely on our abilities or on events beyond our control can lead to disappointment. It fades into insignificance when compared with our Living Hope, Jesus.

Scripture says we are to be ready to give an answer and bear witness to the hope that is in you. What an amazing impact Mr. Lang had on those 6th graders! Jesus will use you to be the reason someone smiles today. What opportunity is God giving you to reflect the hope that is in you?

God expects us to work hard, but our ultimate source of hope is Jesus, our Living Hope. Always include Him and be open to however He wants to reach you and use you!

always have.

Show your friend you care by calling, visiting, and sending texts or notes. Call during times that work best for your friend and return messages right away. Ask before you visit, and keep visits short and regular rather than infrequent and long. Watch movies or read while your friend naps – the point is to be with them and to take away some of the isolation and loneliness they may feel.

Make flexible plans with your friend that gives them something fun to look forward to but which can be changed if needed.

Ask appropriate questions and show interest in their condition rather than avoiding the topic.

## *Listen to your friend*

The most important aspect of communicating with your friend with cancer is often not what you say, but the way you listen. Try to truly hear your friend and listen between what they are saying to reach a new level of understanding. Know that you will never truly understand what your friend is going through and refrain from acting as if you do.

Let your friend focus on things they enjoy, like sports or hobbies, and give them an active role in your friendship by asking them their advice on things going on in your own life. Support your friend's feelings and let them be negative or silent as needed. Avoid offering your own medical advice or opinions (unless your friend has specifically asked you for it), and remind them that you care and want to listen when they feel like talking.

## *Offer practical help*

Practical help with daily tasks often proves invaluable to friends with

*Cancer cont'd on page 5*

cancer. Give specific suggestions of things you can help with rather than asking the broad question of, "How can I help?" This question may be overwhelming to your friend when they have so many other things on their mind, and most people, no matter their situation, feel uncomfortable asking for help.

Suggest specific tasks to help with such as picking up groceries or prescriptions, helping with chores around the house, or helping to take care of their pets (walking the dog, maintain litterboxes, feeding, etc.). Offer to babysit for a few nights a week or drive their children to their activities.

Try to add in some time to help your friend's caregivers by stepping into their role for a few hours per week so they can go out and do something for themselves. Run errands for the caregiver and work with the caregiver to figure out the best ways you can help support your friend through daily tasks.

**Focus on faith**

Chronic illnesses like cancer can take a toll on one's faith. While some feel betrayed by God after a cancer diagnosis, others cling to His mercies to get them through the illness. Support your friend by helping them focus on their faith however you feel comfortable. Offer to pray with them, read scriptures to them, and if permitted, share their story with your church family and ask for prayers and other assistance as needed.

Forging faith can encourage hope and optimism, characteristics your friend needs to get through their diagnosis and treatment. Remind them that God's grace is present, and it's important to place their trust in Him. Keeping Christ at the core of your conversations will help remind your

# Celebrating Christmas with SCSM!

Join Spiritual Care Support Ministries' joyful Christmas celebration on **Saturday, December 7, at 3 pm**, to honor personal heroes and the memory of loved ones. There will be music, inspiration, light refreshments, a time of remembering loved ones, and the reading of the Christmas Story.

Santa Claus will be visiting, and you may take pictures of your children with him.

After the program, we will adjourn to the SCSM Center for the **Christmas tree lighting ceremony**. Santa will be there to bless the children and worship the King.

Participate by dedicating a light, or sponsoring a tree or a star.

Look for the beautiful Love Warms the Heart angel, 10 1/8" tall, gift boxed and wrapped. She would make a wonderful gift for a donation of \$50. We have a limited number of angels this year, so order early. **You must indicate on the form that you want an angel(s) so we will know to prepare it for you. Add \$10 for each angel you want to be shipped.**

**This is SCSM's primary annual fundraising program.** We hope you will participate by remembering your loved ones and offering generous support to SCSM at the same time. You can donate by either filling out this form and returning it in the envelope provided, or you will find the form online at [www.scsm.tv](http://www.scsm.tv). The deadline for names to be submitted for the program is Monday, November 26. If you wish, we will also notify a person that you are honoring or remembering a loved one. Remember your loved ones and support SCSM this Christmas.

PLEASE PRINT ALL INFORMATION CLEARLY!

Your Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Make check payable to SCSM or Spiritual Care Support Ministries. All donations are tax-deductible.

- \_\_\_\_\_ Tree Sponsorship (\$1,000) \$ \_\_\_\_\_
- \_\_\_\_\_ Star Sponsorship (\$500) \$ \_\_\_\_\_
- \_\_\_\_\_ Individual Lights (\$10 each) \$ \_\_\_\_\_
- \_\_\_\_\_ Set(s) of three Lights (\$25 each) \$ \_\_\_\_\_
- \_\_\_\_\_ Christmas Angel (\$50 donation) \$ \_\_\_\_\_
- \_\_\_\_\_ To mail angel, add \$10 each \$ \_\_\_\_\_
- \_\_\_\_\_ Other Gift \$ \_\_\_\_\_

TOTAL ORDER \$ \_\_\_\_\_

- In Honor (red)
- In Memory (white)
- In Honor of Military Person (blue)
- In Memory of Military Person (blue)
- In Memory of Child (green)
- In Honor of Child (green)

Name \_\_\_\_\_

Please Notify \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

(If you want to include more than one person, please use a separate sheet and PRINT clearly!)



Love Warms the Heart Angel

**You must specify that you want an angel on the form!**

# Memorials

*In Memory of* Hazel Pate, given by Bill Bethea, Warrenton, VA; Scott Neth, given by Jack and Joyce Neth, Flower Mound, TX; Sgt. Jason A. Shaffer and newborn, Jennifer Nicole Shaffer, given by Gwen and Roger Shaffer, Huntly, VA; Nicholas Daymude, given by John and Debra Daymude, Copper Hill, VA; Mike Angel, given by James and Toni Russo, Sumnerduck, VA; Mrs. Edith Thomas (101 years old), given by Sandy and Janice Martin, Culpeper, VA; Alice Kennedy, given by Sandy and Janice Martin, Culpeper, VA; Phil Morris, given by Frances Morris, Warrenton, VA; Joe Huryk, given by Kathy Huryk, Woodbridge, VA.

*In Memory of Frank Conti (Chaplain Liz's Dad)*, given by Jane and Allen Kalleberg, Big Pine Key, FL; Omar

Beiler, Pleasant Hope, MO; Denise Farro (Sprint); Erick and Romi (DeAngelis) Garvey; Joanne and John Moyer, Spring Lake Heights, NJ; Jane Fitzgerald, Alexandria, VA; Helen Danielsen, Roseland, NJ; Edwin and Mildred Cordova, Staten Island, NY; Robert and Lorraine Tammera, Warrenton, VA; Pamela DeAngelis, Ellicott City, MD; Marie and Robert DeAngelis, Columbia, MD; Lynn and Shawn Hartnett, Staten Island, NY; Soul Purpose Class of Chapel Springs, Bristow, VA; Angela and John Reinertsen, Brooklyn, NY; Victoria and Nerius Cordova, Staten Island, NY; Monie and Harold Kalleberg, Goshen, NY; Janice Illingworth, Flanders, NJ; Beverly King, Manassas, VA; Rose Hernandez, Manassas, VA.

## Thank You

Bobby Delach for cleaning the Center; Diane and Jim Fritz for donating coffee; Linda Spencer for cleaning the Center; Mary Yerkes for donating books and office supplies; Stephanie Cooper for a rocking chair for the new SCSM Center; Paula Klima for cleaning the Center; Jim Presley and Dan Reckley for helping with the new Center.

*Cancer, cont'd from page 5*

friend to put on the armor of God.

Find counseling and spiritual support for yourself and your friend from Spiritual Care Support Ministries, who provides compassionate care and emotional healing to generate strength and hope through your journey. Encourage your friend to join SCSM's chronic illness support group or to find support through one-on-one counseling. This can be done at the SCSM Center or via Skype or FaceTime if you are out of the area. *Blog posted August 7, 2018 by Liz Danielsen*

Visit our webpage!

**scsm.tv**

In the midst  
of the holidays  
and all that you will be  
doing as your family and  
friends gather together,  
our prayer for you at  
Spiritual  
Care Support  
Ministries is that  
you will experience  
God's love, peace, joy,  
and hope.

Happy  
Thanksgiving and  
a Merry Christmas  
from all your friends at  
SCSM.

# Praise and Prayer

## We Praise the Lord

For the privilege of helping others in our community and around the world when needed and seeing them transformed by the power of God.

For our new staff members and volunteers.

For the peace He has given us as we wait for our new SCSM building to be completed.

For those individuals who have been faithful in helping at the new SCSM Center.

## We Pray

For all those who are struggling with chronic illness and personal losses. May they experience the peace that God has to offer them as they journey through this challenging time.

For children and teens who are experiencing loss, that we would be good listeners so that they can find healing.

For more individuals who would be willing to be trained to be group facilitators.

That the doors at our new SCSM Center will open by the end of the year.

For all our upcoming events that can be found on our website, [www.scsm.tv](http://www.scsm.tv).

That God would guide us as we make plans for this next year at Spiritual Care Support Ministries.

SCSM is on  
**AmazonSmile!**

Select  
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as your charitable organization



# Guilt Trip To ... Nowhere by Dr. Karl Benzio

## Transformational Thought

Because I teach people to make decisions based on information, not emotions, I cringe when I hear parents, politicians, ministries, or pastors using guilt to “motivate” others. “If you loved me, you would do your chores.” “I worked long and hard on this meal, so you better eat it.” “We’ll have to cancel the event ... unless you volunteer in the nursery to help us.” “Look at these starving kids in Africa and all the food you throw away. Please send money.” “See the pain Jesus went through for you? You should feel terrible; now accept Him as your Savior.”

Guilt can be an strong motivator, but guilt is used by those too lazy to properly motivate by communicating the need, goal, benefits and consequences of a given situation, then waiting to see who God speaks to. So motivating using guilt trips is not healthy. I am all for pointing out injustices and needs so people can step into their roles to help in these situations or make good decisions. But the issue I am trying to separate through these examples is this: we shouldn't use guilt to motivate people.

Several subliminal, distorted, and false messages can unwontedly occur when people act out of guilt. Here are four examples: 1. I am responsible for and can control someone else's feelings through what I do. 2. The other person won't feel better unless I act the way he wants. 3. When you want a friend to do something for you, it is OK to lay a guilt trip on them. 4. Decisions should be based on self-needs and emotions, not God's truth, facts, and reasoning (This is probably the worst message of all). Unfortunately, these distorted messages subtly seep into our everyday functioning, and dramatically interfere with Godly decision-making.



Many pastors and priests try to whip their congregations into Christian action by delivering guilt-inducing sermons. Whether it's pressuring someone to say the sinner's prayer, to give money, to volunteer, or to stop a certain behavior, the end does not justify the means. I have personally experienced these guilt-evoking messages. Unfortunately, they un-

dermine the very foundation of grace and love. They also keep you from developing the Mind of Christ, which God wants to instill in each believer's heart.

Today, take notice if you are feeling guilty about something, or if you are inducing guilt in someone else. Stop and examine why guilt is present. Guilt is important if you have done something wrong. Allow guilt warn you that a problem exists. But don't let it be your decision-maker. Let reason and the Bible direct your heart and actions. Confess, repent, apologize, and ask for forgiveness. You are responsible for your feelings and happiness; the other person is responsible for his own. Above all else, be mindful that God does not measure and judge you by the amount of good works you do. Rather He looks into your heart. Whether you allow God and His truths guide and motivate your decisions or you let guilt and feelings guide and motivate you is your decision, so choose well.

## Prayer

Dear Father God, I do not want to be stressed out about not “doing enough” as good Christian. I know that You want me to relax in the assurance of Your perfect love. Today, help me remember that You delight in me more than I can ever imagine, that You see me cloaked in Your light and presence ... and that there is no condemnation for those cloaked in You. Help me daily, Lord, to come closer to

having the Mind of Christ. Help me make decisions based on Your word, not my feelings. Help me feel convicted and guilty about my wrongs, and then look to You for forgiveness, and to Your word for guidance in doing right. I pray in the name of the One who knew no guilt 'til He bore all mine, Jesus Christ; and all God's children say – AMEN!

## The Truth

*I delight greatly in the LORD; my soul rejoices in my God. For he has clothed me with garments of salvation and arrayed me in a robe of righteousness, as a bridegroom adorns his head like a priest. Isaiah 61:10* And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Romans 8:28

*Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death and as a bride adorns herself with her jewels. Romans 8:1-2*

(From Dr. Karl Benzio, Lighthouse Network's Stepping Stones Daily Devotional, August 23, 2018. [www.lighthouse.network.org](http://www.lighthouse.network.org), used with permission)

## We are Grateful!



SCSM was blessed by a group from The Church at Perry Creek in Raleigh, North Carolina (Pastors John Ulrich and John Maiden), who came to work on our new Center. The group included Julie Cooper (Gray Coyner's sister), Kathy Starkey, Doug Starkey, Niel Nagamos, Markus Milner and Josh Garcia.



**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

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**December 2019**

**RETURN SERVICE REQUESTED**



**VOTED #1  
 CHARITY AND  
 COUNSELING CENTER  
 IN FAUQUIER COUNTY  
 2019**

**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,*

*Is it really possible to feel peace in the midst of the storms of life?*

People everywhere are searching for peace. They need power to cope with the storms in their lives. I do believe it is possible to have that peace. Jeremiah 29:13 says, "You will seek me and find me when you seek me with all your heart." Money cannot buy peace, intellect cannot procure it, wisdom cannot attain it, and you can never hope by your own effort to secure it. God offers it to you as a gift.

Inner peace is when we understand that we have all sinned. Our sin separates us from God. However, God made a way by sending His son Jesus Christ to die on the

cross for our sin. So we confess our sins and acknowledge what Christ has done for us on the cross. Then we decide to turn from our old way of doing things, live by the Word of God that transforms our lives, and let Him lead us each day. Then at that moment we receive the power of the Holy Spirit to cope with the storms of life. In placing our trust in Jesus Christ as our Savior we will receive peace.

Storms will come, but now we will have the Lord to go through the storms with us. John 14:27 says, "Peace I leave with you, my peace I give to you. I do not give to you as the world gives, do not let your hearts be troubled and do not be afraid."

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, Jerry McCargo  
**Advisory Council:** Ken Reynolds (SC), Bonnie Knauf (AL), Dorothy Slaga (VA), Rev. Ingrid Johnson, Chaplain (NY), 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 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, experiencing personal loss and to those who journey with them.