

# Heart & Hand

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

Reaching for a hand, and touching a heart

Vol. 11, Ed. 4, December 2015

## Greetings from Chaplain Liz

Greetings from the Spiritual Care Support Ministry Center where God takes broken pieces of our lives and transforms them. In the transformation, we find new songs to sing, energy is returned, and finally there is a new beginning. Circumstances may not have changed, but through the power of the Holy Spirit, there is a way opened to us so we



can have hope and live a life of purpose, fulfillment, and peace. Ask Joni Erickson Tada who I recently met at the American Association of Christian Counselors Conference in Nashville, TN. Joni, who as a teenager was left in a quadriplegic state with minimal use of her hands from a diving accident, has found a way to help others in spite of what she is going through, as well as peace and fulfillment in her life. Our help comes from the Lord, the maker of heaven and earth. Every decision made at SCSM, every ministry moment experienced, and every accomplishment brings us to a place of gratitude.

As we end this year 2015, we look back and see the goodness of God and His favor on this ministry. He has been faithful. We look ahead with excitement to our new SCSM Center being built and implementing three new programs which have been birthed in prayer as we waited on God.

No child or adult should have to be left alone when they are experiencing chronic illness, grief, or personal losses. Anyone caregiving for their loved ones should never be neglected, but their voices

should be heard, and their pain expressed. We will be there for them. It is a sacred calling for all of us at SCSM to journey with those who are suffering and celebrate with them when they find healing and hope.

We believe that God has made a way for every individual to come with their questions, their wounds, their bruises, their failures and secrets,

and find healing and experience God's love. We are not exempt from stress and the pressures of life.

It is amazing to see the transformation in a person's life when they yield to the move of the Holy Spirit. As they see and taste how good God is and how much He does love them, it changes their perspective on the way they see things in their life. When they realize that they can be set free from those things that have separated them from God and can live in a relationship with Him on a daily basis, they are changed and transformed. It does not get any better than that.

We are so blessed to have this privilege to walk along side of people. Do you see now why we are filled with gratitude? If you feel God is calling you to walk alongside others who are suffering or want to work behind the scenes at the Center, please contact me at [ChaplainLiz@scsm.tv](mailto:ChaplainLiz@scsm.tv) or call me at 540-349-5814.



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

## Chat with the Chaplain

### Where Can I Find the Truth?

When you are dying, chronically ill, or experiencing personal losses and pain of all kinds, you come to a place of needing to know what is true. "Is there a heaven?" "Can God really love a person like me?" "I have done so many awful things in my life. Does God really forgive me of my sins?" (Sin is anything that separates us from God.) "Are they really my friends when they don't seem to want to spend time with me?" I have been asked many questions. Young people especially want the truth, and it confuses them when they learn that those who they trusted have lied. We are disappointed when politicians that we have voted for do not do what they promised that they would do and they lie. When we order a book or a gift and a company that promises that it will arrive on a special day and it does not come, we feel that they have lied to us. We are human, and I am sure you can remember the times when you found yourself telling a lie. There is a book that is the most read book in the entire world, and that is the Bible. The Bible tells us the truth. So, if you are in need of knowing the truth, get to know God through the Word of God and let the words sanctify you and breathe new life in you. I found in my life since I was a young girl that the Bible can be trusted. Find a translation of the Bible that you are able to read and understand. Apply the truth to your life and see how you and all those around you are changed.

John 17:17 says, "Sanctify them with truth. Your word is truth."

# Why We Should Talk About Our Children Who Have Passed

by Lexi Behrndt

It was dark, cold day in October. At least that's how it felt from my son's dimly lit hospital room. In my mind, I imagine it raining outside, the fog lining the windows and obscuring our view of college dorm rooms, sidewalks, the arboretum across the street. I don't remember many of the details of the day. I just remember holding my son's hand, weeping as I set by his hospital crib, watching the clock, praying and hoping for answers, and sitting with his doctors as we discussed the end of Charlie's life. His lungs were tired, and he was ready to go.

I've laid awake replaying those conversations and replaying what happened only hours after a hand knocked loudly on our door in the parents' sleep room, and a nurse's voice told me to come quickly. I ran to his side only in time to be sat down in a rubbery hospital recliner and have my son disconnected from his oxygen support and placed in my arms. His heart gave out. He was done, and my wish was to hold him when it was time.

Before the death of my son, I didn't want to think about death. I didn't want to talk about it. As a mom, talking to other parents who had a child that died made me nervous, as if I could "catch" the bug, and something tragic would happen to my child.

I am not that person anymore. I have changed, and I have seen things from shoes that I never wanted to be in. No one wants to be in the shoes of the parent whose child died.

Standing on this side, I cannot think of anything more important than to talk about them. To say their name.

*Charlie.*

To talk about his favorite things. To talk about his personality. To smile and laugh and remember and never let his memory die. To talk about the impact he left, and how the echo of his life is still resounding in the hearts and lives he touched.

His legacy is just beginning, and if



I have anything to do with it, it will only grow from here.

There is something so important— so healing for myself and other parents who have lost children to be able to share that child's story.

To be able to laugh at funny memories. To be able to mourn with another. To be able to celebrate and remember and value a little life that has gone too soon.

A few months ago, I met another mother, much older than myself. Her son was born still years ago. I asked her his name, and found out days later that it was the first time in 35 years that anyone had asked her that question.

This is not okay. We need to talk about these children. We need to brave the pain and talk about them for the sake of the parents and for the sake of that child's memory.

This is not the natural order. It isn't at all. Parents should not have to live on as their children die. Parents should not plan funerals or buy tiny urns or headstones for their child. Parents should not. Of all the things parents whose children have died should not do, talking about that child is not one of them.

For those who have no option but to walk through the pain, I want to give you freedom today.

Freedom to talk. Freedom to share. Freedom to laugh and cry and remember and mourn and love that child openly, even in death.

You have freedom to say their name,

even if you never had a chance to say it to them while there was breath in their lungs.

Say their name.

Tell their story.

Cry.

Laugh.

Celebrate.

Hope.

Let's move past the stigma. Though in the past it may have been taboo to talk about a child who died, let's move on. Let's move on for the children, who deserve to be remembered. And let's move on for the parents, who deserve a chance



to tell their story.

For those who can be a friend and a listening ear, please do so today. Mention that child's name. Send a note and let that parent know you are remembering. Sit down for coffee and relive special memories with them. We are all in this together. Brave the pain together. Remember together. Celebrate together.

Let's do this together.

*NOTE: Lexi has two kids. Lincoln here and Charlie in heaven. She sincerely believes in sharing hope and love every chance she can get.*

*She believes in spreading love and hope through her writing. She wants to help fight congenital heart disease and believes little hearts matter.*

*Lexi's faith gives her hope. Jesus Christ gives her hope, strength, and so much more.*

# God is the True Judge and Jury by Bethanne Cordero

January of this year, I walked into a pastor's office a complete mess, not knowing how I could continue living. My husband had been charged with a crime he had not committed. The trial had gone on for three long days, and when the verdict of "GUILTY" came in, my heart dropped. "My God, how?" is all I could



say will a flood of tears rolling down my face. "This isn't fair. Of all the people in the world, why him, God? Why us?"

I doubted! I hated! I wanted revenge! Talking with my pastor that day, she made me realize that sometimes we are faced

with obstacles that go way beyond our control or understanding, and they are placed in our lives to make us grow and depend on God. I truly didn't want to hear that. She passed on to me that there was a life group she wanted me to

try. That is how I became involved in GriefShare at Chapel Springs. What a true blessing, and I thank God for the opportunity!

I didn't physically lose the love of my life to death, but for a short moment in time, he has been removed from me. I was able to

talk and share all types of emotions with so many different people who, too, had some sort of loss and could relate. We had lessons and discussions that opened my eyes to God's will through His Word.

I had to stop depending on my husband to fulfill the needs and desires of my heart and allow God to fill that void. Through GriefShare, I was able to see how that worked. My husband and I realized that God is the TRUE JUDGE AND JURY.

Now going on nine months being separated, we see God's amazing work in each other and the growth in our faith that we needed. Time apart was not because of the world's standards, but because God needed us to be in separate areas to realize that depending on each other gave us no room to depend on Him.

Thank you Chaplain Liz and my GriefShare friends at Chapel Springs. You all are a true blessing from God!

## Mike's Musings: Pathway by Mike Taylor

*Mike Taylor wrote letters to some of his friends in Red River, New Mexico, during the last twelve months of his life. These musings are a heritage he left to them and his family. Mike was a West Point graduate, very successful businessman, husband/father/grandfather, and "a really fine brother" as described by his brother, Ed, who gives us permission to reprint these articles. Mike passed away September 5, 2013, at the age of 66.*

*We are including the last three, which were written after the cancer returned, in this and the next two Heart & Hand newsletters. This is the first article.*

I've been musing of late about a story told to me by a mutual friend and addressee of this group, Gene Sherrill. As I am old, memory challenged, and prone to exaggeration anyway, I may have some of the details garbled or bent to suit my



Mike and Janie Taylor

purpose here. Anyway, I'm thinking Gene won't mind a whole bunch about any gaffes committed or liberties taken.

The essence of the story is that as a kid in rural northern Arkansas, he used to go on hikes at night with his dad. Whether for fun or hunting/fishing purposes, I don't remember. Anyway, for a young kid, the walk was dark, scary, and unpredictable. All he could do was follow his dad closely so he wouldn't fall, get hurt, or lost. He remembers how, on one of those walks, they stopped for a rest, and he turned around to look back. To his surprise, in the dark, he could nonetheless make out a trail. In fact, his dad had been leading him on a path the whole time; Gene just couldn't see it, but he could see his dad the whole time if he stayed close.

You don't have to be a theological genius to make the application here. For myself,

I've often wondered if I'm on any path, much less the right one. But I admit that many times I've turned around to see where I've been and doggone if I don't see the outline of a trail, especially during those times when I was closest to the Father. Suddenly family emergencies, career changes, health care issues, etc., were seen not as aberrations but as part of the path. During those all too rare times when I was obedient and closely following, the path went by opportunities to grow, to help others, and get to know the Father better.

Well, duh. As a Christian, I should have had faith that I'm NOT on a road to nowhere.

And I think that part of the gospel message I have neglected to tell is that, with Christ in the lead, life, no matter how tough and apparently meaningless, is precious. Our time is precious. We are in fact, important to a Father who cares and who leads, no matter how dark it appears

MIKE, Cont'd on p. 5

# Good Days Do Come by Shelby Nutz, age 28

Recently, my body has improved in health. After fifteen years of struggling, I have finally been enjoying some good days. My mood has improved, my brain fog has been significantly reduced, my muscle aches and pains have gone down in pain, and my energy has increased.

This has been a long time coming! My optimism towards the years ahead and what they hold has greatly increased. I am working for an amazing business and enjoying more of a social life. Thank heavens I am out of my previous job. Leaving that toxic workplace has allowed me to enjoy a stress-free environment and therefore allowed my body to begin the healing process.

I believe God has truly performed a miracle in my life. It didn't happen suddenly; it was a gradual increase in energy and a gradual decrease in pain.

The following are some examples of how my days have improved:

- Waking up in the morning feeling more refreshed
- Not immediately having to run to the couch after waking up thanks to an increase in energy
- Being able to concentrate on my job due to a significant decrease in brain fog
- Enjoying more exercise in my daily routine
- Enjoying more time with friends and family in a social setting
- Being able to spend hours standing or walking thanks to significantly less achiness
- Spending more and more time with God in prayer and Bible study

Of course, better health does not just happen without effort. My doctor and I have worked very hard in the past months to heal my body. The following are some of things I attribute my better health to:

- Sticking to a very strict Paleo diet and therefore, losing a significant amount of weight
- Taking a large assortment of enzymes that improve my digestion

- Drinking a lot of Vitamin C throughout the day
- Taking Methyl-Guard to combat MTHFR
- Replacing multiple medications with natural supplements
- Leaving a toxic work environment
- Enjoying a stress-free environment in both my home life and my work life
- Sleeping more due to a decrease in stress
- Spending time with only those friends and family that are fully supportive
- Completing a parasite protocol that decreased my toxic load
- Combating Babesia/Borrelia with special protocols
- Going to counseling which improved my sense of self-worth and self-acceptance
- Allowing myself to forgive my past and concentrate on my future
- Getting involved in groups that gave me the opportunity to help others through their health struggles

Although my days are still filled with pain and uncertainty, I am truly enjoying better health and a more optimistic outlook on life. Currently, my concentration is on how I can continue to better my health through a stricter diet, more protocols, herbal remedies, and flushes. Just because I have gotten better does not mean that I am giving up the fight against chronic Lyme disease. The fact is that I will struggle with chronic Lyme for the remainder of my life. However, thanks to hard work and God working in my life and through my doctors, I am more equipped to deal with the day-to-day fight to better my health.

What does my future hold? We never know how a day will go when we wake up. That is reality of chronic disease. But I want you to know that you too can experience better health. I did not always believe this; there were years of deep depression and anxiety during which I thought no future was possible for me. Are you also going through



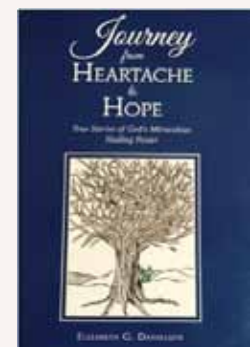
Image courtesy of fantasista at FreeDigitalPhotos.net

difficult times? I cannot predict your future, but I want you to know that the impossible IS possible. You CAN get better.

Put a sticky note on your bathroom mirror that reminds you of this reality. Life CAN change. Health CAN get better. Rough days will come, I guarantee you; they will certainly happen to me in the years to come. However, you never know what tomorrow brings. God hasn't given up on you; don't give up on yourself.

## 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; Manassas Presbyterian for the prayer shawls; Sue Kenworthy for the coffee urn; Bertha Raines for the prayer shawl; Marta Florin, Liz Shaw, Mary Winholtz, Barbara Graziano and Mary Berzins of St. John's Ladies Auxiliary who made prayer blankets for the Family Grief Camp.



**Christmas shopping?**  
Here's a GREAT idea --  
\$15 including s/h  
and you will be supporting  
your favorite charity,  
SCSM!

Newsletter Editor - Dorothy Slaga  
Associate - Cheryl Reynolds

around us. And if we do get lost and stray, if we listen for His voice or His footsteps, we can get back on the path.

I'm not sure how late Gene and his dad would walk. I find myself hoping that at least once, it was until sunrise.

The road will go on and get smoother  
And after we've stopped for a rest,  
The path that lies hidden beyond us  
Is often the path that is best.

So rest and relax and grow stronger,  
Let go and let God share your load  
And have faith in a brighter tomorrow-  
You've just come to a bend in the road.  
(Helen Steiner Rice)

Bueno Camino  
MT

# Celebrating Christmas with SCSM!

Join Spiritual Care Support Ministries' joyful Christmas celebration on **Saturday, December 12 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.

Mr. and Mrs. Santa Claus will visit ,and you may take pictures of your child with them.

After the program, we will adjourn to the SCSM Center for the **Christmas tree lighting ceremony**. Santa and Mrs. Claus 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 Comfort Angel, 11" 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 one (or more) angels so we will know to prepare it for you. If you need it to be mailed outside the East Coast, there will be an extra charge. Please call SCSM for information.**

**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 online at [www.scsm.tv](http://www.scsm.tv). The deadline for names to be submitted for the program is Monday, December 8. 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 \_\_\_\_\_

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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 \$ \_\_\_\_\_



Wishing you  
the joy of  
God's  
Christmas  
miracle and  
the peace of  
His love.  
From all your  
friends at  
SCSM.

- 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 \_\_\_\_\_

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

Visit our NEW webpage!  
**scsm.tv**

# God is Love and He is Faithful by Hannah Miller

Thank you, God, for being with me every moment of my life!

Recently, I have gone through DivorceCare and counseling offered at SCSM, and God is healing me through them. It also helps me to look at recent events in a big-picture perspective. Throughout my life, God has proven that He is love and He is faithful. Please allow me to share a few examples.

In birth, my cord was wrapped tightly around my neck. I was black and blue. God is love and He is faithful.

At the age of eight, I was taken away from my family and then returned in a week. God is love and He is faithful.

I was jealous of my older sister, which led me to eavesdrop on a conversation between her and our pastor's wife. Through



that, God touched my heart, and I trusted in Him as my Lord and Savior. God is love and He is faithful.

My family joined an ultra-conservative, legalistic home-school cult, but I am learning that God is love and He is faithful.

There have been ups and downs of having moved fifteen times (military dad). God is love and He is faithful.

I waited for my knight in shining armor and married five years ago. Divorced this year, I am learning who I am

in Christ. God gave me the strength to leave a toxic relationship. He's allowed me to save my own life and take care of myself. DivorceCare gave me words for my pain. Liz and Kaye at SCSM have helped me accept reality and not live pretending. My family has supported me every step of the way. Grieving is a process, and everyone's process

is different. No two stories are the same. Only God remains the same. God is true love and He is faithful.

I've been chronically ill for many years but have found SCSM's support groups. Most of my family is chronically ill, but I would not have found, among other things, the ministry of Liz, Kaye, and Danette otherwise. God is love and He is faithful.

Doctors, medications, supplements, diet changes, resting, and trying new things all the time. I am healing and becoming the Hannah God made me to be. He is love and He is faithful.

So thankful for God and the many things and people in my life that display Him to me! SCSM is a big part of that display, and I'm so thankful for each person who makes the ministry work and feel welcoming. I am broken, but it's not the first time and probably won't be the last. But remembering all that God has done and is doing, I know that He IS love and He IS faithful.

## Honorariums and Memorials

*In Memory of* Gilbert Crowder on the 10th anniversary of his homegoing, given by Dorothy Crowder, Woodbridge, VA; Sgt. Jason A. Shaffer and Jennifer Nichold Shaffer, given by Roger and Gwen Shaffer, Huntly, VA; Kathleen M. Cress, given by Lonnie Cress, Warrenton, VA; Ruby Hudson, given by Sandy Martin, Culpeper, VA; Scott Neth, given by John and Joyce Neth, Flower Mound, TX; Rob Christiansen, my son, given by Ann Marie McCarty, Catlett, VA; Paul H. Teasley's birthday, September 14 – he would have been 83; Richard Illingworth, given by Janice Illingworth, Sparta, NJ; Beth Bowen, given by Dr. Sandra-Joy Gray, Manassas, VA.

*In Honor of* Paula Walton, given by James and Toni Russo, Sumerduck, VA; Liz and Arvid Danielsen, given by Helen Danielsen, Roseland, NJ.

## Prayer Shawl Ministry Ladies



We thank Manassas Presbyterian Church and The Loving Hands Prayer Shawl Ministry for donating shawls to SCSM that bless hurting people who come to us. Pictured are (L-R) Maureen Goldsmith, Madeline Snyder, and Chaplain Liz.

"Heartwork is our Artwork" is the group's theme. Each shawl is prayed over while it is being made along with prayers of blessing for the recipient. Each shawl is truly a gift of love "with both the giver and receiver feeling the unconditional embrace

of a sheltering God."

*May God's grace be upon this shawl, warming, comforting, enfolding, and embracing.*

*May this shawl be a safe haven, a sacred place of security and wholeness, sustaining in good times and difficult times.*

*May the one who receives this shawl be blessed, cradled in hope, kept in joy, graced with peace, and wrapped in love.*

# The Long View

It helps, now and then, to step back and take the long view.

The kingdom is not only beyond our efforts, it is beyond our vision.

We accomplish in our lifetime only a tiny fraction of the magnificent enterprise that is God's work.

Nothing we do is complete, which is another way of saying that the kingdom always lies beyond us.

No statement says all that could be said.  
No prayer fully expresses our faith.  
No confession brings perfection.  
No pastoral visit brings wholeness.  
No program accomplishes the church's mission.  
No set of goals and objectives includes everything.

That is what we are about: We plant seeds that one day will grow.

We water seeds already planted, knowing that they hold future promise.  
We lay foundations that will need further development.  
We provide yeast that produces effects beyond our capabilities.

We cannot do everything and there is a sense of liberation in realizing that.  
This enables us to do something, and to do it very well.

It may be incomplete, but it is a beginning, a step along the way, an opportunity for God's grace to enter and do the rest.

We may never see the end results, but that is the difference between the master builder and the worker.

We are workers, not master builders, ministers, not messiahs.

We are prophets of a future not our own.

These are the words of Archbishop Oscar Romero who was martyred in 1980.

# Praise and Prayer

## We Praise the Lord

For God's love, grace, mercy, and faithfulness to us.  
For our new SCSM Center that is being built.  
For all those who faithfully are praying and giving financially to SCSM.  
For our new volunteers who recently have joined the team.  
For the moments when God reveals himself to remind us that we are doing exactly what He has asked us to do.  
For our weaknesses because then He makes us strong as we learn to depend on Him.

## Prayer Requests

That we will have a humble spirit as we serve others.  
That healing will occur during all our groups and programs.  
That everyone will come to the knowledge of understanding who Jesus Christ is and how He can change their lives.  
For all those who are suffering through chronic illness and personal losses.  
For a volunteer coordinator, called by God, who would be able to volunteer two 4 ½ hour days.  
To end the year 2015 financially in the black.  
For grants.  
For the financial needs to be met for our new Center so we can purchase furniture, etc.  
For the leaders of our country and all those fighting for freedom, as well as their families.



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 Reaching for a Hand, and Touching a Heart  
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**December 2015**

**RETURN SERVICE REQUESTED**

**Please remember  
 SCSM when you are  
 considering  
 end-of-year  
 donations!**

**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

*I have been told that I need to get over the loss of my sister as soon as possible and get on with my life. It has been a painful experience since my sister and I were so close. I find that it is taking much longer than I thought. Should I be over it by now?*

The grief process is not about getting over it, but about learning how to live with the reality of the loss. The process can never be rushed, and you can take as much time as you need. The pain of losing your sister may always be with you, but in time and as you work through the grieving process, the pain will be less. You will begin to remember the precious memories you had with her and you may even find yourself smiling and helping others.

*I have been told that Christians should not grieve because our*

*hope is in God. I love the Lord with all my heart, but I still feel like I am hurting emotionally, physically, relationally, and spiritually because of my loss. Is God disappointed in me?*

God loves you so much, and He is not disappointed in you. You are asking a great question that is asked by others that are Christians. In I Thessalonians 4:13, Paul writes, "Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope." Paul does not say that the Christians will not grieve; rather that our grief does not need to be grief without hope. We can feel the pain of loss which you are experiencing and also have hope in God at the same time.

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:** Ken Reynolds (IL), Bonnie Knauf (AL), Dorothy Slaga (VA), Ingrid Johnson (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 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.

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