

# Heart & Hand

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

Reaching for a hand, and touching a heart

Vol. 12, Ed. 1, March 2016

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

## Greetings from Chaplain Liz

Greetings from the Spiritual Care Support Ministry Center where we are a combination of different people who work together to accomplish the mission and vision that God has set before us. SCSM provides support and education to those who are ill, dying, grieving and experiencing personal losses, and to those who journey with them. We have entered the year 2016 with gratitude in our hearts to God

as we were able to be financially in the black. Not by much, but we made it! God is faithful. He has tugged at the hearts of those who truly understand how important it is to bring hope to children, teens, and adults who are feeling hopeless in the world we live in. It is because of you who are reading this newsletter that this has been possible. You know who you are. I am sending a thank you from every person who has used our services here at the Center.



Without the prayers and financial support from individuals, faith communities, and others, we could not do what we are doing. **Thank you so much.**

For you who may be new to our ministry, we have two part-time employees at the Center and over 90 volunteers. I am one of those volunteers; I do not get a salary. We are still waiting for the final approval for our new SCSM building that is going to be built. We

thought it would have happened already, but we trust that God's timing is perfect.

We are a people who are filled with faith to believe that people can find hope and healing after they have had a tragic experience in their lives. They can smile again. Their faith can be restored again. Healing can occur. Many ask, "How can anyone have faith in the midst of chronic illness and personal losses?" It is because we base our faith on scripture

from the Word of God.

We believe what scripture says that there is hope as we put our trust in Him. We see how the Word of God applied to a person's life can bring transformation. At the SCSM Center we rely on the Holy Spirit to give us the strength, the wisdom, and the direction that we need to do what God has called us to do. Our knowledge of God is based on the promises in the Bible which gives us faith. It is based on truth and not feelings. If we rely on our feelings, we will never be sure about anything. Our feelings change, but God's promises never change.

It is so exciting to see God at work in our lives as we see Him do the work through us. We continue to be His hands extended which touch the hearts of those who are hurting. If you are interested in joining me and the rest of the team in helping others, please contact me at 540-349-5814 or email me at [ChaplainLiz@scsm.tv](mailto:ChaplainLiz@scsm.tv).

## Chat with the Chaplain

### Outside My Comfort Zone

Since I was a little girl I have often been surprised by God. We have one amazing God! He saw things in me that I was unable to see in myself. He would encourage me to do things that were always outside my comfort zone. I never felt I was that smart or had the ability to be used by God in the way God was directing my life. I would fill up with fear and anxiety, and often this would be enough to stop me from trying new things. As I eventually surrendered to God and as I began to trust Him more, the Holy Spirit would give me the confidence that I needed to try things.

It sounds easy as you read this, but

change is hard especially when we are feeling inadequate. I am not always that brave. As the CEO, President, and Executive Director of Spiritual Care Support Ministries, Inc., I have been stretched in so many ways as I have been entrusted to oversee this amazing ministry. Many times I wonder what God was thinking when He gave me the vision for this ministry so many years ago which is still fresh in my mind. My questions were many to God, and even today I still do not have many answers. However, I have seen how He has worked in me to accomplish His purpose.

Last year was another one of those years when God wanted me to go into new areas of

growth that I thought were impossible. He proved to me that as I was willing to "let go" and "let God" work in me, He would take me out of my comfort zone and teach me that there was more that He wanted to accomplish in me. I realized that as I was willing to be teachable, God would use what I was learning to bring glory to Him as others found healing through the work that I was accomplishing.

I look back to the year 2015. Wow! He has done amazing things. He helped me be a part of creating our new website, [www.scsm.tv](http://www.scsm.tv). If you have not seen it, you must take time to look at it. A huge thank you to

*Cont'd on page 2*

Arvid and Danette who worked alongside me. I am now writing a weekly blog on our new website that you can sign up for and encourage others to do so. I was also able to publish a book, "Journey from Heartache to Hope," which tells true stories of lives changed by God. There you will have proof of what God can do to bring healing. You can order a book from us directly by going to our website, calling the office (540-349-5814), or ordering from Amazon.

What about YOU? What has God been trying to do to get you out of your comfort zone so that He can accomplish new things in you for Him? With God nothing is impossible, but you have to be willing to do what He is asking you to do. Are you teachable? God would never put you in a situation that He has called you to that He will not be with you to guide you. Already God has shown me some new areas of growth in leadership that He wants me to learn for this year. Here I go again, outside my comfort zone.

Please pray for me, and I will pray for you that we will be obedient to what God is telling us to do. It is going to be a great year of learning. Remember, with God, nothing is impossible!

### Seminar Questionnaires

After every SCSM seminar, a questionnaire is given out so we can learn how to do things better. This is the note from a seminar held at 1st Ashville Baptist Church on October 31, 2015. The attendee answers the question: "What was the single most important reason for attending this seminar?" ***"Submitting to; obeying my mother-in-law and wife :)."***

But, under "other comments" he added: ***"Praise God for the anointing and spiritual gifts that came forth – the leader was phenomenal (tremendously blessed)."***

Kevin Rennick, Fredericksburg, VA (used with permission)

## Praise and Prayer

### *We Praise the Lord:*

- For SCSM being financially in the black for 2015.
- For the churches and individuals who support our work.
- For our new volunteers.
- For the power of Jesus Christ through His sacrificial death on the cross that brings emotional, physical, and spiritual healing and the promise of heaven.
- For the "little things" that get done by so many who are willing to help when we need it.
- For having the Creator of the Universe and the lover of our soul with us and for us every day as we accomplish His will.

### *Please Pray:*

- For some of the new programs that SCSM will be implementing this year.
- For those who come for help that they would be willing and make the decision to desire healing.
- That our new Center will be built so we can have more space. Pray also for all those who will be a part of the building that they will have skills to do what needs to be done successfully.
- That we will have direction as to how we furnish the new Center and get others involved.
- For a grant writer and volunteer coordinator.
- For healing for Chaplain Liz's husband, Arvid, who has just been diagnosed with Idiopathic Pulmonary Fibrosis.
- For our country and those who truly are wanting to protect our freedoms, and pray for their families and their many needs.
- For those who are emotionally, physically, and spiritual weak that this year will be a year of stability and peace for them as we give effective support to them.
- For families that are struggling financially, emotionally, physically, and spiritually. Pray that parents will learn how to best support their children in a way that promotes healing.

**Newsletter Editor: Dorothy Slaga**  
**Associate: Cheryl Reynolds**

## SCSM Honorariums and Memorials

**In Memory of** Mary Ann Templeton, given by Jim Templeton, Warrenton, VA; Sgt. Jason A. Shaffer and Jennifer Nicole Shaffer, given by Roger and Gwen Shaffer, Huntly, VA; Scott Neth, given by Joyce and Jack Neth, Flower Mound, TX; Nicholas Daymude, given by John and Debbie Daymude, Copper Hill, VA; my brother, Tim Kraft, given by Kris Whitesell, Warrenton, VA; my son, Rob Christiansen, given by Ann Marie McCarty, Catlett, VA; Teresa and Fortunato Rigano, given by Dominic Rigano, Sewickley, PA.

**In Honor of** Paula Walton, given by Alonza White, Marshall, VA.

SCSM is on **FACEBOOK!**

**Fresta Valley Christian School students came to volunteer again! Thank you so much!**



Anna DeVries, Rachel Dodson, Eleni Hanson and Jaime Jones

## 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; St. John's Ladies Auxiliary of the Knights of Columbus Council #5561 for the prayer shawls; Angel Ashley and Warrenton Baptist Church for water and Walmart gift cards; Dee for paper towels, Styrofoam cups and Keurig cups; Jinny Fishback for soda and cups, Lysol wipes and paper towels; Jay McCargo for spiral message pads, Swingline electric hole punch, Chinex dinner plates, paper, light bulbs, envelopes, paper cutter, cleaning supplies; Sue and Roger Amato, a new commercial coffee maker.

# Mike's Musings: One Giant vs. 5 Rocks 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 second article.



Mike and Janie Taylor

As some of you are woefully and monotonously aware, I was attacked by a giant four to five years ago. This was a spiritual Goliath and like the scriptural counterpart, can best be heard taunting me and mine from afar. He threatens death and destruction from a safe distance, convincing me that present day French people may trace their origins to him.

I re-read the story several times early in my diagnosis/prognosis. I learned several things from the practical wisdom of a shepherd kid that I wanted to share, even if you have long since assimilated these lessons yourselves. First, a review of the story from 1 Samuel 17:38-51 (NIV):

Then Saul dressed David in his own tunic. He put a coat of armor on him and a bronze helmet on his head. David fastened on his sword over the tunic and tried walking around, because he was not used to them.

"I cannot go in these," he said to Saul, "because I am not used to them." So he took them off. Then he took his staff in his hand, chose five smooth stones from the stream, put them in the pouch of his shepherd's bag and, with his sling in his hand, approached the Philistine.

Meanwhile, the Philistine, with his shield bearer in front of him, kept coming closer to David. He looked David over and saw that

he was little more than a boy, glowing with health and handsome, and he despised him. He said to David, "Am I a dog, that you come at me with sticks?" And the Philistine cursed David by his gods. "Come here," he said, "and I'll give your flesh to the birds and the wild animals!"

David said to the Philistine, "You come against me with sword and spear and javelin, but I come against

you in the name of the LORD Almighty, the God of the armies of Israel, whom you have defied. This day the LORD will deliver you into my hands, and I'll strike you down and cut off your head. This very day I will give the carcasses of the Philistine army to the birds and the wild animals, and the whole world will know that there is a God in Israel. All those gathered here will know that it is not by sword or spear that the LORD saves; for the battle is the LORD's, and he will give all of you into our hands."

As the Philistine moved closer to attack him, David ran quickly toward the battle line to meet him. Reaching into his bag and taking out a stone, he slung it and struck the Philistine on the forehead. The stone sank into his forehead, and he fell facedown on the ground. So David triumphed over the Philistine with a sling and a stone; without a sword in his hand he struck down the Philistine and killed him. David ran and stood over him. He took hold of the Philistine's sword and drew it from the sheath. After he killed him, he cut off his head with the sword.

**Lesson 1:** Use the weapons God has given you. David's weapons were apparently agility, speed, guts, and good aim with a sling. Using the king's armor would have gotten him killed. God has uniquely gifted us for the battles he might have for us.

**Lesson 2:** You might believe God has given you the victory but take all the ammo you can. I wonder why five stones? Why not three or seven? Numerologists have fun with this, saying five is the number for "grace" while others say five is the number for "preparation." There are also many other ideas. I think a little more simply. David was a good hunter, good shot, and practical. How many chances

are you going to get at even a clumsy giant? Notwithstanding current political discussion in this country, a "larger magazine" isn't likely to help. I figure David might use one for range, one to get the shield bearer out of the way, and the rest, as needed to topple Goliath. For me, I've tried to remember the five stones. For me they represent faith, family, friends, divine, and secular resources. My buddy, Gene Sherrill, has given me five round stones, and that's what they represent to me. I encourage you as you face any giant, to gather a few rocks. As it turns out, looks like one was enough to do the first part of the job.

**Lesson 3:** David had already promised the credit and glory not to himself but to the GOD of Israel. I dunno whether my battle ends in weeks, months, or years, but there will always be more time I wanted to spend with loved ones in loved places over a glass of wine, or watching a granddaughter's play or wedding, etc. But it has been a walk of many victories over many Goliaths. There is a God in my Israel, and I am thankful for God's victories in my life.

**Lesson 4:** In the Army we always said the "Mission of the infantry was to close with and kill the enemy." It was not to subdue him, respect his ethnic values (which included killing us) but to kill him. David cut off Goliath's head. I take this to mean following through in obedience to what God has told us to do, sometimes brutally, but thank God in the New Testament often with love.

**Lesson 5:** There's more, but I'll stop with this one. David ran to the giant. Ran. Jesus alerts us in Luke 9:62 (NIV), "No one who puts his hand to the plow and looks back is fit for service in the kingdom of God." You can't attack looking backwards. When we've prayed, selected our best weapons, and have entrusted the outcome, whatever it might be, to God's glory, attack! It is the warrior's favorite word, especially in God's Army.

Our "camino" will likely have more than a few Goliaths along the path. This one certainly wasn't David's biggest. Ultimately, his biggest Goliaths came from within himself. He remained a friend of God by remembering, tragically late, that God was in Israel and his steadfast friend.

Keep a supply of rocks.

Bueno Camino  
MT



## Fauquier Ministerial Luncheon

All clergy and ministry leaders are invited to the SCSM Center

1st Tuesdays, Noon

## The Feelings of Sadness and Depression by Susan Amato

Someone recently asked me if feeling sad or depressed is considered a sin. The person who asked this question is a Christian, and she was very concerned about this. Somewhere in the recent past she had either been told or had discerned that believing Christians should not be sad or feel depressed. I took some time to think about her question and this is my answer for her.

It seems that many believing Christians have the idea that all should go well, and they should be happy about everything all of the time. However, you have to ask the question, "Is this even possible?" Just thinking about those who come to the SCSM grief support groups, it seems clear that feeling sad and depressed is a part of life. The loss of a loved one can be devastating and is a common denominator among all people everywhere. Not only is that person no longer with us physically, but we who are still here have to work out a way to move forward and learn to live in a new reality (sometimes called a new normal). Our loved one is still with us in memories but no longer here to talk with or be with. That causes deep sadness for most everyone, which is understandable. So when



Susan Amato

you are feeling deeply sad, how can you smile and pretend to be happy? The answer is, of course, that you shouldn't even try!

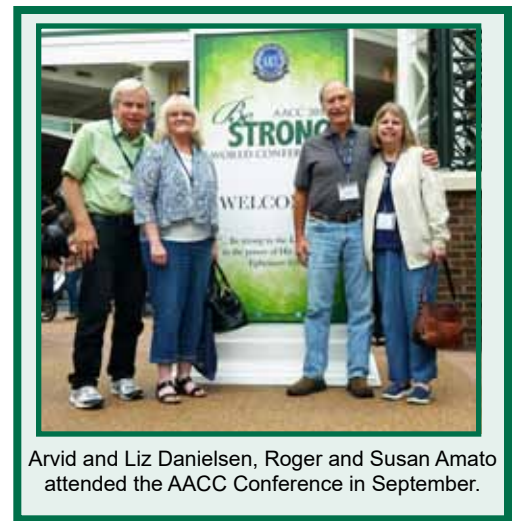
Friends and neighbors, co-workers, and church family want you to feel better. They want you to get back to being yourself again. Many people don't realize that you won't ever be the same as before the loss because a huge hole has been left in your

life. They mean well, but they just don't get it. Feeling sad or depressed is nothing to be ashamed of or embarrassed about. It is one of the emotions given to us by our God who created us. He gave us the emotions He knew we would need to live on planet earth.

Sadness usually lasts a few weeks. However, if that sad feeling doesn't go away, it could be that the person is feeling depressed. If that is the case, then outside help might be needed. Make an appointment with your doctor or pastor. He or she can help you decide if you need to seek counseling or if medication could help you. That does not mean that your faith is weak or that you are not a true

Christian. It means that you are seeking help to get through the depression, move forward through your grief, and get on with living your life. That is a healthy step to take.

Feeling sad or depressed is a normal response to learning that you have lost someone very dear to you. There is no way to ignore it, and it isn't healthy to try to pretend it didn't happen. You must process it and experience all that it brings into your life. However, remember that no matter what life brings into your path, the good, the bad or the devastating, Jesus has promised to never leave or forsake you. Reach out and take His hand and hold on tight. He will not let go of you.



Arvid and Liz Danielsen, Roger and Susan Amato attended the AACC Conference in September.

## Miracles by Amy Furr

If you can't tell by the majority of my posts, I'm a big believer in miracles. I know how big our God is, and He never ceases to amaze me. Still, He continues to prove Himself even bigger than the last time He wowed me. Please don't think me simple minded. I know these as truths. I've seen them.

This time of year, during the Christmas season, I love hearing of them even more. We need them. This season is filled with hope, faith and belief; those are things that miracles give us. We need to believe in miracles, and our God who performs them.

I used to be a skeptic. I've been a Chris-



Amy, Ezra, Noah, Shawn, and Avery Furr

tian my entire life...but miracles in this day and age? Whatever. I used to hear people use the word 'miracle' and think it was cute that they believed such a thing. Sure, God healed you, but didn't you see a doctor? Didn't you take that medicine? Didn't you just... I thought those people, well, I thought they were simple minded, quite frankly.

And, there are many times we use the word flippantly. It's a miracle I got my hair to do anything in this humidity! While it might be nothing short of a miracle for some, it's not quite the kind of miracle I adamantly believe in.

The reason I believe is multifaceted. Not only have I seen them, but I've learned they come in many different forms. Sometimes a

miracle isn't presented in the blatant form a child born of a virgin. Sometimes it's messy. Sometimes there's no wow factor. Many times it's not the way we imagined or asked for. Sometimes, if we aren't looking for it, we miss it, and sometimes, we miss it even when we are looking for it. Sometimes it's more in the form of deliverance, or acceptance, or a lesson rather than a cure. Sometimes it is through that doctor, that medicine, that red light that kept you from the accident you didn't even see coming, or the friend who keeps you from doing something stupid. Sometimes that miracle whispers, other times it announces its presence with a monumental roar. Occasionally, it just happens. It's supernatural in nature. There's no explanation, nothing that anyone can put their finger on, but it happened, and you were there to behold it then, and you are here to testify to it now.

# Christmas Lights for 2015

## **CHRISTMAS TREE SPONSORSHIP:**

Deborah Kuhn, Manassas, VA

Linda Winstead, Manassas, VA

June and John Payne, given anonymously

In memory of Segundo and Carmen Hernandez, Rafael Hernandez, Carmen Lydia

Hernandez, Sylvia E. Melendez, Antonio Melendez, Carmen Elizabeth Garcia, Iza-beau "Mou-Mou" Hernandez, Wilfredo Hernandez, Ramon Feliciano and David Butler; the military service of Jesus M. Hernandez, and Ramon Feliciano, and in honor of Julia Hernandez, Lucy Hernandez, and Pedro Hernandez, given by Rose Hernandez, Manassas, VA

Mrs. Bridget McCargo, given by Jerry McCargo, Alexandria, VA

In memory of MSGT Joseph A. Huryk and in honor of Liz and Arvid Danielsen, given by Kathy Huryk, Woodbridge, VA

## **CHRISTMAS TREE AND STAR SPONSORSHIP:**

In honor of George Fayas, Father; Irene E. D. Fayas, Mother; Lila DeGroot, Aunt; Erma Louckes, Aunt; Jeannette G. (Anderson) Fredrickson, Aunt; Roy Fredrickson, Uncle; Marlene Gardner, Friend; Sherry Johnson, Friend; George Miller, Nephew; Marilyn Faye Fayas, Sister-in-law; Josie Acotto, pet dog; Henry Acotto, pet dog; For service in the military: Ryan Fayas, Nephew; and Justin Fayas, Nephew, given by Dennis and Carol Acotto, Manassas, VA

## **STAR SPONSORSHIP:**

Bob and Michelle Rankin, Schenectady, NY

Kathleen Boudwin, Humble, TX

In honor of Arvid and Liz Danielsen, Viola and Presley Wright, and in memory of Harold Wright and Lawrence and Regina Rapin, given by Virginia Wright and Chris Rapin, Hume, VA

Paul Wolk, given by Sheila Wolk, Hume, VA

## **IN MEMORY OF (White Lights):**

Our son, Rob Christiansen, given by Ann Marie McCarty, Catlett, VA

Michael Ark Angell, Don Rodis and Mary Lou Rodis, given by Karen DUBY, Sumerduck, VA

George Everard, given by Carolyn Martin, Warrenton, VA

Donna Spinner, given by Andrea Sullivan, Culpeper, VA

Erma and Bud Lewis, given by Earl and Marie Browning, Hume, VA

Betty Engel Worthley, given by Darrell and Rita Worthley, Shippshewana, IN

Irving Thorpe, Helen Thorpe and Stewart Michael Thorpe, given by Sharon Thorpe, Ashburn, VA

C.L. "Boots" Ritchie, Jeffery Ritchie, and Glenn Ritchie, given by Gail Ritchie, Bealeton, VA

Rob Sylcox, given by Stewart and Debbie Lindsey, Warrenton, VA

Mary D. Condren, given by Evelyn Latham, Amissville, VA

Dorothy Barbara Coerts, given by John Coerts, Sussex, NJ

James Lihos, given by Cordelia Lihos, Manassas, VA

Joseph Lepre, Jr., given by Barbara Lepre, Manassas, VA

Ethel Solecki, Emil M. Solecki and Judith Kroboth, given by Lea Solecki, Sparta, NJ

Fitzhugh Lee and Angaleene Lee, given by Janice Heater, Catlett, VA

Rev. Joe Mills, Peggy Walker, given by Mary Beverley-Kotek, Broad Run, VA

Willard "Bill" Bundy, given by Joan Bundy, Broad Run, VA

Our father, John W. Kettis, given by Thomas and Pamela Gay, Warrenton, VA

Elmer Reedy and Albert T. Montroy, given by Alfred and Terry O'Brien, Annandale, VA

Chris Jenish, Sr., and Roy Weakley, given by Frances Payne, Culpeper, VA

Beatrice Elaine Thomstad, given by George and Christine Thomstad, Palm Desert, CA

Jack G. Shumate, given by Gayle Shumate Harsh, Warrenton, VA

Lucille Board, given by Pamela and Charlotte Reynolds, Front Royal, VA

Evelyn Estes, given by David and Rae Pilgrim, Culpeper, VA

Karen Gardner and Arthur Eisele, given by Dorothy Vasi, Hopatcong, NJ

Richard Peatross and Ron House, given by Elva Peatross, Midlothian, VA

Virginia G. Taylor, Henrietta Palmere, Marvin France, Calvin R. Fishback and

Eleanor King, given by Virginia Fishback, Bealeton, VA

Vernon W. Brugger, Jr., given by Frieda Brugger, Manassas, VA

Kevin Geer and Vera Geer, given by Richard and Carol Geer, Spencerport, NY

Dennis C. Shaw and Kathy Joerger, given by Elizabeth Shaw, Warrenton, VA

Eric Kalleberg, given by Annemarie Paine, Albany, NY

Mom, Dad and Aunt Lori, given by Bernadette Novak, Eldersburg, MD

Tommy Fitzgerald, given by Jane Fitzgerald, Alexandria, VA

Lorena Felzien and Delia Perry, given by Joan and Joe Perry, Fairfax, VA

Dr. Richard Favreau, Jim Graham and Jim Cibula, given by Dale Walsh, Sparta, NJ

Ida and William Layton, given by Loretta Green, Warrenton, VA

Alan V. Moquin, given by Sheila Moquin, Reva, VA

Steven Peltzer, given by Virginia Peltzer, Warrenton, VA

Mary Teresa Gazillo, given by Mark Gazillo, Warrenton, VA

Andreas and Lisa Kalleberg; Eric Kalleberg; John and Esther McCourtney, given by Harold and Monica Kalleberg, Goshen, NY

Pete Grossarth, given by Hillie Grossarth, Staten Island, NY

Cecil, Mabel and Herbert Crowder; Elsie, Otis and Louie Smith; Junior and Jean Craig; and Gilbert B. Crowder, given by Dorothy Crowder, Woodbridge, VA

Andrew M. Love (father), Rae Ella Love Holbrook (mother), Robert H. Jenkins, Sr., (father), and Louise N. Jenkins (mother); Patricia Rae Burger (sister), and Gertie M. Jenkins (sister), given by Dick and Carol Jenkins, Amissville, VA

Ruby Virginia Davis, George McKenzie, Sr., Marie McKenzie, Lucille Kidwell, Cecil H. Hawkins, Veronica E. Hawkins, Theresa Hawkins, Justin Cecil McKenzie, Skipper and Richard Jackson Davis, Jr., and Thomas P. Kidwell, given by Doty and George McKenzie, Culpeper, VA

Charles Leggett, given by Sylvia Leggett, Manassas, VA

Anthony and Louise Slaga, Athey and Lucile Trout, and Evan Davis, given by Tony and Dorothy Slaga, Nokesville, VA

Henrietta W. Knecht, given by Susan Lipscomb, Catlett, VA

Jennifer Toler, Jasmine Halsey and Terry Halsey, given by Carol Brinegar, Manassas, VA

Linwood M. Ball, given by Evelyn Ball, Warrenton, VA

Leroy Reynolds, Clara Stubbs, Trent Downey, and Francis Lecki, given by Charlotte, Pamela and Bobby Reynolds, Front Royal, VA

Joe Huryk, John Payne, all our family members who are celebrating in heaven together, Carolyn Toth, and Eric Kalleberg, given by Arvid and Liz Danielsen, Warrenton, VA

My husband, Donald DeLuca, my father, Walter Owens, and David Fincham, Sr., Given by Robin Deluca, Warrenton, VA

Walter and Margaret Hodges, and Donald Ryan Hodges, given by Don and Brenda Hodges, Manassas, VA

Jeff Embrey, given by Hazel Settle, Reva, VA

Debbie Barham, given by Roscoe Barham, Greenville, SC

Jack Balenger and Karen Varona, given by George and Nadine Varona, Boston, VA

Brad Brooks and Elmer Reedy, given by Betty Reedy, Amissville, VA

Our loving son, Bobby Goff; Howard E. Goff and Ferdinand Wachter, given by Lora and Jay Goff, Warrenton, VA

My wife, Mary Price; my son, David Price, Jr.; and my mother Bettie Perras, given by David Price, Nokesville, VA

James McConnell, given by Joyce C. McConnell, Warrenton, VA

My son, Daniel, given by Anne Coppersmith, Woodbridge, VA

Harold Lee Painter and William Charles Arrowood, given by Allegra Arrowood, Locust Grove, VA

Susan McAvinn, given by James McAvinn, Stanhope, NJ

Bobby Satre, given by Brandon Satre, Jeffersonton, VA

Angela Dawn Grigsby Carter, Caleb Ezra Wingert Proper; Mr. Herbert Foster, Grandma Alice Porter, Hildegard Foerstemann and Aunt Bertie Lib Aylor, given by Sharron Proper, Washington, VA

Darrell W. Nygaard, given by Ed and Lisa Lyons, Madison, VA

Virgie (Polly) Bishop, given by Henry C. Bishop, Bristow, VA

Mrs. Betty Van Laningham, Mr. Kenneth Maddox, and Mrs. Wanda

Woitscheck, given by Jacqueline Schoenfeld, Warrenton, VA

Glenna Durant, given by Joseph Durant, Warrenton, VA

Dr. Richard Mahevich, given by Nancy Mahevich, Gainesville, VA

Heather Shoemaker, given by Kimberly and James Swope, Jeffersonton, VA

Rod Via, given by Dee Via, Haymarket, VA

# Christmas Lights for 2015 (continued)

Sandra K. Somers, given by Cynthia Somers, Haymarket, VA  
My granddaughter, Allison Weimer; my precious husband, Jimmy Weimer; my Mom, Louise Posey; my mother-in-law and father-in-law, Walter and Louise Weimer; my brother-in-law and sister-in-law, Tommy and Doris Sanders, given by Joan Weimer, Brightwood, VA

John Broesder, given by Eileen Mooney, Sparta, NJ  
Geoffrey Campbell, given by Audrey Mitchell and Howard Campbell, Culpeper, VA  
Our parents, Norman and Martha Koller and Walter and Anita Nigreville, and brothers, N.W. Koller, Jr., and David Nigreville, given by Marianne and Doug Nigreville, Manassas, VA

Frederick David Woodruff, given by Bill and Pauline Bethea, Warrenton, VA

John McCune, given by Patricia McCune, Warrenton, VA

Carolyn Toth, given by Pam Proctor, Warrenton, VA

Bill and Peggy Beverley, given by Mary Beverley-Kotek, Broad Run, VA

J.R. Davison, given by Dr. Gilbert Irwin, Manassas, VA

In memory of my husband, Francisco, and my mother, Asuncion, given by Carmen Segarra, Manassas, VA

Raymond M. White, given by Sylvia White, Montclair, VA

Vera Bast, given by Linda Bassett, Catlett, VA

Arnold Hammarberg, the best dad ever, given by Dave Hammarberg, Bainbridge, PA

June Schmidt, given by Brian Schmidt, Bristow, VA

## ***IN MEMORY OF A CHILD (Green Lights):***

Orion Bickings, given by Karen Duby, Sumerduck, VA

Melissa Jesi Coerts and Lisa Marie Turpin, given by John Coerts, Sussex, NJ

Our son, Patrick Ryan Gay, given by Thomas and Pamela Gay, Warrenton, VA

Margaret Rosemary O'Brien, given by Alfred and Terry O'Brien, Annandale, VA

Jennifer Nichole Shaffer, given by Roger and Gwen Shaffer, Huntly, VA

Forrest Jenkins and Zechariah Lee Mace, given by Charlotte, Pamela and Bobby Reynolds, Front Royal, VA

Jax Bateman, given by Arvid and Liz Danielsen, Warrenton, VA

Makoba Jeffers Aloys, Anastasia Irene Cook, and Annabelle Morneau, given by the Aloys Family, Arlington, VA

Jax Bateman, given by Anna DiMucci, Templeton, MA

Brooke Alexandra Swope, given by Kimberly and James Swope, Jeffersonton, VA

## ***IN MEMORY OF MILITARY SERVICE (Blue Lights):***

Mr. Carroll Deal, Mr. Bill Richardson, and Mr. Curtis Cooper, given by Jacqueline Schoenfeld, Warrenton, VA

Kenneth Martin, given by Carolyn Martin, Warrenton, VA

Rudolph James Coerts, given by John Coerts, Sussex, NJ

Rev. George Bowles, given by Mary Beverley-Kotek, Broad Run, VA

Sgt. Jason A. Shaffer, given by Roger and Gwen Shaffer, Huntly, VA

Charles Strassner, given by Richard and Carol Geer, Spencerport, NY

James B. Reynolds, Sr., Robert Leckie, Charles Downey, and J.S. Stubbs, given by Charlotte, Pamela and Bobby Reynolds, Front Royal, VA

Lt. Col. Kenneth G. Emery, Sr., given by Adeline Worthley, Ozark, MO

James Froelich, given by Teresa Yoder, Manassas, VA

## ***IN MEMORY OF A PET (Red Lights):***

Spudy McKenzie and Bear Bear, given by Dotty and George McKenzie, Culpeper, VA  
"Mr. Mini" and Princess, given by Elizabeth Shaw, Warrenton, VA

## ***IN HONOR OF (Red Lights):***

Liz and Arvid Danielsen, given by Helen Danielsen, Roseland, NJ

The Ministry of Pastor Victoria, given by Robert and Lee Robida, New Port Richey, FL

Betty Reedy, given by Becky Crouch, Warrenton, VA

Rev. Elizabeth and Arvid Danielsen, given by Lea Solecki, Sparta, NJ

Dr. Monica Kanal, given by Virginia Fishback, Bealeton, VA

Frank Conti, given by Dale Walsh, Sparta, NJ

Mark, Amy, Lauren and Ryan Slaga, given by Tony and Dorothy Slaga, Nokesville, VA

Liz and Arvid Danielsen, given by Irene and Dale Walsh, Sparta, NJ

Sherry Moore, Donna Stueve, Edgar and Peggy Browning, and Dotty and George McKenzie, given by Roger and Sue Amato, Warrenton, VA

June and Vincent Buonomo, Judy Hammarberg, Maryann and Tim Yoder, Helen Danielsen; my Dad, Frank Conti, who celebrated his 90th birthday this year; all our SCSM volunteers; our children, Duane and Lori, Cheryl and Ken, Angela and Darren; our grandchildren, Justus, Jared, Zachary, Trevor, Krysten, Skylar and Lydia; Alice and Eddy Abrahamsen for their special friendship; Joyce and Jack Neth who celebrated their 50th anniversary; Dorothy and Tony Slaga who celebrated their 50th anniversary; SCSM Executive Board Members, Virginia Wright, Daniel Astuto, Kathleen Boudwin, Joyce Neth and Arvid Danielsen for their willingness to pray and support this ministry, all our missionaries who serve in the US and overseas, and in honor of our Lord Jesus Christ who has been so faithful to us and our family, given by Arvid and Liz Danielsen, Warrenton, VA

John Charlton, given by Betty Reedy, Amissville, VA

Arvid Danielsen, given by Duane Danielsen, Spencerport, NY

## ***CHRISTMAS OFFERING:***

Frank Conti, Sparta, NJ

Vanessa Sfredo, Warrenton, VA

Carolyn Garrison, Warrenton, VA

Linda Grove, Sumerduck, VA

Jim Presley, Marshall, VA

Danielle Karns, Warrenton, VA

Sue Griffith, Sumerduck, VA

Lorene Head, Warrenton, VA

Ronnie and Anna Cornwell, Manassas, VA

Beverly Cropp, Hartwood, VA

Mildred Embree-Wieser, Culpeper, VA

Martha Bullock, Bristow, VA

Rachel Underwood, Warrenton, VA

Lindsay Green, Amissville, VA

Levi Atkins, Amissville, VA

Linda Ross, Norwalk, CT

Dancy Cowan, Front Royal, VA

Cornelius and Helen Maloney, Beach Lake, PA

Jon and Kim Raines, Humble, TX

James and Isobel Ailles, McGaheysville, VA

Joyce and Jack Battle, Culpeper, VA

Flo and Ed Ramey, Culpeper, VA

Dom Sciamanna, Mt. Ephraim, NJ

James and Mary Henry, Locust Grove, VA

Robert and Sylvia Settle, Jeffersonton, VA

Warrenton Assembly of God Church, Warrenton, VA

Sarah Leib, Manassas, VA

Don and Cindy Martz, Dalmatia, PA

Marc and Ruth Dominguez, Front Royal, VA

Edward and Alice Abrahamsen, Mt. Bethel, PA

Hume Baptist Church, Hume, VA

Chris and Rich White, South Riding, VA

Charlie and Pat Byrd, Haymarket, VA

Pamela Sargent, Rhoadesville, VA

Jane and Alan Kalleberg, Goshen, NY

Rev. and Mrs. Tom Pierce, Hudsonville, MI

Sylvia Leggett, Manassas, VA

Sam and Mary Tropea, Orlando, FL

Daniel and Evelyn Astuto, Cherry Hill, NJ

Scott and Ann Foster, Haymarket, VA

Lisa Spitzer, Warrenton, VA

Ruth Porter, Manassas, VA

Donna Baker, Manassas Park, VA

Ruth Pavlik, Locust Grove, VA

Helen Carpenter, Hume, VA

Sandra Lange, Haymarket, 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](http://www.scsm.tv)

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March 2016

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### All SCSM services are provided free of charge!

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

## Dear Chaplain Liz

### *Chaplain Liz, what do I need to do to be sure that I will go to Heaven?*

This is a great question, and I have been asked this numerous times. I am going to make this very simple, but I hope that you will contact us at the Center for more conversation on this topic. We can also send you some resources.

First, we must recognize who Jesus Christ is. He is the Son of God and part of the Trinity, which is God the Father, God the Son (Jesus Christ), and God the Holy Spirit. Recognize that God loves you so much that He was willing to send His only Son, Jesus, to die on the cross for your sins and for the sins of the whole world. Be willing to repent of your sins and be willing to turn your life over to Jesus, allowing Him to be the center of your life from now on. Ask Him to take control of your heart and life, and from that moment on, the Holy Spirit will be given to you which will help you.

It is the Holy Spirit that transforms us and helps us overcome the things in our lives that we have had a hard time overcoming. The Holy Spirit was given to the disciples when Jesus physically left the earth to empower them, and He will be given to you as well, even in the year 2016. We cannot be "good enough" to receive this gift from God. It is a free gift, but we must be willing to accept this gift by receiving Jesus Christ as Lord and Savior and letting Him guide us each day. We learn to spend time in prayer (communication), Bible reading (for instruction), and fellowship with others.

In return, we have the promise of eternal life in Heaven. I hope that you will make this decision if you have not already done so.

*I am caring for my loved who has been chronically ill for 15 years. I am tired and feel guilty that I am beginning to resent my loved one. I don't have much of a life anymore. I feel isolated and emotionally and spiritually drained. Most of our friends don't call or stop by anymore. Does anyone really understand what caregivers really go through on a daily basis?*

I must be honest. I don't think people understand what caregivers go through on a daily basis unless they have experienced it. However, that does not mean that they can't learn how to understand and give support to caregivers. Caregiving is hard work. Many caregivers are employed and then have to come home to care for their loved one. They have very little time off. Often there are others in the home who need your attention as well. It is important to make a decision to take time to care for yourself. Take a walk, listen to music, and write to God. Allow yourself to grieve the losses that are in your life. Find people you can talk to and pray with. Join a support group, although that is not always easy to fit into your busy schedule, but perhaps someone would be willing to stay with your loved one so you could attend. Caregivers must ask for help! Remember that God has not forgotten you or your loved one.

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 (Illinois), Bonnie Knauf (Alabama), Dorothy Slaga (Virginia), Ingrid Johnson (New York), Susan Amato (Virginia)

### 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.