

Heart & Hand

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

Reaching for a hand, and touching a heart

Vol. 12, Ed. 3, September 2016

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

Greetings from Chaplain Liz

Greetings from the Spiritual Care Support Ministry Center where we believe that God's resources are unlimited. As our motives are pure and our prayers come from a sincere heart, asking in faith, nothing wavering, He will hear us. For twelve years I have trusted God as He entrusted the vision of SCSM to me. Others have believed with me, and with their help and partnership, we continue to help people of all ages that have lost hope because of the tragic events that they have had to face.



The summer months will soon be a memory. The fall season will soon be here and our programs will start up again. We are excited as we know the events and support groups planned will transform the hearts of children, teens, and adults. They will be able to find out about resources and tools that will equip them to process the challenges that they may be facing so that they can work it through so their lives won't be destroyed. It may take a little longer than their family and friends would like, but they will learn that they can have a future.

Spiritual Care Support Ministries is not a church but a Center filled with people of all denominations. Our Center is filled with God's people who are especially gifted to help those who are experiencing illness, grieving the loss of a loved one and experiencing personal losses. How we do that comes in all different forms of service. We are here to journey with those who are caregivers as they take care of those they love who are suffering physically, emotionally, and spiritually.

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We are a training center. We just finished up the American Association of Christian Counselor's Suicide "PAIR" Certification training. Everyone should be taking this course if you really want to understand why someone would want to die. From this training comes understanding which in turn gives you the tools to help those contemplating suicide. We will offer this course again, and if you are interested, contact the office.

Our Center is a place where people have a wonderful opportunity to tell their stories. Not only their sad and painful stories, but they also share their stories of precious memories that brought joy and laughter to their lives. Those who give support here at the Center have ears to hear what others have to say to them. We offer many opportunities to attend events where they can share their stories. One of those events is the Family Grief Camp on Saturday, October 1, which will be held at Grace Episcopal Church in Casanova. Hospice Support of Fauquier County and Hospice of the Piedmont will be partnering with us again to offer this event which will bring parents, guardians, and children together. It is always a fun day. There is no cost to attend the event, but you must register and fill out an application. Go to our website for more information.

Do you have ears that know how to listen? Do you have a heart that cares for others? Do you know of a teen that would be willing to support other teens? Do you have an administrative gifting that would help promote the ministry of SCSM? If you need more ideas on volunteering, go to our website at www.scsm.tv or call me at 540-349-5814.

Chaplain Liz Danielsen

Chat with the Chaplain

Small Things Matter to God

We all need to have a sense of why we are here. We all need to know we were created for a purpose. We will never find fulfillment and happiness until we are doing the thing for which we were created. But God won't move us into the big things He has called us to unless we have been proven faithful in the small things He has given us to do.

When I look back and see all of the opportunities to learn and grow in my family life as well as ministry in the hospitals and hospices I served, it was the small things that I needed to learn how to do and accomplish, and it has brought me to the place where I am now. There were days when I was impatient and wanted to get started and open the Center for SCSM. God had other plans. God's plans were perfect because He knew me better than I knew myself. I had to be proven faithful in the small things that He had given me to do as a wife, mother, and friend.

I had many responsibilities working in the community as well as my faith community. I had a lot more learning to do before this could happen. It took sixteen years of waiting and learning and realizing that the small things do matter to God before I could be responsible with the vision of SCSM.

Do you feel God has something that He wants you to do, and you are beginning to feel impatient as you wait and He prepares you? Are you frustrated and feel that your husband or children stand in your way

Cont'd page 2, Col 1

What has the Lord Done in My Life? by Noah Furr

What has the Lord done in my life? Well the funny thing is, that's the easy question! The Lord has done a lot for me and for that I am thankful. The harder question is: Where do I start? I guess I start at the beginning. On January 24, 2001, the Lord brought me into this world, and this will sound cliché, but He gave me the two best parents a child could have, and that in itself is a blessing. Sure, they aren't perfect, but who is? The thing that matters is that they were perfect for the job.

However, as I grew older I started to feel lonely. My dad worked full time and my mother had fibromyalgia and was in constant pain. So, like any young child, I wanted a younger sibling, someone to play with. The problem that my 7 or 8 year old mind couldn't understand is that wasn't possible. At least that's what the doctors said. At the same time I was diagnosed with Aspergers, ADHD, depression, and anxiety. Sometimes it was like we were fighting a never-ending battle, but we held firm in our faith.

My mom was volunteering with Spiritual Care Support Ministries at the time, and on Thursday mornings we would visit and eat breakfast. By the way, my mom makes THE best quiche! But now I'm getting off track.

It seemed that God put just the right

people in my life, and on June 15, 2009, a miracle happened. My little brother, Dennis Avery Owen, was born. I got the little bro-



is that your misgivings are most often your gifts. So hold on to that hope and stay faithful.
Noah Furr, age 15

er I always wanted! As I grew older, the devil kept throwing problems at us, but needless to say, problems can be solved. I eventually came to embrace my diagnosis as a gift, using it to the best of my advantage. Using it to show that NOTHING, ABSOLUTELY NOTHING, is impossible through Christ.

As time carried on, my family wanted another child, but doctors again said that would never happen. The devil is just stubborn, isn't he? But God is more stubborn. On April 15, 2015, Jonathan Ezra Aaron was born into world. God just loves proving the devil wrong.

So, what is my piece of advice? If you or your family is under attack, hold on to that sliver of hope. Don't ever let it go, because God will come through. Maybe you ask yourself if you could ever possibly help anyone. Well the one thing that I've learned

Celebrating Christmas with SCSM

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

Save the Date!

Chat - Cont'd from page 1

of doing what you think you should do for God? I would encourage you to trust the Lord. He knows what is best for you. God's perfect timing is everything. Ecclesiastes 3:1 says, "To everything there is a season, a time for every purpose under heaven."



YARD SALE
Saturday, September 17

SCSM Says "Thank You"



Susan Amato has stepped down from her daily activities with SCSM. She has sensed for some time that God is taking her on to new things so her time with us ended in June. She has been with SCSM since 2004 when it began. Her ministry has touched many lives in many different ways. She is greatly loved and will be missed. We are glad to report that she will remain as a member of the SCSM Advisory Council so her expertise will not be lost to us!

He Upholds My Heart by Catherine Soehlin

Just six weeks ago, I had a very scary accident with my 5 year old girl, Lucy. It's hard to open up about it, but I strongly believe God wants me to use it for His glory and to save other lives and help inform others of childhood trauma. I found these two very fitting verses to back up my story. Genesis 50:20 says, "You intended to harm me, but God intended it for good, to accomplish what is now being done, the saving of many lives." The Lord also lovingly encouraged my heart with this precious verse in 1 Peter 4:16, "Yet if anyone suffers as a Christian, let him not be ashamed, but let him glorify God in that name."

On January 11, Lucy climbed up the tree so high that I had to call the fire department. I mean as high as our roof high. It was about 5 meters! I could not get her



Lucy and her mother, Catherine

high, the kids and I got pictures with the firemen. These guys happily handed out stickers, rulers, and high fives.

About an hour later, God firmly prompted my heart to pray for continued protection and for extra angels. I had no idea what was ahead of me that same day. My friend invited the kids and me over for a swim. There were three of us mothers and seven kids swimming in the pool, including my two, all aged from 3-10. We were having fun. The children were playing a game, and I continued to scan the kids, but sadly we had our backs turned for a few minutes too long. Lucy accidentally swam into the deep end, lost her footing, and her goggles filled with water blurred her vision. I suddenly had a feeling of panic and a vision of her at the bottom of the pool came into my mind. Urgently I asked, "Where's Lucy?" My friend turned around, and there we saw Lucy. She was floating still, with her head down.

In an instant my friend called out to Jesus. She pulled her out and lay Lucy on the side of the pool. Lucy was blue, unconscious and not breathing. One friend went to call the ambulance and get the other six kids out of the pool. Another friend stayed with me. I leaned over Lucy and shook her, calling her name. No response. I felt slow. I wanted to act quickly, but I froze as if my body was working in cement. My friend rolled Lucy over on her side, and water spilled from her

mouth. She was still unconscious, blue, and not breathing. My friend then asked me to pass Lucy to her, and she performed the Heimlich maneuver where she held Lucy up and pounded her back. Lucy's eyes opened briefly, but she went unconscious again. She pressed hard on her stomach, and Lucy vomited 3-5 times while I prayed with all my heart. Breathe in Jesus name, breathe! After the fifth vomit, Lucy came to. I mean the water poured out. Lucy became conscious but went from blue to pale in a state of shock. Still in shock, I quietly cheered, hugged my friend, and said, "Praise the Lord!" I thanked God and my friend. I went to dress Lucy, but she was not with it. She was shaking or shivering and seemed dazed and confused. The dispatcher told us to lie her in the recovery position.

Three ambulances came, carrying seven paramedics in all. At least one of ambulances had their sirens on. An intensive care paramedic went to Lucy first. He placed oxygen on her face, and Lucy pinked up and seemed more awake and like herself. My husband came as the paramedics were carrying her up to their vehicle, and he asked to hug Lucy. They let him, and Lucy she cried a little. As she went into the back of the ambulance, she was answering all her questions well. She knew where she lived, that her favorite show was Peter Rabbit, that she was 5, had a brother named Micah and so on. The paramedic spoke right at her level, was very kind, and told me he had kids the same age as mine. He put us at ease.

I rode with Lucy in the intensive care ambulance. I could not stop shaking so I was given a blanket, but I was able to answer the many questions that lay ahead of me. When I told him how my friend resuscitated Lucy, he said it was beautiful, and when my friend pounded her back it woke up her brain since Lucy's brain had gone to sleep. Then when my friend pressed on her stomach, the brain spoke to her tummy telling it to vomit. Her stomach was so full of water that her lungs were compressed, which is why she could not breathe. He then looked me seriously in the eye and told me, "She almost died." Speaking from



Rescuing Lucy

down and it took two big men to hold the ladder with a rope and one fireman to go up and retrieve her. This tree incident got our adrenaline pumping but not much fear was involved. Lucy's little bottom was perched well between a forked branch. She even enjoyed the view. Cheeky Monkey! After Lucy was nicely told not to climb so

a father's heart, I know it was not easy for him to say.

I looked away when he said it. I felt like vomiting and fainting all at once. I thanked God again. We got to the hospital, many paramedics surrounding us as the doors opened, and Lucy was wheeled out. They asked Lucy again, "What's your favorite show?" Lucy said, "Pepper Pig!" One paramedic joked with Lucy and said, "My kids call me Daddy Pig," which made us all laugh. Those paramedics were so kind. One of them told me how hard he finds it to watch lots of kids in the pool.

We arrived at Lady Cilento Children's Hospital. I must have looked pale as I kept getting the question, "You ok, mum, you still with us?" I think they were expecting me to pass out. We arrived in a room, and as we were told, many nurses gathered around Lucy and a few doctors. Once again I had to repeat the story. I felt sick to my stomach. I felt guilty and half worried social services would come and take her away. I mean what other Mum dials 000 emergency twice in one day! They did an x-ray on Lucy's chest and found water in her lungs and stomach, and a crackle in her chest.

Lucy dozed off to sleep and I came undone. Sobbing, I left the room wondering if she was in a coma or died. A nurse followed me, gave me some water and kindly reassured me Lucy was ok and just sleeping. I needed to have a good cry. This nurse listened to me and heard my whole heart without judgment. Reminding me many water accidents happen with kids. I'm not the only one. They see it all the time. Lucy was admitted overnight at first. I thought maybe this was a little unnecessary, but I agreed. I thought I would not be strong enough to stay, but she said she wanted me to. I was her comfort. I had to be brave for her. I think she was braver than me! After receiving a pillow pet whom her daddy jokingly named BeeLinda, Lucy was moved up to the short stay ward. Most of the night I prayed, thanked God, and watched Lucy's chest rise and fall with her breathing. It was beautiful. I also enjoyed hearing all the other babies cry. Healthy lung sounds was music to my ears! Eventually after eating a big sandwich, she dozed off to sleep. What a joy to see Lucy so hungry!

Lucy was placed in a bed opposite the

doctor's area. A doctor came over and intro-



duced herself. After hearing Lucy's story and gasping herself, as many other medical staff had, she told me of a story where her own daughter almost fell in a creek. She explained how Lucy's machine worked. What the numbers meant of measuring her oxygen, heart rate, and blood pressure. She assured me if I fell asleep that they would be watching, and the machines would alert them. She also said, speaking from a mother's perspective I probably won't sleep a wink. She was right about that! As I sat in the dark silence, after all kids in the ward dozed off, the flashbacks came in strong. I could not get the vision of my blue faced, unconscious Lucy out of my mind. I messaged my friend Rachel in Scotland and told her. Her kindness and prayers meant so much!

Still in a feeling of shock, I found it hard that night to focus. I could barely remember where the bathroom was or how to get around the ward. Another nurse caught me wandering around and sincerely asked if I was ok. I hesitated, and then said no. She hugged me so tight, and once again I sobbed. She took me into the parents' room and made me a cup of tea. I told her I can't stop having flashbacks. She heard my heart, encouraged me, and somehow got me laughing about my daring daughter possibly being a CEO of a major company some day!

It was hard to leave Lucy, but I needed a break. She was sleeping. The nurse reminded me that the machines would alarm them if anything went wrong. The next day I was

visited by a trauma doctor who told me Lucy could not go home yet. She firmly told the doctor and nurse who just discharged us that Lucy was not going anywhere because Lucy was still at risk of secondary or dry drowning and her lungs collapsing. No one argued. Thankfully I had no idea what secondary drowning was. I did not ask, but I knew what lungs collapsing meant! My heart sank. Yet many doctors and nurses kept reassuring my heart Lucy was doing great. She was eating plenty and her oxygen, heart rate, and blood pressure levels were all good. However, Lucy must stay for 24 hours. I asked if Lucy could have another x-ray. She said that was the plan. Many other nurses and doctors came and went. All gasping at the story first and then saying things like, "Gosh, that was lucky" or "Lucy, you gave us a scare."

Looking back I wished I had gone away from Lucy and repeated the story with every shift change! Lucy went pale and looked guilty with some of the repetitive story telling. I wondered why they could not look at their notes! Lucy finally went in for her x-ray, singing, and hopping on the floor colored footprints along the way. She brightened up



the ward. Many times she put her foot up asking for someone to tickle her just like the paramedic did. She brought a smile to many medical personnel!

We got to the x-ray room, and she confidently lined her chest up. Ignorance is bliss. For her it was all an interesting adventure. She cheered me up! About an hour or so later, I found out the wonderful news that

Lucy's lungs and stomach were all clear. Her chest no longer had a crackle in it either! Praise God! Honestly, I was not surprised. I mean He had saved her from the tree and the water!

Five hours later we went home. Lucy gave many hugs goodbye, and I thanked them. I've been ever so thankful she's alive. I'm so thankful she lives and survived 5! She turned six yesterday! During the whole life saving ordeal, I could feel God's presence so strong. This is the honest truth. As my friend was resuscitating Lucy, I not only tangibly felt God's presence with us, but I was squinting. I could picture an army of angels hovering above us. The sun was setting behind the trees. It should not have been that bright! Lucy also later revealed that she saw a bright light shine through the pool water. It must have been right before she fell unconscious. Lucy later told me she screamed for help and nobody heard her! I later told her somebody did hear her. God did! He told mummy to look for you. He told my friend to call on Jesus and call the ambulance. He told my other friend how to resuscitate you! God heard your prayers Lucy. He heard mummy's prayers. He is mighty to save when we call upon His name!

Postscript: In 2011 we moved from the USA to Australia to oversee care for my elderly mother. I am embracing every moment of life with my mother and also with my wonderful husband, Jeremy, and our two beautiful children, Micah and Luciana. It is a treasure to be back in my homeland again, yet I will always miss the USA and our family and friends there. Whether my heart is aching or filled with joy, throughout the seasons the Lord upholds my heart.

I Can Make It, Too by Dr. John Killinger

I'm a retired minister and theologian who has worked with grieving people for more than sixty years. But I admit I never fully knew or understood the agony of real grief until my beloved wife died two and a half years ago. We had been married sixty-



one years, and I confess that I honestly didn't even know who I was without her. SCSM's small groups have helped me immensely in my effort to rediscover my identity and get my life on track again. Hearing other people tell similar stories about their almost unbearable losses has enabled me to relate to them and think, "They're making it, and I can too." There is nothing like honest, caring fellowship with fellow sufferers to help us find the strength we need to carry on when we've all but lost the will to do it.

I'm grateful to Liz for being open to the vision God gave her of a Center in Warrenton where people like us could find our way through the dark thicket of our sorrow and into the warm and glowing sunlight again. It's a work that even most of the churches in this area have not tried to tackle, so my hat is off to her and SCSM for providing the framework many of us have so desperately needed. I have already encouraged leaders in my church for us to make a financial contribution to help underwrite the cost of SCSM's present and future programs. If our churches aren't doing their part to support their members as fully as they ought to, then they should help to pay for the care that

SCSM is providing for them.

Rev. Dr. John Killinger (*Formerly pastored First Presbyterian Church of Lynchburg, VA, First Congregational Church of Los Angeles, and Marble Collegiate Church in New York City. Taught at Vanderbilt University Divinity School, the University of Chicago School of Theology, and Princeton Theological Seminary.*)

SCSM Honorariums and Memorials

In Memory of: Brett Toler, given by Carol Brinegar, Manassas, VA; Russell Jones, given by Gregory and Judy Jones, The Plains, VA; Nicholas Daymude, given by John and Debra Daymude, Copper Hill, Va; Scott Neth, given by Joyce and Jack Neth, Flower Mound, TX; Rob Christiansen, given by John and Ann Marie McCarty, Catlett, VA; Bobby Satre, given by Scott and Moira Satre, Jeffersonton, VA; Sgt. Jason A. Shaffer and newborn Jennifer Nicole Shaffer, given by Roger and Gwen Shaffer, Huntly, VA; Patrick Ryan Gay, given by the Tom and Pam Gay, Warrenton, VA; My darling Gary, given by Vickie Richey, Rock Hill, SC.

In Honor of: Margaret Anderson's 90th birthday, given by James and Toni Russo, Sumerduck, VA.

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

Newsletter Editor - Dorothy Slaga;
Associate - Cheryl Reynolds

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



**Fauquier Ministerial
Luncheon**

All clergy and ministry leaders
are invited to the SCSM Center

1st Tuesdays, Noon

Praise and Prayer Requests

Praise the Lord...

- For the faithfulness of God in meeting our needs at SCSM through people who respond to the leading of the Holy Spirit to help us.
- For opportunities to serve people of all ages.
- For Dr. Scott, our grant writer, who is helping us find grants.
- For the wisdom God gives us all at SCSM to carry out the vision entrusted to Chaplain Liz.
- For all the new volunteers God is sending our way.
- For our three summer interns: Jordan, David, and Louis.

Pray...

- For more prayer and financial supporters of SCSM.
- For a Coordinator of Teen Grief Ministries.
- For us as we begin planning a support group for adults who have special needs children.
- For us as we begin planning events to give awareness to people of what SCSM can offer when grief through a tragedy touches a life because of illness, loss of a loved one, divorce, aging, financial and spiritual loss, etc.
- For us as we begin planning sessions for special interest groups. People are lonely after losses and fellowship with others is important.
- That information about our SCSM events planned will be shared with others. We are no longer advertising our events in the newspapers as it was very expensive. We are using other ways to communicate information.
- That we would get the final approval to build our new SCSM Center.
- For our programs and fundraisers that are being planned for the fall. Pray that God will bless our efforts and that hearts will be transformed.
- For our nation and our leaders.
- For our service men and women who are fighting for our freedom and their families that are left behind. Pray that their needs will be met.

Introducing SCSM Interns



Louis Veney, David Wilson and Jordan Hamilton

Hello! My name is Louis Veney. I have been married to my best friend, Ashley, for nearly five years. We live in Warrenton, about five minutes from SCSM. I will obtain my Bachelors of Science degree in Psychology in August, with cognates of addictions, recovery, and life coaching. My goal is to continue my college education by seeking a master's degree in organizational psychology from George Mason University next year.

Hello, my name is David Wilson, and I'm a graduate student at Liberty University's Department of Community Care and Counseling. I'm an Army veteran and now work in public safety. My wife Angela and I

live nearby in Culpeper County where we have raised our family. I have been active in the community as a firehouse chaplain and marriage ministries leader for about seven years. A dear friend recommended I look to Spiritual Care Support Ministries as a possible internship site for my pastoral counseling degree. Since joining the team this May, my eyes have been opened to the incredible work that takes place at SCSM. At the end of the summer, I will have completed my Master of Arts in Pastoral Counseling.

My name is Jordan Hamilton and at the end of my internship I will have graduated with a Bachelor of Science degree in Psychology with a specialization in Human Services from Liberty University. I am originally from NY but now live in Culpeper, VA, with my husband, mother-in-law, and 9 month old son. I believe God brought me to SCSM at the most perfect time, not only on an educational level but also on a personal level. I am grateful for the opportunity, and I have loved working with the SCSM team and the volunteers who are the very heart of the ministry.

Thank You!

Bobby Delach and Theresa Wharton for cleaning the Center; The Orthopedic for use of their parking lot; Diane and Jim Fritz for donating coffee; Warrenton Bible Church for funding for our Clergy and Ministry Leaders luncheon each month; lots of wonderful items from the Missionette Conference; Shelby Nutz for handmade note cards; Joe and Vinnie's Pizza for providing lunch for the Clergy and Ministry Leaders luncheon in June; Potomac Network Girls Ministries Stars Retreat for 3rd-5th graders for LOADS of items we need; ARServices for their very generous donation of office supplies; Jim Pressley for a shredder.



Gifts from Potomac Network Girls Ministries



Be sure to read
Chaplain Liz's
weekly
encouraging
and inspirational blog
www.scsm.tv/blog/

Dealing with Loss: It Really is a Choice

Transformational Thought by Dr. Karl Benzio

As an engineer, I want life to be clear, to fit together logically, to blend smoothly with my plans. I even feel excited about occasional problems that challenge me moderately, but with nice solutions. Neatness and order make sense to me. Some of my family



would say I am a little OCD in a few areas of my life. I have routines and methods to accomplish almost every task from shaving, to packing, to addressing personal issues. One main reason for my OCD is that I hate losing anything. Whether it's a game, my keys, or time... I don't want to let anything slip through my fingers.

The bad news is aging will bring the loss of many things, including but not limited to children moving out, mobility, hearing, sight, sex, independence, cognitive ability, friends, loved ones, physical hobbies, and innumerable cherished abilities and treasures. Unless we die prematurely, this path in our journey is inevitable. Even though we are powerless over some of the losses that eventually obstruct our journey, we actually have tremendous power choosing how we will react to these losses. "When you get lemons, will you make lemonade or just be a sourpuss?" sums up our options.

We might choose options like depression, an overwhelming sense of uselessness, or even worse, becoming a burden to others. We might choose anger and resentment because of the loss of control and independence. However, if we choose to dwell on what we no longer have or can no longer do, we will miss the great opportunities God empowers us to implement.

Although it is normal to grieve our losses, if we aren't careful, grief can easily become the main lens through which we view ourselves, our future, and especially God. This distorted viewpoint will dramatically affect our functioning and decision-making. Instead, we need to choose to be thankful for everything we have had. Then we need to concentrate on the relationships, abilities, and opportunities that are

still ours... viewing life and God through truthful lenses, not ones that are emotionally-distorted. God wants us fixated on Him, not on the material and transient elements of this world.

These words from Paul can be an encouragement to us as we go through loss or the aging process: "I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through Him who gives me strength." Philippians 4:12-13

You might think, "I'm not old, so this doesn't apply to me, but I'll pass it to an old person I know." Well, the way you handle getting older is determined by how you have "practiced" handling loss during your life between the ages of 10 and 45. So practice well now, and you will be prepared when the bigger, more predictable losses come faster and deeper.

Today, identify some losses, or something you long for. How does this "loss" affect your view of yourself...God...and life? Are your views based on fact and truth... or are they distorted? Try to keep the distorted feeling, that entitled mindset, from affecting your present and your view of the future. WITHIN REACH has helped many see clearly. Focus on thankfulness for what you do have. Concentrate on Jesus, knowing that He will enable you to serve Him in and through the adversity...and to bless others. Whether you have an attitude of thankfulness and focus on what you have, or you have an attitude of entitlement, focusing on what you lost is your decision, so choose well.

Prayer

Dear Father God, help me to dwell on the positive during this season of my life...the good, not the bad; what I can do... not what I am unable to do. Help me to be

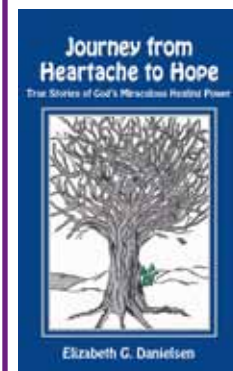
thankful for the time I have had it, and not be hurt by losing it. Guide all aging parents to focus on the positives in their lives, and guide us younger ones as we practice these skills now. Help me be a Light to others when loss comes my way. I thank You that we can pray in the name of Jesus and do all things through Him; and all God's children say - AMEN!

The Truth

Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Philippians 4:8

Today I have given you the choice between life and death, between blessings and curses. Now I call on heaven and earth to witness the choice you make. Oh, that you would choose life, so that you and your descendants might live! You can make this choice by loving the Lord your God, obeying him, and committing yourself firmly to him. This is the key to your life. Deuteronomy 30:19,20 (From Dr. Karl Benzio, Lighthouse Network's Stepping Stones Daily Devotional, May 17, 2016. www.lighthousenetwork.org, used with permission)

Early Christmas Shopping?



Journey from Heartache to Hope
\$12

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 Reaching for a Hand, and Touching a Heart
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Dear Chaplain Liz

Dear Chaplain Liz, Our granddaughter recently lost her dad. She is experiencing a lot of fear. Is this normal?

Grieving children often feel afraid. When they realize that their parent is not coming back, they may feel scared of not being taken care of or that someone else they love will die too. We can help by letting the children talk about their fears, so let your granddaughter talk. Help her make a plan for when she is afraid. She can pray with a special prayer blanket wrapped around her. She can hold and hug one of her dolls or stuffed animals to find comfort. She can spend time with you or other people that she trusts being reassured that you care about her concerns. Her fears are real. She needs patience and continued support.

Dear Chaplain Liz, My heart is so sad because of the events recently happening in the USA and all over the world. People of all

ages are dying, and we see everything on TV or hear about it on social media. I do not know any of these people, but I am grieving deeply. I am finding that I am having some of the common reactions that others have when they lose their loved ones. Is this possible?

Yes, it is possible. The good news is that you are reaching out to understand what is happening to you. It would be of great help if you would find someone to talk to in order to discuss your feelings. Perhaps there is some unresolved issues of grief in your own life, and these events are stirring up emotions that are making you feel uncomfortable. However, it simply may be that you have a compassionate heart for others, and it hurts when you see others suffer. May the Lord give all of us wisdom and discernment in knowing how to pray effectively for the needs around us and throughout the world.

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.

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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