

Heart & Hand

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

Reaching for a hand, and touching a heart

Vol. 12, Ed. 4, December 2016

Greetings from Chaplain Liz

Greetings from the Spiritual Care Support Ministry Center where we acknowledge losses and talk about the impact it makes in our lives. We cry and laugh together. We share experiences, stories, and the pain that comes from tough times. We respect each other wherever we may



be on our journey. God meets us where we are and not where we hope to be. Together we pray and believe for healing which often comes with a new perspective which gives us hope. Do you need healing? Do you need hope? We care about YOU.

God is opening many opportunities for us at SCSM to minister to people wherever they are. They may live overseas, somewhere in the USA, or locally. Using FaceTime and Skype keeps us connected. If you do not want to be seen, we can give support through email, texting, and telephone conversations. If you want personal one-on-one, we still support people at our office in Warrenton as well as Bristow, Virginia. Not everyone can come to our office for various reasons. We understand that because of what they are going through they need help, and SCSM has found a way to do that. All you have to do is call our office at 540-349-5814 and ask for Danette Jennings and she will schedule your 15, 30, or 45 minute session. Our support groups have started, so go to our calendar on our website www.scsm.tv for days and times.

Now that we are coming to the end of 2016 very soon, I hope you won't mind

if I speak from my heart. This is the time of year when everyone is asking for donations. You cannot give to everyone. It is a time of year when you need to pray and seek God for His direction. I am asking that the Holy Spirit will speak to your heart especially if you have been helped by this ministry. If He has spoken, please be obedient.

If you need to help others, we understand, but please remember us in your prayers.

As most people know by now, I do not receive a salary. Every time I speak, counsel, preach, and train others, every donation given to me goes back into this ministry. God gave me a vision which is a huge responsibility. I may not receive a salary, but I receive joy from seeing lives changed by the power of the living God. There are eternal rewards in knowing people have found peace with God. Every person at SCSM is God's hands and heart extended as we help others. Every year God does something to show up in an amazing way so that SCSM can be in the black financially, and I know He will do it again. We pray once again, "Lord, give us another sign to show us that we should continue to do what you have called us to do." Would you consider giving financially to SCSM? We are a 501c3 non-profit organization. We are not in this ministry to make money but to bring hope to the hopeless.

We are grateful to those who regularly give to us as well as to those who give a one time gift. Any amount you send is appreciated. Thank you so much. Would you consider increasing that amount?

This is not about Chaplain Liz. This is about providing a way for people to get the support and resources they need when they are chronically ill, grieving over the loss of their loved one, experiencing other personal losses (separation, divorce, job loss, aging, identity loss, spiritual loss, etc.) or caregiving.

Chaplain Elizabeth Danielsen

Chat with the Chaplain Will You Believe with Us?

We live in a world that is rapidly changing. There is an increase in shootings, tragic accidents, credit card debt, drug overdoses, suicides, divorce, and all kinds of losses causing personal grief. It can get overwhelming. I had no idea that when I put the key in the door of the SCSM building in 2004 that the needs would be so great and that God would use Spiritual Care Support Ministries in the way it is being used to help others. This ministry is needed more than ever. You can read stories of lives changed in our newsletter and you can talk with them as well. Powerful, life changing moments happen that have eternal value at our Center whenever God sends us to help those in need.

I recently sat down with my husband, Arvid, who is the SCSM treasurer to get a clear picture of how we are doing financially at SCSM. I believe in being transparent, so I would like to share this information with you so that you can pray for this ministry as well as give as God puts it on your heart. You can go to our web-

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If I had Only Known Then What I know Now

by Jennifer Bateman

I have always wanted to be a mother. I did not think that I would ever achieve that goal. My husband and I were sent to a fertility clinic and told that our only option was IVF. We both decided that even though we would give any amount of money to become parents, we were not willing or able to take that financial risk. I remember my husband telling me, "If God wants us to be parents, then we will be." I trusted my husband and tried very hard to put it in God's able hands.

Fast forward another eight months, and I get a call from my doctor that my pregnancy test was positive! I did not believe it, and I even had them do it again. We did not undergo any treatments and it had happened!

Even though I was very sick, I was also very excited during my pregnancy. I couldn't wait to go for my gender reveal scan and to start planning the theme for the nursery. I had decided if we had a girl that the theme would be butterflies, and if it was a boy then it would be monkeys. We found out just before Halloween that we were having a boy. The doctor told me I could relax and that everything was going fine and not to worry. I trusted and believed my doctor.

I do not trust very much anymore. Less than two weeks later, my husband and I ended up hearing the worst three words, "I am sorry." I didn't understand what he meant. The doctor had just told me everything was fine and I had nothing to worry about. I guess I was very naïve. So when the doctor in the family birth center told me, "I am sorry, but these things just happen sometimes," I did not know what to say or think. After all, I could hear my son's heartbeat and see him on the monitor. I thought for sure that the doctor must have just been tired and wrong, but he wasn't.

I remember being so scared and confused as they had me walk from triage over to the delivery room. The doctor came in and broke my water and told me it would not be long now. But what was not long to



him was an eternity to me. I did not want to deliver my baby. My son was safe inside my womb and still alive. I remember asking the nurse what he would look like and if he would still be breathing when I delivered him. The nurse told me, "Duh, a baby but just small!" The same nurse then asked how we wanted to dispose of the fetus? The fetus I thought! You mean my baby, the baby still inside my womb, the baby I still had all of the hope in the world that would survive. We were told we could take it home in a box (WHAT?), have a funeral, or the hospital would dispose of it. Once again, never did the nurse use the word baby or my son. I understand now that there are certain medical terminologies that the professionals use, but this was my son! I felt like they were not acknowledging this profound loss to me. Unfortunately, at the time my husband was out of work, and we were surviving on my teacher's salary, so we did not have extra money for a funeral. The nurse then asked if there was a priest or chaplain that she could call. I gave her Chaplain Liz's number and asked that she call. The nurse told me she did, but I later found out she never called. I was anxiously waiting for Chaplain Liz to walk through the door and pray with me. I did not know what to do. I remember my husband leaving my side and going in the hall. I could hear he was very angry and told the nurse that she had no right to speak to me like that.

I never did get to hear Jax cry. I did ask to hold him and have him with me as long as I could. I remember being asked

if I wanted pictures and hand/footprints, and I did and I asked for them. Sadly, I never did receive the handprint or even a single picture as I was promised. I will never have a picture of my precious son, Jax, only the images that are fading. I spent about 9 hours with my son before I asked to be discharged. I was wheeled from the delivery room over to a postpartum room, and we went past a young woman in labor. Jax was in the bassinet right behind me. I felt sad for myself but also felt

for the young woman in labor worried for how she felt after seeing my son. I was put in the second room on the unit so very close to the nursery and delivery rooms that I could hear the babies crying! It was terrible. Each time a baby cried out, I looked to see if it was Jax and then when it wasn't, I would cry again. Jax and I were alone in the cold dark room for a few hours before anyone came in to check on us. I know that my baby did not need his vitals checked, but I was scared and felt very alone.

A woman from housekeeping eventually came in and looked at Jax and then grabbed my foot with the saddest look on her face and said, "I am sorry," and then walked out. She obviously did not know that I was in there with my stillborn son. People need to know what they are walking into so they can be prepared to support those in need. Dietary came in and looked at Jax and turned white and left. I just sat there and cried. Finally a nurse came in and sat with me. This was the first time I felt like someone actually cared. The delivering OB was very kind and gentle, but he delivered and was gone. The nurse's name was Missy. She was very soft spoken but comforting. She told me that a local funeral home would be able to do our funeral for free.

Missy sat with me and talked to me for a little while. Then the doctor came in, and I remember very clearly that he pulled the chair right up beside my bed and let me cry. I needed to cry, and he just let me

cry. He told me that he understood my pain but that I had to get back on the saddle in order to have the child I deserve. I then explained about our fertility issues and how this baby was our miracle.

Feeling very scared and alone, I sent my friend, Kelly, a message and told her what happened. She immediately asked if she could come see me, and I asked her to come and pray with me. She came less than an hour later and we prayed. I remember asking her to hand me Jax from his bassinet. I held him, and she laid her hands on him and we both wept, and she said a prayer. I will forever be thankful for the time and comfort Kelly provided me.

When my husband arrived later that morning, I wanted desperately to leave. I could not handle being in that room and hearing the crying babies any longer. I remember when Missy went to get the wheelchair, and when she returned I kissed my son on the forehead for one last time. I whispered to my son, "Mommy loves you so much, and I am sorry I could not save you." I felt so guilty. I felt like a bad mother and that I had failed my son. Those feelings have stayed with me, and I still feel them sometimes.

Thanks to the generosity of the community and the wonderful people at Found and Sons Funeral Chapels and Cremation Services we were able to have a memorial service for our son. This gave us the opportunity to say our final goodbyes with the support of our family and friends. This also allowed the chance to express how I was feeling and my hopes and dreams for Jax by doing a reading at his service. We still have Jax's ashes on our mantle. Actually, my entire mantle is a memorial for Jax.

Two days after our sweet son grew his wings, my husband and I had the same dream. We both had a dream that we were sitting on a bench under a tree and a butterfly was circling us. This was a sign to us from God that we needed to plant a tree, so we did. This was giving life in remembrance of our son. This tree is in our memorial garden along with a bench in memory of Jax. I often

sit in the garden and pray while listening to the birds and watching the butterflies. As equally a part of my journey, I need to share that I was very, very angry with God for a long time. Thanks in large part to the patience and kindness of Chaplain Liz and my own deeper exploration of my faith, I feel that I have come out the other side of that dark place. Chaplain Liz talked with me and let me vent my frustrations with God as much and as often as I needed to.

This is a list of a few of the worst things that I heard after losing my son:

"At least you know you can get pregnant."

"He is in a better place now."

"You will have another one." (But why couldn't I have this one?)

"God needed him more than you do, he has big plans for him." (WHAT?)

I was told after a while that he's dead now to "forget about him."

"It's just one of those things."

"At least you already have a child together."

Unfortunately, sometimes these statements are made by people who really believe they are saying something helpful without realizing how very hurtful these words are. The best thing you can do for a grieving mother is to listen, offer a hug, and let her know she is not alone.

A month after Jax grew his wings, I decided that I needed to do something about the horrific way I was treated during my delivery and just after. I scheduled an appointment to meet with the CEO of the hospital as well as the head nurse on the unit. Even though this was extremely difficult and emotional for me, it had to be done. I could not let the same wrong doings that happened to my husband and me be done again to another grieving mother. Losing my son is the worst thing that has happened to me. Being treated the way I was made it even more depressing. As a result of my persistence, many things have now changed on the unit. The last room on the unit is now dedicated to infant loss/stillborn in memory of Jax William Bateman. Women that have experienced a loss are no longer wheeled out past that nursery. I have been assured that when there is a loss there is always a white rose on the door so that others know (this was not done for me). I have been told there is a protocol that is to be followed and signed off on by two nurses

in order to double check. This too was not done for me. I should have been asked if I wanted Now I Lay Me Down to Sleep photographers to come. I asked if the hospital even knew who they were, and with hesitation they told me they should have been called. (NILMDTS is a nonprofit that donates their time to take keepsake photographs of stillborn babies.)

I will forever mourn the loss of my son. Some say it gets easier. I think it just gets different. I think of Jax daily and often wonder what my life would be like if he was here with me. Losing my son was the single most devastating thing that has happened in my life. After a few months, I realized that I was in need of a support group of some sort for help in dealing with my loss. I asked if SCSM had such a support group and was told they did not. Chaplain Liz felt that it was a very good idea to try and start such a support group and enlisted my help to publicize the availability. As I continued to speak with Chaplain Liz and her staff, I began to focus on this as it being part of my mission in life. The support group does not currently meet, but I believe SCSM would make it available again if there were requests. I slowly began to get stronger, my faith was restored, and I continue to advocate for mothers and families of babies born still.

With a little hope and a lot of prayers, I am very pleased to say that it is possible to come out of the storm and see the rainbow. I am now the proud mother of two sons, one in heaven and one here in my arms. Bryce William Bateman was born March 19, 2015, and he is my rainbow (a baby after a loss). I had to go through the storm and keep a little hope. I am glad that I did.



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

Newsletter Editor - Dorothy Slaga
Associate - Cheryl Reynolds

Grateful for GriefShare by Candy Butler

I'm beyond blessed to call my mother, Melinda, my best friend. She is the toughest, strongest, and most loving woman I know. The last two years of her life, however, have pushed her to the limit by being completely chaotic, stressful, and heartbreaking. On July 27, 2015, my Uncle Robert passed away from numerous health complications. His death devastated my mother who was his primary caregiver during his illness. She didn't just lose her big brother, she lost her friend. The love and bond they shared was rare and special. Robert could drive her crazy, and they would argue like normal siblings, but at the end of the day, they were always there for each other.

Robert suffered for many months in the hospital with my mom by his side. She may not have a nursing degree, but I assure you she could do more for him than an entire team of nurses. Each night she would call the hospital and go through her checklist to ensure he received his medications and everything was normal. After the doctors could no longer provide care to save Robert, he asked to spend his last days with my mom in her home. He knew she would do everything in her power to make him feel comfortable, special and most of all, loved until his last breath. That week was filled with a whirlwind of many emotions.

I was happy Robert could be home with my mom, spending time with those who loved him. At the same time, we all knew his health was declining quickly. I didn't know how to prepare myself for his death, nor did I know how I could help my mom prepare for it. She did her very best holding it together for Robert, but inside she was falling apart. Robert passed in the afternoon hours on July 27, 2015, in my mom's living room where he resided the last few days of his life. The days following his death were very complicated for my mother, but that was only the beginning of a long journey she would face.

My mother was sad, depressed, irritable and in a sense, alone. I say alone

because neither my dad, sister nor myself could ever begin to understand the pain she was feeling. I did my best to comfort her, talk with her, let her cry and just sit in silence with her, hoping that would help ease her sadness. She had days of happiness, followed by dark days caused by this huge hole left in her heart. A piece of her left with Robert's passing and I knew she would

never be the same person.

Some time had passed when she mentioned a support group that meets locally for individuals suffering from a loss of a loved one. My first reaction was happiness because I thought it would be perfect for her to be surrounded by others in similar situations. I offered to go with

her as support and secretly hoping this would help me cope with my grief that I hadn't shared with my mom. I wanted to be the tough daughter who was there for her mother, being the shoulder she could cry and rely on.

Going into our first GriefShare meeting was frightening for both of us, but it was the best decision she could have made. Liz, Susan, and the entire group welcomed us with warm hugs and were so compassionate. My mom shared her story with many tears, sniffles, and tissues in between. Seeing her relive her pain at each meeting was heartbreaking for me, but little did I know it was helping her grieve and heal. Becoming part of the GriefShare group allowed my mom to feel like she wasn't going crazy or alone during this difficult time. She was never "alone" by any means but knowing that others in the group were experiencing the same pain was comforting. I saw a huge difference in my mother after attending several GriefShare meetings. She was able to talk about Robert in a happier tone rather than being saddened each time his name was mentioned. Each aspect of our sessions related to a feeling or situation she was experiencing. From family issues revolving



My Mom, Melinda and her brother, Robert

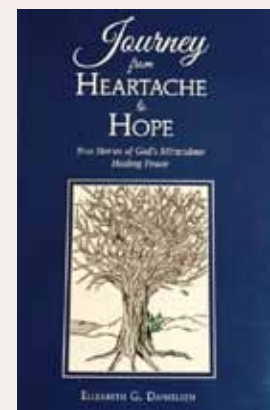
around the loss of a loved one to handling the first holiday without that special loved one. The videos and discussions held within the group made each day a little easier for her. This doesn't mean her pain has gone away or will ever go away, but she is able to manage and deal with the grief she still experiences.

With the help of Liz and Susan, my mom has been able to survive the first year of Robert's passing. She still has her moments, as we all do, but the support and encouragement she received from this group has helped her begin the healing process. GriefShare has provided me with tips for handling grief when I will inevitably experience it. Attending GriefShare each Monday was to support my mom, but the lessons I learned will stay with me forever.

Liz and Susan are amazing, caring women who are dedicated to helping others cope with grief. I am so thankful for their support and guidance to help my mom through this difficult time. Joining GriefShare was the step my mom needed to move forward and we plan to attend the next session. Thank you Liz and Susan!



Candy and her Mom, Melinda



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

Thank You

Bobby Delach and Theresa Wharton for cleaning the Center; The Orthopedic Center for use of their parking lot; Diane and Jim Fritz for donating coffee; Warren-ton Bible Church for funding for our Clergy and Ministry Leaders luncheon each month; Jim Presley for luggage; Vivid Womens Ministry Mission Day for a myriad of supplies; Bertha Raines from Cleve-land, TX, and Susan Lipscomb for prayer shawls; Dok Klaus for computer help.

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

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

Visit our webpage!
scsm.tv

Celebrating Christmas with SCSM!

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

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

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

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

Look for the beautiful Serenity 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. Add \$10 for each angel you want to be shipped.**

This is SCSM's primary annual fundraising program. We hope you will participate by remembering your loved ones and offering generous support to SCSM at the same time. You can donate by either filling out this form and returning it in the envelope provided, or you will find the form online at www.scsm.tv. The deadline for names to be submitted for the program is Monday, November 28. If you wish, we will also notify a person that you are honoring or remembering a loved one. Remember your loved ones and support SCSM this Christmas.

PLEASE PRINT ALL INFORMATION CLEARLY!

Your Name _____

Street Address _____

City _____ State _____ Zip _____

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

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

TOTAL ORDER \$ _____

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



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

Name _____

Please Notify _____

Address _____

City _____ State _____ Zip _____

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

Dealing with Reality by Bonnie LeTourneau

Whether death is anticipated or unexpected, some people aren't really prepared for the reality of death. Each individual deals with death in their own way and in their own time.

My husband of 32 years, Lanny, died from cancer in November 2000 at the age of 56. He had such strong faith and determination that it seemed he would beat the cancer and have a full recovery. He continued to work even though he had lost so much weight and was getting little sleep due to the tumor on his throat constricting his breathing. In his last few weeks, he could only whisper. People were amazed that he was still active and functioning and not in the hospital or hospice.



I had family members and friends who had passed on and it was sad and painful, but it was devastating when Lanny passed. It was like time stood still, and I was in a constant state of panic. So many emotions were crowding in. It was overwhelming. I told the Lord I wanted to be numb and not feel anything. At the time I felt that was the only way I could handle the situation. Considering the level of faith he demonstrated, it was so hard to absorb the reality and to believe he was gone. I found it hard to believe he

would be taken when he was

wanting and preparing to go into full time ministry.

We can't see the whole picture or understand all that's happening in the spiritual realm. I found it easier to accept by putting part of the blame on myself for not hav-

ing enough faith to keep Lanny alive. I became withdrawn and kept to myself as much as possible even though I continued to work.

His passing changed me. Loss becomes a part of your life, and how you handle it helps determine your future. After more than 15 years, I still have sad times and emotional upsets, but the Lord is so faithful to get me through all of it.

Sorrow, grief, and anger are all human emotions and need to be felt. However, we must also see that there is a spiritual level where these emotions can hinder us from moving forward with what God wants to do in our lives. The devil wants us to think we are entitled to wallow in misery and pain. God's faithfulness and strength will help overcome all the strongholds that these emotions can put on us if we just trust Him.

For anyone suffering a loss, I highly recommend getting involved in a support group at the Spiritual Care Support Ministries.

A Facebook Review

This ministry creates such a loving and warm atmosphere that it makes you feel at home. They provide great learning opportunities for people to become educated about how to grieve and how to help other people LIVE LIFE and not just endure it. I have attended the Suicide Pair classes as part of my internship, but I also have learned so much personally. For example, I live with PTSD and have come to understand that when a brain has been affected by trauma, then it can result in negative thinking patterns that distort reality. This has greatly improved my outlook of my own life, and I am so blessed to have found this ministry that provided such an opportunity! Jordan Hamilton, Intern



Spouse Loss: The Next Chapter



“On Saturday, July 30, 2016, friends from our Spouse Loss Group carpoled to Graves Mountain Lodge in Syria, VA. The scenery was beautiful. We relaxed in rocking chairs before enjoying a delicious lunch – Chicken Alfredo, tuna, corn on the cob, salad with cantaloupe, and peach cobbler with ice cream.” Liz Shaw, Co-Facilitator

Praise and Prayer

site and see the treasurer's report for 2015 which includes information from 2004 when the ministry began in Virginia.

This is the most recent update. For the first nine months of 2016 (1Q-3Q), our expenditures have significantly exceeded our income which has resulted in a deficit of approximately \$26,000. At this same time last year, we only had a deficit of approximately \$3,000. Therefore, we would so much appreciate your continued financial support so we can finish this year deficit free. As in all previous years, the SCSM Board (including the President and CEO) are all volunteers and do not receive any compensation. We have had two part-time employees (administrator and receptionist) for approximately the last two years.

How did I feel after receiving this report? I felt sad, but not because people have not given to this ministry. How would we have lasted this long if you did not give? I felt sad because I see the work that our volunteers are doing every day as well as our paid employees. I felt sad because I know the enemy of our soul wants us defeated and he would love for this ministry to end. However, I have walked with God long enough to know that God has our back, and He will provide. He will make a way for us, and I cannot wait to see how it all plays out. God is faithful. Will you believe with us and rejoice with us to see what God can and will do?

We Praise the Lord

- For allowing us the privilege to serve Him for 12 years at our 76 West Shirley Avenue location.
- For blessing this ministry with over 100 volunteers. Each one has been called by God and is so talented and gifted.
- For our prayer supporters.
- For our two paid employees who are a blessing to all of us and help keep things running smoothly.
- For our financial supporters.
- For our new SCSM Center that will soon be a reality!
- For our summer interns who were so helpful and have decided to stay on as SCSM volunteers.
- For the people who will volunteer to help Mr. and Dr. Coyner as they prepare this new Center for our use.
- For those who are coming to a realization that God loves them and has a plan for their life in spite of what they have experienced. Hope has entered their heart again and for some it means they can smile again.

We Pray

- That we would have a great turnout of people for our "Celebrating Christmas with SCSM" event on Saturday, December 3rd, as we remember and honor people. Please pray for all those who

will be contributing to this special event.

- That we would remember the real reason for Thanksgiving and Christmas. Thanksgiving is to give thanks for all that God has bestowed upon us. He has been faithful! Christmas is a time when we remember the Christ Child who was born. He not only was born but He would die on the cross for our sins. What a Christmas gift to all of us!
- For our nation and all our leaders in every branch of government that they would seek God as they make decisions.
- For wisdom and discernment as we guide others towards healing.
- For all those who are grieving and are chronically ill during the holidays.
- For all those who are struggling financially.
- For new and creative ways to fundraise for SCSM.
- For more pastoral and licensed counselors who would volunteer some of their time to help those who come to the SCSM Center.
- For more volunteer facilitators who can lead groups.
- For our military and their families, that they would be protected and their needs would be met.

Honorariums and Memorials

In Memory of Gilbert Crowder who passed away August 30, 2005, given by Dorothy S. Crowder, Lake Ridge, VA; Jerry Brown, given by Sandy Martin, Culpeper, VA; Nicholas Daymude, given by John and Debbie Daymude, Copper Hill, VA; Sgt. Jason A. Shaffer and newborn Jennifer Nicole Shaffer, given by Roger and Gwen Shaffer, Huntly, VA; my son, Rob Christiansen, given by Anne Marie McCarty, Catlett, VA; Scott Neth, given by Jack and Joyce Neth, Flower Mound, TX; John McCune, given by Pat McCune, Warrenton, VA; Dar-

rell W. Nygaard, given by Ann Nygaard, Culpeper, VA; Joseph A. Huryk, given by Kathy Huryk, Woodbridge, VA; Richard Illingworth, given by Janice Illingworth, Sparta, NJ; Michael Angel, given by Kathleen Price, Fairfax, VA; Charles Leggett, given by Sylvia Leggett, Manassas, VA. *In Honor of* the SCSM Tuesday Luncheon, given by Gloria McElwee, Warrenton, VA; Arvid and Liz Danielsen, given by Marvin and Sharon Strauser, Sparta, NJ; Liz and Arvid Danielsen, given by Helen Danielsen, Roseland, NJ.



A Comment on Facebook!

This ministry helps many people who have nowhere else to turn.

**Pastor Thomas Moore
SCSM Counselor**



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 Reaching for a Hand, and Touching a Heart
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 Warrenton, VA 20188-0643
 Tel. 540.349.5814 ChaplainLiz@scsm.tv

**NONPROFIT ORG
 US POSTAGE PAID
 WARRENTON VA
 PERMIT NO. 00031**

December 2016

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

In the midst of my pain and tragedy I cannot find peace. I cannot hear the voice of the Lord. Please help me.

Thank you for your courage in writing to me. When you are physically, emotionally, and spiritually in pain, it is hard to find peace. Start by sitting down in a special place. It could be outside or inside your home, but it needs to be a place where you will not have distractions. Breathe deeply in and out a few times as you are closing your eyes. I usually sit with my palms upward and hands out stretched as a symbol of submission to the Lord. Sometimes I have some music playing to help me concentrate and encourage me, but sometimes I just sit in silence. Tell the Lord that you love Him and that you need His peace. Satan will try to distract

you by putting things in your mind at that very moment, but refuse to be distracted. Concentrate on what you know about the Lord and what He has done for you in the past. If this is new to you, tell the Lord that you are new at this and that you are counting on Him to bring peace to your heart. Don't hesitate to tell Him your feelings. It is also important to remember that you may have some unconfessed sins that you need to give to God, asking Him for forgiveness which will bring you in right fellowship with Him. Then patiently wait. Talk to Him, praise Him for who He is and for what He means to you. Give Him your pain and time, and always remember to thank Him. I am praying for you.

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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<p>SCSM Mission Statement Providing support, education and a Biblical perspective to those who are ill, dying, grieving and experiencing personal loss, and to those who journey with them. SCSM Values: God's Word, Prayer, Value Every Human Life, Integrity, Confidentiality, Excellence in Everything We Do.</p>	<p>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.</p>
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