

Heart & Hand

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

Reaching for a hand, and touching a heart

Vol. 13, Ed. 3, September 2017

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

Greetings from Chaplain Liz

Greetings from the Spiritual Care Support Ministry Center where men and women unite together as one to accomplish the mission that God gave us. 2 Chronicles 30:12 says, "Just as it was in Judah when the hand of God was on the people to give them unity of mind to carry out what the King and his officials had ordered, following the Word of the Lord."

A dream given to me so many years ago is still very fresh in my mind as to what we were to accomplish so that people of all ages could be set free to find wholeness again. To see it being played out every day at the Center fills our hearts with praise to God. He has been so faithful and those whom God has called to join me on this journey have been faithful.

Spiritual Care Support Ministries supports those who are ill, grieving the loss of loved ones, experiencing personal losses such as divorce, loss of jobs, ageing, retirement, moving to a new location, financial, etc. We give support as well to those who are journeying with them. An added assignment from God is to train others so that they are effective in helping people.

Then there is the other part that I get to do as the Founder and Executive Director. I am invited to speak at women's retreats or woman's groups, facilitate Bible Studies, speak at MOPS groups, speak at Missions Conferences, preach at churches, and participate at VBS programs. I also help at local hospitals, nursing homes, assisted living centers, and visit with people at their homes. I also provide training to our SCSM office staff, interns, volunteers and others. Tech-



nology helps me speak to people throughout Virginia and all over the US and overseas through Facetime and Skype.

The joy I find in serving God and others in this way cannot be described. That is what SCSM is all about. Those who are hopeless are finding hope and that is being done one person at a time. Nothing more and nothing less, and we are busy! We are not experts in everything, but we

know who to call when we know people need services that we cannot give them. Working together with our community so that people can find healing is what we do best. We are aware that as a ministry we must pray and it's through those moments of intercessory prayer that we receive physical, emotional, and spiritual strength.

Many people have been asking about our new center. I am excited to share with you that the building permit was finally approved and ground breaking has begun. It has taken longer than we hoped, but God's timing is always perfect. Ephesians 3:20 says it so well. "Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work with us."

At the SCSM Center we are like a basket of beautiful flowers in an arrangement that God has put together. All different types of flowers, different colors and sizes placed in a specific order which makes the arrangement so beautiful. We are ordinary people put together displaying the Glory of God in all that we do. Together much can be accomplished. We are a team of people who believe that people matter. We believe that they are valuable not only to God but to mankind. God created us and we are beautiful in His sight.

Many people because of illness, grief and personal losses have lost their way. We want

them to know that the light is always on at our place; they are welcome to come. It just takes a decision on their part to take the first step toward healing.

"I pray that out of His glorious riches He may strengthen you with power through His Spirit in your inner being so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ and to know this love that surpasses knowledge that you may be filled to the measure of all the fullness of God" (Ephesians 3:16-19).

What is holding you back from taking that first step toward healing? Please contact me at 540-349-5814 or ChaplainLiz@scsm.tv if you want to chat.

Chaplain Liz Danielsen

Chat with the Chaplain *The Journey*

Life is a journey, and the journey begins from the moment of birth. In the word journey there is a hint that this is a journey that you do not take alone. There is a letter "U" that suggests that you are part of this incredible journey of life. There is also the word, "our" found which suggests to me that we are not alone, but we are on this journey with others which is an encouragement to me. Life's journey is also filled with precious moments of celebration and then there are those losses that bring much pain.

Jesus Christ's journey began at birth in a manger. I began my journey at the Lutheran Hospital in Brooklyn, NY. Jesus Christ's journey led him to the cross. My journey is lead-

Cont'd page 2, Col 1

ing me to heaven. However, there are lots of things that are happening in between birth and the moment I step into heaven. Along the journey I have found some life-long friends who have traveled with me in the good and not so good times. Then there are those people who seem to come and go but are still a very important part of the journey. It is hard when they are no longer with you, but they have left something very special behind that you will always cherish. Then there are those who you wish were not with you on your journey but God has placed them there so you can learn to be like Jesus.

Wow, did I write that? It is never an easy time for anyone to go through but later on you find that it was important to have that experience. Hopefully growth came from that experience and you are a wiser and better person. However, you may also find that the person who was difficult to understand, who frustrated you so much, may become a trusted friend. Then there are people who should not be on your journey for very good reasons and that decision is never easy to make. We really need the help of the Holy Spirit to show us.

There are quiet as well as busy and active times on our journey. All of those moments are being directed by the One who knew all about our journey before we were even in our mother's womb. As I am getting older, I am so much more aware that the "Journey of Life" is sacred, and everything we do on our journey has meaning. I am seeing it so much clearer now when I take time to look back. It makes me so much wiser now about how I use my time personally and professionally. I wish I had seen it more clearly years ago. There is no going back in time so I pray intentionally about the decisions I need to make now and who I should spend my time with. Jesus had his family but then He chose the twelve that would journey with Him to the cross that last three years of His life.

Who is traveling with you on your journey? These words from a hymn give you a glimpse of who is traveling with me as well as others. Gifts from God. "It may be in the valley, where countless dangers hide. It may be in the sunshine that I, in peace, abide. But this one thing I know if it be dark or fair, If Jesus is with me, I'll go anywhere" (C. Austin Miles).

Running Toward the Smoke

by Kristina Kotlus

One weird thing about Christians is that while most people know to run away from smoke, they run toward it.

I know this for a fact, because I've been the person metaphorically "on fire" twice. Standing in my Sunday School class in February of this year and breaking down in tears as I admitted that an MRI showed that my brain cancer had returned for a second round, I will never forget the look of love and compassion that each person gave as they ran towards me, not away. Illness, especially the kind

that requires treatment that does as much harm as it does good, is humbling. It requires you to slow down, to say "no" to things you would like to say "yes" to, and in what can be the ultimate slap in the face, it forces you to do all of this while you confront the fact that you might not have lots of time left to do all the things you want to do anyway. In a time that can be so depressing and overwhelming, the love and support of other believers is critical.

When I was initially diagnosed with a rare type of brain cancer in January 2013, I was inundated with help. I don't think I actually cooked a meal for my family until 9 months after I finished treatment because people had filled my freezer. Christian homeschool friends stepped in to take my children to activities and included them in field trips. Cards sharing the prayers that people had for me poured in from all over the world. Catholic friends even had cloistered nuns praying for me. Those prayers lifted me up and supported the supernatural peace that God had given me from day one.

Diagnosed a second time in February of this year, I struggled more to find my peace with God. I had trusted him so blindly before, and I had praised him in the middle of my struggle as He showed me kindness and mercy and undeserved grace, both from Him and from those around me, I didn't see why He had given me this path again. However,

I pushed against those feelings of my illness being unfair and instead started to practice

my faith in the same way you practice yoga or push-ups. I wrote a daily list of blessings and told my children that we would get through this no matter what by looking for the good things God was doing, even on the bad days. A friend sent a blessings journal so we could record them to look back on in our dark moments.

When we decided

to go away for treatment, I was nervous to leave my church and my friends and my family so far away, but people lifted us up by sending mail, email, prayer chains and quilts, literally wrapping us in love. I had a few faithful women who texted me scripture regularly and reminded me that I didn't have to write back. I could just focus on healing and know they were behind me in prayer.

Faith is not always easy. A dear friend of mine lost her first husband over 20 years ago to brain cancer, but because of him, I was able to have the chemotherapy that fought my tumors away. God's plan for him was allowing others to live. Knowing from the beginning that God's plan might not be my desired outcome was difficult, but having people share truth with me throughout the process made it easier to surrender to His will and accept that He had good plans for my family no matter what.

If you would like to support a friend facing a difficult medical diagnosis, here are a few ideas.

1. Organize without them but with their blessing. Having to coordinate meals when you're already trying to coordinate medical care is too much. Make sure they're comfortable with the help you want to offer and then make it as easy as possible. Be sure to honor allergies or special dietary needs.
2. Don't share harmful information. Uplifting scripture (try Romans 8:24-25), sto-



How a Rotten Cheeseburger Changed My Life

by Thom Redmond

Just a little over a year ago, I was beginning to enjoy some of our summer church activities, especially our annual water baptism picnic. I will never forget that sunny day last June. Church members packed a friend's house and gathered by the pool for the usual summer grazing of hamburgers, hot dogs, and everything else I should have stopped eating at the age of 40.



After "dipping" 10 new souls into God's wonderful kingdom, I thought it quite appropriate to dip into another cheeseburger. That was a mistake. Within minutes, I began to get a stomach ache that felt like someone lit a blow torch in my small intestine. It was quite embarrassing to ask one of my friends to take me home before my own water baptism party had ended. However, I knew something was wrong because this wasn't your normal gastrointestinal disagreement.

Over-the-counter medicines did nothing to relieve the pain, and like most "tough guys," I tried to wait it out. About a week later the tough guy landed in the emergency room at 3am. Now, at this point in the story, please remember two things. One, make sure you are very specific with the doctor about your symptoms. Anything less leads to the second thing... "Mr. Redmond we're going to run some tests." No, no, no! I could not stand to hear the proverbial "Cha-Ch'ing" of the hospital cash register as they began to poke me with needles and offer me "drinks" that glowed in the dark.

Thank goodness I took the tests. They revealed a nasty blood-borne bacterium that could do serious internal damage unless I began a regimen of antibiotics that could kill a horse. And if that was not enough, the doctors informed me I would need more tests and lots of them. In fact, my health was at a point that I asked my

church leadership team for a favor. I asked them for a sabbatical.

The team was gracious, giving me six weeks off, but with one stipulation. They asked me to seek out and attend spiritual counseling. The minute I heard that I got a bit defensive. "I'm sick in the stomach, not sick in the head," I thought to myself. But I

had it coming. The truth was that my wife had been after me for some time to get some counseling help with our church ministry, and now I had a perfect opportunity. But where would I go?

Thank goodness for helpful friends. In the midst of my sickness, a prayer partner sent me information regarding Spiritual Care Support Ministries in Warrenton, Virginia. A trip to their website revealed an incredible variety of counseling opportunities and classes designed to meet just about any church or pastoral need. When I met Spiritual Care's director, Chaplain Liz Daniels, I knew that I had come to the right place.

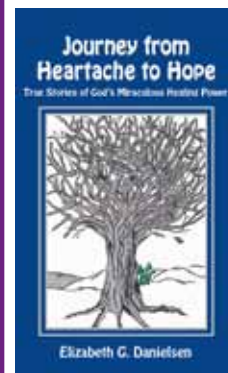
You see, my sickness was, in many ways, just a starting point. Liz provided me a safe haven to both discuss my sickness and serve as a sounding board for my concerns as a pastor. Let me be honest here. I was not going to counseling on my own...I did not need it. Man, was I wrong on so many levels. Just a few weeks with Liz revealed deeper issues than a stomach ache, including the need for healing in past relationships.

God is good, isn't He? There is truly wisdom in godly counsel. I needed that help before I became too discouraged. I'm doing better now. So, let me encourage you to get some help too. You deserve it. If you are burned out, don't throw in the towel. First, make a call to Chaplain Liz. You won't regret it. Oh, and stay away from the cheeseburgers.

Newsletter Editor - Dorothy Slaga;
Associate - Cheryl Reynolds

This is a sample of what you will read in *Journey from Heartache to Hope!* These are real stories from real people about God's work in their lives. Tough times that became blessed times. It would make a great Christmas gift for all your family and friends! Some SCSM friends have even bought copies and donated them to their local library. Get yours today!

Early Christmas Shopping?



Journey from Heartache to Hope
\$12

Add \$3 postage for mailing for 1 or 2 copies. Call if ordering more.

ries of those who have survived an illness, and encouraging words (I like February 15th of "Jesus Calling") are helpful. Stories of those who died, random Internet articles about fruit extracts that the government doesn't want you to know about, and your personal opinion on their treatment decisions are not helpful and can be incredibly hurtful.

3. Stay in communication but expect it to be one-way. Send cards, emails, text messages, but make sure that the person knows you understand they may be too tired to write back.

4. Recognize that unlike strep throat, cancer takes time to recover from and can even be chronic. When a friend receives a "good news" ending, that doesn't mean their battle is done. Recovery from radiation can take months, even years, and the same with chemotherapy. Be patient and loving, offer to talk if they want to but don't pry. A good friend of mine starts conversations with, "Do you want to talk about anything cancer-related? If not, I read an article about _____ I want to talk about." It gives me permission to tell her I really don't want to talk about medical issues today, but lets me know she cares if I want to talk.

One June 6 I found out that despite my initial oncologist telling me that there was no possible way we could get rid of this disease, my MRI was clean. God didn't need the radiation or the chemotherapy to do that, but He opted to use the medical treatment to heal my body. I will still undergo a full year of chemotherapy to try to ensure that my disease doesn't return a third time, and brain cancer isn't considered in remission until you are disease-free for 10 years, but leaning on God and the community of faith around me, I have hope and peace for the future. Thank you, Jesus.

Losing My Dad by Anonymous

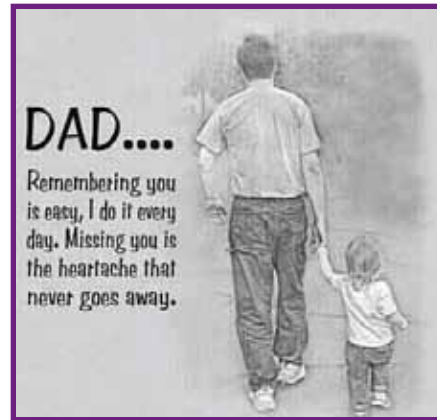
It's been a long and winding road for my family and me since October 9, 2015, when my 84 year old dad had a stroke (and several other health complications thereafter). My worst devastation occurred on October 6, 2016, almost a year later when I arrived home from work to what I thought would be a "normal" evening with my husband of only seven

months. We were newlyweds and everything in my life finally made sense, but when I saw the look on Jason's face, my heart sank. I just knew something was not right. In fact, as soon as he began to speak of my mom's best friend calling his cell phone from my parent's house, I began to lose control of my tears, my body, and my soul. With tears in his eyes, Jason held me close and at that very moment, I was a changed woman.

My dad was gone. Gone forever. How would I go on? How will my mom cope with being alone? Why did he have to leave us now? These questions and many more ran like wildfire through my overwhelmed brain. The four hour trip seemed like an eternity. How would I handle walking into my parent's home without seeing my Daddy in his rocking chair? I prayed that God would create a peace within me to know that my dad no longer has to suffer and this became a great comfort to me. However, once we arrived to my childhood hometown, the grief and heartache that I felt I could handle suddenly became a completely new type of pain.

The sound of silence was eventually broken when my mom who was sitting beside me put my hands inside hers and looked at me with a heavy heart. The news she was about to deliver to me was not the kind of news anyone would ever want to share with their daughter, let alone anyone. She cleared her throat and spoke these seven words which will never leave me, "Susan, your dad took his own life."

The wave of emotions took over my very being. I will never forget how the sense of peace in my heart during the four hour trip home quickly changed in the blink of an eye to that of confusion, anger, and denial. All I could do was sob. All I could say was "WHY?!" All I could feel was an emptiness.



The next week of my life is a blur in my mind and honestly I was in so much shock, I don't recall crying much at that time because I was so busy trying to comfort my now widowed mother, answering the phone, and trying to be strong. During the celebration of my dad's life back in Virginia where my dad

grew up, I even got up and spoke of the wisest man I know. My "Hero". My dad. I did not shed a tear because in that last week of time, I had somehow allowed myself to remember my dad for the man that he was rather than focus on how he left this earthly life.

Someone once told me that as long as you have Jesus in your heart, there is no question about whether you will enter the gates of heaven. The Lord definitely did not choose for this to occur, but He did allow my dad to walk the streets of gold in his eternal home. This one act does not define who my dad was as a person, and I refuse to allow anyone to think so.

My long and winding road through grief surely has not been easy. It has been full of bumps, gravel, and stones. It's full of hills, valleys, and high mountains at times. This road will never end. The road can be lonely, but it can also be wide open and free from debris. When your heart, mind, and soul are ready to work together toward a "new normal" without your loved one, you slowly begin to heal. For me, once I was ready to accept what I could not change about my dad's death and decided to love him unconditionally as he did me, I was able to forgive him.

This road I have traveled from mourning to joy did not happen overnight, and I have not found the end of the road yet. I still have good days and bad days. I still have many unanswered questions and lots of confusion. I still cry at the drop of a hat when I hear certain songs or even when I look at pictures of my dad smiling with me as we danced together at my wedding.

My journey over the last eight months has not only been complete with a tangled web of emotions but also one of appreciation

Celebrating Christmas with SCSM

SATURDAY, December 2,
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!

and thankfulness. I am forever grateful to my husband for always being my rock and carefully placing me back together when I was broken. I am thankful for a supportive family, loving in-laws, and great friends. Most of all, I would not be the person that I am today without my gracious Lord holding me in His loving arms during my weakest moments and darkest of days.

Of course it has been difficult for me to accept that my dad is no longer with us physically, but a wise friend told me something on my 37th birthday recently. You see, I had a hard time arriving at my birthday this year without my annual phone call and Happy Birthday serenade from my Daddy. This is what she said, "You need to pay attention today. In his own way, he will be doing just that. The man upstairs will let your dad borrow his cell phone." I learned a valuable lesson that day. If I keep my eyes, ears, and my heart open and remain fully aware of my surroundings, my Daddy is actually ALWAYS there!

(My dad once told me that I had a way with words and to never stop writing. I dedicate this first published short story to the memory of my dad. I hope that these words are able to be of some comfort for those who have been affected by the tragic loss of a loved one.)

PTSD by Rev. Jane Fitzgerald

It has been 8 ½ years since my husband, Tommy, went to be with the Lord.

Tommy had been a Vietnam War veteran. He had struggled with PTSD and with fear and anxiety ever since he came home in 1966. He would scream out in his sleep and jump as if he were in a battle. This continued for many months after he came home. The fear and anxiety continued until September 11, 2001.

Tommy had experienced several near death experiences in Vietnam. The first had happened when his camp was attacked just shortly after arriving in Vietnam. No one in the camp had ammunition for their weapons except the commanding officers. Tommy had won badges for marksmanship in shooting, but that did not help without the ammunition for his weapon. Fortunately, by God's grace, they all survived this attack.

Another event that happened to Tommy was when he was transporting supplies for the Army and traveling with his convoy. They were shot at by sniper fire, and the bullets came through the vent windows in his truck and passed in front of him going out the other side. Again, God spared his life with this scary event.

Another time, he was transporting again and driving down a mountain when his brakes failed to work. He had been a race car driver as a hobby, so he knew how to down gear the truck and maneuver it through the emergency and stop it. Thank the Lord, he was again spared his life.

I had prayed for him constantly during his time in Vietnam. God was so faithful to hear my prayers. I really struggled with his tour in Vietnam as we had only been married for three days when his orders to go there came to him. It was a very difficult time for me and also, very lonely. I had my parents nearby, which was a great comfort during this time. I also had friends and my church family nearby which was a comfort. God was with me but it was a trial in my life. I stayed up many nights crying out to God and praying for Tommy to come home safely.

Tommy experienced a lot of fear and



anxiety when our country was attacked on 9/11. He could not watch the planes hitting the towers or the people jumping out of windows. The fires and people running down the streets in New

York really caused his anxiety and fear to rise up again. It was during this time that he started watching Dr. Charles Stanley on TV and came back to the Lord. He had a definite heart change and lived his life in a new way. He ordered Dr. Stanley's teaching tapes and would share them with me. He loved Dr. Stanley's messages and his gentle voice. He began his journey back to God at this time.

In November of 2007, Tommy started experiencing health problems and was diagnosed with bladder cancer in January of 2008. He endured three surgeries and started to recover in August of 2008. Unfortunately, they had missed that the cancer was also in his bones. This had grown and started causing him a great amount of pain before the radiologist saw what the problem was. He had radiation treatments but it was too late. He went to be with the Lord in January of 2009.

I still miss Tommy, but God has taken the pain and sting out of his death. God helps me every day with all the decisions I have to make and going on with life. Missing Tommy never ends, but the Holy Spirit, God's Comforter, helps me and comforts me. I know that I am never alone and that God is always with me.

I have my family to help me and my four grandchildren are such a blessing and bring joy in my life. I am blessed to see them often and spend time with them.

In March of 2016, I traveled to Vietnam with a group of Vietnam veterans, and a group of Vietnam Christians who go back to Vietnam to minister to veterans, pastors, and the Christians in that country. It was an incredible time to see the places where my husband had been stationed and fought in the war. It was also a blessing to see how

PTSD - Cont'd page 6, Col 3

**SCSM is on
AmazonSmile!**

**Select
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as your charitable organization**

SCSM is looking for

INTERNS!

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

**Counseling and support are
given by Chaplain Liz
in Warenton and Manassas .
Call for an appointment.**

Praise and Prayer Requests

Praise the Lord...

- For our new Staff Volunteer Coordinator.
- For our new SCSM volunteers.
- For the financial support we received this last quarter. We are thanking the Lord for people who obey God to give to our ministry. What an encouragement to all of us!
- For the privilege of being God's hands extended.
- For finally receiving the building permit to build our new center.
- For other ministries in our community and around the world that are helping people find healing.
- For the privilege of living in a country that allows us the freedom to help others.

Pray...

- For wisdom and discernment in all the decisions that have to be made, and for good health so that we can accomplish the mission God has called us to.
- For the construction of the new SCSM Center that will give us more space and more privacy. Pray for the safety for all those who are involved. Pray for people who are willing to help the Coyners with the construction of the new building. (Please contact the office if you are interested.)
- For volunteers to help with the ministry. Our website gives information about the many opportunities where you can serve. People don't necessarily need to live in Warrenton, VA, but must be trained and adhere to the SCSM Policy and Procedures.
- For more financial support from individuals, faith and civic communities, as well as grants.
- For all those suffering from the loss of their loves one, illness, and experiencing other personal losses such as job loss, divorce, etc.
- For our veterans and their families.
- For clergy and their families.

Introducing Angie Wilson, Staff Volunteer Coordinator

My name is Angela Wilson. I am a wife to David, mother to five beautiful daughters, and now I am the new Staff Volunteer Coordinator at Spiritual Care Support Ministries.

I will be managing SCSM's volunteers and working closely with them, coordinating the day-to-day volunteer ministry opportunities, as well as our many special events. I am also responsible for the many administrative aspects associated with the volunteers, as well as sending out a weekly communication to keep all volunteers informed of upcoming opportunities at the Center.

My husband, David, and I live in Amissville, where we are the marriage ministers at New Harvest Christian Fellowship Church. We both volunteer at Amissville Volunteer Fire and Rescue where David is a chaplain,



firefighter, and EMT, and I do auxiliary support and public relations.

I am so thankful for the Heavenly Father's leading in my life. He has been there for me in so many ways including when He very clearly led me to apply for this job because it was meant just for me. I have dedicated my life to

servicing Him, and I am grateful for the opportunity to serve Him in this new way.

At home, I spend my free time with my little hobby farm where I get to love on my two goats, five pigs, a donkey, two dogs, 26 chickens, two cats, two birds, a hedgehog, a chameleon, and a few fish.

I am so thankful to be joining the SCSM family and can't wait to see what God has in store for us here!

Thank You!

Bobby Delach for cleaning the Center; The Orthopedic Center 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; Jay McCargo and his company for donating pens to SCSM; **Dunkin' Donuts on Lee Highway in Warrenton** for graciously allowing us to hold meetings at their shop twice a month.



Joseph and Mary Kotek, Carol Rose, Bobby Dhingani (Dunkin' Donuts manager), Chaplain Liz Danielsen, Teresa Wharton, Jean Lambert, Susan Lipscomb

PTSD - Cont'd from page 5

God brought more healing to the veterans. I was able to share the gospel in some of the meetings.

The highlight of the trip was visiting an orphanage and seeing how God provided for them in a Communist country. I loved holding the little babies.

I am still ministering as a Chaplain and doing Pastoral Care counseling. This is a great blessing in my life. I am at Spiritual Care Support Ministries on most Mondays helping in the ministry of counseling. I am so blessed to be able to help God's people.

God is good, and He is the strength of my life and my rock. I could not make it without His strength and care for me. I am so thankful for the strength and good health that He gives me.

May God bless each one of you as you put your trust and hope in Him through His Son, Jesus Christ, our Lord.

You Can Triumph Over Fear

Transformational Thought by Dr. Karl Benzio

Fear is a powerful emotion, one that's often difficult to control. It can freeze us in our tracks making it hard to protect ourselves. It attacks our ability to trust and compromises our ability to relax in relationships. It takes over our thought and decision-making processes, interfering with our ability to focus and learn. And that's just the tip of the iceberg. Unfortunately, fear also impacts us in ways that are subliminal and, therefore, hard to identify.



We often repress intense fears. We push them deep and cover them up with other emotions like anger, depression, and anxiety. We overcompensate with pride, arrogance, humor, or a laid-back attitude. Adults can have difficulty developing trusting relationships if fear dominated our formative years. Even when we overcome that and connect successfully with people, we still have trouble being natural or genuine with them. Sometimes we let them in partially, but build a hard-to-see inner wall, which is difficult for them to get through.

Satan wants us to be afraid of people. He doesn't want us to be vulnerable in relationships. Instead, he wants us to cover up and react in ways that pull us away from relationships for what looks like self-preservation. As we "practice" these dysfunctional responses over and over in the first 12-15 years of life, we get very good at them. Then when it's time to open up to God in deep and meaningful ways, those repressed fears put us on guard so we actually resist giving ourselves to God.

You see, we don't want to be hurt again, so we find other ways to cover up. We distance ourselves from dependence on God by being aloof to Him, being angry for what He hasn't given us or our loved ones, feeling bitter about His "unfairness", blaming Him for all the mistakes we made, and many other behaviors as well. It's just where Satan wants us! In fact, it's part of Satan's battle strategy. We get sucked right into it, hook, line, and sinker.

Are you plagued with fear? Today's

scripture makes it clear that God is telling us we can triumph over fear. He has given us a spirit of power, love, and self-discipline. He also tells us in 1 John 4:18 that perfect love drives away fear. God's love is perfect, and He loves you. As you grasp hold of that truth, you will be able to trust Him more. When you begin to understand how much He loves you, the power of the things you fear will wilt in comparison to the

omnipotence of God. It's like the fear that melts away when a loving parent holds a child during a wild thunderstorm. You feel safe and secure.

Today, talk to God about everything. Believe that He loves you ... and thank Him for His love. Recognize that His strength is stronger than any fear. Only then will you be able to walk in peace, not fear. Remember that this is not a one-time event. We need to give all our cares and fears to Him daily and commit to trusting in His love. Whether you conquer life, or you fear it is your decision, so choose well.

Prayer

Dear Father God, thank You for loving me. Thank You for giving me a spirit of power, love, and self-discipline. And please direct me to be a better steward of these gifts. Help me to trust You more and to accept Your perfect love. I know that only then can I overcome fear. I pray this and all prayers in the name of the One sent to forgive my sins and remove my fear, Jesus Christ; and all God's children say – AMEN!

The Truth

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. 2 Timothy 1:7

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. Philippians 4:6

(From Dr. Karl Benzio, Lighthouse Network's Stepping Stones Daily Devotional, May 31, 2017. www.lighthousenetwork.org, used with permission)

SCSM Honorariums and Memorials

In Memory of: Scott Neth, given by Jack and Joyce Neth, Flower Mound, TX; Brit-tany Satnowski, given by Scott, Kathy and Joe Tichnor, Plains, PA; David Tichnor, given by the Tichnor family, Plains, PA; Sgt. Jason A. Shaffer and newborn Jennifer Nicole Shaffer, given by Gwen and Roger Shaffer, Huntly, VA; Patrick McCauley, given by Vicki Smith, Warrenton, VA; Nicholas Daymude, given by John and Debbie Daymude, Copper Hill, VA; Grandmother, Mary Welch, given by Tony and James Russo, Sumerduck, VA; Geoffrey Campbell, given by Audrey Mitchell and Howard Campbell, Culpeper, VA; Rob Christiansen, given by John and Ann Marie McCarty, Catlett, VA; Carole Payne, given by Crossroads Assembly of God Church, Hamburg, NJ; Kathy and Amity Stein, given by John Stein, Culpeper, VA; Maris I. Kaneps, given by Indri-kis and Yolanta Kaneps, Branchville, NJ; Frank Zinn, given by Rev. Sandy Martin, Culpeper, VA; Terry Smith, given by Schatzi Fitz-James, Alexandria, VA; Kristine Anne Luken, given by Kathleen Alt, Gerrard-stown, WV; Beulah and Stewart Shifflett, given by John Staples, Jr., Stephens City, VA.

In thankfulness to this ministry, given by Kathleen Alt, Gerrardstown, WV.

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



Fauquier Ministerial Luncheon
All clergy and ministry leaders
are invited to the SCSM Center
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Dear Chaplain Liz

Dear Chaplain Liz, I have prayed but there are no answers from God. I feel that God does not care even though everyone says He does. Perhaps it is because I am not good enough. Perhaps, the way I pray is not the way to pray. Maybe I do not pray long enough. I am just so frustrated. How do I pray effectively?

Thank you for your question. God does care about you and everyone that calls to Him in prayer. The scriptures teach that God cares and loves us so much (John 3:16) so we do not have to rely on our feelings for that truth. David shares in Psalm 116 how God heard his voice in prayer which makes him call on the Lord as long as he lived.

None of us are good enough. It is because God loved us so much that He sent His son, Jesus Christ, to earth. It is His sacrifice on the cross that cleanses us from our sins that makes us right with God. We then have the privilege of going to Him in prayer and we can know that He hears us. He invites us to come. He wants to participate in your life on a daily basis.

Coming to Him is a decision each of us has to make on our own. Prayer is simply talking to God like you would talk to your parents or friends. No matter how hard you pray, you cannot manipulate God's response. He knows what is best for us. Submitting to His will is never easy. Let's be honest; we want what we want but God has a better way. Sometimes the answers are not what you want but they are the best for you at that time. God sees the bigger picture. Sometimes the answer is no and sometimes it is delayed. Praying effectively is simply going to Him in faith, being honest as you speak to Him, and trust Him that the answer you will be given will be out of Christ's love for you.

Jesus Christ gave us the best example of how we should pray in Matthew 6:9-13, "Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts as we also have forgiven our debtors. And lead us not into temptation but deliver us from the evil 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.

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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