

Heart & Hand

Quarterly Newsletter of the *Spiritual Care Support Ministries*sm

Reaching for a hand, and touching a heart

Vol. 6, Ed. 1 March 2010

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

Greetings from Chaplain Liz

Greetings from the Spiritual Care Support Ministry Center. On a daily basis we are experiencing God working in us, around us, and through us as we do what He has called us to do. Knowing and doing the will of God is a great place to be. We continually remind each other that this is His ministry. We are privileged to be His hands extended to do His work.



This will be our sixth year of ministry. At our "Reunion of Friends, Celebrating Five Years with SCSM" in September, we heard testimonies of lives changed. Please take time to look at our web site, www.scsm.tv. It is there you will see how our ministry is growing and responding to the needs of those who come to our center in Warrenton and also our satellite offices in Culpeper and Manassas/Bristow, Virginia areas. In our last newsletter people shared stories about what they experienced in the early days of our ministry. Every time I read those stories, it brings tears to my eyes. Tears of joy because we have seen the impossible happen, not only in the lives of people to whom we have ministered, but in our own lives. Every person who has been a part of SCSM has experienced God in ways they never thought possible.

So much of what God is doing in this ministry cannot be explained by man. God invited us to get involved in His work and we have done just that. We are just ordinary people who have been given an extraordinary assignment. It does not get any better than that. Life springs forth when we obey. I am blessed to have a team of ministry partners that know and are familiar with the voice of God. They are willing to do what He has asked them to do.

When we get to heaven, it will only matter that we have obeyed and done what He has asked us to do on earth. Will God find you faithful to His call on your life?

There are many voices that surround us each day that try so hard to take us away from what God has called us to do. We need to be where God wants us to be. There is no happier place than being in the place where God is moving and working. "When you recognize where God is working, you can join Him in what He is doing. Then you will experience God doing through you what only He can do!" (*Experiencing God*, Henry and Richard Blackaby).

Would you like to be involved where God is working, changing, and healing people? Contact me at ChaplainLiz@scsm.tv or call me at 540-349-5814.

Chat with the Chaplain

The Night will Shine like the Day

"A Psalm for a Dark Night" is a chapter in *A Bend in the Road, Experiencing God When Your World Caves In*, by David Jeremiah. I was given that book after the death of my brother, Arnold. Arnold's friend, Steve, gave it to him while he was coping with cancer. It is a precious gift to me as I love seeing how Arnold underlined certain passages that meant a lot to him. He also wrote his own comments on the pages. This chapter especially speaks to me because when you are sick, dying, or grieving losses in your life, the nights are very dark. I have been there. You feel so alone, so vulnerable, so insecure, so in need of someone to be with you.

On many of the pages my brother wrote that he trusted the One he knew never would leave him. He knew that even in the dark night, he would find comfort in the words written in the Psalms.

In the dark night, we can be assured of God's presence as we call out to Him. Psalm 16:11 says "Your presence is fullness of joy." He hears you when you call, and as my brother experienced peace in the most challenging moments of his life, you can as well. Yes, the night is dark and what you are experiencing is real, but when God's presence is with you, there is no darkness. Psalm 139:12 says it this way, "even the darkness will not be dark to you, and the night will shine like the day, for darkness is as light to you"

Greetings from an American Hero

Dear Friends,

This past August 26th marked three years since I was shot in Iraq. In some ways it seems like forever, and in some ways it seems like it was yesterday. I do know that in these three years the Lord has blessed me in many ways.

As far as my health goes, I am very healthy. After seven months in the hospital, I was going to physical therapy in Winchester, Virginia, twice a week. I have since stopped that and now am doing all of my therapy at home. My paralysis has not changed much, but I am showing improvement in my left arm. I am able to move it and almost lift it up to my mouth. The doctors say that I will not get any more movement back but I do not believe them. I have an electrical stimulation bicycle that shocks my muscles and makes me pedal the bike. This is to keep my leg muscles and bones strong. It is a great feeling because it makes me feel like I used to feel when I would run in the Army.



Bunky Woods and his mother, Connie

Currently, I am taking classes at Lord Fairfax Community College and I enjoy it very much. Right now I'm just taking some basic classes, working towards a degree. I often say that I don't know what I want to be when I grow up, but I believe I would like to help wounded veterans, such as myself, adapt to their new life. I would love to help people who have unfortunately experienced what I have gone through but do not have as good an outlook on things as I do.

In March 2009 I was selected to have a specially adapted house built by a nonprofit organization called Homes for Our Troops. The organization has built houses for severely wounded veterans all over the country. They do it all strictly with volunteers and donations. It is an amazing organization and a true honor to be chosen by them.

With all the contributions and money that was raised by fundraisers since I was shot, I was able to buy the land so the organization would

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have that expense. In November we closed on a beautiful piece of property in Bentonville. It has a pond and beautiful mountain views. We already have an army of volunteers ready to help with the house. Hopefully we can start soon despite the cold weather.

Over the last three years I have been blessed in more ways than one. God is great, and He has given me so many things in my life. I have a wonderful family and support system and I live in a great



Cpt. Hugh Sollom, Andrew Jeser, Bunky Woods, SSG Eric Cuellar, SSG Kevin Law

country where I have the freedom to express my beliefs. I also have friends like you to pray for me daily and love this country as much as I do. Thank you for all your love and support.

Love in Christ,
Arthur "Bunky" Woods

(You can follow the progress of Bunky's house by visiting homesforourtroops.org and typing in Woods, Arthur in the search engine.)

Woods, Arthur in the search engine.)

A Tribute to Patrick Ryan Gay by Tom and Pam Gay

On July 15, 2007, the unthinkable happened to our family. We received a telephone call in the middle of the night from a police officer telling us our dear son Patrick, age 22, was tragically killed, as a pedestrian, by a hit and run drunk driver. We were in utter disbelief and shock. How could this awful tragedy happen to us? We are good people and we are a very close family. Things like this don't happen to people like us. We learned real fast that we are not in control of our destiny, only God is.



L-R Chris, Pam, Tom and Eric Gay

The past 2 1/2 years have not been easy ones for our family. Patrick was the middle child of our three boys. Chris, age 27, is our oldest son and Eric, age 23, is our youngest son. Our three sons were the best of friends. Patrick was the glue that held them together.

Thanks to our faith in God and to Spiritual Care Support Ministries we have persevered. God is good. Through this awful tragedy many wonderful things have happened. In the early stages of our grief we attended Grief Share sessions at SCSM. Liz and Sue were wonderful. We feel very blessed to have met them. They helped us put one step in front of the other, taking one day at a time on our grief journey. SCSM is such a blessing to our community and we feel so fortunate to have found them.

Patrick's untimely death has helped us grow closer to our Lord and He continues to give us His awesome strength to help us make it through each day. God certainly knows what He is doing by providing us with wonderful family and friends whose support we could not have survived without. Our dearest friend, Kay McClure, composed an amazing song that she titled "Absent from the Body." God has blessed her with a special gift and she used this gift to aid in comforting us and many of our friends as she sang this song at the scene of Pat's accident, while we all joined hands. She also sang it in front of a large group of family and friends

who gathered at Pat's gravesite last May, on what would have been his 24th birthday. On Christmas of this year Kay surprised our family by presenting us with a CD she recorded of this beautiful song. Another one of our dear friends, Tina Ross, was instrumental in making this recording and we are so grateful to both Kay and Tina.

The past two years we held a memorial golf tournament in memory of Patrick named "Pat's Q." This awe-inspiring event sold out both years with 152 golfers attending each tournament. Once again, family and friends have been there to support us by playing in the golf tournament or volunteering many hours to help with the event. People traveled from all over the country to support the tournament. Many items were donated from our local business community to use for the silent auction and raffle. Our friends have not hesitated to pound the pavement to collect these donations. Thousands of dollars in sponsorships have also been donated by many family, friends, and local businesses. The proceeds from the tournament are used to fund a scholarship, in memory of Patrick, given to a Fauquier High School senior who will be attending James Madison University. Proceeds have also been used as a donation to Spiritual Care Support Ministries and Fauquier Hospice Support. Both organizations have been extremely instrumental in our grief journey.

Most importantly, we thank God for the many blessings He has given us since losing Patrick. He allowed this spectacular golf tournament to occur the past two years and gave us beautiful sunny days both years. Through the golf tournament He provided an opportunity for all of Pat's family and friends to gather together to honor a remarkable young man, helping all of us in the healing process. Our plan is to hold this tournament annually to continue Patrick's legacy. We are so blessed. Thank you Lord for SCSM, our family, our friends and this wonderful community we live in.

Thank you

Servant's Heart for cleaning the Center; the Orthopedic Office and Kitchen & Baths for use of their parking lots; Diane and Jim Fritz for donating coffee; the Gideons for donating Bibles; Debbie Coyner for donating teapots; Pam Reckley for cleaning the Center; Sue Amato for a new kitchen trash can; Susan Harris for beautiful poinsettias; Nadine Balenger for books; Mary and George Ashley for a yard nativity set.

Praise and Prayer We Praise the Lord for:

For God's faithfulness to us in supplying all our needs;

For the physical, emotional, relational, and spiritual healing that occurred this past year in the lives of those who came to our ministry centers;

For our ministry partners who continue to serve others and are obedient to God's call;

For everyone who has donated to this ministry in 2009 which includes faith communities and businesses. We praise the Lord that they have caught the vision of SCSM;

For those who intercede for us through prayer.

Please pray:

For Chaplain Liz Danielsen: that God would continue to give her clear direction on a daily basis on how to lead this ministry;

For our Executive Board Meeting in March and the decisions that have to be made;

For our support group participants, facilitator and co-facilitators;

For all our ministry partners that they would be given patience and wisdom from God as they help others;

For all our homebound men and women that we visit;

For all our faith communities and their leaders;

For all our Chronically Ill support group participants: That they would see that they have significance and God has a purpose for them in spite of how they feel;

For our President and all our leaders in our country;

For all our soldiers who are fighting for freedom and all their families that are left behind.

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

God's Masterpieces of Hope and Healing by Karen (Payne) Lim



Karen at the orphanage

"Art Therapy with children at Sung No Won Orphanage..." This is an excerpt highlighted in my journal, October 7th, 2006. This was considered to be one of those impossible dreams, one with little possibility of actually going anywhere...or so I thought.

The day this excerpt was recorded, I was one month into art therapy training. I could have never predicted how that year spent studying art therapy would open up channels to new paths of healing and transform my life. The arts renewed my belief in God to pursue His dream for my life, propelling me on a journey back to my birth country, Korea, to Sung No Won Orphanage, the same orphanage where I was once orphaned as a young child.

At the age of 2, I was abandoned on the streets of Seoul, Korea, along with my younger brother. We lived at Sung No Won Orphanage for some time, then were adopted to the USA. I

carried many feelings associated with this early loss and abandonment; however, I rarely acknowledged them as ever being an issue. Through my year of training in art therapy, I was able to access the hurt and rejection I buried for so long. Expressing these deep emotions opened up new avenues to receive God's healing. It was a healing so profound that deep wounds began being restored, and I experienced a new found confidence and freedom to pursue my dream of returning to Korea to work with children at Sung No Won Orphanage.

I am now back at Sung-No Won Orphanage. My life has been brought full circle. I couldn't be happier, as I now share the same hope and freedom I experienced in Christ Jesus. The connection the children and I share is so special, stretching far beyond words. We understand and identify with each other because of our shared experience. Art offers an excellent means to connect and build trust with the children while allowing them freedom to express their emotions and receive God's healing. I continue using the arts with

them, pointing them to their Master Creator, so they can begin to envision the masterpiece God is creating out of their lives. Each brushstroke is a stroke of remarkable beauty and creativity, painting a "Masterpiece of Hope and Healing."

God has given me a hope and purpose and opened my eyes to His greater plan. I belong to His family. I am no longer an orphan. The children at Sung No Won are not orphans. He has great plans for their lives to restore hope and healing and to bring them into His family to reveal the destiny He has purposed for them. God revealed His greater dream and plan for my life through the arts, and now I can use art to bless and inspire others. Being here in Seoul, Korea, with the children at Sung No Won, I am living the life my soul was designed to live! May everything I do, everything I say, each art piece created, be an expression of Jesus Christ and what He has done in my life!

Contact Karin Lim at karin.lim@myjubileeoul.com, or visit www.seoulhealing.blogspot.com.



Lovely little girls!

Celebrating a Special Birthday by Betty Reedy

Saturday, July 18, 2009, dawned as a clear, comfortable day with a gentle breeze blowing. This special day would have been the 85th birthday for my dear husband, Elmer Mason Reedy. We always celebrated birthdays as the celebrant wished (i.e. how was that day to be remembered, what kind of cake to be baked, which restaurant would be the choice of location, would this be the year for a party, would we visit family/friends, etc.).

I was in a quandary as to how I was going to remember this day since I would be on my "own" commemorating a day that was not my special day. But I wanted to do something very special because of the milestone birthday.

My plan of action came to light early that



morning. I had hoped that the hydrangeas that had been planted 18 years ago would still be fresh enough in bloom so I could take a large bouquet to be placed lovingly on Elmer's gravesite. He was very proud of those plants that God helped him nurture over the years.

My wish had been granted. Early in the morning I picked a beautiful bunch of flowers, wrapped them with wet paper towels and headed to Stonewall Memory Gardens. On arrival I placed them in the vase, talked to him for a few minutes, reminding him of our past celebrations. I then walked over to a bench that was nearby, sat down and let my mind start to wander. It was peaceful and for the most part quiet. A gentle breeze would blow every once in a while. I sat there in my own thoughts thinking about our 56 years of together-

ness. Or as some of our friends had mentioned over the years - my being his shadow and him being mine. We always did things together. There were lots of memories.

After about 45 minutes and many shed tears, I decided that it was time to leave that hollowed spot on God's green earth. I walked back up to the site and bid Elmer a happy 85th birthday and told him that I was going home to make a German chocolate cake, his VERY favorite that he always requested. I was going to eat the first piece and ENJOY IT. I did just that! That cake was the best one that I had made in years, and I did enjoy that first piece. I then shared with neighbors and friends.

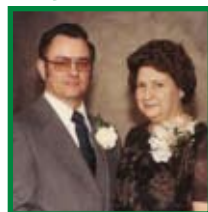
The day turned out to be a different kind of remembrance. However, I felt that I had celebrated the way God had guided for me that day.

Celebrating a Most Wonderful Marriage by John Charlton

When I retired in 1991, my wife had decided that we were, finally, going to be together more. That began our 16 year paid honeymoon that we had never had. We worked together, 24 hours a day, for the last 16 years of her life, traveling coast to coast.

My world collapsed when I lost my wife of 54 years! I thought I could never get over losing her, and it is still very tough. However, I was guided to Spiritual Care Support Ministries and started attending GriefShare three months after losing her. After that, I attended Spouse Loss. Both were very spiritually uplifting and I benefited greatly from them.

I am not trying to "get over" the loss of my



John and Peggy Charlton

wife, but rather trying to learn how to properly handle it and to keep growing from there. Due to my experiences in the classes, I now see that my memories of my wife and our precious years together are in the history part of my heart, available for instant and loving recall. And now there has to be a newer large part of my heart for this new phase of my life and for all of those who are in it. This in no way reduces the importance and depth of love for my wife. I just have to make room for my new life, and one of those is my 3 month old great granddaughter, who now laughs when she sees me.

I find it very helpful to be able to lend an ear and a hug to those who are also grieving over their

losses. I have had numerous opportunities.

Since losing Peggy, I have lost my only sister, close relatives, and close friends. SCSM continues to be a great blessing in my life and in comforting others. Thank you for your patience.

At my young age of 76, I don't plan to have another family, but plan to slow down, work wise, and expand my range of friends and activities. As you know, it is a lonely road to travel, and being in a vehicle alone for hundreds or thousands of miles does not help. I still talk to Peggy and many times have to get off the road for a while to settle down. But it helps. I had the most wonderful marriage that any man could possibly have.

Partners in Ministry

As the Volunteer Director for SCSM, I am always pleased when someone contacts us and lets us know that he or she would like to volunteer for our ministry. For those of you who are already volunteers for SCSM, you know the joy and the sense of satisfaction that comes when you give of your time and your special gifts, whatever those gifts may be. It is that “knowing” that the Lord is pleased and others have been blessed by the gifts He has given to us.



Sue Amato,
Assistant Director

Have you ever thought that perhaps you have more gifts and that you could do more, give more of yourself, and with very little effort? There are several ways to accomplish this.

(1) Give the gift of listening. But you must really listen and focus on what the person is saying without interrupting or daydreaming.

(2) Give the gift of appreciation. Be generous with appropriate hugs, pats on the back and handholds. These small actions show your compassion and love for the person.

(3) Give the gift of a written note or a card. It can be a simple “thank you for your help” or “thinking of you” and need not be a sonnet. A brief handwritten note will be remembered for a long time and will truly brighten the receiver’s day. Emails are okay but the time it takes to hand write a note seems more appreciated by most folks.

(4) The gift of laughter.

Laughter does amazing things for us humans. It releases certain chemicals in our brains which help to reduce stress and tension in our bodies. Share cartoons, funny articles and stories you’ve read in magazines or newspapers or online. In sharing this way you are letting the person know that you are thinking of him or her and you are saying “I love to laugh with you.”

(5) The gift of a favor is a wonderful thing. When you go out of your way to run an errand for someone, or help with a household need, that helps the person know that, though they may be alone, someone does care for them.

(6) The gift of solitude. While this may seem a strange gift, there are times when we want nothing more than to be left alone so we need to be sensitive to those times in the lives of others.

(7) The gift of a cheerful disposition. It is so easy to extend a kind word and a smile to someone and it will bring light into the life of the person for which it is intended. We never know when someone is having a very difficult day and that smile or kind word may be the nicest thing that happens to them that day.

(8) The gift of prayer. While the person for whom we pray may not know a prayer is being sent to the Father for him or her, that prayer will be answered and we will know the person will be blessed.

I challenge you to try one or more of these “gifts” and see how many lives you touch throughout the week. You will be blessing the lives of others to be sure, but you will find that you are also blessed by sharing these “gifts”. There is an old saying that I’ve heard all of my life, “you can’t out-give God.” How true, how true!

In Memory

Ann Marie McCarty, in memory of my son, Rob Christiansen; Joyce and Jack Neth, in memory of Scott Neth; Bonita Lingaitis, in memory of Francis V. Lingaitis; Pam and Tom Gay, in memory of Patrick Ryan Gay; John and Priscilla Staples, in memory of Stewart W. Shifflett; Kathy and Jeff Smith, in memory of Anne Simmons; Barbara and Ray Castelli, in memory of Lisa Castelli; Nina and Earl Muddiman, in memory of Laura Twigg; Megan Fermino, in memory of John B. Schoppert; Hap and Terry O’Brien, in memory of Elmer Reedy; Donna Santerre, in memory of Gary Santerre; Nils and Jackie Lindfors, in memory of Ragna Danielsen Lindfors; Liz and Arvid Danielsen, in memory of Gloria Andersen; Alice and Eddy Abrahamsen, in memory of Gloria Andersen; Sharon and Marvin Strauzer, in memory of Scott Neth; Audrey Mitchell and Howard Campbell, in memory of Geoffrey M. Campbell.

In Honor

Linda Settle, in honor of Susan Amato; Michael Bailey, in honor of Charles and Bahija Shannon; Irene Walsh, in honor of Liz Danielsen and family, and the Walsh family; Janice Illingworth, in honor of Liz Danielsen’s birthday; Donna Stueve, in honor of Sue Amato, my friend; Hap and Terry O’Brien, in honor of Betty Reedy; Dale Walsh, in honor of Liz Danielsen; Robert Fayas, in honor of Carol Acotto’s hard work; Arvid and Liz Danielsen, in honor of Alice and Eddy Abrahamsen; Rochelle Applewhite, in honor of Susan Amato and Nadine Balenger; Kathleen Salvaggio, in honor of Joe Toth for all his hard work and strong faith.

Introducing Kelly Kern, SCSM Intern

Six years ago I was scheduled to do an internship so that I could finish my bachelor’s degree in human services counseling from Old Dominion University. I had three weeks left before I finished my last three classes and then another two weeks until the internship was to begin. The day before Palm Sunday, we received a terrible phone call. My husband’s mother had been involved in a near-fatal car accident. We packed up our two boys and got on a plane. Fortunately, my mother-in-law survived and is doing well, but this was the beginning of a string of unfortunate events for our family. I became depressed and did not return to school.



Kelly Kern, Intern

Fast-forward four years. I have another baby, a girl. The boys are now both in school, and then my daughter enters pre-school. It dawns on me that I am close to finishing my degree, and maybe I should check in to going back to school. Because of ODU’s scheduling and my busy life as a wife and mother of three, it would take me another two years to get back to the point where I left off. During this time, I became a volunteer at SCSM. It seemed obvious that this is where I should do my internship.

I have looked back at the years without a degree that I “lost” because of that one bad year. But I choose to think that it was a blessing. That was the year I got pregnant with our daughter. Her middle name is Faith because faith is what got us through the many trials we had that year. As for the internship, despite the fact that I might have lost a little time, I am

thankful that I did not finish back then. The internship that I had lined up for that summer was not where my heart lies. It was not a calling, but rather, just another hurdle to get through so that I could get a piece of paper to hang on my wall.

But this internship, this organization that I am doing my internship with, this is a blessing. Since becoming involved with SCSM, I talk about it with anyone who will listen. Now they have to listen to me talk about how I get to spend 400 hours in the next four months at SCSM. I know that this is what God wanted for me, and this is the work that I am meant to do. This internship is not a hurdle. This internship is the beginning, and I am going to make the most out of every minute.

Newsletter Editor - Dorothy Slaga
Associate - Rev. Cheryl Reynolds

Christmas Lights for 2009

CHRISTMAS TREE SPONSORSHIP:

Steven and Judy Wear, in memory of Bethany Nicole Wear
Carol and Dennis Acotto, in memory of Irene Fayas, George Fayas,
Amelita Drost, and Paul Drost; in honor of the military service of
Justin Fayas and Lynn Dangerfield

STAR SPONSORSHIP:

Robert and Alice Williams
Ken and Kathy Boudwin
Lake of the Woods Church
Steven and Judy Wear, in memory of Bethany Nicole Wear

IN MEMORY OF (White lights):

Heather Jennings, in memory of Kathy, Shawn, and Misty Jennings
Paul and Joanie Oesterreicher, in memory of all our family in heaven
Frieda Tarzia, in memory of Patrick Tarzia
Dr. Sandra-Joy Gray, in memory of Janet Kellogg Nelson, Jeremy Lineberry,
Lizabeth Leilani (Beth) Merritt and Wes Myers
Carolyn and Joe Toth, in memory of Lucy Pridemore, Sandra Toth,
Elsie Hohman, Warren Quick and Veola Sivils
Tom and Pam Gay, in memory of John W. Kettis
Vickie Richey, in memory of my darling Gary
Astrid and Arno Kosko, in memory of Michelle Kosko
Sheila and Lanny Horton, in memory of Sheila's mother and Lanny's parents
Helen Danielsen, in memory of Ragna and Tom Danielsen
Brenda Hodges, in memory of Walter and Margaret Hodges
Louise Lihos, in memory of James Lihos
Robert and Alice Williams, in memory of Roscoe and Edith Schertz,
Helen Carpenter, and Ernest Williams
Joyce McConnell, in memory of H. James and Stephen D. McConnell
Dorothy and Tony Slaga, in memory of Athey and Lucile Trout,
Anthony and Louise Slaga, and Fred Trout
Joyce Harris, in memory of Gene Blickenderfer
Pat Allis, in memory of Barry Allis and Helen Colburn
Cleansing Waters, in memory of Mrs. Helen Bowman
Karen Angell, in memory of Mike Angell, Mary Lou Rodis,
Don Rodis, and Mark Israel
Lea Solecki, in memory of Judith Kroboth, Emil Solecki, and Ethel Solecki
Joyce Hite, in memory of Edward Hite
Jane Fitzgerald, in memory of John and Mozelle Yeaman
Cyndy Martz, in memory of Arnold Hammarberg
Susan Amato, in memory of Geneva and Leo Driscoll
Marty Goppert, in memory of Tex Goppert
Arlene and "Bo" Bogert, in memory of Charles "Tex" Goppert,
Ellen Bodamer, and Ted Simpson
Cindy and John Amato, in memory of Bill Vogan
Rev. Gary and Anne Blanchard, in memory of Theresa Aunchman,
Lawrence Blanchard, and Dolor (Mike) Bergeron
Dick and Carol Jenkins, in memory of Rae E. Holbrook, Andrew M. Love,
Robert H. Jenkins, Sr., and Louise N. Jenkins
Lisa Wheeler, in memory of my precious mother, Helen Colevas
Annemarie Paine, in memory of Bergliot and Sig Hansen
Jamie and Linda Amato, in memory of their grandparents
Ann Eisele, in memory of Karen Marie Gardner and Arthur Edward Eisele
Wade and Vicki Freidline, in memory of William H. Freidline
Chris and Rich White, in memory of Edna, Edson and David White
Dorothy Crowder, in memory of Bert Crowder; Elsie, Otis, and Louie Smith;
and Mabel and Cecil Crowder
Anne Kaminski, in memory of Walter Kaminski
Arlene Lofdahl, in memory of Eugene Lofdahl
Roger and Susan Amato, in memory of Anne and Victor Amato;
Geneva and Leo Driscoll; and Elizabeth and Mary Driscoll

Susie Corrao, in memory of Michelle Kosko
Carolyn Wilson, in memory of Irma Peters
Betty Reedy, in memory of Elmer Reedy, Jim Bailey, Ronnie Reedy,
Larry Reedy, Frank Reedy, and Winfred Henry
Don and Dana Pannell, in memory of Jerry Pannell
Loretta and Fred Green, in memory of William Layton
Harry and Joan Brown, in memory of Maureen Grove,
Nancy Mutter, and Kyle Mutter
Sanford and Janice Martin, in memory of Sandy Martin
Juanita Florio, in memory of Anita Florio, John Florio,
and Nila Lavoie
George and Dorothy McKenzie, in memory of Veronica Elizabeth
Hawkins, Cecil H. Hawkins, Dustin G. McKenzie, George
Francis McKenzie, Sr., Marie McKenzie, Anna Whallen,
and Richard Jackson Davis
Joan and Julie Weimer, in memory of Louise Posey and
James Weimer
Frances Payne, in memory of her son, Chris Jenish, and her husband,
Donald Payne
Martha Bullock, in memory of Philip S. Bullock and Anna C. Beni
Virginia Wright, in memory of Harold Wright
Kristen Johnson, in memory of loved ones, Mickey and Jack
Kelly Richardson, in memory of Michelle Kosko
Gail Ritchie, in memory of C.L. "Boots" Ritchie, Jeffery Ritchie,
and Glenn Ritchie
Rose Hernandez, in memory of Segundo and Carmen Hernandez,
Rafael Hernandez, Carmen Lydia Hernandez, Sylvia E.
Melendez, Antonio Melendez, Carmen Elizabeth Garcia,
Izabeau "Mou-Mou" Hernandez, and David Butler
Jerri Schoenfeld, in memory of Brian Paap, Robert Taylor,
Kevin Callahan, Pat Jordan, Heidi Moore Sensino,
Thomas Winkler, Mr. Gerald Settle, Mr. and Mrs. Edmund
Burke, Mr. and Mrs. James Bennett, and Laurie Ellen Stowell
Dan and Evelyn Astuto, in memory of Marie Astuto and Jean Bachus
Pamela Hleba, in memory of William "Pete" Turney
Gerald Ryan, in memory of Shirley Ryan
Antionette Murphy, in memory of James W. Murphy
Elizabeth Shaw, in memory of Dennis C. Shaw
Robin DeLuca, in memory of her husband, Don DeLuca, and
Karen Poland
Gladys Owens, in memory of her son-in-law, Donnie DeLuca
Duane and Pauline Everett, in memory of her father, Harold Moeckl
and her mother, Jean Moeckl
Dale and Thomas Walsh, in memory of Arthur L. Walsh,
Olga Walsh, and Thomas F. Walsh
Amy and Shawn Furr, in memory of Benita Furr, Logan McKiernan,
Verlin Allman, Sr., and T.J. Rafe
Marea Brewer, in memory of Jean Larson
Steve and Judy Wear, in memory of Bethany Nicole Wear
George and Mary Ashley, in memory of George's father, Norman
G. Ashley, his mother, Ruth V. Ashley, and and Mary's father,
John Vouros
Karen Snuffer, in memory of Kevin Snuffer, Anthony Capuano,
Louis Capuano, and Donald Taylor
Joyce and Jack Neth, in memory of Robert Conrad
Cheryl and Ken Reynolds, in memory of Ragna and Thomas
Danielsen, Donald and Betty Reynolds, and Grandma Eleanor
Liz and Arvid Danielsen, in memory of Liz's Mom, Eleanor, her
brother, Rev. Arnold Hammarberg, Ragna and Tom Danielsen,
Tante Lisa and Uncle Andy, Uncle Sig and Tante Nuni
Madonna Padilla, in memory of Myrna Madonna Merry

Christmas Lights for 2009 *(continued)*

Kathy and Joe Huryk, in memory of Peter and Teresa Huryk,
Arlene O'Connor, and Pearl Yugas
Andrea Somerville, in memory of Everett and Louise Gardner and Burton
and Nancy Coolidge
Bucky and Wanda Dawson and family, in memory of their parents
Rev. and Mrs. C. M. McGlothlin and Mr. C. C. Dawson
Holly Carroll, in memory of Stephen Carroll
Carol and Dennis Acotto, in memory of Irene Fayas, George Fayas,
Amelita Drost, and Paul Drost
Patrice Mixon, in memory of Jack Alan Linn, and Wilma and Doyle Reed
Mike Kaminski, in memory of his father, Walter Kaminski
Douglas McGuire, in memory of his wife, Sue McGuire
Sylvia White, in memory of Raymond M. White
Kathy Stein, in memory of Amity Stein Grace
Norma McManus, in memory of Eloise B. McManus

IN HONOR OF (Red lights):

Joe Toth, in honor of Carolyn Toth
Dorothy and Tony Slaga, in honor of Patricia, Amy and Becky Slaga
Joyce Harris, in honor of Darlene Blickenderfer
Pat Allis, in honor of Linda Herness, Kaye Kready, and Liz Danielsen
Lea Solecki, in honor of Rev. Elizabeth and Arvid Danielsen
Tom and Sue Pierce, in honor of friends at Manassas Assembly of God
Arlene Bogert Enterprises, in honor of Pastor Brad Hales and family
Vicki Smith, in honor of Erica Hancock, Mary Pitts, Rebecca Valois,
Dick Jenkins, Carol Jenkins, Nicole Burrell, and Cindy Welch
Cindy and John Amato, in honor of Lucas and Valerie Amato
Lisa Wheeler, in honor of Teresa Schneider, 6 year survivor, and
Michelle Cobb, 3 month ovarian cancer survivor
Kathleen Salvaggio, in honor of Joe Toth for his hard work and strong faith!!
Jamie and Linda Amato, in honor of Roger, Susan, John, Cindy, Valerie, and
Lucas Amato; and in honor of Vince, Jan, Debbie, and Mike Spagnola
Roger and Susan Amato, in honor of John and Cindy Amato; James and
Linda Amato; and Peggy and David Podruchney
Janet and June Johnston, in honor of Amy Furr
Betty Reedy, in honor of her SCSM family, Sue and Jeff Fortuna, Gwen and
Don Olsen, Terry and Hap O'Brien, Phyllis Lazenby, Becky and Ron
Crouch, Brenda and Pat Neary, Molly Snurr, Mary Ann Smith, Burrell
James, Sondra and Jack McTarnaghan, and Susan Shorb
Loretta and Fred Green, in honor of Ida Layton
Bill Bethea, in honor of Pauline Bethea
Virginia Wright, in honor of her husband, Christopher Rapin, her parents,
Pressley and Viola Wright, and her aunt, Ethel Feldhauser
Pam Proctor, in honor of Carolyn Toth
Kristen Johnson, in honor of C.J. Johnson
Duane and Pauline Everett, in honor of Matt Young, Kara Jean Young, and
Mark Moeckl
Amy and Shawn Furr, in honor of Noah and Avery Furr, Rochelle Applewhite,
and the teachers and staff at St. Luke's Lutheran School
Becky Crouch, in honor of Betty Reedy
Dale and Thomas Walsh, in honor of James Graham
Carolyn and Kenneth Martin, in honor of the staff of Blue Ridge Christian
Home
Liz Danielsen, in honor of her husband, Arvid Danielsen, Duane and Lori,
Ken and Cheryl, Darren and Angela; our grandchildren, Justus, Jared,
Zachary, Trevor, and Kyrsten; our SCSM Ministry Partners; the
Chronically Ill Group participants; our Homebound friends
Jodi Beck, in honor of Carolyn Toth
Joe and Carolyn Toth, in honor of Jeff and Beth Beck
David Hammarberg, in honor of Judy Hammarberg

HONORING MILITARY SERVICE (Blue lights):

Sylvia Leggett, for Charles Leggett
Gordon and Judy Funkhouser, for Benjamin Wesley Cooke
Carmela Phillips, for Theresa Lopreste and Robert L. Phillips
Mary Carver, for Major Mark George
Gwen and Roger Shaffer, for their son, Sgt. Jason A. Shaffer,
killed in Iraq April 2007
Sherry Moore, for Betsy Hearn, Jeanna Flanagan, and
Leslie Countryman
Kristen Johnson, for PFC Travis Thomas
Rose Hernandez, for Jesus Hernandez
Robin DeLuca, for Lionel Phelps
Carol and Dennis Acotto, for Justin Fayas and Lynn Dangerfield

IN MEMORY OF A CHILD (Green lights):

Tom and Pam Gay, in memory of Patrick Ryan Gay
Brenda Hodges, in memory of Donald Ryan Hodges
Karen Angell, in memory of Orion Bickings
Gwen and Roger Shaffer, in memory of Jennifer Nicole Shaffer
Karen Bosy, in memory of Patrick Gay
Lisa Wheeler, in memory of infant Dillan Ridgway, and teenager,
Alana Hester
Mr. and Mrs. Maloney, in memory of Brian Maloney
Wade and Vicki Freidline, in memory of Ashton Anthony
Freidline
Anne Kaminski, in memory of Ronald Kaminski
Richard Unger, in memory of Eric Unger
Susie Corrao, in memory of Jesse Wood Sheppard and
Grandson Andrew
Rev. Lynn Podell, in memory of Anna Maxine Schell Podell
Joan and Julie Weimer, in memory of Baby James
Joyce and Jack Neth, in memory of Scott Neth
Darlene Adams, in memory of her son, Joshua Philip Adams
Bucky and Wanda Dawson and family, in memory of their son,
Todd Dawson
Staci McFadden, in memory of Baby McFadden
Elaine Gates, in memory of her daughter, Clara Francine Gates
Kevin and Tammy Roop, in memory of Millie Mae Roop

CHRISTMAS OFFERING

Shirley Lester	Jane Calvert
Ronnie and Anna Cornwell	Mike and Kathy Denman
Rachel Underwood	Linda Wert
Kimberly Terzano	Rev. Bunny Arnold
Dancy Cowan	
Gray and Debra Coyner	
Kathleen Puerner	
Levi Atkins	
Becky Panneton	
John Conti	
Joan Woodcock	
Madonna Padilla	
Nadine and John Balenger	
Marianne and Doug Nigreville	
Linda Spafford	
Jayne Brekelbaum	
Sandy Priecko	
Debby Ammann	
Nancy Herman	
Joe and Carolyn Toth	

*We regret if we misspelled or omitted
a name. Please contact us if this has
happened.*



Calendar of Events

The Culpeper SCSM Satellite Office

415 South Main Street

Open Mondays, 9 am-2 pm

(540) 454-6643

The Bristow/Manassas Satellite Office

11500 New Life Way, Bristow, VA

Open Wednesdays, 9 am-2 pm

Evening Classic GriefShare

Culpeper, Mondays, 7-8:30 pm
(Culpeper Hospital Conference Room)

(4/5 - 6/14)

SCSM Center, Tuesdays, 7:30-9 pm

(4/6 - 6/15)

Manassas, Wednesdays, 7:30-9 pm

(4/7 - 6/16)

Daytime Classic GriefShare

SCSM Center, Wednesdays

10:30-Noon (4/7 - 6/16)

New GriefShare Series

Culpeper, Mondays, 9:30-11 am
415 S. Main Street (across from 7-11)

(4/5 - 6/14)

SCSM Newsletter Assembly

Friday, May 21, 9:30 am-2 pm

Fauquier Clergy Luncheon

Prayer and Fellowship

First Tuesdays, Noon-1:30 pm

Chronically Ill Support Group

Mondays, 11 am-Noon

Culpeper Satellite Office

Tuesdays, 10:30-11:30 am

Fauquier Hospital Bistro

Wednesdays, 10-11 am

Bristow/Manassas Satellite Office

The Bereaved Spouse

Tuesdays, 7:30-9 pm (4/6 - 6/15)

Care Cafe Fellowship

Thursdays, 10 am-Noon

Community Prayer

Thursdays, Noon-12:30 pm

The Calling to be Caregivers by Virginia Wright

Caregiving is usually not a pre-planned choice we make unless we choose to be educated and employed in the medical field. But many accept it as a response of love to those close to us, such as our parents, spouse, or children.

How do you cope as a caregiver? If we focus on the big picture of fulfilling God's will, we change focus from the daily snapshots we see of our difficulties to the heart quality of love that makes it possible to meet the caregiving challenge.

Caregiving will usually come about at an unexpected, unscheduled time. Perhaps following a fall, an accident, or an illness, and you are just thrown straight forward into your role. You accept it first without much thought, and as the days go by you may be forced to make certain decisions of how you will change your life to be able to offer this caregiving.

As I write this, I now have two experiences that called me into caregiving. In 1993, following an unexpected illness and weeks in the hospital, I began caregiving for my late husband. After several hospital stays, kidney dialysis, diagnosis and Parkinson's disease, repeated falls, therapy and surgeries over a period of years, I provided caregiving in our home for Harold. I still worked full time in corporate America but was blessed with an understanding and supportive executive and staff. Therefore, I struggled to keep in-home care with private caregivers for his needs and even made modifications to our home to accommodate the wheelchair, bathing needs, and hospital bed. The decision to do this was first made when I said my marriage vows and because of my love for the man I chose to marry regardless of factors known to me then. The confidence to do this was built on life experiences as my family during my early years cared for our loving grandparents with very limited nursing home care. My Christian upbringing and faith gave me my foundation as I knew that God would give me the strength to do my calling. Yes, I would sometimes question why but then turn it over to God and just ask for His provisions for us for another day and through another obstacle on



this path we call life. After eleven years, Harold was called to his eternal home in heaven where I plan to join him later.

In 2008, after only four years, I was once again called to this role of caregiving as my mother broke her shoulder and needed care and help as she recovered. This was now the convincing factor that it was time for my parents to move into my home (now handicapped equipped) with me so that I could better care for them during their aging years. This has been a big adjustment for them as they are no longer as independent as they once were. However they do spend quite a few hours of the day alone together in my home while I work and volunteer.

December was a celebration of their 81st and 84th birthdays for hard working, loving parents who have given to and done so much for me, including helping with my husband. Now on December 26, mom falls without known cause and has a double fractured ankle and will be undergoing weeks or months of recovery. I will be the primary caregiver as my dad is no longer able to help much. Over the holiday weekend, I have been blessed to receive encouragement, support and help from my husband, Chris. We once again pray for healing and recovery from this obstacle and change of our plans.

Caregiving takes dedication and sacrifice, and will be exhausting and most often not respected. Do you feel alone? Helpless? Do you need resources? Would sharing with others help you break down barriers, deal with the overwhelming feelings, deal with decisions and make life easier? I have found that people do care and may want to help but do not know how or what the need is. This time around, I have found a lot more resources available to me than just ten years ago.

Virginia facilitates the SCSM Caregiver Support and Resource Group. Group sessions meet Wednesday mornings, 10:30 to noon, at the SCSM center in Warrenton. Communication by phone is also available at 540-349-5814. There is no fee and no registration is needed.



Susan Amato and Chaplain Liz Danielsen completed 30 hours of a course called *Caring for People God's Way*. They attended graduation at the American Association of Christian Counsellors conference in Nashville Tennessee, September 2009.

Many thanks to Becky Pucher and her Bible study class who have been helping with the quarterly *Heart & Hand* newsletter mailing preparation. Becky Pucher, Robin Ashby, Susan Harris and Lynn Dudley are shown in this picture taken in August. In November, eight members of the study came to help! We are so blessed and grateful!





Spiritual Care Support Ministries, Inc.

Reaching for a Hand, and Touching a Heart

P.O. Box 643, 76 West Shirley Ave.

Warrenton, VA 20188-0643

Tel. 540.349.5814 ChaplainLiz@scsm.tv

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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

My daughter died and so many people talk about her becoming an angel in heaven. Can you help me? Will my daughter become an angel in heaven?

I am often asked this question, especially about children. The answer is no. Death is a relocation of the same person from one place to another. The place changes but the person remains the same. The same person who becomes absent from his or her body becomes present with the Lord (2 Corinthians 5:8). Angels are beings with their own histories and memories, with distinct identities, reflected in the fact that they have personal names such as Michael and Gabriel. Under God's direction, they serve us on earth (Hebrews 1:14). In heaven, human beings will govern angels (1 Corinthians 6:2-3). We won't be angels in heaven but we'll be with angels. If you would like to read more about heaven, I would recom-

mend the book, *Heaven*, by Randy Alcorn.

Since I have had a loss in my life, I have many friends encouraging me to keep a journal. How does a journal help me?

The value of keeping a journal and finding how it benefits you personally comes with time. A journal will remind you of where you have been and where you may like to be. It helps you transfer some of the negative and positive feelings you may have as you are processing your loss, which will keep you healthy. Writing down events and feelings about your loss gives those events and feelings significance. I believe journaling helps relieve tension that a person may be feeling. I would also like to suggest that you journal with scriptures from God's word each day to give you God's perspective on what you are going through.

Do you have a question for Chaplain Liz? Send your question to "Dear Chaplain Liz", SCSM, 76 W. Shirley Ave, Warrenton, VA 20186. All correspondence needs to include your name, address and telephone number to be considered. All correspondence becomes the property of SCSM and receipt of the same constitutes writer's permission to publish any portion of the material in the H&H Newsletter or any other media, at the sole discretion of SCSM. Only first names (or an alias if you so indicate) will be included in the use of the material.

Board of Directors: Rev. Daniel Astuto, Sr., Kathleen Boudwin, Arvid Danielsen, Joyce Ann Neth, Virginia Wright
Advisory Council: Darren Danielsen (New York), Bonnie Knauf (Alabama), Dorothy Slaga (Virginia), Ruth and Donald Storms (North Carolina)

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.

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.