

Heart & Hand

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

Reaching for a hand, and touching a heart

Vol. 15, Ed. 1, March 2019

Greetings from Chaplain Liz

Greetings from the Spiritual Care Support Ministry Center where we understand that life's challenges can be difficult. Those challenges can cause physical, emotional and spiritual pain. As difficult as those challenges may seem, we believe the promises of God can bring hope and that hope can guide us and get us through the most difficult situations that we are experiencing. The scriptures



(Old and New Testament) are the inspired, inerrant and trustworthy Word of God, the complete revelation of His will for the salvation of human beings. The scriptures are our all-sufficient rule for faith and practice at the Center.

Every human being is created in God's image. Our ministry acknowledges the complexity of humans as physical, social, psychological and spiritual beings. The ultimate goal of giving effective support at SCSM is to help others move to personal wholeness, interpersonal competence, mental stability, and spiritual maturity. Healing (emotional, spiritual, physical, relational and more) is an integral part of the Gospel and is available to all. At the Spiritual Care Support Ministry Center, we have seen how God has worked in the lives of people in the past fourteen years as they apply the scriptures to their lives and begin to understand that they can heal. They come to us feeling vulnerable, alone, and unloved by God and others. We are here to remind them that God loves them. We are here to support them in the best way we can according to their needs.

The support at SCSM is offered in so many different ways. It can be through prayer, counseling, email, telephone conversations, Facetime, Skype, music, training, retreats, care café, sup-

port groups, inspirational studies, men's grief groups, social gatherings and chats over coffee. We have resource materials that are helpful to those who are chronically ill, grieving the loss of loved ones or experiencing personal losses, or for caregivers and others who are journeying with them. We also have resources for children and teens. If you are interested in learning how to be effective in helping others, we are avail-

able to help you with the training you need. We do not charge people for our services, but a donation is appreciated to meet the needs that we have at the Center.

We began the New Year 2019 with new programs that we are offering our community. Please

check our website at www.scsm.tv for updated information. I want to remind you that you do not have to live in Warrenton to receive support. We can minister to you wherever you are in the world because of the technology that is offered to us through Facetime, Skype, and other means.

Do you wonder where you can go for encouragement? Spiritual Care Support Ministries is here to offer you encouragement as well as hope. There

is no hope like the hope God offers. His love is like no other. His power is without limit, and your future with Him is the best thing that could ever happen to you. At Spiritual Care Support Ministries, we have the privilege of being part of God's story. It cannot get any better than that. We continue to look forward to 2019 as God uses us to help others. Please contact me if you have any questions about our ministry by calling me at 540-349-5814 or email ChaplainLiz@scsm.tv.

Chaplain Liz Danielsen

Chat with the Chaplain

Waiting on Spring

I was driving home from the Giant food store to pick up medicine for my husband, Arvid, early last Spring. It was raining, cold, and grey outside. It was supposed to be spring with warmer temperatures and flowers and trees bursting with new life. Someone told me that it was the coldest weather we have had in Virginia in many years. Some of the trees were trying with all their might to show their pretty leaves or blossoms, but most of the trees were bare. I have seen daffodils show their little faces at the SCSM Center, but for the most part spring has not arrived. I also heard in the conversations that I have had with others that they had enough of winter and wanted spring to arrive.



Then I thought of those who are grieving the loss of loved ones. They are aching for spring to arrive in their hearts. They feel like they will never get out of the winter of their grief. There is loneliness, tears, anger, unanswered questions, and pain (physically, emotionally and spiritually). Nothing is coming forth but depression and despair. It seems for them that spring will never arrive. I whispered a prayer for you today. Winter will become spring. It may take longer than you want it to take. It will be painful but not forever. It will come if you take those first steps to healing. We are here to help you at the Spiritual Care Support Ministry Center. Give us a call. Soon you will see new growth appearing in your life, and I am sure your loved one is smiling.

SAVE THE DATE!

The SCSM
15th Year Anniversary
Celebration
is scheduled for
**Saturday,
October 5, 2019**

Stoneridge Event Center
Warrenton, Virginia.

Watch for more information!

Praise and Prayer

We Praise the Lord:

- That we will be able to move in soon to the new SCSM Center and for more volunteers and groups that can help.
- For our executive board and advisory members to have wisdom and be directed by God in all decisions made as they support Chaplain Liz with the work of SCSM.
- For our staff and SCSM volunteers to have the “Joy of the Lord” fill their hearts as they serve at SCSM, and for good health and a deeper relationship with the Lord.
- For those around you that are suffering every day with chronic illness and are grieving all kinds of loss.
- For all our new programs that we are introducing in 2019 to help meet the needs of people.
- For pastors, their staff, and families to not feel defeated but be renewed by God every day.
- For God to give our firefighters and first responders the strength to do their job.

Please Pray:

- For the privilege of serving our God in our community, our country, and the world.
- For technology that has opened many doors for SCSM to minister.
- For the new SCSM Center and those working tirelessly to get it done. It is looking really good!
- For 2018 and all that we were able to accomplish with the help of God.
- For all our new SCSM volunteers and their excitement to serve the Lord.
- For all our prayer partners and those who financially support us. Without them we could not do what we are doing.

VISIT CHAPLAIN LIZ'S BLOG
<https://www.scsm.tv/blog/>

SCSM is on **FACEBOOK!**

Newsletter Editor: Dorothy Slaga
Associate: Cheryl Reynolds

There is Spring in Heaven, too!

by Nan Zastrow



Gary and Nan Zastrow

Dear God, it's spring! Give me the strength to recognize its meaning.

Your harbingers of the season cautiously grace our presence.

Lo! I saw my first robin just a few days ago,
And that bush of pussy willows mysteriously awoke overnight.

“Was it only yesterday that you claimed my loved one to join your celebration?”

Each spring:

When Thy mighty hand reaches down to perform its miracles, I'll remember.

When the dying grass turns from brown to thriving green, I'll remember.

When the barren branches burst forth with blossoms and later fruit, I'll remember.

When the frozen waters flow freely and ripple with delight, I'll remember.

When the hibernating creatures awake and trod the dry ground, I'll remember.

When the birds return with their cheerful songs and melodies, I'll remember.

When the raindrops replenish the earth from its ravenous thirst, I'll remember.

When the daffodils and tulips pop through the crusted ground, I'll remember.

I'll remember, Lord God. Always!

But especially every spring.

Your Plan for us is to witness the spiritual awakening and rebirth.

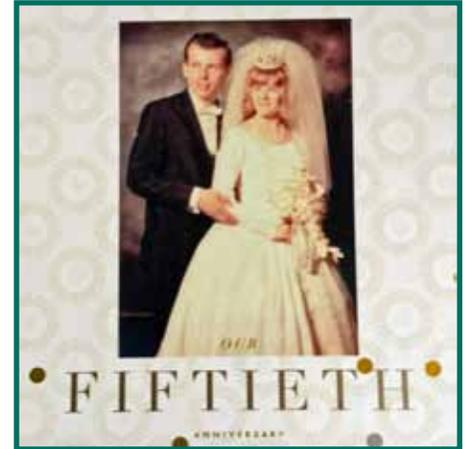
I'll remember that The Resurrection is the message of spring.

I'll remember that in Heaven, other family and my loved one wait for me.

And I'll remember that in Heaven, the celebration of spring is forever.

Nan Zastrow ©1994

Thank You from Grateful Hearts



Arvid and I want to thank all of you who shared their memories of us in our 50th Wedding Anniversary book. It is hard to put in to words how we felt when we received this precious treasure. It will take us many hours to read everything, but every hour of reading will be filled with a grateful heart. Thank you for blessing us in this way. We also would like to thank all of those who sent cards and donations for our 50th Wedding Anniversary. We received \$4,690 for SCSM. Your contribution to this much needed ministry was very much appreciated.

Arvid and Chaplain Liz

SCSM Honorariums and Memorials

In Memory of Scott Neth, given by Jack and Joyce Neth, Flower Mound, TX; Nicholas Daymude, given by John and Debra Daymude, Copper Hill, VA; Sgt. Jason Shaffer, Jennifer Nicole Shaffer (newborn) and pets Sebastian and Gizmo, given by Roger and Gwen Shaffer, Huntly, VA; Charlotte Reynolds, given by Rev. Jane Fitzgerald, Alexandria, VA; Raymond M. White, given by Sylvia White, Montclair, VA; Charlotte C. Reynolds, given by Rose Hernandez, Manassas, VA; Charlotte Reynolds, given by Dorothy and Tony Slaga; Charlotte Reynolds given by Dancy Cowan, Front Royal, VA; Rob Christiansen, given by Ann Marie McCarty, Catlett, VA.

In Honor of Maureen Morely, given by Therese Simpson, Warrenton, VA.

Saved by Grace by Amy Furr

My Dearest Grace,

If you could only know how much I miss you. We don't even have a picture. I had a pregnancy stick once, with a line that disappeared. We never even met you, yet we miss you with a constant ache. We have a car meant to seat six, a table meant for six, and a home meant for six. Everything in our lives is meant for a family of six. Our hearts are meant for a family of six, yet you aren't here. Every one of your seats is empty, except for your place in our hearts.



I didn't miss your earlier milestones so much because I was concentrating so hard on Noah's and then Avery's (and now Ezra's, as well). Knowing how precious life is, I wanted to make the most out of every moment for your brothers. In the process, I need to make the most out of their lives for myself. When you lose a child, you realize just how important and precious the children you have really are.

It's starting to hit home now, though. We've missed out on a lot. We didn't just lose you, we lost moments and memories and dreams.

Watching Noah go to Homecoming a few weekends ago, I realized I'll never have the chance to shop for dresses, make up, and shoes with you. How I longed to clasp one of my necklaces around your neck, adjust your dress, and help you with your hair. (After pictures were taken, with tears cracking my voice and sounding like a crazy lady, I begged the other girls to please send the pictures to their moms. "Things like this are important to them.") I won't have the chance to hug you, remind you to be careful and have fun, and send you on your way. It was like ripping a scab off a gaping wound, grief renewed. I was happy for Noah, but oh, the pain ran deep again.

Your dad confessed he misses the chance to dance with you or walk you down the aisle on your wedding day.

Noah confesses missing the chance to protect you as you grow up. He misses the chance to grill your boyfriends and be your big brother.

Grace, even in your absence, you've

taught me so much. I've never even held you, yet you've made me a better mom, a better friend, and a better person. You've given me a better understanding of so much, a different perspective on so many things, and a greater love for other mamas. Your loss has taught me how painful questions like, "When are

you going to have (more) children?" can be, so they are typically topics of conversation I stay away from.

You are one of the reasons we understand how blessed we are. So many couples with miscarriage and infertility as part of their story don't have the opportunity to include three biological children as another part of their story. You are one of the reasons your brothers are hugged tighter and held closer.

You are one of the reasons I pray so fervently for good relationships with my daughters-in-law, for good wives for your brothers, and if they are God's will, granddaughters (I'll take grandsons, too. Now I know what to do with boys, finally!). I want to be part of their lives, part of the moments I've missed with you.

We lost out on so much, but in the end, we have been saved by so much grace. We have been saved not just by God's grace, but by you, our daughter, precious Grace.

Until we meet again, for forever...

I love you, always and forever, forever and always.

Love, Mom

Thank You

Bobby Delach for cleaning the Center; Diane and Jim Fritz for donating coffee; Linda Spencer for cleaning the Center; Ann Marie McCarty for tissues and paper towels; Carolyn Martin for books; Jay McCargo and ARServices for SCSM pens; Linda Spencer for Dr. David Jeremiah study books and DVD's for "Overcomer;" Diana and George Sheesley for notebooks; Lisa Lyons for copies of her CD, "An Unexpected Journey;" Mimi Jaeger for paper towels, paper plates and tall trash bags.

Culpeper Rocks

by Susan Payne

The "Culpeper Rocks" initiative was popular about a year ago. It was pretty popular in different parts of the country as well.

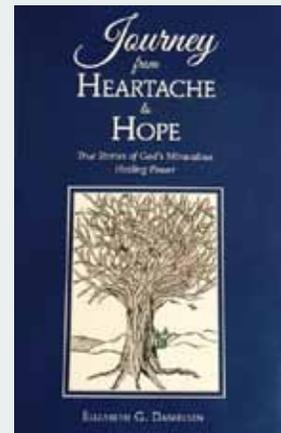


If you are not familiar with the activity, the purpose of the initiative was to paint a rock and then hide the rock for someone else to find, or if you liked it, you could paint another one and then hide that one instead. Some of you may have spent time searching for the rocks, painting the

rocks, or even stumbled across a rock or two around town when you least expected it.

I'm sure you're wondering where I'm going with a story about rocks. Well, here you go. Someone in my town painted a really special rock. That special rock had the word HOPE on it. No, I was not the one who found the rock, but my mom found it. I made a big deal about finding the rock and since she had never heard of the activity, I had to

Rock, Cont'd p. 4, Col 1



\$15

Here's a
GREAT gift idea
while supporting
your favorite charity,
SCSM!

explain to her why I was so excited about it. I had never found one of the rocks. The significance of finding that particular rock will stick with me for the rest of my life. You see, we were at Mitchell's Presbyterian Church visiting my dad's grave when my mom found the rock. He had taken his own life about a year prior to when we were visiting him that day.

October 6, 2016, was the most devastating day of my life. Finding out that my dad had passed away was very hard, but then the manner in which he died made it even more difficult. For as long as I can remember, he suffered from depression. He never really chose to seek help or even accept the fact that something was not quite right. The



reason I am writing this is to make sure that every person knows that there is HOPE. God placed it on someone's heart at some point to paint a simple rock and label it with the word HOPE. Little did they know that someone who would have truly needed some HOPE that day, while grieving someone who had lost all of their HOPE, would find that rock.

If you are suffering from anxiety or depression, struggling with an addiction, or contemplating ending your own life, please look for your HOPE. I encourage you to seek the help you may need for a better tomorrow. Psalm 18:2 says, "The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold."

Will you find your rock? Your rock of HOPE could be right here today. Seek out family, friends, or professional help. Keep your eyes open and keep looking forward. Jeremiah 29:11 says, "For I know the plans I have for you," declares the Lord, "Plans to prosper you, and not harm you, plans to give you HOPE and a future."

Dealing with Loss: It Really is a Choice

by Dr. Karl Benzio

Transformational Thought

As an engineer, I want life to be clear, to fit together logically, to blend smoothly with my plans. I even feel excited about occasional problems that challenge me moderately, but with nice solutions. Neatness and order make sense to me. Some of my family would say I am a little OCD in a few areas of my life. I have routines and methods to accomplish almost every task from shaving, to packing, to addressing personal issues. One main reason for my OCD is that I hate losing anything. Whether it's a game, my keys, or time ... I don't want to let anything slip through my fingers.

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

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

Although it is normal to grieve our losses, if we aren't careful, grief can easily become the main lens through which we view ourselves, our future, and especially God. This distorted viewpoint will dramatically affect our functioning and decision-making. Instead, we need to choose to be thankful for everything we have had. Then we need to concentrate on the relationships, abilities, and opportunities that are still ours ... viewing life and God through truthful lenses, not lenses that are emotionally-distorted ones. God wants us fixated on Him, not on the material and transient elements of this world.

These words from Paul can be an encouragement to us as we go through loss, hurt, or the aging process: "I know what it is to be in need, and I know what it is to have plenty. I have



learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through Him who gives me strength." Philippians 4:12-13

You might think, "I'm not old, so this doesn't apply to me, but I'll pass it to an old person I know." Well, the way you handle getting older is determined by how you have "practiced" handling loss during your life between the ages of 10 and 45.

So practice well now, and you will be prepared when the bigger, more predictable losses come faster and deeper.

Today, identify some past losses, or something you long for but aren't getting. How does this "loss" affect your view of yourself ... God ... and life? Are your views based on fact and truth ... or are they distorted? Try to keep the distorted feeling, that entitled mindset, from affecting your present and your view of the future. "Within Reach", a curriculum from Lighthouse Network, has helped many see clearly. Focus on thankfulness for what you do have. Concentrate on Jesus, knowing that He will enable you to serve Him in and through the adversity ... and to bless others. Whether you have an attitude of thankfulness and focus on what you have, or you have an attitude of entitlement, focusing on what you lost is your decision, so choose well.

Prayer

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

The Truth

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

Philippians 4:8

(From Dr. Karl Benzio, Lighthouse Network's Stepping Stones Daily Devotional, May 17, 2018. www.lighthouse-network.org, used with permission)

Christmas Lights for 2018

CHRISTMAS TREE SPONSORSHIP:

In memory of Lisa Stone, given by Charles Stone, Marshall, VA
In memory of Segundo and Carmen Hernandez, Rafael Hernandez,
Carmen Lydia Hernandez, Sylvia E. Melendez, Antonio Melendez,
Carmen Elizabeth Garcia, Izabeau "Mou-Mou" Hernandez, Wilfredo
Hernandez, Ramon Feliciano and David Butler; the military service of
Jesus M. Hernandez, and in honor of Julia Hernandez, Lucy Hernandez,
and Pedro Hernandez, given by Rose Hernandez, Manassas, VA
In memory of June and John Payne, given anonymously
In memory of my son, Justin Quoyeser, given by Kathy Quoyeser,
Warrenton, VA
In memory of Anthony and Louise Slaga, Lucile and Athey Trout, Fred Trout,
Herb Wilson, and Diane Slaga, given by Tony and Dorothy Slaga,
Nokesville, VA
In memory of J. B. Coolidge, given by Ken and Kathy Boudwin, Humble, TX
In memory of George Fayas, Irene E. D. Fayas, Lila DeGroot, Erma Louckes,
Jeannette G. (Anderson) Fredrickson, Roy Fredrickson, Marlene Gardner,
Marilyn Faye Fayas, Amelita Drost, Paul Drost, Nathan Calcagni, Florence
Liddle, George Miller, Duane G. Fayas, Josie Acotto; Henry Acotto, pet
dog; for service in the military: Ryan Fayas and Justin Fayas, given by
Carol and Dennis Acotto, Manassas, VA

CHRISTMAS TREE AND STAR SPONSORSHIP:

In memory of Bridgit McCargo, given by Jerry McCargo, Alexandria, VA

STAR SPONSORSHIP:

A Christmas offering given by Joe and Sandra Dahle, Manassas, VA
In memory of Harold Wright and in honor of Presley and Viola Wright; and
Chaplain Liz and Arvid Danielsen on their anniversary and for all they do,
given by Virginia Wright, Hume, VA

IN MEMORY OF (White Lights):

Jeff Embry, given by Hazel Settle, Jeffersonton, VA
Beth Bowen Merritt and Donna Lee Crowley, given by Dr. Sandra-Joy Gray,
Manassas, VA
Ragna and Tom Danielsen, given by Helen Danielsen, Roseland, NJ
Jack G. Shumate, given by Gayle Shumate Harsh, Warrenton, VA
Cliff Grimsley, given by Margaret Grimsley, Marshall, VA
Judd Weakley, father, and Roy Weakley, brother, given by Frances Payne,
Culpeper, VA
Jack Shaver, given by Barb Douglas-Shaver, Warrenton, VA
Patrick Gay, given by Karen Bony, Warrenton, VA
Edward West, given by Larry and Sandra Payne, Hume, VA
Lenna Lang, Jean Rock, Doris Poe, and Peggy Kilgo, given by Carol Brinegar,
Manassas, VA
Sandy Martin, II, given by Sanford Martin, Culpeper, VA
Eric Kalleberg, given by Alan Kalleberg, Big Pine Key, FL
Mary Condren, given by Evelyn Latham, Amisville, VA
Eleanor Johnson, given by J.W. Calvert, Fayetteville, NC
Jeffery Ritchie, C.L. "Boots" Ritchie and Glenn Ritchie, given by Gail Ritchie,
Bealeton, VA
Cathy Yeatts, Terry Smith and Lilly Appleman, given by Vicki Smith,
Warrenton, VA
Richard Illingworth, given by Janice Illingworth, Flanders, NJ
Andreas and Lisa Kalleberg, Eric Kalleberg, John and Esther McCourtney,
given by Harold Kalleberg, Goshen, NY
Betty Oxley, given by Catherine Soehnlín, Catlett, VA
Fitzhugh Lee and Angaleene Lee, given by Chess and Janice Heater,
Warrenton, VA
Joseph Lepre, Jr., given by Barbara Lepre, Manassas, VA
Ray M. Young, given by Doris Young, Warrenton, VA

Carl W. Letsen, Jr., given by Sally Letsen, Castleton, VA
Karen Gardner, given by Dorothy Vasi, Hopatcong, NJ
Dad and Mom, Walter and Margaret Hodges; Dad, Clement Sharp,
given by Don and Brenda Hodges, Manassas, VA
Glenn Grossarth, Pete Grossarth and Jenny and Ray Reinertsen,
given by Hillie Grossarth, Staten Island, NY
Stuart F. Sondheimer, Jr. (my husband), Kathryn "Kitty" Aker
Sondheimer (my mother-in-law) and Oscar L. Anderson
(my dad), given by Kay Sondheimer, Gainesville, VA
June Montalcone, Dianne Zaccardi and Julia Nelson, given by
Mary Beverley-Kotek, Broad Run, VA
Jack and Maurine Linn, Doyle and Wilma Reed, given by
Patrice Mixon, League City, TX
Eric Kalleberg, Patricia Allis; our parents, Eleanor, Ragna and Tom;
Donald John Rodes, Jr.; Jean Robinson; Julia C. Robertson,
Carol Dubinsky, Gerald M. Fillman, Kenneth H. Coyner, and
Betty Reedy, given by Liz and Arvid Danielsen, Warrenton, VA
My darling, Gary; my brother, Lynn Bast; my sister, Cathy Kiser; my
mother, Vera L. Bast; my friend, Patsy Byrd, given by Vickie
Richey, Rock Hill, SC
Margaret Price, given by Kathleen Price, Fairfax, VA
Kevin Geer, given by Richard and Carol Geer, Spencerport, NY
Donald John Rodis, Jr., Harry Dender, Michael Ark Angell, Donald
John Rodis, Sr., Mary Lou Rodis, and Coach Bill Carr, given by
Karen Angell Duby, Sumerduck, VA
Cecil, Mabel and Herb Crowder; Elsie, Otis and Louie Smith; Jean,
Ivan and Debbie Craig, given by Dorothy Crowder,
Woodbridge, VA
Russell B. Jones, given by Judith and Gregory Jones, The Plains, VA
Jack Farley, given by Dale and Thomas Walsh, Sparta, NJ
Edward D. West, given by Susan Payne, Hume, VA
Judy Kunker, given by Annemarie Paine, Albany, NY
Betty Jean Crowl Robinson, given by Marty, Ben and Fiona Dever,
Gainesville, VA
Carolyn Link, Moira McAveney, MC, Kay Orsini and Henrietta
Mitrione, given by Melanie Ebert, Manassas, VA
Dennis C. Shaw, Kathey Jeorger and Cheryl Caracciolo, given by
Elizabeth Shaw, Vestal, NY
Emil M. Solecki, Ethel K. Solecki and Judith S. Kroboth, given by
Lea Solecki, Sparta, NJ
Anthony Rosa, given by Jeanine Oglesby, Culpeper, VA
Edward Dean Patterson, given by Eleanor Callahan, Middleburg, VA
David G. and Gwendolyn M. DeLong, my parents, and Janet Hart,
my sister, given by Mary Petrilla, Bristow, VA
Walter and Anita Nigreville, Norman and Martha Koller, our
parents; Wyn Koller and David Nigreville, our brothers,
given by Marianne and Doug Nigreville, Manassas, VA
James S. Bassett, given by Linda Bassett, Catlett, VA
Omar Lee Barnes, III, given by Connie Barnes, Midland, VA
Joseph Riordan, given by Dale Walsh, Sparta, NJ
Mary Gazillo, given by Mark Gazillo, Warrenton, VA
Angela Dawne Grigsby Carter, Caleb Ezar Wingert Proper, Grandma
Alice Beckwith Porter, Grandma Hildegard Foerstemann,
Granddaddy Lawrance Freeman, Aunt Bertie Lib Aylor, William
"Junie" Carter, David Gearheart, Rebecka Jenkins, given by
Sharron and Elizabeth Proper, Washington, VA
My friend, Angie Berry Beavers Walls; my husband, Jimmy Weimer;
my nephew, Paul Sanders and his Mom and Dad, Tommy and
Doris Sanders, in loving memory of my Mom, Louise Posey,
given by Joan Weimer Ruckersville, VA
Carole J. Payne, given by Harry Payne, Hamburg, NJ

Christmas Lights for 2018 (continued)

Cindee Liwen, given by Connie Liwen, Austin, TX
Pamela Traynor Nickerson, given by Sharon Rizzo, Woodbridge, VA
Charles Leggett, given by Sylvia Leggett, Manassas, VA
Mary Canciglia Hasty, given by Linda McWilliams, Gainesville, VA
Gary Richey, given by Jeffrey Kiser, Manassas, VA
Betty Jean Crowl Robinson, given by Jeannie and Lambi Coroneos, Warrenton, VA
George McKenzie, Sr., Marie McKenzie, Cecil H. Hawkins, Veronica E. Hawkins, Theresa Hawkins, and Dustin Cecil McKenzie, given by George and Dotty McKenzie, Culpeper, VA
William (Bill) A. Clark, Jr., Justin Clark Mallon and Daddy Justin, given by Joyce Mallon, Manassas, VA
Sadie Faith Prol, given by Audrel Prol, Sparta, NJ
My parents, Fortunato and Teresa Rigano, given by Dominic Rigano, Sewickley, PA
Vernon W. Brugger, Jr., given by Frieda Brugger, Manassas, VA
Russell B. Jones, given by Judy and Greg Jones, The Plains, VA
Rod Via, given by Dee Via, Haymarket, VA
Indrikis M. Kaneps, given by Yolanta Kaneps, Sandyston, NJ
Geoffrey Campbell, given by Audrey Mitchell, Culpeper, VA
Darrell Nygaard, given by Ed and Lisa Lyons, Madison, VA
Rae E. and Andrew M. Love, parents; Patricia Burger, sister; Robert H. and Louise Jenkins, parents; and Gertie May, sister, given by Carol and Dick Jenkins, Amissville, VA

IN HONOR OF A CHILD (Green Lights):

Everly Hall, given by Chess and Janice Heater, Warrenton, VA
My granddaughter, Kinsey Morgan, given by Vickie Richey, Rock Hill, SC

IN MEMORY OF A CHILD (Green Lights):

June Elizabeth Schmidt, given by Joanna and Brian Schmidt, Bristow, VA
Samuel Legg, given by Barb Douglas-Shaver, Warrenton, VA
Patrick Gay, given by Karen Bosy, Warrenton, VA
Jennifer Nicole Shaffer, given by Gwen and Roger Shaffer, Huntly, VA
Our loving son, Bobby Goff, given by Jay and Lora Goff, Amissville, VA
Our son, Donald "Ryan" Hodges, and granddaughter, Payton Joy Hodges, given by Don and Brenda Hodges, Manassas, VA
Ryu Gibson, given by Mary Beverley-Kotek, Broad Run, VA
Baby Sadie, given by Liz and Arvid Danielsen, Warrenton, VA
Orion Bickings, given by Karen Angell Duby, Sumerduck, VA
Our beloved son, Daniel Jacob Maher. We will love you and miss you forever. Until we meet again. Given by Thomas and Carol Rose, Marshall, VA

IN MEMORY OF MILITARY SERVICE (Blue Lights):

Robert L. Taylor, III, given by Barbara Taylor, Warrenton, VA
Terry Halsey, given by Carol Brinegar, Manassas, VA
Tommy Martin, given by Sanford Martin, Culpeper, VA
Sgt. Jason A. Shaffer, given by Gwen and Roger Shaffer, Huntly, VA
Joseph Huryk, Walter Huryk, Sr., and Peter Huryk, Sr., given by Walter Huryk, Nutley, NJ
Joseph (Boots) Ward, III, given by Patrice Mixon, League City, TX
Randel Price and Frank Pero, given by Kathleen Price, Fairfax, VA
Charles Strassner and Joseph Strassner, given by Richard and Carol Geer, Spencerport, NY
Jim Graham and Donald Holzhauser, given by Dale and Thomas Walsh, Sparta, NJ

IN MEMORY OF A PET (Red Lights):

Sebastian and Gizmo, given by Roger and Gwen Shaffer, Huntly, VA
Dakota and Misty, given by Sharron and Elizabeth Proper, Washington, VA
Spudy McKenzie, and Bear Bear, given by Dotty and George McKenzie, Culpeper, VA

IN HONOR OF (Red Lights):

Liz and Arvid Danielsen's 50th wedding anniversary, given by Pam and Jim Lynn, Nokesville, VA
Pam Gay, given by Karen Bosy, Warrenton, VA
SCSM staff and volunteers, given by Carolyn Martin, Warrenton, VA
Howard Brinegar, John and Lelia McKee, Colin and Amy Scherer, Carleigh and Abel Scherer, Joane Toler, Johnny Halsey, Dennis Halsey, Helen Glessner, Carol Everhart, Anne Key, Lucy Fletcher, Cherlynn Johns, and friends at SCSM, given by Carol Brinegar, Manassas, VA
Conway Les Cunningham, my brother, given by Louise Cullers, Manassas, VA
Liz and Arvid Danielsen, given by Lea Solecki, Sparta, NJ
Arvid Danielsen, in honor of our 50th anniversary, given by Liz Danielsen, Warrenton, VA
Pam and Tom Gay, Rev. Lanny Horton, our SCSM volunteers, given by Liz and Arvid Danielsen, Warrenton, VA
Arvid and Liz Danielsen, given by Frankie and Stephen Schuman, Sparta, NJ
The Angell family, given by Jim and Toni Russo, Sumerduck, VA
Chaplain Liz, given by Janice Illingworth, Flanders, NJ
Robert Aaron Goff and Howard Edsel Goff, given by Mary Goff, Warrenton, VA
Liz and Arvid Danielsen's 50th wedding anniversary, given by Larry and Shirley Fox, Chester, VA

CHRISTMAS OFFERING:

Nancy Mahevich, Gainesville, VA
George Garbe, Warrenton, VA
Tom and Debbie Bankert, Marshall, VA
Ed and Alice Abrahamsen, Mount Bethel, PA
Lisa Spitzer, Myrtle Beach, SC
Sandy Matthews, Warrenton, VA
Mary Hilleary, Marshall, VA
Sandra Antony, Washington, VA
Jean Appleman, Warrenton, VA
Bridget Koloseus, Jeffersonton, VA
Ruth Pavlik, Locust Grove, VA
Don and Cindy Martz, Dalmatia, PA
Fred and Loretta Green, Warrenton, VA
Evelyn Ball, Warrenton, VA
Kathleen Smith, Succasunna, NJ
Linda Winstead, Manassas, VA
Isobel Ailles, McGaheysville, VA
Joan Woodcock, Nokesville, VA
Bernardine Olson, Woodville, VA
William and Pauline Bethea, Warrenton, VA
Joe and Joan Perry, Fairfax, VA
Richard and Chris White, South Riding, VA
William and Margaret Trum, Branchville, NJ
Beverly Cropp, Hartwood, VA
Joan Bundy, Broad Run, VA
Juan and Lisa Algarin, Sterling, VA
Pam and Tom Gay, Warrenton, VA

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

Celebrating Christmas with SCSM





Spiritual Care Support Ministries, Inc.

Reaching for a Hand, and Touching a Heart
P.O. Box 643, 76 West Shirley Ave.
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www.scsm.tv

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March 2019

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**Please remember
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All SCSM services are provided free of charge!

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

Dear Chaplain Liz

Dear Chaplain Liz, In a time when I have to make a decision about something, my greatest difficulty may not be choosing between good and bad but choosing between good and best. How do I hear from God as to what I should do?

We can hear from God in several ways. Reading our Bible gives us guidance. We can count on the Bible to tell us the truth on how to live and make decisions. Prayer is another way to hear from Him as the Holy Spirit will reveal things to us. God speaks to us through our circumstances if we are open to what He is showing us.

He will also use God's people and our local church. I

know for myself that God has helped me make decisions by listening to a sermon that had been shared by our pastor on Sunday when I was at church. God loves you and wants so much for you to know that He is working in your life at every moment.

If you do not know what decisions to make, be still and wait on God. Pray and ask Him to give you His perspective on the decisions you have to make. You will know when you have made the best decision as God's peace will fill your heart and mind. Trust Him to lead 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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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.