

Heart & Hand

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

Reaching for a hand, and touching a heart

Vol. 15, Ed. 2, June 2019

Greetings from Chaplain Liz

Greetings from Spiritual Care Support Ministry Center where we believe the Lord's unfailing love surrounds men and women who will trust in Him. The more we understand God's love and power, the easier it is to trust Him. Trusting God does not mean we will never have questions, doubts, or fears. Trusting God means that in spite of our doubts, questions, and fears, we draw on His grace and continue to believe that He is loving, in control and always working for our good.



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It is difficult to believe and trust God when He allows chronic illness or loss of a precious loved one or any other personal loss to enter our lives. Suffering brings up a lot of questions in our minds. How could a loving God allow suffering? What good can come out of suffering? I know I have those questions myself. Sometimes He will give us the answers and then there are times we have to wait for those answers that we desperately want.

There are questions we will never have answered. In Deuteronomy 29:29 it says, "The secret things belong to the Lord our God, but the things revealed belong to us and to our children forever, that we may follow all the words of this law." Even if God allowed me to have the answers to some of my questions, He knows that it would not change what I am going through. For some reason, He keeps those answers from us because of a simple truth. He loves us! The Bible says that God un-

derstands the longings of our heart. He knows our questions before we even speak them out. He knows everything about us. He knew us before we were even born.

There are times when we are challenged by real life issues that are overwhelming so he created a ministry that can give you the support, understanding, a hand to hold, a shoulder to cry on, a word of encouragement, a smile, wisdom shared through

conversation and God's Word to give you hope and healing that can transform your life. At Spiritual Care Support Ministries, we are here to offer you that kind of support. We are providing special events and support groups that can help you as you process what you are going through. You do not need to be alone. If you do not live in our area, we can be in touch with you by telephone, email, Facetime, Skype, etc. Just call our office (540-349-5814) and make an appointment. We give support throughout the United States and overseas. We have booklets and other resources we can send you. Go to our website, www.scsm.tv, for any information about our events, etc. I hope that you will sign up for my blog and that you have seen our new three-minute SCSM video that can be shared with family and friends that explains what our ministry is all about. Please share it with others.

I know many of you are wondering when we will be in our new Center. We

hope soon! Please continue to pray that the final construction of the new Center and property will be completed soon. If you desire at all to be involved and help out at the new Center, please call our office. We have a list of needs.

If you desire to be part of this amazing ministry, please contact me at ChaplainLiz@scsm.tv. I would love to have you on our team. As we care for others at SCSM, God is glorified and lives are transformed. It cannot get any better than that!
Chaplain Liz Danielsen

Chat with the Chaplain African Violets

Have you ever really looked at an African violet plant? I have one on my kitchen table that I bought three years ago at a local grocery store. The African violet that I have, when it is in bloom, has five petals with four yellow stamens in the center. They have delicate leaves, very different textured leaves, different from my other plants that I have in our home. Arvid's mom and my grandmother, Clara, always had African violets, but I always remember my grandmother telling me that they were hard to grow. For some reason my African violet is set in the right place and is getting enough sun. The temperature of the room must be perfect for it, and it continually provides beautiful purple flowers.



(Chat, Cont'd on page 6, Col 3)

From My Heart to Yours by Kristine Richey Morgan

I had a really powerful dream a few weeks ago. It's too long to share in its entirety, but it had to do with Kinsey's passing. The family walked down the aisle to say our goodbyes to our sweet girl and instead of laying in a casket, I saw her body laying at the bottom of a large transparent box. Her hair had gotten messed up, so I went around to the back side, got onto my hands and knees and crawled into this transparent box with her. As I was fixing her hair, she came to life. I held her in my arms and she started saying, "Mom, they have to know that Jesus IS the Healer." I looked out through the bottom of that transparent box, and I saw scores of people coming down to the front of the church carrying suitcases. They would get to the front, lay them down, and then bury their faces on top of those suitcases, crying and praying. I saw others, one couple in particular, sitting motionless, wearing dark sunglasses with their suitcases on their laps oblivious to the others' movements. I said, "Kinsey, say it again, louder, so they can hear you." She said, "Jesus IS the Healer," and I woke myself up saying those very words.

Kinsey fought health issues her whole life, but what we now know to be her final battle started back in September. So many people were praying for her and for us, and I was very transparent about Kinsey's progress and challenges, about the struggle, the ups and the downs and about our faith. We saw tremendous answers to prayers along the way and incredible, Godly intervention. If you followed my posts, you know things vacillated frequently until the very last week. On the Wednesday before she went home to be with Jesus, she suffered a stroke. Her body was just not able to recover from what that stroke did to her, and she passed away five days later.

As Kinsey lay dying that very last day, her 11-year-old brother walked into the room to say his goodbyes. The sight of how this battle had ravaged her took his breath away and he audibly gasped. Then, he touched her hand and said, "Kinsey... you win!" What?! What divine perspective

from an 11-year-old little boy watching his sister die. "You win!"

He's right! We prayed and believed for God to completely heal Kinsey. The battled raged for nearly 4 months and, in the end, Kinsey won! No more suffering, no more pain, no more operations, no more tubes and wires, no more labs, no more blood work, no more doctors, specialists, therapy, no more strokes, no more "until next time"! We had hoped that God would heal her completely and allow her to return home with us, but He chose to heal her completely and bring her to her eternal home - to Him.

I've known her whole life that we were just chosen to walk her home to Him. We've walked her to His door numerous times in her life, when it seemed the end was imminent. But we knocked and no one came to the door, so we just turned away and kept walking with her. This time, December 10, 2018, He answered the door and she entered His home - her home - our home. She got to go. We're on our way.

By the way, friend, please understand that we are all just walking each other home. If you remember, after Kinsey passed, we posted a picture of her on train tracks holding a suitcase. The picture was one of the photos from her senior photo shoot and, at the time, it was meant to represent her moving on in life, graduating high school and starting college. After her passing, it came to mean something altogether different. Kinsey was packed and ready to go, to leave this earth. She spent her whole life putting eternal things in that suitcase and that was the only thing she took with her - the relationship she had built with God.

As I think about the dream, I think the Lord was telling me something. That transparent box represented how transparent we had been about our faith, Kinsey's faith and her story. I believe He wants me to continue to be transparent about this leg of the journey. Her journey is over, she has received



her reward, but ours continues and there is still so much for us to learn from her life... and death.

At least 15 people gave their hearts to Christ at Kinsey's Celebration of Life service. Nothing would have made her happier! I believe those were the people in my dream, coming down to kneel at the front with their suitcases. I believe others have dark glasses on and can't see what Kinsey was trying to say, "Jesus IS the Healer!" I believe some became disillusioned as we prayed and saw answers, but in the end, Kinsey died.

Even though it did not happen the way we thought, the way we prayed, if God could explain why, we would never understand! I don't want a God that fits into my tiny frames and whose every move can be fully explained. That's not a very big God. I don't have to understand what He does. I know who He is!

I have been married to Jon for over 25 years. If I looked out my kitchen window and saw him walking down the street with one arm around a woman's waist and the other holding her hand, my first thoughts would be, "What happened to her? Is she hurt? Did she pass out? Was she in an accident?" I would NEVER think he was romantically interacting with her because I don't have to know the situation. I KNOW THE MAN!

I know my God and I know, without any doubt, that December 10, 2018, was the day God scheduled long ago to bring Kinsey into His presence. Nothing could have stopped it. We saw miracles and rescues and "God blocks" throughout her whole story, but this time, this day was her day to go and be with Him. Our faith did not waver, her faith did not waver. The last few days of her life, I found myself standing on a razor thin line between her life and death. Not knowing what to do or say or how to pray. So, I found myself kneeling, bowing on that razor thin line

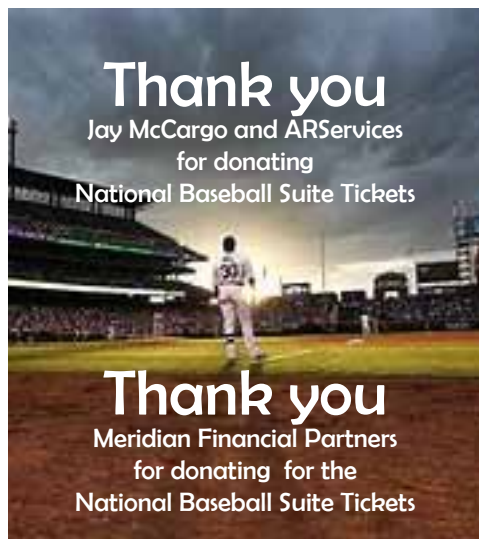
(From My Heart..., Cont'd on page 3)

to His Sovereignty, His supreme authority and power, trusting and believing that He knows best.

Please don't let Kinsey's ending diminish her story! I believe, as in my dream, she wants you to know that "Jesus IS the Healer! If you could see me now - my body is perfect, my heart is whole, my feet are fixed, I can breathe fully and run fast. I never have to go through one more thing in my life and I even have a job and purpose here! Everything makes sense to me now!" Please do not think of Kinsey's death as a loss. As Walker so eloquently stated, Kinsey won!

The last thing I want to say is this. After Walker said, "Kinsey, you win!" holding her hand, he leaned over toward her face and whispered, "I will always miss you." As a family, that is where we are right now. We miss Kinsey. Her absence is devastating. It is an aching and throbbing that I can't even begin to describe. It brings physical pain. Tears and deep anguish come every day as we process and as we grieve. It's the worst pain I have ever felt in my life. The scripture is true. "God is close to the broken hearted and to those who are crushed in spirit." God is holding us close and faithfully bringing us comfort daily.

I told a friend that our family knows that there is new wine up ahead. We are just trying to get through the crushing and the trampling it takes to produce it right now. And we will. It's worth it. Everything that God does always is.



How to Deal with Chronic Illness in a Marriage

by Chaplain Liz Danielsen

Remember that part of your wedding vows when you promised to love and honor one another in sickness and in health? If you're dealing with a chronic illness in your marriage, where one or the other spouse is very sick, it's not as simple as remembering that you made a promise to love and honor your partner.

Of course, you love each other and don't want your partner to suffer, but dealing with a chronic illness in a marriage can strain more than just your commitment to one another.

Below are some ways to help deal with chronic illness in a marriage. Not every method will work for every couple, but hopefully you can use this information as a starting point, and each day work to make your marriage stronger than it was before illness entered the picture.

Open the Lines of Communication

If your spouse has just been diagnosed with a chronic illness that he or she will need to deal with for many months to come—or even the rest of their life—they are probably having a hard time coping with the overwhelming emotions they are experiencing. You, on the other hand, are probably having a hard time understanding what your partner is going through. The first thing you need to do when your spouse becomes ill is to open the lines of communication. Assure your spouse that you can get through this together, and that you'll need each other's help to do so.

It's important to talk about your fears, hopes, and expectations; both of the coming weeks and months, and of each other. Ask your spouse to tell you what they will expect and need from you in terms of support and comfort. Tell him or her how you are feeling, and don't keep your emotions inside. It may be hard for you both to pro-

cess this, but you need to figure out a way to do it together.

Embrace Your Emotions

Throughout the course of a marriage, no matter what happens, both spouses will experience a range of emotions from time to time, depending on the situation.



When one spouse is diagnosed with a chronic illness, you will both undoubtedly feel fear, denial, guilt, isolation, frustration, depression, anxiety, nervousness, and more.

It's important to work through these emotions as

they arise. Pushing away fear or depression can cause you to spiral down the line. Deal with how you're feeling as it comes, and ask for help when you need it. If your spouse isn't able to help you in the moment, reach out to friends, family members, counselors, friends at church, or someone else in your network.

Asking for help is a sign of strength, and you shouldn't run away from it. It's easy to drown in your emotions in this situation, so it's important to handle your feelings by sharing those emotions with your spouse.

Become Partners

Remember that you and your spouse are partners in life. No matter what you do or what you're going through, you do it together. But when one person is sick and one person is healthy, it can be hard to continue along with this mindset. It can be hard to not think of the sick spouse as the one needing all the help and attention, and the healthy spouse as the caretaker or nurse figure.

Avoid this, and become partners in fighting your illness. Go to your spouse's doctors' appointments and ask questions about things you can do around the house to help, like committing to a new diet

(How to Deal..., Cont'd on page 4)

I'll Never Forget You

Special ways we remember our companions

I was on an early morning walk with my husband, Cecil, when a tiny white kitten darted into the road and sat just a few feet in front of us. I scooped her up, put her in my sweater pocket and took her home. That was over 40 years ago and I can still recall how certain I felt that she was meant to be mine.



Miss White was a mellow cat, content to purr in my lap or soak up attention from anyone who came into our family flower shop. A few years later Cecil passed away, and Miss White came to mean even more to me. Cecil and I had found her together – she was my last link to him.

I was heartbroken when she died at

age 13. I've been an artist my entire life, so it felt natural to paint a portrait in her memory. This piece, featuring Miss White in her youth and adulthood, made me feel as if she was still with me. Since then, I've painted many

memorial pet portraits for other people. I hope the paintings help them get through their loss, the way this one helped me mourn my sweet girl, who I imagine is in heaven, purring in Cecil's lap. Theresa Morgan, Wappingers Falls, New York (From *AllCreatures, The Animals Who Share Our Lives*, Jan/Feb 2019, page 12. reprinted with permission)

(From My Heart..., Cont'd from page 3)

or exercise regimen. Expecting your sick spouse to be the only one who is thinking about the disease is a mistake just like expecting the healthy spouse to simply play the role of caretaker for the rest of their lives is a mistake.

Remember You're Human

You shouldn't feel bad for wishing you could shirk your caretaker duties and take the weekend away from your spouse. You're only human, and it's only natural for you to feel a little bit bitter about your new way of life. Give yourself a chance to mourn the loss of how things used to be or the promise of what they could be, and spend some time just getting used to your new situation. Don't make yourself feel guilty for being upset or bitter. Even though you are not the one with a chronic illness, you're still a part of the equation.

Talk to a Professional

Don't go on this journey alone, just you and your spouse. Talk to a counselor to help you deal with the situation, advise you on how to handle certain things, and help you work out arguments or disagreements that may arise along the way. You'll need to learn new coping mechanisms for

the new issues that you're bound to have in your daily life so it's important to talk to a counselor about the diagnosis and your life afterwards.

Here at Spiritual Care Support Ministries, we are committed to helping you through your personal losses, including chronic illness.

If you or your loved one is suffering from chronic illness, call us today at 540-349-5814.

Editor - Dorothy Slaga
Associate Editor - Rev. Cheryl Reynolds

GIFT CARDS!
SCSM would be *thrilled* to receive gift cards for Walmart, gas stations, Amazon, etc.!
We LOVE gift cards!
It's another way you can bless this ministry.



Among the Weeds

by Doris Seabolt Denney

Among the weeds
one tiny flower
grew alone and beautiful
untouched by human eyes
Dressed in silken color,
in morning it stood regal
wearing dewdrops like
diamonds
and a sweet perfume
that cannot be found in bottles

A honey bee
found the little flower
took a sample of its sweetness
and then buzzed on
A butterfly settled
to sip its nectar
then fluttered away
on golden wing

As burning sunrays issued
nature's command
the tiny flower wilted
and in acceptance bowed
its head
toward the earth that had
given it life
Its petals dropped silently
like teardrops to the ground
and with them fell
several tiny seeds

Now flowers grow
among the weeds

Praise and Prayer

Praise the Lord

- For the faithfulness of God in providing what we need at the time we need it.
- For the power He gives us to stand in faith even when we face challenges.
- For the wisdom the Lord gives us each day to make decisions at SCSM.
- For the privilege to serve others.
- For our new SCSM Center and all those who have been willing to help with construction.
- For all those who support us in prayer as well as financially.
- For all our volunteers and staff.

Prayer Needs

- For those who are struggling with chronic illness, loss of loved ones, and personal losses.
- For our caregivers who give out to their loved ones every day. We pray that they would be given the strength to do what they need to do.
- For the new SCSM Center to be completed.
- For the Lord to provide the items we will need for the new Center.
- For licensed counselors who would be willing to partner with SCSM.
- For more volunteers to meet the needs we have to serve others at SCSM: pastoral counselors, lay counselors, facilitators of groups, and volunteers who can help on weekends.

Thank You!

Bobby Delach for cleaning the Center; Diane and Jim Fritz for donating coffee; Linda Spencer for cleaning the Center; Liz Shaw for a subscription to "All Creatures" magazine; Mimi Jaeger for Keurig Starbucks coffee pods, disposable coffee cups and toilet paper; Jim Presley and Dan Reckley for helping at the new Center; Jay McCargo and ARServices for National Baseball Suite tickets; Meridian Financial Partners for donation for the baseball tickets.

Who Are You Really?

by Dr. Karl Benzio

Transformational Thought

When someone asks, "Who are you?" what do you reply? Most of us will say things like, I'm a homemaker ... a psychiatrist (fill in your profession) ... a father, soccer mom, or volunteer. Sometimes a role we play in life can become our main identity. Our world then actually revolves around that part of our life ... and it can make us feel good about ourselves. Super mom ... world's best dad ... gardener ... soccer player ... handyman ... baker ... crafter ... successful career person ... accomplished musician ... popular pastor ... well-known writer ... politician ... beloved teacher ... computer whiz ... helper of others – like doctor, nurse, volunteer for a non-profit, feeder of the homeless. But these don't really answer the question because these answers describe what we do, not who we are. Although these are good roles to play, if we aren't careful, they can hinder our growth and even lead to our downfall.

When we start thinking that what we do identifies who we are, our focus on Jesus and His plan for us will certainly diminish. On one end, pride can set in as we begin thinking this cool role and these great accomplishments are our own doing. On the opposite end we can battle fear. As we invest in that role or persona, and raise others' expectations of us, we have to keep up that performance so people will know us and care about us ... otherwise we wouldn't know what else to do.

When you watch the Super Bowl, it's easy to see athletes who are defined by their skill and even develop a persona around it. Unfortunately, this posing leads them down some terrible paths. Think about Lance Armstrong, Mike Vick, Miley Cyrus, Tiger Woods, OJ Simpson, Rush Limbaugh, Bill Clinton, Charlie Sheen, Jimmy Baker, Lindsay Lohan, and recently, Robin Williams and many other recording artists in all genres. They are famous examples of an all too common phenomena: when what we do (and excel at) becomes our identity, it can spiral out of control and become an idol or even an addiction.

As Christians, we all have the same innate identity ... we are children of God and followers of Christ. He has given each one of us a special combination of gifts. He will develop us through diverse experiences and situations and lead us into distinct roles. He will give us



opportunities to represent Him wherever we are and whatever we do. But the bottom line is this: We are His children. That's our main identity. That's who we are. And nothing could be better.

We need to keep this mindset and focus at all times, because it dramatically affects how we view the circumstances we experience and our interactions with others ... every minute of every single day. Most importantly, this powerful identity should strongly influence our decision-making,

because true peace, confidence, and self-control radiate from our identity with God.

Today, think about how you last answered the question, "Who are you?" How has this answer affected your present course in life? If you answer by saying, "follower of and ambassador for Christ," ask whether this is an intellectual answer only, or one that truly guides and determines your daily thoughts, feelings, and actions. Make it your identity and attitude today! Journal about some of your wrong decisions. What was your identity in the specific moment of that decision? If you are honest, the answer will be very revealing. It will be a great place for you to begin doing some work. Whether you identify yourself with Christ or you identify with something more transient, less stable, and more shallow is your decision, so choose well.

Prayer

Father, thank You for the gifts and opportunities You've given me. Help me to remember that I am first and foremost Your child. Help me to use these gifts and opportunities to honor You. May I never become proud of myself for anything I do. Help me to always remember that all good and perfect gifts come from You. Encourage and equip me to see myself through Your lenses only. I pray this and all prayers through the One who gives us our identity, Jesus Christ; and all God's children say – AMEN!

The Truth

So I have reason to be enthusiastic about all Christ Jesus has done through me in my service to God. Yet I dare not boast about anything except what Christ has done through me. Romans 15:17-18

(From Dr. Karl Benzio, Lighthouse Network's Stepping Stones Daily Devotional, December 28, 2018. www.lighthousenetwork.org, used with permission)

What Defines Us? by Rev. Kaye Kready, Chaplain

We deal with many things in this life: medical problems, bouts of depression, chronic illness, losing people dear to us through death, divorce, estrangement (feel free to add to the list). If we are not careful, these things begin to define who we are.



They can take on a huge part of our identity, but they are not who we are.

In Christ, we are children of God, friends of Jesus, fellow heirs, His beloved, and new creations, to name just a few! We are redeemed, set free, loved, full of joy, and protected by peace! Since grief doesn't define us, depression doesn't define us, and chronic illness doesn't define us; how do we allow the truth of what the Word of God says we are to become a reality in our lives?

What occupies our thoughts will eventually appear in our words and actions, and these are what define us. God's Word tells us what to do to experience peace, joy, and freedom. He tells us to fix our mind on certain things. To fix means to think on, to weigh on, to take account of. To have the peace of God, there are certain places that we should not allow our mind to go and certain things that we should not replay over and over in our mind. Continually thinking on these things will establish unhealthy thought patterns.

So what are the things that we are to be thinking? We find the answer in Philippians 4:8, "Finally, believers, whatever is true, whatever is honorable and worthy of respect, whatever is right and confirmed by God's word, whatever is pure and wholesome, whatever is lovely and brings peace, whatever is admirable and of good repute; if there is any excellence, if there is anything worthy of praise, think continually on these things [center your mind on them, and implant them in your heart]." The scripture tells us to always be thinking about and putting our attention on the things that are positive, wholesome,

and peaceful, and establishing them deep in our hearts. Focusing on these godly things is how we become who God intends us to be.

Knowing that our thoughts and our attitudes can become who we are, our identity, let's think on the things that will bring us peace and joy. As we do, we

will become the best "us" we can be. That is who the Lord says we are! The result will be lives of spiritual purity and mental soundness.

SCSM Memorials

In Memory of: Presley Wright, given by Marie Washington, Hume, VA; Scott Neth, given by Jack and Joyce Neth, Flower Mound, TX; Betty and Elmer Reedy, given by Terrill O'Brien, Annandale, VA; Karen Stanley, given by Ray Gilbert, Midland, VA for Valentine's Day; Sgt. Jason A. Shaffer and newborn, Jennifer Nicole Shaffer, given by Gwen and Roger Shaffer, Huntly, VA; Nicholas Daymude, given by John and Debra Daymude, Copper Hill, VA; Ronald Dubinsky, given by John and Nancy Allen, Remsen, NY; Willard "Bill" Bundy, given by Joan Bundy, Broad Run, VA; John Miele, given by Sandra Antony, Washington, VA; my son, Rob Christiansen, given by Ann Marie McCarty, Catlett, VA; Kristine Luken, given by Kathleen Alt, Maysville, WV; Norman Reinertsen, given by Helen Danielsen, Roseland, NJ as an Easter gift; Charles B. Wright, given by Jim and Pam Lynn, Nokesville, VA; Amity and Kathy Stein, given by John Stein, Culpeper, VA; Donald W. and Evelyn L. Spiro and their daughter, Corylee Jan Spiro, given by Bradford Norris, Deerfield Beach, FL; The Rev. Lanny Horton, given by Kathryn Jennings, Boston, VA; Tim Maahs, given by Sydney White, Culpeper, VA.

In memory of Pam Gay: Susan Olson, Oakton, VA; Wayne Burt, Bumpass, VA; Susan Parker, Arlington, TX; Christine and Greg Menke, Charlottesville, VA; Kimberly Housman, Warrenton, VA; Leroy and Laurel Gravatte Culpeper, VA; James Pflaum, Warrenton, VA; Brenda,

(Chat, Cont'd from page 1)

This beautiful African violet reminds me of how unique human beings are and how they are created. We are all so beautiful in God's sight. When we are in the right place, feeding ourselves with the sun of God's Word, being watered by the Spirit of God, we all produce beautiful flowers in our lives despite illness or loss. We are still able to produce flowers of patience, kindness, gentleness, and love.

If you do not have an African violet, I encourage you to go and purchase one. Let it be a reminder to you every day as the blooms burst forth that this can be you. Bloom where you are planted, and let God be glorified.

John and Katie White, Warren, PA; Sudie Thorsen, Warrenton, VA; John and Coleen Harrington, Phoenix, AZ; Carolyn O'Connell, Warrenton, VA; Lynn and Ellen McCoy, Lexington, VA; Paul Stuart, Marshall, VA; Allison McCarty, Collierville, TN; Abby and Mike Crossley, Warren, PA; Scott and Sandy Friberg, Round Hill, VA; Tracie and John Schortemeyer, Haymarket, VA; Roy Perry, The Plains, VA; Karen Bosy, Warrenton, VA; Richard Talomie, Bristow, VA; Rebecca and Joseph Stephens, Salisbury, NC; Kristi and John Anzivino, Urbanna, VA; Diana Cashman, Wilmington, NC; Christine and John Connolly, Warrenton, VA; Holly and Jack Harrington, Warren, PA; Susan Griffin, Warrenton, VA; Michelle Krockner, Alexandria, VA; Jane and Dave Gerth, Rockville, MD (in memory of Pamela Gay, our cousin. May her beauty and courageous spirit live on in support of those you serve); Ellen and Greg Mott, Warrenton, VA; Martha and Richard Kline, Warrenton, VA; Debra and James Nirich, Catlett, VA; Nancy and Michael Rau, McLean, VA.

In Honor of: Miriam Halsey, given by Ann C. Nygaard, Culpeper, VA; Erick and Betsy Osinaga, given by Kathleen Alt, Maysville, WV; Pamela Jane Gay, given by Tom Gay, Warrenton, VA; Linda Spencer, given by Sandra Antony, Washington, VA; Pastor Liz Danielsen teaching Caring for People God's Way classes, given by Carol Acotto, Manassas, VA.

The Realization of a Dream, The Fulfillment of a Promise



Yes, the Lord has done
great things for us, and
we are filled with *joy*.
Psalm 126:3





Spiritual Care Support Ministries, Inc.

Reaching for a Hand, and Touching a Heart

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Dear Chaplain Liz

Dear Chaplain: It is hard to recognize the reality that my daughter has died. It hurts every time I say that my daughter has died, but I understand the more I share about her, the more it will help me in the healing process. Why is this necessary?

It does hurt every time you say that your loved one has died, but you must confront the reality that someone you loved died and will never physically be present with you on earth again. Acknowledging the reality of this can take weeks and months because you first acknowledge it in your head, then eventually your heart. There are times when we don't want to face reality or talk about it. This is normal. As you are ready and at your own

pace, it does become easier to talk about your loss. Try to find those who are good listeners and share your stories of your loved one. This can help with the healing process. Other components to the six needs of mourning that can bring you healing is to embrace the pain of the loss, remember the loved one who died through memory, receive support from others, develop a new identity, search for meaning, and receive ongoing support from others. If you would like more information, please call our office.

Praying that God will give you the strength to be willing to take those steps that will bring healing. We are here to journey with you.

Do you have a question for Chaplain Liz? Send your question to "Dear Chaplain Liz", SCSM, P.O. Box 643, Warrenton, VA 20188. 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 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.