

Heart & Hand

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

Reaching for a hand, and touching a heart

Vol. 14, Ed. 3, September 2019

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

Greetings from Chaplain Liz

Greetings from Spiritual Care Support Ministry Center where we stand together as a team of people with various backgrounds and experiences to



bring hope. In a broken and unsteady world, we believe that God can bring stability and peace as we learn to trust Him. Psalm 13:12 says, "Hope deferred makes the heart sick." Often when people lose hope, they stop living and stop enjoying the beauty around them. We know that we are never beyond the reach of God's love, grace, and mercy. Those who serve here at SCSM, whether it be a staff member, volunteer, prayer partner, financial contributor, one of our Advisory Counselors or an Executive Board Member, realize the serious commitment we are making when we say, "We are here to offer hope to those who are experiencing emotional, relational, physical and spiritual pain because of the losses they have experienced." People of all ages come to our Center because they have lost their way. They are experiencing doubts about God, about themselves, and the world we live in. They doubt if there is a future for them.

Hope is expressed at SCSM to people of all ages in so many ways.

Hope can be a smile or a nice greeting. Hope can be expressions of value, a handshake, a hug, a tissue given for tears, laughing with them when needed and appropriate, or information given to them which will give

knowledge of how to cope with the challenges of loss that they are facing at the moment. Hope is a kind comment, an encouraging word, scripture, and prayer. Hope is saying to that one who is in pain, "God has your back. He loves you and is willing to show you the best way to live your life if you want Him to." Hope is talking less so they can talk. Hope is not being judgmental when they share their story. Hope is showing that you care by being there when they arrive. Hope is replying to their emails or website inquiries in a timely fashion. Hope motivates others when there is disappointment. Hope is love being expressed by showing others that you truly care about what is happening in their life. Hope is sharing your presence with those in need.

Bringing hope to a broken world filled with broken hearts is never easy. At SCSM we realize that we cannot bring the hope and the transformation of the heart that is needed unless we are empowered by the Holy Spirit. We depend on God to give us the ability, the wisdom, and discernment so we will

know how best to offer hope to those who call, email, FaceTime, or come to our Center. It is truly amazing to see God at work. We are a collection of individuals who care about others and are willing to be available when needed here in Virginia, anywhere in the USA, and overseas. That is exactly what is happening, and we are so excited to be part of this vision that has been set before us by God Himself to help others. For those wanting to know about our schedule for our fall support groups and events, visit www.scsm.tv.

We also want to give you an update on our new Ministry Center. We are almost at completion of our new SCSM Center. Pray with us as we make that transition. Pray as well about your availability to give a hand to help with the final preparations. We are also praying that individuals, faith communities, and businesses will help us purchase furniture, etc., for the new building. We will be using the furniture we have now too because it is in good condition, but the new Center is much bigger, so more will be needed. You can purchase new items in memory or in honor of someone. Please contact the office at 540-349-5814 if you are interested or want a list of new items that are needed. Thank you in advance.

Do you need hope today? Holding On, Praying Expectantly (HOPE). Please call me at 540-349-5814.

Chaplain Liz

Chat with the Chaplain

He was there all the time

When my mother died years ago and my Uncle Sig died the same week, it was overwhelming for me. I had a special Aunt whom I called Tante Nuni. She died just a few months before them. Losing three family members made me experience all kinds of emotions that I was not acquainted with. I felt so alone and the God who I trusted all my life seemed not to be near. At that time, although I did not realize what was happening, I was relying on my emotions and my feelings. It really didn't matter what people said to me. They often shared their experience



about how they were dealing with their grief, but this was my pain and my grief. I didn't want to have their experience. I wanted my own experience. I prayed and was very honest with God and told Him that He had to come through for me by showing me that He was there. And, He did! Actually, He was there all the time, but I finally took the steps to healing.

I got back to reading my Bible and speaking to Him through prayer. Peace began to invade my body. It's so hard to explain, but when God takes over you just know it. I began to think a little more clearly and eagerly accepted the kind words of others who were trying to encourage me. Some sent uplifting faith filled poetry. Some sent me music to listen to. Some friends just let me talk and share. They just listened and God was in all this. After all, He created the heavens and the earth and everything in it. He knows best what we need. The lessons I learned so many years ago are still with me. I am grateful to God and my friends who were very patient with me.

Catalyst for a Breakthrough by Cherlyn Decker

I just wanted to thank you for supporting me and praying with me through a very hard season. Losing my Dad to cancer and then being laid off and losing over 60% of our income were two of the hardest trials my life, my marriage, and my



family had ever faced. We had no idea what we'd be walking through in the coming months and years, or how one event would be a domino effect leading to relocation, health issues and loneliness, but God did. I will never forget the response of love which was poured out in our first meeting. You graciously took your day off to talk with me. My faith was challenged but strengthened and my roots dug really deep as

I trusted God. We all need people to walk alongside us through difficult times, and I wanted to make sure you knew how much you were, and are, appreciated. Thank you!

However, when we walk alongside people, we often don't know how

the trial ends or what beauty God has brought from the ashes, so I wanted to write today with an update. You see, when I lost my Dad, I struggled with being an orphan, and it changed how I both saw God the Father and experienced His love. Then, when I lost my job it shook my identity. Everything was wrapped up in what I did, not who I was. And I learned it was not my job to be the provider. God actually says that was His job, He was my provider. Sure, I knew this in my head, but I really didn't have any undeniable experience for myself. Well, not the kind of experience of

God providing nearly everything. But I had the examples in the Word, and I leaned on those as my own and asked God to DO IT AGAIN. And when I quit trying to do HIS job and just trusted Him to do it, guess what happened? HE DID IT (of course He did) and has ever since. And as of today, we are almost completely debt free (except our house), and we are rebuilding the savings which was depleted during the job loss. God is faithful. He restores what was stolen, and He turns all our trials for His good.

God showed me how to triumph, how to overcome not just debt but false identify, performance, people pleasing, and fear. God showed me how to break through, and, now looking back, being laid off was one of the best things that happened to me. God has opened some amazing doors for me to begin stepping out to speak and share my story – sharing how to not just survive the trials, but use them, learn from them, and become a catalyst of breakthrough for ourselves and others.

Newsletter Editor - Dorothy Slaga
Associate - Cheryl Reynolds

Embracing Grief by Vici Parrish

In the last 50 years of my life, I have had a lot of pain, loss, and death but did not know I was grieving. I did not realize that grief came from pain and loss of other things besides death until about 10 years ago when I found myself sitting at a traffic light after the light turned green and the horns started beeping, and I couldn't remember where I was going.

I had just gotten my bachelors in Christian Counseling over the summer and to enhance the skills, I applied for a volunteer position at SCSM for the summer. I needed to wait until the fall when the new classes started, so today's the day, and I'm headed to SCSM to help, but first I had to attend class. It was a requirement so I could help facilitate and do some counseling. Thank God for Liz and the way she listens to God because I graduated in June, and she had me wait until September when they started the new fall class. God knew right to the day when I would need that class. I walked in and sat down and cried through the course. I didn't realize but I was grieving. I had lost so much in my life, but the things I was mourning the most were my daughter's future and my brothers who had not found forgiveness for our dad before he died. I couldn't understand why he left this life with so many



strings undone.

What a blessing it was to have Liz and all the other great ladies there to support me and to allow me to use their tissues. They accepted me for who I was, and I didn't have to pretend to be alright because at that moment I wasn't.

That was the beginning of a beautiful journey of grief. Over the next ten years with SCSM, I experienced loss and pain, but July 27, 2017, was the kicker. Although I knew it was coming, I spent that night mourning the loss of a precious rose, my 73-year-old mother. I took care of her for three years before she passed away. While taking care of her, we worked through many things, and a lot of forgiveness took place. This only happened because of what I learned while working at SCSM. The thing that I learned was how to face my mom's journey to death. I was able to talk to her about what she wanted and how she wanted things to be. I learned how to approach my family, doctors, and nurses. I also learned how to approach my journey from this point to death.

I'm not afraid to talk about it anymore. I believe it is necessary to do so and to prepare ahead of time. Don't leave anything unfinished. The pain that is left behind by not talking and working through things sometimes is unbearable. We might not feel the pain, but someone will. Those left behind will

have questions. I truly believe if we talk about it and even cry about it with each other, it will make the journey more bearable.

I have been on both sides. One parent spoke about it; the other didn't. There is a difference. No one knows when they will die. Sometimes it is sudden so remember it is never too early to face death. Since I have learned these things, I have more confidence in helping others going through grief and approaching grief.

Three months after my mother died, we also lost our home, and all my friends and my husband retired without an income. My whole life had fallen apart, and grief was at the door. This grief was a different kind of pain, but the same emotions were there. Fear was the greatest, but I knew why I was fearful. I had no control over my life. I took a downward spiral for a few months, but again I allowed myself to cry and to be scared. I would pull myself up, and I would fall back, but I knew this was the cycle of grief. I was not afraid to grieve or feel the emotions that I was feeling. I would not have given myself the grace to lay in the bed, cry, or feel sad and even scared if I had not learned to grieve.

Because I knew what grief looked like, I knew what was happening and could embrace it in a healthy way. I am now up and out of bed, and I'm not crying or feeling sad. I'm living life in a new way without my mom and in a new place, but I'm healthy and don't have to hang on to the sadness of loss. Do I miss her? Most definitely, but when I think of her I can smile, feel no regrets, and only feel peace in my heart. I also am doing better than I have done in a long time. I feel like I'm in the right place, and my heart feels free.

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Mysterious Ways by Susan Payne

I'm sure that you have used the term, "God works in mysterious ways", or have at least heard someone else say it a time or two. Often times, I wonder how individuals can go through this thing called life without faith or hope in something. God always seems to have a plan even when things seem impossible.

From an early age I have always believed that God is the maker of all things and He has our lives planned out. My parents had a strong faith in the Lord and always took me to church, sent me to summer camps, and I always participated in Vacation Bible School. My life was always filled with the teachings of the Bible and the power of faith. Sometimes life throws us a curveball, and it is up to us to rely on our faith to bring us to the other side. I never understood why people thought that occurrences in life were pure coincidence. I have always believed that everything happens for a reason and it's up to us to focus on the Lord to figure out what those purposes are. Positive and negative things influence our lives every day and there are reasons for each of them if we pay at-



attention.

A little over two years ago we lost my dad. It was a devastating part of my life, but I know that God is with me and my family every step of the way in this journey called grief. On Friday, October 14, 2016, we had a "Celebration of Life" for my dad at my church. On that day we mourned but also recognized what a wonderfully kind and loving person he was. It was difficult to walk down the same aisle with my mom and husband to old church hymns while grieving his death, when only seven

months beforehand I was walking down the same exact one with my dad by my side as he gave me away to be married.

Exactly one year later, my family organized a baby shower for me! On Saturday, October 14, 2017, my friends and family gathered in that same church to celebrate a life that would be given as a gift from God to our family. Although we were freshly mourning the loss of my earthly father, my Heavenly Father knew exactly what He was doing when He knit Elizabeth Daisy in my womb. He knew that the time, place, and situations in my life would be perfectly put into my life for a reason. To this day, I'm not sure if anyone noticed the significance of the date selection other than me. This is no coincidence. This was none other than the planning of the Lord above. He knew that this would be another step in the healing of our hearts after such a difficult loss.

If God is the center and focus of your life, you begin to realize there is no such thing as luck or coincidence. He has our lives planned out and knows the very number of hairs on our heads.

Only someone with His magnitude could present us with such amazing stories to tell.

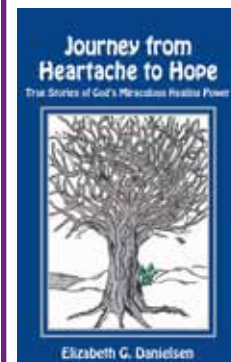
God does work in mysterious ways! What's your story to tell?



Many thanks to the Warrenton Dunkin' Donuts for free coffee and donuts at Dunkin' with Chaplain Liz twice a month! Such a blessing!

Early Christmas Shopping?

Journey from Heartache to Hope
\$12



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

Celebrating Christmas with SCSM

SATURDAY, December 7, beginning at 3 pm at the Warrenton Community Center with the tree lighting ceremony following at SCSM. We hope you will plan to celebrate this special Christmas season with us!

Save the Date!

SCSM is looking for

INTERNS!

If you would like to intern with SCSM, we'd like to talk with you!

540/349-5814

We Say ... but He Says ...! by Dr. Karl Benzio

Transformational Thought

What words come to mind when you're asked to describe yourself? Funny, cute, talkative, athletic, active, tall, caring, hardworking, loyal, crafter, thrifty, curious, friendly? Instead of listing our strengths, sometimes we define ourselves by listing our failures and our negative traits. Shy, can't catch a break, short, bald, poor, not so smart, average, anxious, loner, pudgy. But God has a different perspective!



When we are followers of Christ, here is the contrast between our view and God's.

We say: I'm a failure. I can't do anything right.

God says: You can do all things through Christ who strengthens you.

We say: I still feel guilty about things I've done in the past, even though I've confessed it all as sin and don't do those things anymore.

God says: If you confess your sins, I am faithful and just and will forgive you and cleanse you from all unrighteousness.

We say: Sometimes I feel so unlovable. How can God possibly keep on loving me?

God says: Nothing can separate you from My love.

We say: I always seem to be worrying or fearful of losing my health, money, security, control.

God says: The righteous are as bold as a lion.

So, why is there such a difference

between God's perspective and ours? It's all between our ears. The good news, God gave us a powerful mind. The bad news, God gave us a powerful mind. Unfortunately, Satan prowls like a lion, and his aim is to steal, kill, and destroy. No, we don't

need to guard against just physical danger and harm. It's much worse. Satan is executing a psychological assault to brainwash you so he can win the more important, powerful spiritual war. And if you let Satan in, you will lose. You'll be devoured. Don't let him in. Don't take part in his activities. You know what is sinful most of the time. Don't buy into his lies. Only God's truth will set you free.

If we follow God's leading, our mind can engage in powerfully positive activities. Our minds will go to very negative places if we follow the world's or Satan's guidance. Most of us are a mixed bag, wallowing in negativity way more than we want or need to. The problem really is this simple.

The Solution: As people who have accepted Christ as our Savior and have made a commitment to follow Christ, God sees us as righteous and forgiven. He sees us as His treasures, as His children, as the heirs to His kingdom. We have the mind of Christ. The Holy Spirit is in us. We have to learn to submit to and use these valuable resources, not set them on a back shelf, squander them, and use ineffective imitations instead. Christ bought the redeemed life for us through his death and resur-

rection. The least we can do is pursue it on a daily basis.

Today, plan to assess your situation a couple times, especially when you are struggling (little struggles or big ones – makes no difference). Look at how you are viewing yourself. Ask what steps you would have taken next on that former path to self-destruction, and why. Now contrast that with God's picture of you and the reality of your circumstances. Often there's a big difference. Search the scriptures to learn more about how God sees you. Ask Him to help you see yourself through His eyes. Only then will you understand your God-given identity. Then you can truly be all you were created to be. Stepping Stones wants to help you live the abundant life. Whether you view yourself through God's lenses or you use your own smudged and near-sighted lenses, is your decision, so choose well.

The Truth

I am overwhelmed with joy in the Lord my God! For he has dressed me with the clothing of salvation and draped me in a robe of righteousness. I am like a bridegroom in his wedding suit or a bride with her jewels. Isaiah 61:19

But now thus says the LORD, he who created you, O Jacob, he who formed you, O Israel: "Fear not, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the LORD your God, the Holy One of Israel, your Savior. Isaiah 43:1-3

(From Dr. Karl Benzio, Lighthouse Network's Stepping Stones Daily Devotional, April 10, 2018. www.lighthouse-network.org, used with permission)

Introducing Scott Beebe, Intern

Greetings, my name is Scott Beebe and I am an online student with Liberty University. Currently, I am completing my Master of Arts in Community Chaplaincy and Pastoral Counseling. This academic program requires me to complete a 16-week internship



that requires 225 internship hours, and at least 50 hours of face-to-face counseling experience. Before I began my collegiate journey, I served as an active duty Marine for almost 17 years, until my retirement in June of 2016. In 2011 and while serving as an active duty Marine, I began my relationship with Jesus.

Growing up I knew who Jesus Christ was but I never had an intimate or personal relationship with Him. All I knew were secular ideals based on selfish motives. Therefore, I lived as if I were only going to live once. I am the youngest of three siblings. I have an older sister and an older brother, and my Mom and Dad have been married for quite some time. Growing up in Stafford, VA provided me with a great childhood. Dad worked as a firefighter and Mom worked with the Federal Bureau of Investigation (FBI).

The elementary and middle school years treated me well, it was during my high school years where my sin became much darker. I started to flirt with alcohol and drugs, and eventually creating addictions that would overpower everything else in my life. There came a moment in my life where Jesus Christ was all I had left to turn to. Even after my day of salvation, I struggled with personal addictions, but learning about the process of sanctification allowed me to better understand my struggles and how my personal transformation is a lifelong process. The Bible states, "Being confident of this very thing,

that he which hath begun a good work in you will perform it until the day of Jesus Christ" (Philippians 1:6, KJV).

The more I study the Scriptures, the better I comprehend my fallible human state. Once I began my walk with the Lord, it was almost instantly that I felt a calling to some sort of ministry. My first church family

was founded at Bridgeway Church of the Nazarene in Beaufort, NC. It was here where I participated in a weekly Bible study, was baptized, and had the opportunity to assist with some of the church ministries. After leaving Beaufort, I was given orders to Marine Corps Base Quantico, VA.

While stationed at Quantico, I searched for my home church numerous times. I attended a non-denominational church, Southern Baptist Church, and eventually finding my home at Temple Baptist Church in Fredericksburg, VA. To this day, I attend Temple and have been able to teach Sunday School, be a part of the God Rewards Our Work (GROW) visitation ministry, assist with Vacation Bible School (VBS), visit Mary Washington University to witness to the students, and continue to grow and mature in my relationship with Jesus. In August of 2017, I attended a men's prayer advance in Roanoke, VA. It was at this conference where I received the call to the prison ministry. Since then, I have been able to be a part of the Christian Brothers and Sisters Transition Program, and had the opportunity to preach inside the Rappahannock Regional Jail on the second and third Sundays of every month.

After my retirement from the Marine Corps, I began my collegiate journey with Liberty University. I received my Bachelor of Science in Interdisciplinary Studies (Business, Christian Counseling,

and Religion), and recently finished all of my book work for my Master of Arts in Community Chaplaincy and Pastoral Counseling. This leaves me with my current status and focusing on my internship with Spiritual Care Support Ministries. I hope to receive numerous amounts of experience in the pastoral counseling arena, and eventually focusing on my new career in the ministry and where God would have me serve. It is my desire to serve the youth and troubled teens who need biblical guidance with life, problems, and addictions.

I married my wife Kim on March 23rd of this year. Kim is the mother of 4 children, and I have had the opportunity to learn what parenting looks like, fatherhood, and raising a young girl with down syndrome. We currently reside in Stafford, VA, and we are both looking forward to where God will have us serve and raise a family. My life verse is Galatians 6:14 which states, "But God forbid that I should glory, save in the cross of our Lord Jesus Christ, by whom the world is crucified unto me, and I unto the world" (KJV). It was after walking with the Lord for numerous years where I learned what the apostle Paul was speaking in this passage of Scripture. I am in the world, but not of it. It is my responsibility to serve in this world the way that Jesus would, but not fall short to its ideals.

Thank You!

Bobby Delach for cleaning the Center; Diane and Jim Fritz for donating coffee; Linda Spencer for cleaning the Center; Mimi Jeager for K-cup coffee, copy paper, hot cups, small trash bags and bathroom tissue; Wegman's Grocery for paper bags for Warrenton Day; David Price for plumbing materials; Dunkin' Donuts for providing free coffee and donuts at the Dunkin' with Chaplain Liz events; Marty Ronayne for refreshments for the Five Cries event; Karen and Mike Duby for water.

Praise and Prayer Requests

Praise the Lord...

- For the hearts that are being transformed by the love of God.
- For God's faithfulness in providing everything we have needed!
- For providing new volunteers who are so talented.
- For new and creative ideas that He is giving us for SCSM.
- For all the people working very hard at the new SCSM Center.
- For "God's staying power" when we feel weary that keeps us doing what we are doing at SCSM.

Pray...

- For those who are sick, dying, grieving, and experiencing personal losses and those who journey with them.
- For the USA and all our leaders that God would guide them when they make decisions for our country.
- For those who serve our county so that we can have the freedoms that we enjoy, and for their family's needs.
- For our new SCSM Center to be completed.
- For ministry teams, individuals and faith communities who would be willing to give some of their time to wash windows, sweep, help with outside landscaping, etc. at our new Center. Call 540-349-5814.
- For safety when we finally make the transition to the new building.
- For wisdom, patience, discernment as we make decisions each day for this ministry.
- For prayer intercessors who will meet quarterly to pray.

Thank



**Thank you
Chapel Springs Church
for your Missions Week
donations in 2019.
Lives have been
changed because of
you!**



**Thank you
Patrick Ryan Gay
Foundation
for your extra special
donations in 2019.
You have blessed us
mightily!**

**Be sure to read
Chaplain Liz's blog.
www.scsm.tv/blog**

SCSM Honorariums and Memorials

In Memory of Scott and Tyler Neth, given by Jack and Joyce Neth, Flower Mound, TX; 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; Raynan Jeter, given by Nathalie Jeter, Ozark, MO; Peggy Podruchney, given by Dorothy and Tony Slaga, Nokesville, VA; Bernie Novak, given by Sue Amato, Warrenton, VA; Damien Young, given by Sandy Martin, Culpeper, VA; Gilbert B. Crowder, given by Dorothy Crowder, Lake Ridge, VA; Dave Reynolds, given by Marvin and Sharon Strauzer, Sparta, NJ; Herndon E. Gray, given by Devon L. Gray, Culpeper, VA; Viola Wright, given by Marie Browning, Hume, VA; Rob Christiansen, given by Ann Marie McCarty, Catlett, VA; Peggy Joyce Stone, given by James Stone, Midland City, AL; Robert Pickrell, given by Dancy Cowan, Front Royal, VA; Steven F. Bohannon, CPL, USMC, given by Robin Tutt, Marshall, VA; Thomas Walsh, beloved husband and father, given by the Strauzers, Sparta, NJ; Lisa Anne Byler given by Leslie Byler, Broad Run, VA; Lisa Byler, given by Bob and Susanna Yoder, Catlett, VA.

In Memory of Pam Gay: Robert and Kathleen Lynch, Warrenton, VA; Vivian and Richard Sheaffer, Bealeton, VA; Arvid and Liz Danielsen, Warrenton, VA; Beth Turner, Warrenton, VA; Elizabeth Atkinson, Chesterfield, MO; Barbara and Michael Crierie, Warrenton, VA; Andrea, Tom, Jason and Jimmy McAvoy, Warrenton, VA; Leslie and Scott Bailey, Jefferson-ton, VA.

In Honor of Frank Conti and Arvid Danielsen, with good wishes for healing; and the 2nd birthday of the Miniwheats, given by the Strauzers, Sparta, NJ.



Spiritual Care Support Ministries, Inc.
 Reaching for a Hand, and Touching a Heart
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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,

My brother just died; he was only twenty-nine years old. I am not sure how I am going to get through the weeks and months ahead of me. It would be helpful to me if you could give me some information as to what would be important for me to remember as I am on this journey that I never wanted to be on.

I want to thank you for being in touch with me. This is never an easy time and you are right, it is not a journey that you wanted to be on. Reaching out for help early on is very important. Getting support during this time through friends, family, your pastor, a chaplain or a grief counselor will be very helpful. Tell them what you need. They are not mind readers.

Remember to eat and drink lots of water. Sleep when you can. If you cannot sleep, try to rest. Allow yourself to feel the emotions you are experiencing. Tears are a gift to those grieving. I think of them as liquid prayers. When words cannot be expressed, our words come through our tears to God. Take it one step at a time. Your body, mind and spirit are totally consumed with grief. Focus on one task, one person, and one thing at time during the day. You will find it hard to concentrate. Nothing will feel normal for a while; it will be very different. Be patient with yourself. Prayer is another tool that can be very helpful as you talk to God and share your pain. He is available 24 hours a day. If you need more support, please call our Center. I would be happy to speak with 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.

Board of Directors: Rev. Daniel Astuto, Sr., Kathleen Boudwin, Arvid Danielsen, Joyce Ann Neth, Virginia Wright, Jay McCargo
Advisory Council: Susan Amato (VA), Ken Reynolds (SC), Bonnie Knauf (AL), Dorothy Slaga (VA),
 Rev. Ingrid Johnson, Chaplain (NY)

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