SPIRITUAL CARE SUPPORT MINISTRIES // SEPTEMBER 2020 // VOLUME 16. EDITION 2

HEART & HAND

Reaching for a hand, and touching a heart



THANK YOU FOR YOUR LOVE & SUPPORT BY CHAPLAIN LIZ DANIELSEN

I want to thank everyone who has cared about me and my family as we are adjusting to not having Arvid physically with us. Thank you to everyone who has called and left messages, baked, cooked meals, ordered take out food, mailed cards and letters, sent gift cards, went grocery shopping, sent plants, fruit and candy, and gave gifts. Words are inadequate and so appreciated for all the prayers that have been prayed and the love that has been shown in so many ways. A special thanks to my staff and volunteers and my Executive Board Members who were such a blessing to us and to those needing support at the SCSM

Center. In the midst of a COVID-19 pandemic, my spine surgery, the death of my husband, Arvid, and my dad, and my cousin dying from the virus, the ministry continued. That is the good news! Everyone is here to do what God has purposed for them to do, and they all do it well. My prayer is that it will always be that way. Serving God with all our hearts and with excellence in spite of what challenges we may face.

Arvid was a big part of the Spiritual Care Support Ministry serving as the treasurer for 16 years. I will never be the same, but I will be better for knowing him and having him in my life. It will be a great day when we will be together again in heaven face to face worshiping our Lord Jesus Christ.

and to those needing support at the Sesin

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A TRIBUTE TO MY HUSBAND, ARVID October 6, 1947 - May 28, 2020 BY CHAPLAIN LIZ DANIELSEN



From the first time I heard him say my name, to the first time we kissed.

From the first time we talked for hours, to the first time we woke up in each other's arms.

From the first time we said "love", to the moment we knew we'd never say "goodbye."

Falling in love with him was the BEST thing that ever happened to me.

Hand in hand, we met life's changes and challenges.

Together, we made a beautiful family and a loving and lasting partnership.

He was the quiet strength that I leaned on, the steady presence I counted on for so much.

He was the kind of husband who put his heart into everything he did.

The kind of man who was strong enough to show his gentle side.

Who was not afraid to dream or speak his mind.

The kind of man who listened and looked out for others.

He was always there for me in the ways that mattered most.

He was the one I could not wait to see at the end of a long day.

He kept me laughing through life's ups and downs.

He was the one who lived for God and showed it by loving me with a strong and gentle heart.

I had the privilege of loving Arvid and having him in my life as my husband.

He was my best friend and supporter and I will hold him in my heart forever.

I will be forever grateful to God for bringing us together.

CACTUS FLOWER BY DENNIS YEATTS

Dried up and colorless was how I felt after the loss of my wife of almost 46 years to cancer in the fall of 2017. We were married as teenagers and were inseparable.

By the fall of 1987, we had two boys and one daughter, and the youngest was three. Kathy was diagnosed with Wegener's granulomatosis and only given six months to live. After a short cry, she said she only wished God would grant her life long enough to see the youngest son graduate high school. God not only answered her prayer on that request but He also sent her a full remission from the disease and she got to see all three of the children married and the birth of seven wonderful grandchildren which she loved to spoil rotten.

However, the damage to her kidneys from the Wegener's had been done and in December 2009 she had to go on dialysis three times a week for the next five years. Again, God was faithful to her and she received a kidney transplant in June 2014. Over the next three years she had her share of health concerns that led to a final diagnosis of stage four pancreatic cancer. The doctors said she had maybe four to six months. I took her home and started hospice care.

Over the next few weeks, we talked a lot about what I would do after the Lord called her home. We never spoke about it without her saying she expected me to be dating a week after the funeral and married within a month. I would always tell her that was never going to happen. In truth, I had no idea when I would be ready to date again.

We had been warned how painful pancreatic cancer could be. Our prayer was that if God was going to take her this time, please take her before the pain began. Once again, God was faithful to answer prayer.

Just one month after we came home, God called her home peacefully in her sleep without the pain.

I was lost now. About two weeks before she passed away, she asked me what I might plan to do when the time came, and I thought that a drive out to Arizona and back would be good for me to clear my head. That is when I started planning my "Great Get

Away From It All" trip. In May 2018, during my 5,500 mile journey I spent four days in the high deserts of Utah. One afternoon I was headed back to my motel, and out of the corner of my eye I saw a flash of color. Now remember, in the high desert country of the west there is very little real color. So I pulled the car over and got out to take some pictures of this small cactus in full beautiful bloom. I got back in the car and finished my

After returning home to an empty house, I decided to make a picture book of my trip. I had nearly a thousand pictures to choose from and experienced great joy in putting that book together. However, how was I going to end the book? I spent hours looking to find just the right one and finally came across this picture of the cactus flower. Perfect, but how to caption the picture? Then our ever faithful heavenly Father spoke the caption to me. It read, "Even in the driest of deserts there is life, live it to God!" I had my answer. My Life had been full with Kathy, but it was now time to see what else God had in store for me. Within a month, I met a wonderful woman 200 miles away that volunteered at SCSM named Vicki. As they say, "The rest is history."

Throughout it all, God has been faithful. So never lose sight of what God has in store for you. You never know when God will put that cactus flower in your sight.



"Even in the driest of deserts there is life, live it to God!"

LONELINESS IS TRUSTING YOUR OWN FEELINGS INSTEAD OF GOD

Growing up with a dad who is a psychiatrist has been both a blessing and a curse for my three girls. You see, I am always "treating" them. To me, that's what a dad should be doing -- equipping their children to be Godly decision makers so they achieve their God-given potential. Well, my girls sometimes have a different view.

Sometimes, the lessons I am trying to get across to them don't seem to be sinking in.

Maybe at times I need to just be Dad. (That's a different Stepping Stones)

pursues you despite your repeated rejections of Him, promises to be with you always, and is everywhere ... a Father who never leaves your side?

You guessed it... you do have that Father! You are never alone. Your God is closer than you dare believe. He is not sitting up in heaven at the control panel pushing buttons or pulling strings from afar. He isn't disinterested in your needs and troubles because you are bad or trivial. He's not caught up in bigger problems in the Middle East ... He is intimately close to you. Don't let Satan's lie get in your head,



"Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go."

JOSHUA 1:9

But one of the blessings God gives me is hearing various surprising remarks that slip out at cool, random times. They show me that the teachings are sinking in and I realize that God's timing is awesome. Tidbits like, "Dad, it seemed like you were in the room with me," ... "I felt like you were watching me," ... "I know you were there to protect me," ... "I heard you talking to me in my head," and my favorite, "I found myself using exactly what you taught me when I was little." The interesting and amazing part is that I wasn't with them when they "experienced" my presence in their situations. I've tried to master being in two places at the same time, but you would have seen me on Oprah if I had that superpower.

Wouldn't it be awesome if you could have a Father who created you, gave you life, loves you, pursues you, sees into the depths of your heart, perseveres and relentlessly tricking you into thinking God stranded you. Satan wants you to believe you are alone, with no help in sight. Don't let a feeling become your reality. Just because you feel alone doesn't mean you are alone. Feelings are great distorters. That's why we say "Love is blind."

Today, try to be mindful of the direct connection between loneliness and your lack of awareness of God's closeness to you. You'll be surprised when you start to believe and place faith in His promises to be by your side. You are much better off believing His promises and instruction instead of your feelings. Remember how many times your feelings have tricked you in the past. Whether you place your faith in God and His teachings or you put your faith in your transient feelings is your decision, so choose well.

(From Dr. Karl Benzio, Lighthouse Network's Stepping Stones Daily Devotional, July 21, 2020. www.lighthousenetwork.org)

WAYS YOU CAN HELP

- 1. Pray Regularly
- 2. Give Monthly
- 2. Give monthly
 - Supplies & Training Materials
 - Support Groups
 - Community Events
- 3. Make a One-Time Donation





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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, experiencing personal loss and to those who journey with them.

SCSM Values

- God's Word
- Praye
- Value Every Life
- Integrity
- Confidentiality
- Excellence in Everything We Do

TIPS FOR HELPING YOUR CHILD GRIEVE THE LOSS OF "NORMAL" BY CHERYL REYNOLDS

- 1. Pray with and for your child.
- 2. Let them know that their sadness about school being different is normal. Give them a safe place to talk through their feelings. You won't be able to fix it, but listening goes a long way.
- 3. Keep things that are under your control consistent for them.
- 4. Focus on God caring for your family and not on the ever-chaning news that often creates anxiety and fear.
- 5. Remember the attitude you use is the attitude you choose. Choose wisely because they are watching!
- 6. Be patient with their outward behavior. Listen for what they are not saying. They feel anxious and fearful too about things they can't control but might not know how to express it.



- 7. Having everyone at home all at once can sometimes lead to extra stress. Work together as a family, not against one another.
- 8. Create new memories and have fun with each other! Go to the park, build a sandcastle, plant a garden, do a big puzzle, become pen pals with someone in a nursing home, make cookies, dance in the rain, play a game, meet a new neighbor, go on a bike ride to a new place, or eat a container of ice cream together.
- 9. Focus daily on gratitude to God for His protection, provision, guidance, presense, peace, healing, and love.



THERE IS ANOTHER KIND OF LOSS CALLED REJECTION

BY ANONYMOUS

SCSM, thank you so much for the

beautiful and marvelous work that God is doing through you. You are truly a blessing and powerful example. I took an evening workshop in 2008 with Chaplain Liz and wanted to quickly give you an update as to what has happened since then. At the time I took the nighttime workshop, unlike many others, I had not lost the physical lives of those I love. I had lost them, their love and their presence, and was suffering intensely. I had not only lost their love, but also faced their contempt. Their rejection of me was a chronic and ongoing way of life. I was lost and tortured. Living was shrouded in pain

My situation now is very similar to that of 2008 and priors years, but several things have changed which I wanted share with you.

that would not go away.

1. I decided to wait for God to structure my life (Psalms 27:14, 40:1). My life is now rich with what God has placed in it:

Sunday school, church, a rewarding job that allows plenty of time for other activities, missions work that is exactly down "my alley", and schooling and projects I had only previously dreamed of. Most importantly, I have a steady prayer and Bible study life and have been greatly aided by memorizing verses.

COVID-19 BLUES & BLESSINGS BY DEBBIE DALLESANDRO

"You'll get through this. It will not be painless. It will not be quick. But God will use this mess for good. In the meantime, do not be foolish or naïve. But do not despair either. With God's help you will get through this." -Max Lucado

I really thought that the coronavirus would have been over in a few months. It started out in a panic of sanitation and a search for toilet paper and supplies. To make things worse, if you have lost a spouse, or are alone, there is no one to share the whole experience with. No one at home to talk through a plan together. I

found this to be the hardest thing to manage. I know Rich and I would have sat down, planned on who was doing what and actions we needed to take to stay safe. Now I have had many a conversation with myself on how am I going to manage this. What a wake-up call! I was not prepared for this. I had to find everything I needed on my own, but God always has a plan for me. He is present in every situation. He used my sonin-law to bring a load of supplies. He used my neighbor to send food over to me and when I hurt my back, and they also cut my grass. He also blessed me by allowing me to watch families spending more time together.

Throughout this pandemic, I have learned to take things one day at a time and have grown more confident that God is taking care of me, and I do not need to live in fear if I stay close to Him. God has gotten me through this, and my prayer is that He will get you through this too.



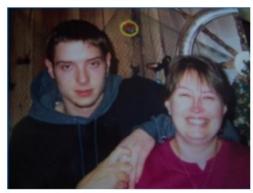
- 2. I put God first more often in action (Mk. 12:30; Mt. 6:33; Gal. 1:10; Acts 4:19; James 4:4, Lk. 16:15; 1 John 2:15). He has become more my constant companion and a friend whom I am discovering I can trust with everything (Prov. 3:5-8).
- 3. I gave up trying to control others and gave my loved ones over to God, trusting God to take care of them instead of my trying to do the impossible. I now pray for them and do what I truly can instead of worrying about them or obsessing over them (Mt. 6:34; John 14:1; Ex. 20:3).
- 4. When I get down, I now remind myself that it won't last forever; that the intensity will pass. I remind myself of the repeating pattern of the adage, "darkest before dawn." I just need to keep going, knowing that relief is coming, and it does come. The more I accept and realize the pattern, the more I notice that the pain is losing its power to devastate. Instead of feeling paralyzed and falling into victimization ("poor me" mentality), I ride sadness and grief like a wave now and it passes gently (Heb. 11:1; 2 Cor. 5:7; 1 Cor. 16:1; 1 Pet. 4:12).
- 5. Perseverance in the face of challenges (James 1:2-4). This continues to be a muscle worthy of continual development. While the situation may look very similar on the outside, I am reaping wonderful rewards of relationship with God, increased faith, and greater periods of joy, satisfaction,

strength, alertness, self-control, and contentment.

Thank you for getting me started in more than one way and letting me know that grief and sadness are okay, must be processed, and that things take time. Such a stark cry from other messages out there that tell us we're wrong for being sad and for being sad for too long. It was so refreshing to be encouraged to feel fully and authentically, and to find ways to express it.

Congratulations on your excellent work, many blessings, and big hugs!

A PLACE OF PEACE BY BEVERLY RUANE



"God is Great, but sometimes life ain't good. When I pray, it doesn't always turn out like I think it should." -- words from Anyway sung by Martina McBride. That's exactly the way it seems to be. Life isn't always fair, but we need to remember God is always in charge. My life was normal prior to April 29, 2002.

That night my life became anything but normal. My 18-year-old son, Matthew, was

shot and killed in front of our home by a random act of violence. I felt as if my life had ended.

The first year without Matthew, I was in a fog. I didn't believe Matthew was gone.
Every day I would stand at the door and look for him to come walking up the street. I was angry at Matthew for leaving me and at God for taking him from me. I was mostly angry at the men who killed him. The emotion I felt most was guilt. As a mother, I didn't protect my child. I felt it was my fault he was killed. I felt guilty for being angry at Matthew and God. I felt guilty for feeling guilty.

Completely consumed by my grief, all I could think about was Matthew and how I was supposed to live the rest of my life without him. I had other family and friends who needed me, but somehow that didn't seem to make a difference. Every day, every minute, I would relive the moment I heard he had been shot, seeing and touching his calm but lifeless face. I tried to find answers and console myself in any way possible.

To help, I began to read every book I could find on grief and the death of a child. As I read, I was surprised to see that those parents felt the same as I did. It was as if I had written those books. I began to write in a journal, a place you can write whatever you are feeling and thinking in any way you want. It doesn't matter if it makes any sense because it's only for you. I began to go to a bereaved parents group. Talking and listening to other bereaved parents helped.

(Peace continued on page 6)

RESOURCE CORNER

PDF BOOKLETS AVAILABLE ON OUR WEBSITE UNDER OUR NEW LIBRARY TAB!

- UNDERSTANDING SUICIDE
- GRIEF & MOURNING
- SILENT PAIN OF CHRONIC ILLNESS

AVAILABLE FOR PURCHASE

JOURNEY FROM HEARTACHE TO HOPE

Filled with true stories of God's miraculous healing power told by SCSM clients and volunteers. Your spirit will be renewed by the faith of people in devastating situations that should have robbed them of happiness and comfort, but instead brought strength and courage to their lives.

IT'S NORMAL TO FEEL SAD, STRESSED, CONFUSED, SCARED, OR ANGRY DURING A CRISIS.







EITHER BY PHONE OR VIDEO CONFERENCING, SCSM IS HERE TO SUPPORT YOU WITH COUNSELING OR PRAYER.

THE GOOD NEWS IS, IT'S FREE AND YOU DON'T HAVE TO LIVE LOCAL TO CALL OR SCHEDULE A SESSION!

REACH OUT TODAY!

540-349-5814

(Peace continued from page 5)

They understood exactly what I was going through.

Another group I attended was GriefShare. There God sent a wonderful couple who had also lost their son to murder. It was at GriefShare that things seemed to click. I understood why I felt the way I did and that it was okay. I understood the continuous roller coaster ride. The same emotions applied to me as others yet were also unique to me. I prayed every day that God would see me through the death of my son.

Another comfort for me was gardening. Planting varieties of flowers always brought me joy. After Matthew died that April, even the joy of gardening left me. New life was beginning, yet my son was dead.

After two or three weeks, I finally decided to venture outside and make an attempt at planting flowers. My heart was not in it at all. I made myself garden because if I didn't, I may never do it again. I began to dig in the soil preparing it for planting. I dug and dug. I began to dig harder. Each time I applied more force until at times I was actually beating the ground. I discovered what wonderful therapy gardening offered. I could dig and beat the ground as hard as I wanted to, and it wouldn't get hurt or fight back. The ground was very forgiving. Before the summer was out, I once again began to enjoy gardening and felt peace there.

I would take time to think what would be best for you to do that would bring you the peace you need. Chaplain Liz and others at the SCSM are available to talk to you at 540-349-5814 if you need to share your ideas with them.

DEAR CHAPLAIN LIZ

HOW DO WE COPE WITH LOSS DURING THE COVID-19 PANDEMIC?

I think many are asking that same question. It is not just one type of loss, but many types of losses that we are experiencing. It can get very overwhelming. There is loss of life and loss of employment, which leads to financial loss. Loss of contact with others, which leads to loss of connection, and the list goes on. We may have doubts about God, about ourselves. People are finding that what they thought was important is no longer

JUST TOO BUSY

We are busy, busy people. Most everyone is busy today, and we hear many complaints from people about having too much to do and not enough time to get it all done. Busy, busy, busy.



I have done much thinking about that lately. Do you realize that Jesus was never in a hurry? He was never worried or hurried or flustered. His ministry lasted only three years, yet accomplished more than any other person in history. He did a lot of traveling during those years yet He was never rushed nor did He rush His disciples to tend to this or that or the other thing. He took time, and those who traveled with Him didn't have watches either so they couldn't remind Him of a meeting in Jerusalem or Capernaum. From time to time Jesus even took a day off to visit with friends or go fishing. Several years ago, the phrase "stop and smell the roses" was very popular, but no one did it. It sounds like a good idea, and

important. Many things they use to do are no longer necessary to do. So, how does one cope when all this is happening?

......

Remember, that we are promised in scripture that God will never leave us or abandon us. He does care about all the details of our life, but we also need to do our part by taking those steps that

- 1. Reach out to others and ask for help if you have a need. Yes, people do care!
- Stay connected to family and friends using the technology that works for you.
 Talking about your experience brings healing.
- 3. Pray with others.

will helps us.

- 4. Play games and have fun using ZOOM.
- 5. Take walks and maintain good health by eating right.

it is great advice to tell to someone else, but it's worthless unless we put it into practice. Think about it: God said that Jesus was His beloved Son in whom He was well pleased before Jesus had done one thing in His ministry on earth. During His growing up years, Jesus didn't preach or teach or perform any miracles yet His Father let it be known that He already was a beloved Son who pleased the Father.

Yet in today's world it seems so terribly important to the majority of people to be busy.

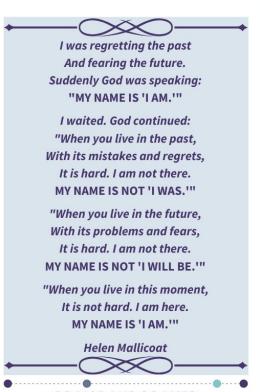
Can this be what our Father wants? If
Jesus was sent by God to be our example of
a life well-lived, then many of us have
"missed the boat," so to speak, and perhaps
it's time for us to rethink things. Maybe our
focus should be on sitting quietly so we can
hear what our Lord is saying to us and not
doing so much, not staying busy. Maybe our
busyness is preventing our spiritual growth,
thereby making us feel as if God is very far
away.

This is the day that the Lord has made for you and me, so let us make the time to listen to what our Lord wants each of us to do with today and everyday.



- 6. If you like to bake, call up a friend and bake together. Two years ago, I baked Christmas cookies with my cousin. She was in Albany and I was in Virginia. We had a lot of fun doing that together via our computers.
- 7. Learn a new skill or a new language.
- 8. Read a book that you have not had time
- 9. Look for projects in your home that need to be done.

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable- if anything is excellent or praiseworthy- think about such things. And the God of peace will be with you" (Philippians 4:8-9 NIV).



PRAISE AND PRAYER

WE PRAISE THE LORD...

- That even during the COVID-19
 pandemic our counselors are supporting
 people through prayer and counseling.
- That God has been so faithful to give us a new Center where we have a lot more space.
- For Debbie and Gray Coyner who have built this Center. They worked hard with us so that we would have what we need for ministry. SCSM rents the building from them.

WE PRAY...

- For all the families and their loved ones that are challenged by the COVID-19 virus to feel God's comfort and peace.
- For all those who are grieving the loss of loved ones. We pray they would reach out for help when they are ready so that they can find healing.
- For our school system and all those in leadership that they would be given wisdom as to how best help our children this school year.
- For all those who are on the front lines risking their lives every day to help others.
- For those who are experiencing all kinds of loss. Pray that God would meet their needs in such a special way that they are assured that God is working on their behalf.

MEMORIALS, HONORARIUMS, AND THANK YOU'S

IN MEMORY OF

Rob Christiansen, given by Ann Marie
McCarty; Scott Neth, given by Jack and
Joyce Neth; Sgt. Jason A. Shaffer and
newborn Jennifer Nicole Shaffer, given by
Roger and Gwen Shaffer; Charles Malone,
given by Mary Malone; Nicholas Daymude,
given by John and Debra Daymude; Ruth
Loech, given by Sanford Martin; Steve
Karnes, given by Sandy Martin; Arlene Kirk,
given by Jane Fitzgerald; Tiger, given by
Elizabeth Shaw; Frank Conti, given by
Marvin and Mary Strauzer; Ginny Condit,
given by David Condit; Joe Huryk, given by
Kathy Huryk; Betty Clendenin, given by
Harold "Gene" Clendenin; Sharon Teeter,
given by Kristina Whitesell; Tim Maahs, given
by Sydney White; Kathy and Amity Stein,
given by John Stein; Arlene Kirk, given by
Marv Berrian

IN MEMORY OF ARVID DANIELSEN (CHAPLAIN LIZ'S HUSBAND)

Given by John and Joanne Moyer; Rev. Paul and Nancy Harrup; Melanie Ebert; Janice Heater; John and Diane Kitchen; Gregory and Judith Jones; Ramon and Carmen Rodriguez; Angela and John Reinertsen; Mark and Deborah Robbins; Chris and Rich White; James and Marie Reinertsen; Joseph and Sandra Dahle; Michael and Martha Ronayne; John and Evelyn Peterson; Walter and Pamela Wigglesworth; Carmela Phillips; Ken and Kathy Boudwin; George and Christine Thomstad; Robin Smith; Rose Hernandez; P. Douglas and Donna Chapman; Nerius and Victoria Cordova; Barbara Lepre; Sharon Rizzo; Lindy Dimeo; Betty Hoyt; Harold and Monica Kalleberg; Ruthellen MacDonald: Elizabeth Shaw: Jane Fitzgerald:

Donald and Brenda Hodges; Martin and Louise Cullers; Stephen and Frankie Schuman; Robert Reynolds; Audrey Prol; George and Muriel Thomassen; George and Virginia Novak; Judy Hammarberg; Carol Acotto; Sonja Nerjes; Donna Baker; Mary Berrian; Annemarie Paine; Beverly King; Robert and Alice Williams; Hillie Grossarth; Tom and Judy Moore; Tom Gay; Joyce and Jack Neth; Alexander and Elizabeth Major; Peter and Ingrid Johnson; Susanna Lipscomb; Marlina Schetting; Marge McClintock; Joseph Kotek and Mary Beverly Kotek; Virginia Wright; Ken Abrahamsen and Jo Ellen Marino; Terry and Caren Brosius; Fred and Karen Grosse; Cathy, Richie, and Elizabeth Reinertsen; Jonathan and Kimberly Raines.

IN HONOR OF

Arvid Danielsen, given by Linda Winstead New facility opening, given by Dorothy Crowder.

THANK YOU

Diane Fritz for donating coffee; Rick and Jayne Breklebaum for donating greeting cards; Pam Dudley for donating greeting cards; Carolyn Martin for donating books to our SCSM library; Jim Presley and Dan Reckley for all of their help at the SCSM Center; Tami Catania with DesignWorks Interior for volunteering the hours to be our interior decorator.

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RETURN SERVICE REQUESTED

Now may God, the inspiration and fountain of hope, Fill you to overflowing with uncontainable joy and perfect peace as you trust in him.

And may the power of the Holy Spirit continually surround your life with his super-abundance until you radiate with hope!

Romans 15:13 (TPT)