

# HEART & HAND

Reaching for a hand, and touching a heart



*Everyone at Spiritual Care Support Ministries wishes you the blessings of peace, love, and healing this Christmas.*

*May your New Year be filled with beautiful moments with God, family, and friends.*



## THE BEAUTY OF PEACE

BY CHAPLAIN LIZ DANIELSEN

It is so exciting to be at our new Spiritual Care Support Ministries Center where we have lots of space to minister to those who come to us for support. We use all the precautions from the CDC at the Center so you can be comfortable if you come to visit. Yes, our Center is open. Go to our website for a list of current activities that you may enjoy getting involved in.

There is plenty of room for training in our gathering room at the SCSM Center. I love the new library where we have books that people can read that can inspire and bring hope to their lives. We hope to have a children's hour in 2021 where families can come and read books together about how they can deal with their loss and be inspired by God.

We are able to be in a comfortable setting for counseling in the library and other rooms. We even have a porch outside with a beautiful view where we can spend some alone time sitting on our white rocking chairs hearing from God, or we can actually counsel outside with our teens who hate to be cooped up in a room. As you are sitting on our white rocking chairs, you may hear the birds singing or view the wild turkeys

and deer that come to visit us on our property. The volunteer workroom is perfect. They can work and fellowship with other volunteers comfortably. I believe we are on holy ground.



"I don't always understand why we have to go through things that make us uncomfortable, which bring anxiety and stress, but I know God loves you and me. You are not alone."

The SCSM property, our Center, and everything that's inside has been prayed over. It has been dedicated to the Lord God who provided this amazing place for His glory through the kindness of Gray and Debbie Coyner. God spoke to them years ago just as He spoke to me. They have been faithful and sacrificed many hours of their time to complete the assignment that God gave them. I want to thank them not only for

(Peace continued on page 2)

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being faithful to complete what God has asked them to do, but also for their prayers and support given to Spiritual Care Support Ministries.

God has been good in the midst of a pandemic. He is always good. I don't always understand why we have to go through things that make us uncomfortable, which bring anxiety and stress, but I know God loves you and me. You are not alone. In the midst of my grief, I know God will provide what I need as I have experienced His healing touch, and I know God can do that for you. He is not the originator of bad experiences. We have an enemy of the soul that wants to destroy us, discourage us, and make us feel like we will never have joy again. God wants to offer you joy, peace, hope, and healing. Will you receive that gift from Him today? Just this morning I asked Him to do that for me and He was faithful. Looking forward to seeing you at the new Center or on one of our Zoom classes.

## I CAN STILL GLORIFY HIM IN THE MIDST OF MY PAIN

BY DIANE FRITZ



Thank you, Diane, for the many years of serving with SCSM.

We celebrate your life and remember you with this article from 2008.  
March 14, 1947 - October 4, 2020

Most people think of grief as resulting from the death of someone - a spouse, parent, child, friend, or even a pet. We also grieve over loss of a job, promised retirement, health insurance, our house, our church (friends, pastor), and family relationships. Lots of things go "wrong." Job seems to lose everything in the first chapter of Job. This was a time for grief. He had lost

## A TIME TO FEEL ENCOURAGED

BY ROGER SHAFFER

Take time to remember where you have come from and embrace that today is a gift from God.

SCSM has made a big difference for me and my wife since 2007 with the loss of our son in Iraq. We know the Lord makes the final decision on when our life ends, but we don't always understand the reason or the timing.

Talking with others at Coffee and Conversation has made a big difference for me as we come together as a group to process our losses. We laugh, joke, talk, and enjoy one another's company. We come together as a family and can find healing for our hurting hearts. It somehow makes the pain bearable because others are walking through it with us. Please join us on Thursdays from 10 a.m. to noon. You definitely will leave encouraged.



P.S. Don't forget to honor our fallen soldiers and pray for their families. They have made the ultimate sacrifice for our country and deserve to be remembered.

his livelihood (flocks) and his children. People understand that eventually all will be better and the grief forgotten.

However, in Job 2 he lost his health, too! His three friends came to console him, and before they started speaking, they did console him. But then they said that Job's calamities were because of sin, and if he would confess his sin, God would heal him.

Most chronically ill people can identify with Job, especially the part about the well-meaning friends who tell them that if only they would confess their sin, God would heal them.

There is a well-known person in the Bible who had a chronic illness, and God did not heal him. Read 2 Corinthians 12:8-9.

"My grace is sufficient" is a very hard passage. I almost wish there were sins I

## POSSIBILITIES!

BY BECKY PUCHER

**"And looking at them Jesus said to them, with people this is impossible, but with God all things are possible" (Mt. 19:26).**



In my life, for the most part, I have tended to be an optimist. I have striven to see the brighter side of a situation. Years ago, I faced cancer surgery and a longer than expected recovery period. Days and nights of pain and hospital stays seemed to cut away at my once optimistic spirit, until I realized I could do nothing in myself, but God could do all things. It was then that I quit begging (yes, begging) for healing that He had paid for on Calvary. What a relief to once again see that healing myself was impossible - *but with God all things are possible*. I'm looking forward to all those things that are possible through Him. "I sing for joy at the work of your hand, forever I love you, forever I'll stand - nothing compares to the promise I have in You."

could confess and be healed physically which would mean I could do those things I can no longer do. Instead, I must accept that His grace is sufficient and deal with my untimely disability retirement, loss of my job and the ability to even work at Walmart, and inability to volunteer for future projects because I don't know what my health will be. There is also my inability to play with or carry my children, be the spouse I feel I should be, or be the life of the party at family gatherings because they exhaust me so much (church functions like picnic or worship service have the same effect). Paul did not let things stop him. He continued to glorify Jesus. I am not a Paul, but I can still glorify Jesus, and maybe write, too.



# THE ART OF

# SUPPORT

"The goal of grief is for the griever to eventually detach enough from the loss so as to form healthy life-giving attachments with other significant people, situations, and things. That the one that is grieving reconnect with himself or herself in a way that leads to great confidence and competence in life." - Lee Franklin

1. Be respectful of and responsive to the griever's needs.
2. Consider the nature of your relationship with the griever.
3. Offer support consistent with your previous ways of relating.
4. If you work together, offer to help in work matters.
5. If you are neighbors, offer to mow the lawn or do childcare.
6. Be aware of whose needs are being met. Put the griever's needs before your own need to be helpful.
7. If the griever says he/she wants to be alone, respect his/her wishes.
8. If the griever says he/she does not want food, don't deliver it anyway.
9. If the griever does not want to communicate by phone, send cards or emails.
10. At the beginning of the grief journey, do tasks for the griever (eg., mow the lawn, shovel the driveway, weed the garden, take out the dog, watch the kids, pick up the groceries, prepare meals.)
11. As the griever is able to do more for himself or herself, do tasks with the griever.
12. Invite the griever to share in activities as he or she is ready.
13. Invite the griever to share memories with you of the loved one who died.
14. Be careful not to give more than you can and still maintain your own physical and mental well-being.
15. Know that even in limitations, our gentle, caring presence can offer immense comfort and facilitate effective grieving.
16. Do not avoid the griever.
17. Be a good listener.
18. Allow for silence.
19. Allow for the sharing of any feelings and receive them with gentle acceptance.
20. Offer hugs and prayers if that will be helpful.

*They will be like a tree planted by the water  
that sends out its roots by the stream.  
It does not fear when heat comes,  
its leaves are always green.  
It has no worries in a year of drought  
and never fails to bear fruit.*

**Jeremiah 17:8**



## WAYS YOU CAN HELP

### 1. Pray Regularly

### 2. Give Monthly

- Rent & Utilities
- Supplies & Training Materials
- Support Groups
- Community Events

### 3. Make a One-Time Donation



ENVELOPE



OVER THE PHONE



ONLINE



IN PERSON

## VISIT US:

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### FOLLOW CHAPLAIN LIZ'S BLOG

[WWW.SCSM.TV/BLOG](http://WWW.SCSM.TV/BLOG)

## 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 Life
- Integrity
- Confidentiality
- Excellence in Everything We Do

# SCSM Awarded in Fauquier!



*The results are in!*

FOR THE 3RD YEAR IN A ROW, WE HAVE WON...

**BEST CHARITABLE ORGANIZATION**

**BEST COUNSELOR/THERAPIST**



*Thank you for the votes!*

## FROM A TEEN'S HEART BY CHARLENE HAMMARBERG

One December night in 2004, I got the terrifying news that my dad might have cancer. I was overwhelmed with all kinds of emotions including anger and frustration. I thought to myself, "I just went through this with my best friend."

My best friend's dad died of cancer the previous year. I comforted and walked alongside her for three years as he battled with the cancer. I thought to myself, "God, it was hard enough then, please, not MY dad!"

I called many people crying and asked them to just pray. One evening, the dreaded news I hoped would never come came. My dad had esophagus cancer. I went through periods of denial and frustration as I thought about my dad's cancer. I was assured by both my parents and the doctors that my dad was going to be okay, and his chance of dying was low. People kept telling me that I was lucky because at least he did not have a really aggressive kind of cancer. In January, my dad had a feeding tube put in, and he underwent chemo and radiation.

Life went on and my dad was scheduled for surgery to remove 3/4 of his esophagus on April 26, 2005, at John Hopkins. To my surprise and disappointment, they were unable to do the surgery. The only thing that I heard was that my father's cancer had spread, and they were unable to do the

## Thank you to the



**PATH FOUNDATION**

### for choosing SCSM as one of your recipients of a COVID-19 Relief Grant!

THROUGH THEIR RESPONSE FUNDING,  
WE WERE GRANTED **\$15,000!**

[pathforyou.org](http://pathforyou.org)

## RESOURCE CORNER

**BOOKLETS AVAILABLE ON OUR WEBSITE  
[WWW.SCSM.TV/RESOURCES](http://WWW.SCSM.TV/RESOURCES)**

- GRIEVING AS A FAMILY
- ILLNESS & THE CHALLENGE OF WAITING
- THE IMPORTANCE OF WORDS IN THE HEALING PROCESS

**AVAILABLE FOR PURCHASE**

**\$12**

**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 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.



*Still feeling a sense of loss  
and uncertainty?*

**We are here  
for you.**

**Call for an appointment today!**  
In-person or virtual options available.

**540-349-5814**

**Monday - Friday**  
9 AM - 2:30 PM

**Tuesdays & Thursdays**  
2:30 - 5 PM (by appt only)





**Many times, I questioned, "Why God? Why would you do this to me?" I did not understand then and still do not fully understand. I just try to remember that God is in control."**

surgery. The only thing that I heard was that my father's cancer had spread, and they would have to see the chemo doctor when they got home. About 2 weeks later they met with the doctor, and he told us that my dad had about 3-4 months to live. They told us we had the option of putting him through extensive experimental chemotherapy to see if that would help at all. We decided to take that route. About a little over a week later, my dad went into the hospital with a bowel obstruction, and they told us that the cancer had spread all over his body. They told us my dad only had about a day to live.

However, we were blessed and had four awesome days with my dad. On May 23, 2005, my father passed away. I was devastated. Many times, I questioned, "Why God? Why would you do this to me?" I did not understand then and still do not fully understand. I just try to remember that God is in control.

My father was not just my father, he was my best friend and hero. I am assured that one day I will see him again. One day I will be able to run to my daddy and sit on his lap again.

I have encouraged many of my friends to spend as much time with their parents as they can. I did not know the year before that I would not have my father anymore. Through all of this, I have learned that you do not know when death will come, but we all need to be ready.



## GOD ORCHESTRATED A BLESSING

BY CHAPLAIN LIZ DANIELSEN

During this time of many losses in my life I needed to be reminded that God was with me. God reminded me to look back at past experiences in my life that I had with Him and with others that revealed that He was certainly with me working behind the scenes. Many years ago, I worked for the Karen Ann Quinlan Hospice in Newton, New Jersey, and that is where I met Ted Brace.

This is one of those experiences I had that encouraged me then and now, and I hope it will encourage you as well.

One December morning, Ted, a hospice



**Ted Bruce pictured at home during his visit from Chaplain Liz Daniels when she was a hospice chaplain.**

patient, woke up and as usual, he spoke to God who he had learned to lean on and trusted for so many years. Living with an illness is not easy, but these talks with the Lord gave him the strength he needed. This particular morning he asked God to please give him a blessing. He needed to be encouraged.

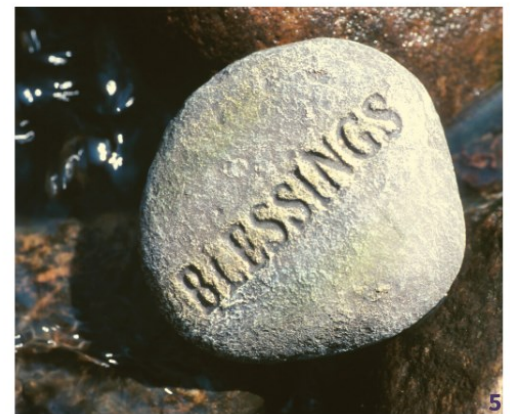
On that same day, I was scheduled to visit Ted. Upon my arrival, Ted thought it would be good to talk about spiritual things. He began by asking about my work and then moved the conversation to the value of one's life. "Chaplain, do you ever think about the value of your life and what difference you have made?" "Everyday," I replied. I encouraged Ted to share some of his life story, and he told me about his business, the people who worked for him, and how God had helped him. He then talked about his 83-year-old friend, Mr. Anderson. "Mr. Anderson and I were involved in a ranch. We would invite churches to bring their young people from

the ranch for some fun and relaxation." Ted, looking at me, said, "I wonder what happened to those young people?"

I couldn't believe what I was hearing. Was he talking about the ranch I went to when I was 15 or 16 years of age? Was this the ranch that brought back wonderful memories of falling in love with my future husband? My eyes filled with tears. "Ted, what was the name of that ranch," I asked. "Jubilee Ranch," Ted answered. I got up from my chair and walked over to Ted's bed finding it very difficult to speak. "Ted, I am one of those young people. Your life did have value because my life was deeply touched. I am

the city to come to now a chaplain, ministering to people because you cared enough to give a little bit of happiness to others. I came from a difficult home situation and a stay at Jubilee Ranch brought such joy. Thank you Ted for making a difference!"

I told Ted of many young people who went to Jubilee Ranch and how they were also making a contribution to our world. Together we thanked God for orchestrating a blessing for Ted that day and for an additional blessing for me.



## REMEMBERING WITH TEA

BY SHARON KHOSA

I had experienced back-to-back losses of my mother and younger brother who died two years apart from violent car accidents. Two years later, my elder brother was involved in a car accident which left him paralyzed from the waist down. These experiences left me frozen with fear of driving. I kept thinking that my family was possibly cursed. I literally died with my mom; I had no zeal for life, I was just bitter.

I attended Chaplain Liz's sessions on grief and learned a lot about myself and how to go on a healing journey from loss. She taught me not to die with my mom and my brother. She challenged me to find a purpose for my loved ones' deaths. I prayed and fasted for a long time, and the Lord took away the spirit of fear for driving and replaced it with peace. This was my biggest spiritual breakthrough ever. My mind was also renewed, and I started looking at life differently.

My mom had been a fervent prayer warrior all her life, so I decided to continue her legacy of prayer with my family and with



other people. To honor her life and love for tea, I decided to hold an annual tea party for ladies on my birthday. During the tea party we have a lot of moments where the ladies speak into each other's lives.

- **Teacup Personality Check:** I have each woman bring a teacup. I mix them up and each takes a different teacup. I encourage the ladies to positively describe the woman behind cup, and it is surprising how right they have been.

- **Remembrance Bouquet:** I ask if anyone wants to share about a loss that they have experienced by picking a flower from a bunch and sharing about what that person taught them. Together we take a painful bouquet mingled with loss, hurt, and bitterness and end with a beautiful masterpiece. This is very healing. The bouquet is presented to whoever had the most recent loss. The ladies love this!

**"I am still on the journey to healing, but I am excited, passionate, and alive! I feel I am truly blessed."**



## LESSONS LEARNED FROM JOB LOSS

BY KEN REYNOLDS



**"I started down a road that I've never traveled before... Like any loss, my journey started with negative emotions."**

It was a typical Monday afternoon. My assistant and I were chipping away at the myriad of things that needed to be done for the week.

I was just about to pack up my stuff to leave when my office phone rang. It was my boss, the lead pastor. He invited me to come to his office to chat before I left. I soon found out that our "chat" was much more than a time for small talk. He informed me

that the church was downsizing their staff, and he would no longer need my services.

That day, I started down a road that I've never traveled before. Here are some of the lessons I learned during that season.

- 1 Learn to manage your emotions.** Like any loss, my journey started with many negative emotions. I first felt denial which soon led to blame and anger. I reasoned, "How could such an injustice happen to me? How could an organization, a church nonetheless, devalue me this much? How could God let this happen?"

My anger then led to sadness and self-pity. This went on for some time before I realized what was happening and began to address my problem head on. I came to realize that feeling these emotions wasn't wrong, but letting them control me was.

- 2 You are not what you do.** Listen to a group of men talk, and one of the first questions they ask each other is, "What

do you do?" As men, we naturally find our identity in our careers. Being without a job has made it difficult at times to find something to talk about with guys.

All of this forced me to take a step back and assess who I am. First and foremost, I am a child of God. I am a husband and a father. While I currently may not hold the position, I am still a pastor and a worship leader. These are all gifts from God, and they leave me with much for which to be thankful.

- 3 God keeps His Word.** Job loss often leads to extended times of waiting. The process is frustrating and even draining at times.

Start dwelling on the fact that God always keeps His Word. God operates in a way that is in stark contrast to those looking for someone to hire. He will come through in His perfect time. In the meantime, He will give you strength to wait if you ask Him for it.

## PRAISE AND PRAYER

### WE PRAISE THE LORD...

- For allowing us to minister to people in need at our new Center. We are also able to use technology for those who are not comfortable coming to the Center because of the pandemic.
- For our volunteers who are so talented and willing to help.
- For those who are praying for us.
- For those who are financially supporting this ministry. We are so grateful for any size donations.

### WE PRAY...

- That the Lord would provide a receptionist for our Center.
- That we will receive financial donations in spite of the pandemic.
- For those who are grieving and experiencing personal losses.
- For our caregivers and their loved ones.
- For all those who are chronically ill and discouraged.
- For our leaders that govern our country, that they will pray and seek God for wisdom as they make decisions.



**4 Worry less, pray more!** Being without a job can definitely put a strain on the finances. One thing that helped me to break this habit was to remember that worry does not change my situation. When I began to worry, I did my best to turn it around by praying and asking God for help.

Perhaps you have recently lost your job. Whatever you do, don't give up! You can be sure that God is with you and is helping you find your next job. Even when it seems like He is not there, He is working out a good plan for you. His silence is not His absence. Reach out to Him, and you will find all that you need.

## MEMORIALS, HONORARIUMS, AND THANK YOU'S

### IN MEMORY OF

Beth Bowen, given by Sandra Gray; Lonnie Cannon, given by Sandy and Janice Martin; Sheila Wolk, Charles Miller, and John Martin, given by Virginia Wright; Scott Neth, given by Jack and Joyce Neth; James F. Legg, given by Cynthia Legg; Our parents, given by Kathleen Price; Tim Maahs, given by Sydney White; Betty and Elmer Reedy, given by Terry O'Brian; Rob Christiansen given by Ann Marie McCarty; Gwendolyn, David D. LeLong, and Janet Hart, given by Mary Petrilla; Martha McKenzie, given by Linda Kline; Sandra Lee Rojsuontikul, given Sam Rojsuontikul; Liz's dad and cousin, given by David and Norma Baum; Joe Huryk, given by Kathy Huryk; Carol and Russell Worman, given by Richard Poots; Pattie Benedict, given by Anna Cornwell; Nicholas Daymude given by John Daymude; Ken Peltzer, given by Mr. and Mrs. Stewart Lindsey and Mrs. Joyce Legg.

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

Given by George and Elisabeth Nehmeh; June Dano; Dominic Rigano; Evelyn Latham; David and Norma Baum; Rane Allkegacoon; Dorothy Vasi; Jane Fitzgerald; Nina Brown; Jocelyn Blair; Joann DePuy; Robin DeJarnette; Anna Cornwell; Stanley Ramsdal; Kathleen Smith.

### IN HONOR OF

Kathy Lane, given by Sandy and Janice Martin; Daughter, Lauren Grimm, given by Janice Grimm; Clydelle Coburn, given by Kathy Huryk.

### THANK YOU

Virginia Wright for providing masks for the Center; Rose Hernandez for making masks for the Center; Pam Dudley for donating lots of note cards; Tom Brown for designing and building a new manger for Christmas that will be easier to put up and take down each year; Tom Gay for giving us books for our library; Maria and Sophia Tammera for helping us clean the storage room at SCSM; Ray, Dave, Jim, and Dan for being willing to help with so many things that could not be done without them; Charles Stone for Letter to a Grieving Heart; For all our advisory members who give support to Chaplain Liz with their prayers and wisdom; Helen Danielsen for the five rocking chairs for the front porch, in memory of her family.

A special thank you to

**JIM & DIANE FRITZ**

for the many years of donating coffee.

### Newsletter Editor

Anna Hansen

### Associate

Cheryl Reynolds

## People need to hear your story!

Please let us know how SCSM  
has impacted your life.

How have you been encouraged?

How has SCSM helped you put your trust  
and faith in God during hard times?

Send in your stories or short testimonies to:



**Anna Hansen**  
marketing@scsm.tv



## Help SCSM stock the shelves!

We are so excited to have  
a full functioning library  
at our new facility.

In lieu of donating books,  
we are looking for monetary  
gifts so we can fill up our library.

For more information, call:

**540-349-5814**

Thank you to everyone who participated  
in our Holiday Wreath Fundraiser!

**Together we raised \$2,164!**

We hope you enjoy the fresh scent  
and beauty all season long.



**Spiritual Care Support Ministries, Inc.**  
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Shout for **joy** to the Lord, all the earth.

Worship the Lord with gladness;  
come before Him with **joyful songs**.

Know that the Lord is God.

It is He who made us, and we are his;  
we are His people, the sheep of his pasture.

Enter His gates with thanksgiving  
and His courts with praise;  
give thanks to Him and **praise His name**.

For the Lord is good and His love endures forever;  
his faithfulness continues through all generations.

**Psalm 100**

