

HEART & HAND

Reaching for a hand, and touching a heart



IT WAS ONE OF THOSE DAYS

BY CHAPLAIN LIZ DANIELSEN



Yesterday was "one of those days." I was struggling with loneliness from the loss of my dear husband. There are moments in our lives when we cannot find anything that satisfies. Family and friends try to help, and we are glad they do, but it is impossible for them to truly understand the depth of pain that we are feeling.

I tried retail therapy, reading, and driving around my community where I live to see the beauty of Spring. I spoke to several people on the phone and in person. Nothing seemed to help me. I finally went home and stopped trying to fill the emptiness I felt. When I finally sat down in a chair in my

living room, the restlessness stopped as I was still. I focused on the One who could help me - God himself. I just sat still, waited, and talked to the Lord. Then it happened. I could feel God's presence giving me the peace I needed. Has it been "one of those days" for you? Try just sitting still and wait for God's presence to be felt. Take time to chat with Him. Yesterday was one of those days for me, but today is a new day and I feel His refreshing.

"Find rest, O my soul, in God alone, my hope comes from Him."

Psalm 62:5

"Behold, I will bring in health and healing; I will heal them and reveal to them the abundance of peace and truth."

Jeremiah 33:6

"I will refresh the weary and satisfy the faint."

Jeremiah 31:25



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IN THE GARDEN: THE TALE OF THE RUDBECKIA

BY VICKI YEATTS

"I come to the garden alone,
While the dew is still on the roses,
And the voice I hear Whisper in my ear,
The son of God discloses...

And He walks with me,
And He talks with me,
And He tells me I am His own,
And the joy we share as we tarry there,
None other has ever known!"

My grandmother and father loved this hymn. It is no wonder that I, a native of Kansas wheat fields and lover of dark, rich dirt, am a garden girl. For me, gardening is free therapy, complete peace, and relaxation. I carry a foam pad made especially for garden kneeling. Thoughts, musings, and parables come to me there. This brings me to our topic, the Rudbeckia, also known as the Black Eye Susan. One summer, during the hottest days of July or August, we built a planter around the mailbox by the street at the old SCSM Center. This was exciting because we could put some color on Shirley Avenue in clear view of the passing traffic. What better way to brighten someone's day for an instant and attract positive attention to our Center! After driving the last nail and adding rich



"Praise the Lord that our God has a gardener's heart! He cares for each and every one of us. He nurtures and waters. If we are not ready to shine in the spotlight, He provides a place of rest, hidden away for a season while we regain strength. He does not give up on us. He knows there is life inside."

dirt, it was time for the best part, planting the flowers. The Rudbeckia were the prime candidate from my yard as they were standing strong, tall, and bright. I dug up a bunch and planted them carefully in the spotlight in front of SCSM. They promptly wilted. This is not unusual for a plant that has just been transplanted, so I stopped by during the midday heat to spray the leaves. By evening, the plants seemed to straighten up and revive a bit. Being a determined gardener, I hung a sheet around the mailbox to offer some sun protection. Alas, despite my best wishes and continued care, the Rudbeckia did not thrive. It was wilted, ugly, seemed at the point of death. Reason said,

"Toss it into the trash. You have lots more at home and don't need this sickly one." It did have to go. It was not a fitting plant for front and center. I went to the garden center and bought some nice French marigolds and dug up the sad Rudbeckia but did not have the heart to send the ugly clumps to the city dump. I knew that somewhere inside they still had life. So, I cleared a corner by the drive beside the line of big lilies and stuck in the Rudbeckia clump out of sight, mulched it, and watered it through the rest of the season.

There are times in our lives when we are just like the Rudbeckia. We are strong and thriving when some life event cuts us off at our roots and takes us to another place. We are no longer safely with all the members of our loving family. We are in a foreign land, alone in the hot sun. We are stressed. We wilt. We lose some of our leaves and do not thrive. We look dead and feel dead inside. Praise the Lord that our God has a gardener's heart! He cares for each and every one of us. He nurtures and waters. If we are not ready to shine in the spotlight, He provides a place of rest, hidden away for a season while we regain strength. He does not give up on us. He knows there is life inside.

SCSM is one of the protected places that God provides where we can rest and be nurtured back to full health in body and in Spirit.

Visit scsm.tv to learn more about the free resources offered to those in need.

RESOURCE CORNER

BOOKLETS AVAILABLE ON OUR WEBSITE WWW.SCSM.TV/RESOURCES

- YOUNG WIDOW'S GRIEF
- THE IMPORTANCE OF WORDS IN THE HEALING PROCESS
- WHAT IS LOVE?

AVAILABLE FOR PURCHASE

JOURNEY FROM HEARTACHE TO HOPE

\$12



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.

NEW

AUDIBLE ARTICLE READINGS

SCSM now has audio available of the articles you are reading in this current newsletter! If you know of someone who has poor eyesight or would enjoy listening to words of hope and encouragement, we now have the tools to assist you.



Go to www.scsm.tv/audio-inspiration to check it out!

Spiritual Care Support Ministries Hours:

Monday - Friday

9 am - 2:30 pm

Tuesdays & Thursdays

2:30 - 5 pm (by appt. only)

IF THERE'S LOSS, CAN WE EVER GAIN?

BY KAREN ANGELL DUBY



Child of God, Wife, Mother, Teacher

Whenever there is a loss, we lose. If someone in our life dies - a spouse, parent, child, sibling, friend - we have lost them. They are no longer a part of our everyday world. We also lose all the responsibilities we had for them and their hopes and dreams yet to come. When we lose a job, or something as mundane as our wallet, we feel the pain and the loss.

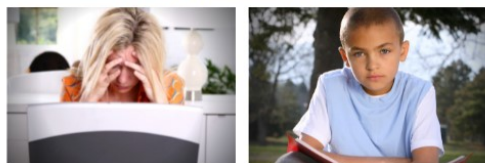
I'm a teacher, and this year I have been continually reminded of the loss that our children are facing. They have lost a year of school. Lost friendships and connections. Lost the love of learning. Lost how to learn. Lost the time it takes to learn new knowledge. Teachers lost the ability to teach the way we do it best, which is face-to-face. It is so much harder now to "see the light bulb" go off. If only we could reach through the screen! And for many of us, we are flat out lost in the technology.

But if we are to put our faith in God and trust in Him, why can't we gain in every loss? When my husband died 18 years ago, my children and I were "at a loss". Our world was difficult and strange, and some days we felt as if we had lost everything. Yet God walked on the journey with us, and we saw and felt the outpouring of love and kindness in our community. Strangers become our friends by donating their time and talents to help us. We gained more respect for life and learned to appreciate what we had, even though we had lost. I learned that I could handle so much on my own and gained a deeper connection to God.

Perhaps that is what we are to look for in this year of school. I agree, we will never get back the time we lost, but time is only important when we know what to do with it. I'm hopeful that my students have

personally seen someone give their time to help this year. Maybe they watched as school employees delivered food to families in the community. I know some students were part of a learning pod where other parents shared their time to assist on those asynchronous days. There were many drive-by celebrations for birthdays, graduations, and other special occasions. When we learn to work together, give, and try new ideas, we are all gaining respect for each other, more patience, expanding our abilities, and gaining new knowledge.

Hopefully, most students were able to spend more time with their immediate families. So many parents are stressed from the daily commute. This "lost year" has given families time to gain more connections and build closer bonds. I'm hopeful there were more laps to sit on for a daily reading, more hugs to be shared, and Grandmas and Grandpas gained the knowledge of "Zooming" with their grandchildren.



I'm a teacher, and this year I have been continually reminded of the loss that our children are facing.

And that technology? My colleagues and I were stretched to our limits. Google and Zoom are our best friends, Screencastify saves the day, and "netiquette" ensures everyone is comfortable online. I have personally gained more knowledge at my age than I ever thought possible. They were right. Technology is here to stay!

I've heard that we only grow when we are faced with new challenges. Many times the larger challenges include loss. This year is no exception. I have hope, though, that as we close out this school year of losses, we can look back and see the growth that students, teachers, and families have gained. A lost school year, yes, but perhaps we have gained, too.

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

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SPIRITUALCARESUPPORTMINISTRIES](http://WWW.FACEBOOK.COM/SPIRITUALCARESUPPORTMINISTRIES)

FOLLOW CHAPLAIN LIZ'S BLOG

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

FOR THE LOVE OF PETS

BY PAM RECKLEY



Pam is one of our fabulous counselors at SCSM. She specializes in Pet Loss. Here she is with her husband, Dan.

Pets! We love them! We choose them - or wait, do they choose us? I'm beginning to believe they do. They find a place in our line of sight and our hearts melt. Whether it be a dog, cat, horse, goat, chicken, or myriad of other amazing creatures, we race to the books, go to the pet store, and fill their every need. They own a permanent place in our homes and hearts. We buy the best food and make certain their doctor is the best in their field. We buy toys, treats, blankets, pillows, and those cozy pet beds. They are

one of a kind, heart-capturing creatures God has given us. From their first wobbly steps to the care of a senior pet, they give us unconditional love. They make us laugh and carry our tears in their coats. We walk them, groom them, and go wherever they reside in or around our homes. They are confident we will be there. Whatever pet you have, I'm sure they keep you on your toes. Pets make us happy! After a long hard day, there is nothing more special or that can bring a brighter smile to our face than the greeting we receive from our pets. Wonderful pets are used in hospitals, schools, and nursing homes to name a few. Did you know petting an animal can lower your heart rate? Being around them, talking to them, and petting them gives us a sense of well-being. A pet gives us a purpose beyond what we could ever imagine. I am so glad God gave us these wonderful creatures to love and care for. We receive so much in return.

The years go quickly. Sadly, the time will come when we lose our pets. This is a time of extreme grief and separation as we say goodbye to the precious one we loved.

Some may not understand, but we do here at SCSM. In that understanding, we



Meet Pippin, Pam's very brave and loyal 15-year-old Jack Russell.

have Pet Loss counseling available to anyone who is walking that most grievous of times, the loss of a best friend and family member. You are welcome to share with us your grief. We understand and are here for you.

To speak to one of our counselors, call SCSM at 540-349-5814.

SCSM will soon be on Instagram! If you'd like to submit pictures of your pet, please feel free to email them to marketing@scsm.tv. Your pet may be featured!

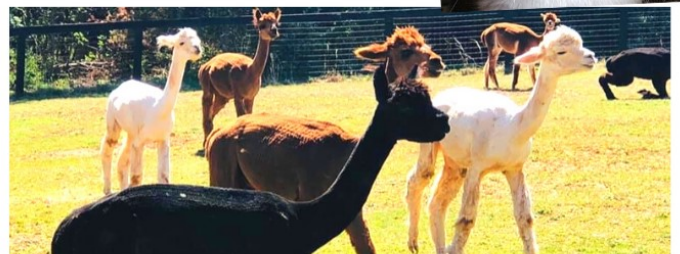
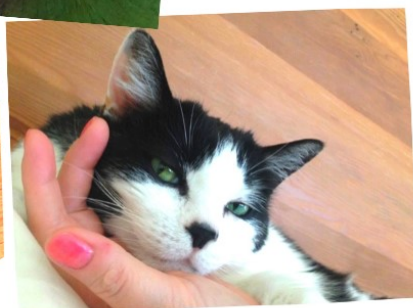
PETS OF SCSM!

"A pet gives us a purpose beyond what we could ever imagine. I am so glad God gave us these wonderful creatures to love and care for."

-Pam Reckley



The staff at SCSM has a family of pets in many shapes and sizes!



STEWARDSHIP WITH A GOD-SIZED VISION

BY KATHERINE CHARAPICH, ESQ.



"If the size of your vision for your life isn't intimidating to you, there is a good chance it's insulting to God."

That quote from Pastor Steven Furtick has provided inspiration for me to have a "God-sized vision," while trusting God to move mountains so as to not be deterred from the path and depth of service that is required of me to make a difference in the lives of others.

I have the incredible privilege of helping clients, most of them older adults, with their estate planning matters, such as writing trusts, wills, powers of attorney, and advance medical directives. Initiating the estate planning process is often brought about when one experiences a life-altering event, such as the passing of a parent or a spouse. There truly is nothing in life that prepares one for such transition.

There is a beautiful song, "What Do I Know,"

by Sara Groves that captures such loss. "She lost her husband after sixty years, and as he slipped away she still had things to say. Death can be so inconvenient. You try to live and love. It comes and interrupts."

When a client is trying to realize some level of stability upon the passing of a loved one, the subject matter of estate planning often elicits many emotions, leading to many tears shared around my conference table. Though I may be able to offer a kind word, I am so very thankful for the expertise and counsel provided by Spiritual Care Support Ministries to those experiencing illness, grief, or loss.

It is my hope that by supporting Spiritual Care Support Ministries, the team of individuals who work or volunteer there may focus on the vision God has given to them. In turn, perhaps collectively we can all be good stewards of the gifts God has given to us and make exponential differences in the quality of life of others.



Katherine Charapich is a lawyer at the Estate Law Center in Culpeper, Virginia, practicing in the areas of estate planning, elder law, and business law. She currently serves as SCSM's lawyer.

"Protecting the stewardship of your God-given assets."

-Katherine Charapich, Esq.

THE GREAT BLACK OAK

BY RAY GILBERT



For oh so many centuries, my limbs reached toward the sky. They reached toward the heavens above, where they saw no airplanes fly.

Yes, I am the great black oak; I've been here for many years.

And yes, I've heard the laughter, but I've also felt tears.

People come and people go, but I ... I still stand tall.

I was here for your Civil War; I watched your brothers fall.

I've watched the little children grow; I've watched them grow to men.

I've watched them live and watched them die, time and time again.

Yes, I am that great black oak, and soon I will be gone.

But I dropped an acorn on the ground, so life will carry on.



Bereavement



Chronic Illness



PTSD



Pet Loss



Kids & Teens



**How can SCSM support you?
540-349-5814**

Marriage



Caregiver



Child Loss



Divorce & Separation



Suicide



Spiritual Care Support Ministries offers a variety of support including one-on-one counseling and specialized groups. Contact us to get more information.

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



INTERNSHIP OPPORTUNITIES AT SCSM

Interning in a non-profit organization like SCSM is rarely a routine task. One day they could be helping with a fundraising event, and the next day they may be coordinating and planning an event for families and their children. They could be learning how to effectively counsel someone that is experiencing personal loss or how to facilitate a support group. An internship is a form of experiential learning that allows a person to apply classroom knowledge in a practical setting and develop skills in the professional world.

MEET NICOLA



Hello! My name is Nicola Tressler, and I am an intern here at Spiritual Care Support Ministries. I am a proud Regent Royal who is studying Communications at Regent University. I have lived in Warrenton all of my life and am proud to call it home. I am the youngest of three sisters, and we are all very close. My family has been involved with SCSM since I was about fourteen years old. This ministry has played such an instrumental part in the healing of my family, and I want to use this summer to give back in every way I can. It is my passion to serve others and help them finding healing. My hope is to learn more about the counseling field, and I cannot think of a better place to begin than SCSM!

MEET KILEY



Hi everyone! My name is Kiley McGee and am a Senior at Liberty University. I am majoring in Psychology with a Counseling cognate. I love to dance and listen to music. My favorite song is currently "Promises" by Maverick City Music. I danced for 16 years growing up, and I would love to one day use dance as a coping mechanism in therapy. I also absolutely adore my cats. I am beyond blessed and excited to be interning at SCSM this summer! God closed many doors in order for me to find SCSM. As soon as I walked through the doors, I knew this was going to be great. SCSM is exactly where I need to be to have a Christ-centered learning experience, as I believe God should be at the center of all things. I cannot wait for the hands-on experience and also getting to learn what goes on behind the scenes of this ministry. Looking forward to a great summer!



Here's a picture of my cat, Mishka!

CHAT WITH THE CHAPLAIN

BY CHAPLAIN LIZ DANIELSEN



"You will be enriched in every way so that you can be generous on every occasion and through us your generosity will result in thanksgiving to God."

2 Corinthians 9:11

Recently at SCSM, we were blessed by a young boy who wanted everyone to know about Jesus so he gave His money to SCSM. It was a reminder to me as a Chaplain that God is not only speaking to adults but to children to give. Our staff was moved deeply that this young boy would be so eager to give away his own money to support our ministry.



My prayer is that the Lord would continue to speak to other children and out of their giving we would all bring Thanksgiving to God. My prayer is that we would encourage children to pray and ask God how they can be involved in ministry. May this young boy be an example for all of us.

If you need information on how your donation to SCSM can help with our Family Grief Camp or other children's programs, please contact me at ChaplainLiz@scsm.tv.

PRAYER & PRAISE

WE PRAY FOR...

- Those who are struggling through loss.
- Those who are chronically ill and need encouragement.
- Clergy who are discouraged.
- Parents who continue to feel overwhelmed with parenting responsibilities.
- Married couples who need healing in their marriage.
- Those who are feeling anxiety, loneliness, and fear because of COVID.

WE PRAISE THE LORD FOR...

- The beauty of spring and new growth and for the summer season which gives us times of rest to be renewed in body, mind, and spirit.
- Our prayer warriors who intercede in prayer daily for SCSM and for those who have requested prayer.
- All of our volunteers who are willing to serve at SCSM.
- The opportunities we have to support those who are hurting through various programs offered at SCSM.
- All those who faithfully send financial support to us so we can continue to do what God has called us to do.

MEMORIALS, HONORARIUMS, AND THANK YOU'S

IN MEMORY OF

Sgt. Jason A. Shaffer, Jennifer Nicole Shaffer, Sheeba, and Sebastian, given by Roger and Gwen Shaffer; Arvid Danielsen, given by Geri Savitske; Rob Christiansen and John McCarty, given by Ann Marie McCarty; Mazia Buonomo, given by Rev. Patrick Medeiros; Arvid Danielsen, given by CJ Bradshaw; Janie Harlow, given by Virginia Wright; Scott Neth and our dog, Tyler, given by Joyce and Jack Neth; Gregory Hooper, given by Terrill O'Brien; David A. Bridges II, given by David Bridges; Priscilla A. Staples, given by John Staples; Bernadette Novak, given by Novak Family Charitable Gift Fund; Patrick Ryan and Pam Gay, given by Kevin Kelley; George Harvey Matteson, given by Mary Matteson; Lorene Priest, given by Samuel and Sharon Rizzo; Willard "Bill"

Bundy, given by Joan Bundy; Bert Crowder, given by Dorothy Crowder; Dave Wolfford, given by Rev. Sanford Martin; Bettie Herrera, given by Shirley Zurek.

IN HONOR OF

Samantha Casey Coleman, given by Laura Casey; Arvid Danielsen, given by CJ Bradshaw; Chaplain Liz Danielsen, given by Samantha Coleman; Ella Rose Matteson, given by Mary Matteson.

THANK YOU

Beverly King for providing books for the SCSM Library; Pam Mehiel for donating coffee, coffee cups, stirrers, and creamer; Pam Dudley for donating cards; Liz Shaw for donating movies to the SCSM Center; Dennis and Vickie Yeatts for the mulch and gardening tools.

Newsletter Editor
Anna Hansen

Associate
Cheryl Reynolds

In May, SCSM participated in the Give Local Piedmont Event in Warrenton. We raised...

\$2,630!



Thank you to everyone who donated!

Congratulations, Chaplain Liz!



WINNER OF THE AGING TOGETHER, 5 OVER 50 AWARD

The "5 Over 50" award is an annual event for Aging Together that honors five individuals (one from each of the region's counties) who have exemplified selfless service to their communities.

To learn more about the partnership-driven agency, Aging Together, visit their website at agingtogether.org.

Check out our Facebook page to see the video of Chaplain Liz receiving her award!



Spiritual Care Support Ministries, Inc.
Reaching for a Hand, and Touching a Heart
7179 New Hope Lane | P.O. Box 643
Warrenton, VA 20187 | Warrenton, VA 20188
540-349-5814 | www.scsm.tv

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RETURN SERVICE REQUESTED

I stand silently to listen for the one I love,

WAITING AS LONG AS IT TAKES FOR THE LORD TO RESCUE ME.
FOR GOD ALONE HAS BECOME MY SAVIOR.

He alone is my safe place;

HIS WRAPAROUND PRESENCE ALWAYS PROTECTS ME.

For He is my champion defender;

THERE'S NO RISK OF FAILURE WITH GOD.

So why would I let worry paralyze me,

EVEN WHEN TROUBLES MULTIPLY AROUND ME?

Psalm 62:1-2 (TPT)

