

HEART & HAND

Reaching for a hand and touching a heart.

May Christ fill your heart and
home with love and joy!
Blessings to you and your family this
Christmas and in the New Year.

DEAR GRIEVING FRIEND, PART TWO

BY CHAPLAIN LIZ DANIELSEN



Dear Grieving Friend,

I will continue writing to you as you requested. I want to tell you that my days are better and that I am adjusting to all the many changes that I have had to face because of the death of my precious husband, father, and friends, but I would not be telling you the truth. The truth is that the beginning of the second year was more difficult for me. The conversations I have had with those who are further along on this journey than me say it is normal for us who are grieving to express that the second year is worse, and it can be quite frightening. I thought that getting through the first birthday, anniversary, Thanksgiving and Christmas, and all the other firsts would

mean that I would not hurt as much. I thought I would begin to understand my new identity better. After all, I am a Health Care Chaplain and have had many years of training! The truth is that we are all human, and we will all experience the pain and sorrow that comes when you lose a loved one. The other truth is that pain and sorrow come to everyone even those who lose someone they did not love. What was your relationship with your loved one? The good news is I know it is normal to enter this second year knowing it will be difficult so I can trust that I will get through the process as I take time to do the things that will help me heal. What are you doing to heal?

I am beginning to accomplish some things with the help of my family and good friends who are teaching me that I can ask for help. I am not always comfortable asking, but I realize that I must ask for help if I want to survive. Not only ask for help, but specifically share what I need. They are not mind readers. My family does not live nearby to help on a routine basis, but I have watched the Lord take care of my needs. Do you have family and friends that help you?

I continue to feel tired as there is always something that needs to be done, but lately I have felt renewed strength to get personal things done. I recently had my children come to help me sort out the basement and

go through boxes of papers that have accumulated over the years. After all, we were married 52 years, and I felt this needed to be done so my children did not have to take care of these things after I died. It took three long weekends with each child flying in individually from where they lived to help me. It was hard but necessary.

I did not realize how therapeutic it would
(A Letter continued on page 4)

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SOME THINGS CAN NEVER BE FIXED

BY GLENN REYNOLDS

Some things can never be fixed.

This has been the most difficult lesson of Grant's death because I fix things. I solve problems for a living. As a lawyer, I solve other people's problems. As a husband and father, I solve problems for my family. Problem solving is my thing. It's what I do—it's part of who I am. I fix things.

But some things can never be fixed.

I spent the first several months after Grant died, trying to fix the unfixable, trying to solve the unsolvable. My mind constantly rehearsed what happened and how I could have responded differently—not just that night, but in the weeks, months, and years before. It was a futile attempt to fix what could not be fixed. I still struggle to understand the permanence of what has happened—my son is gone ... for the rest of my life. I still try to solve that problem, but I can't.

I can't bring Grant back.

I can't heal Amberly's heart.

I can't stop Morgan's tears.

I can't soothe Corbin's anguish.

**Some things can't be fixed;
they must be carried.**



“Jesus, I give everything and everyone to you. I give this pain to you. I give these cares to you. Take them from my shoulders.”

But I can't carry them alone. The Bible teaches us to carry each other's burdens, and in this way, we fulfill the law of Christ to love our neighbor as ourselves (Galatians 6:2). I'm grateful for burden-bearers who carry what can never be fixed. I could start the list of burden-bearers, but I could never name them all. I constantly run into friends from around the country who assure me they've been praying for our family. I'm confident there are more burden-bearers that I do not know about than I do!

We carry each other's burdens, but we don't just keep them on our own shoulders;

instead, we bring them to Jesus. Peter reminds us to cast all our cares on him because he cares for us (1 Peter 5:7). Every day, I pray this prayer several times a day, “Jesus, I give everything and everyone to you. I give this pain to you. I give these cares to you. Take them from my shoulders.” I pause. I sit in silence. Then, I start walking again.

**Some things can never be fixed;
they must be carried.**

I'm grateful to have friends and family who carry my burdens with me to the feet of Jesus—who bore all my burdens on the cross.



DEAR CHAPLAIN LIZ



Dear Chaplain Liz,

Thank you so much for your story of dealing with the awful grief of losing your husband. It touched me deeply. I lost my wife, Annie, of 55 years in 2014, and I know what grief means and how much it hurts. Soon after Annie passed away, I paid a visit to your “chapel,” brokenhearted and despondent. I spoke to a woman there who listened as I sobbingly poured out my grief. She quietly listened and then assured me that our Lord Jesus was with me and would lead me through my awful mourning. It took a while but soon I came to realize that Annie was safe in God's heaven and when my time comes, Annie and I will be together again. Jesus is Lord! Amen! God bless you and your ministry.

Very truly yours, George H. Garbe

Prayer of Faith

**We trust that beyond absence
there is a presence.**

**That beyond the pain
there can be healing.**

**That beyond the brokenness
there can be wholeness.**

**That beyond the anger
there may be peace.**

**That beyond the hurting
there may be forgiveness.**

**That beyond the silence
there may be the word.**

**That beyond the word
there may be understanding.**

**That through understanding
there is love.**

-Author Unknown



**Wishing you a Merry Christmas
and a Happy New Year!**

We pray the holidays are extra gentle and sweet to you and
give you lots of reasons to smile and lots of time to rest.

With love, The SCSM Staff

WAYS YOU CAN HELP

1. Pray Regularly

2. Give monthly to help with

- 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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FOLLOW CHAPLAIN LIZ'S BLOG

WWW.SCSM.TV/BLOG

SCSM Mission Statement

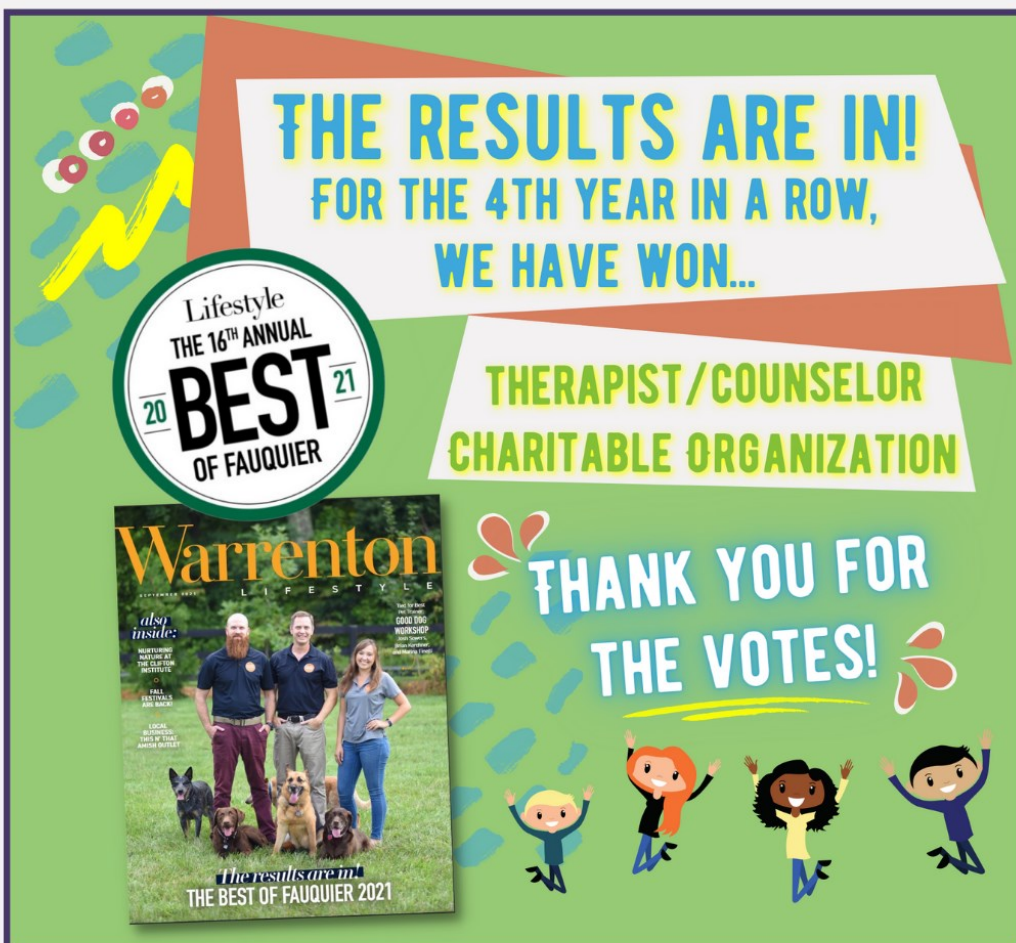
Providing support, education and a Biblical perspective to those who are ill, dying, grieving and experiencing personal loss, and to those who journey with them.

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



(A Letter continued from page 1)

be for all of us. We worked hard, cried together, shared stories, laughed, and ate ice cream with lots of whip cream, which was Arvid's favorite. My children took some treasured items home that they wanted to keep from childhood. Have you been able to get some personal things done? I would love for you to share what you have done. Sharing your stories brings healing. It has for me. So thrilled when someone actually listens to me.

By the time you receive my letter, the holidays will be here. Another painful

reminder that things will be different for you and for me and for all those who are grieving. Different does not have to be awful, but it means that we have a choice. You have the right to do what will be helpful to you. I have decided to focus on the real reason for the season and that is the birth of Jesus Christ. I know that this baby was born with a purpose. He was to go to the cross for the sins of the world. In doing so, He was going to suffer for you and me. I was born on Christmas Eve. I was born with a purpose which includes times of suffering on this

earth. This Christmas I pray that God will help you and me feel His peace and presence and give us courage to take the next step toward healing. I pray that you and I will be able to appreciate those people that are around us and want to be with us. I pray that if you choose to be alone because your pain is too great, that your decision will be respected by others and that you would spend your time being connected to the God that loves you so much. My grieving friend, we will make it. Maybe not now, but God has a future for both of us. He will lead us step by step.



"I have decided to focus on the real reason for the season and that is the birth of Jesus Christ. I know that this baby was born with a purpose. He was to go to the cross for the sins of the world. In doing so, He was going to suffer for you and me."

**"For to us a child is born,
to us a son is given,
and the government will
be on his shoulders.
And he will be called Wonderful
Counselor, Mighty God,
Everlasting Father,
Prince of Peace"
(Isaiah 9:6)**

MIRACLES IN THE FRAGILE UNRAVELING

BY TRACI LOWE

It has been five years since my husband passed away in a motorcycle wreck in 2016. I never call it an "accident" as I believe it was part of God's plan. There are simply not words to express the trauma and grief of those first years. But thankfully, a few months later, someone referred me to your support group in Warrenton. It was the best thing that could have ever happened. Grief group for me was completely traumatizing. I would literally say (at the time) it gave me more PTSD than anything did, but it was an intricate part of my journey. It truly made me understand completely that I was not losing my mind and that everything I was going through was normal. Every week for all those many weeks I clung to those videos we watched. Those videos were my lifeline. I needed to see them and understand them. During the time I went, Chaplain Liz was not there. I did not have the opportunity to meet her, but we had two other ladies. The first



"[Grief Group] truly made me understand completely that I was not losing my mind and that everything I was going through was normal."

couple years of grief is such a complete fog to me. So many gaps in memory and so many disconcerted timelines, but yet I remember grief group so clearly. I so desperately needed and wanted to learn to understand what was happening to my

brain. In my group there were seven other people, all of which had lost their sons. I thought I was in the wrong group as I had lost my husband. Listening to their stories is the part I will never forget. It was all so traumatic during the most fragile unraveling times of all our lives. I will forever remember those people, and I often think of them and pray for them.

I want to thank you for being a part of my journey and for the invaluable knowledge you give. I knew the night that Keith died that God would get me through, and He most certainly has. God's miracles are still everywhere.

AUDIBLE ARTICLE READINGS

SCSM provides audio for past and current newsletters!

If you know someone who is visually impaired or would appreciate hearing words of hope and encouragement, we now have the tools to support them.



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

PREPARING FOR THE HOLIDAYS

Holidays can be difficult after the loss of a loved one. The following are personal notes from Bereavement Support participants about how they plan to navigate through the holidays.

SHARON (BEALETON, VA)



"Grief is hard, and the key is to not get stuck but feel each part of it as it comes."

The advice that stuck out for me at SCSM's Bereavement Support Group was when someone commented about the upcoming Thanksgiving holiday that was near the anniversary of the death. She said, "I know, I just need to count my blessings." The facilitator said, "No, you can just be in the moment and feel sad if you are feeling sad."

This advice helps us recognize our grief, feel it and not gloss over it by trying to find the good in everything. Grief is hard, and the key is to not get stuck but feel each part of it

I did that last Christmas. My mom went to the hospital the previous Christmas so the holiday was difficult for me. I just let people know that I couldn't "put on a happy face." I had to be sad, but not in a way that disrupted their celebration.

The benefit was that I opened up to people. They understood my grief more and were very understanding and helpful. It kept me from feeling lonely, isolated, and resentful to those who dared enjoy the holiday season.

CHAPLAIN LIZ (WARRENTON, VA)

Grieving people have definite limitations and do not function at normal capacity. We must decide what is really meaningful for ourselves and families at Christmas, what we can handle comfortably, and share these needs with family and friends.



"We must decide what is really meaningful for ourselves and families at Christmas, what we can handle comfortably, and share these needs with family and friends."

Don't be afraid to make changes.

- Let someone else have the family dinner.
- Go away to a totally different holiday environment.
- Open presents Christmas Eve instead of Christmas morning.
- Attend a different church for Christmas Eve service.
- Let the children take over decorating the tree or don't have one and spend time baking cookies together.
- Burn a special candle.
- Give a gift in memory of a child.
- Adopt a family for Christmas. The greatest comfort may come when you are doing something for someone else.

Whatever your holiday activities, ask yourself the question, do I really enjoy doing this? Am I doing this just to please everyone else? Is this a task that we can all share as a family? Does my family really want to do this?

Finally, even in your pain, allow the Christmas season to remind you that the real reason for the season is Jesus and He promises to carry you through whatever you decide to do! He is only a prayer away.



RESOURCE CORNER

BOOKLETS AVAILABLE ON OUR WEBSITE

WWW.SCSM.TV/RESOURCES

- SILENT PAIN OF CHRONIC ILLNESS
- UNRESOLVED ISSUES
- GRIEF & MOURNING

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 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.



\$12

LIKE!

FOLLOW!



SHARE!

Help spread the word for SCSM!

@spiritualcaresupportministries #SCSMCares

Spiritual Care Support Ministries Hours:

Monday - Friday
9 am - 2:30 pm

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

540-349-5814
www.scsm.tv

VOLUNTEERING: THE GIFT OF SERVICE

BY DEBBIE DALLESANDRO

I can tell you from my experience as the Volunteer Coordinator at another company, and now at Spiritual Care Support Ministries, that we have some of the best volunteers. Their dedication each week to do whatever it takes to get the job done is nothing short of amazing. Here are just a few of the volunteer accomplishments this year so far.

19,545 NEWSLETTERS



By the end of this year, volunteers will have compiled, labeled, and sent out 19,545 newsletters to communicate to people all over the country about what God is doing at SCSM, and how lives are being positively impacted by His work through us.



PRAYER REQUESTS



Our prayer warriors have prayed for **over 300 people/families** who have sent in prayer requests and we've seen many answers to those prayers.



SCSM Card Ministry

Volunteers have sent out **528** birthday, sympathy, encouragement, and thank you cards. We want people to know that they are cared for.



EVENTS

WARRENTON FALL FESTIVAL

SCSM hosted a booth at the Warrenton Festival and our volunteers helped spread the word about our services and how we can help people in Fauquier County and beyond.



FAMILY GRIEF CAMP

Our volunteers served over **100 hours** to manage and execute this day-long camp to bring grieving families together and minister to them.



Say "hi" to Louie, the volunteer therapy dog!

CELEBRATING CHRISTMAS WITH SCSM

Volunteers and staff spent many hours preparing for and putting together this special event. This event is a reminder of who Jesus is and the hope and healing that is found in Him, and an opportunity for people to remember and honor their loved ones.



Counselors & Facilitators



They volunteer their time each week providing individual counseling sessions and support groups to help people get through grief, illness, separation, and other personal losses, and to find healing.



The volunteers do this from their heart. The desire to help others is evident in the love they have for one another and for those they serve. They also have a lot of fun together and enjoy making new friends and enjoying the relationships that have been formed, and the fellowship we all share with one another. Many began volunteering after attending one of the classes offered at SCSM. They have seen the value in this ministry and want to give back and make a difference in the world.

From the bottom of my heart, I thank all the SCSM volunteers for what they do every day and how they contribute to helping others find hope and healing.

PRAYER & PRAISE

WE PRAY FOR . . .

- Our prayer intercessors.
- Our nation and our leaders.
- Those at SCSM to continue to serve others with humility.
- Physical, spiritual, and mental health for all our staff and volunteers.
- More faith communities and individuals who will give financially to SCSM.
- More facilitators to host support groups.
- More pastoral and lay counselors to serve our community.
- Someone who would be responsible to serve refreshments, etc., for our Coffee and Conversation event each week.

WE PRAISE THE LORD . . .

- That our hope is found in Him through His Son Jesus Christ who gives us wisdom and discernment each day to accomplish the vision He has given us.
- For the promise of Heaven.
- We now have a person who has a passion to find grants for us.
- For providing grants recently through the Path Foundation.
- For all our staff and volunteers.
- For our part-time staff doing full-time work.
- For the comments, notes, cards, and donations we received when our last Heart and Hand newsletter was sent out. What an encouragement to all of us.

Newsletter Editor
Anna Hansen
Associate
Cheryl Reynolds

MEMORIALS, HONORARIUMS, AND THANK YOU'S

IN MEMORY OF

Eleanor W. Cowan, Lucille J. Board, given by Pam Reynolds; Susan McAvinn, given by James McAvinn; Lorene Priest, given by Sam and Sharon Rizzo; Joseph Mueller, given by Marlene Browning; Edward Krochalis, given by Maureen Krochalis; Tim Maahs, given by Sydney White; Christy D'Camera, given by Patricia Ammons; Scott Neth, given by Jack and Joyce Neth; Karen Stanley Gilbert, given by Ray Gilbert; Arvid Danielsen, given by Geri and Jim Savitske; Priscilla A. Staples,

given by John Staples; Ed Abrahamsen, given by Stephen and Kathleen Hoffman; John McCarty and Rob Christiansen, given by Ann Marie McCarty; Sgt. Jason A. Shaffer, Jennifer Nicole Shaffer (newborn), given by Roger and Gwen Shaffer; Nicholas Daymude, given by John and Debra Daymude; Jon Emilienburg, given by Kay Emilienburg; Keith Lowe, given by Traci Lowe; Deputy Claude (Buddy) Inskeep, given by Joyce Inskeep.

IN HONOR OF

Ed Abrahamsen and Arvid Danielsen, given by Kim Gambale.

THANK YOU

Jay McCargo and ARServices for designing and ordering our favorite SCSM logo pens; Rose Hernandez for books to add to the SCSM Library; Pam Mehiel for giving the SCSM Center snacks and coffee; The "We" team for the extra help they give to keep the Center running smoothly.

Thank you to

Warrenton Chick-fil-A & **Jay McCargo and his company**

for supporting this year's SCSM's Family Grief Camp!

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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

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
ahansen@scsm.tv





Spiritual Care Support Ministries, Inc.
Reaching for a hand and touching a heart.
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The **Lord** your God is with you,
He is mighty to save.

He will take great delight in you,

He will quiet you with His love,

He will **Rejoice**
over you with **Singing.**

1e phaniah 3:11