SPIRITUAL CARE SUPPORT MINISTRIES // MARCH 2022 // VOLUME 18, EDITION 1

HEART & HAND

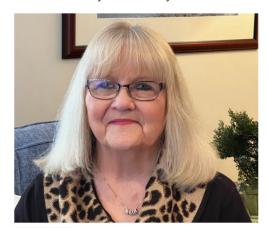
Reaching for a hand and touching a heart

THEN SINGS NOUL ...

THE JOURNEY CONTINUES BY CHAPLAIN LIZ DANIELSEN

The journey continues for me. There were people in the Bible that were on a journey. Jacob's son, Joseph, was sold by his brothers from Canaan to Egypt. Joseph went on his journey. We all remember Moses and how He was on a journey with the Israelites. As you read the story of his journey, you can see it was not easy. There was adversity and doubt along the way. He was trying to be obedient to God on his journey and there were all these setbacks. His aim to fulfill God's purpose for him took a lot longer than he ever imagined, but he was not alone. God was with him. Moses learned a lot about himself on his journey. Joseph did as well.

That is what you could say about me. I



"Every time I come to a moment when I cannot take another step, I call out to Him in prayer, and I will feel His presence and His peace, and my spirit is renewed." have been on a grief journey. My journey has had its setbacks. I have had adversity, doubts, frustrations, restless nights, physical pain, guilt, irritability, fears, tears (crying spells), and fatigue. I feel vulnerable. Practical tasks still feel overwhelming after a year and a half since my losses. God has been with me as He was with Joseph and Moses.

I am learning more about who I am, and it surprises me at times that I am stronger than I ever thought possible. I am learning new things every day. With God's help I am trying to embrace the moment I am in, good or bad, trusting the Holy Spirit to bring me through. The prayers of family and friends and those who are reading our Heart and Hand newsletters have been such an encouragement to me. Thank you for your cards, personal notes, and emails.

This is my personal grief journey, and it may not be yours. I really am going to be all right and that is the good news, but I need to be honest with what is really happening within my heart, within my body and my emotions, and in my soul. How about you? Are you being honest when people ask you how are you feeling? Those four words are so difficult to answer, and do you not wish that we could tell family and friends to stop asking that question? I do, but I do not tell them to stop. Most family and friends mean well so we try to be kind and we say something, but we do not reveal the pain

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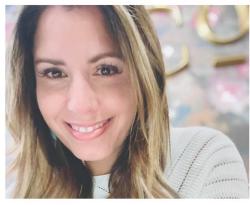
we are experiencing. By now, everyone wants me to feel a whole lot better and there are times that I do. I am so grateful for those times when I see progress.

I am functioning, and God is still using me in spite of all the feelings I am feeling. I even got the opportunity to speak at a church recently for the first time since my losses and I made it through.

God is so faithful. Honestly, I could hardly breathe but the opportunity came, and I refuse for the enemy of my soul to stop me from serving the Lord or sharing the good news of His faithfulness to me no matter how I was feeling. It was all about Him anyway. Having joy on my journey. Have you lost your joy?

If so, write me and I will send you my
(Journey continued on page 3)

IT WASN'T SUPPOSED TO BE THIS WAY BY KIM BOHN



It wasn't supposed to be this way.

I thought God and I had an understanding that undergoing brain surgery would be the hardest part of my journey. That seemed fair to me.

My planned outcome looked something like this:

- 1. God receives all the glory for a successful surgery.
- 2. I would recover faster than expected because I am awesome.
- 3.I would reach the 5-year milestone of remission (medically cured) and be able to truly put all of this behind us.

There was no room on my checklist for new tumors, new diseases, depression, brain fatigue, constant scans, and a backseat to my life.

I spent the first year of my recovery disappointed that God didn't keep His end

of our agreement.

It wasn't supposed to be this way. It was supposed to be His way.

God used my unwanted alone time to draw me closer to Him.

I was unable to distract myself with TV, books, or music because of nausea and sensory overload. It's like God made it almost impossible for me to avoid Him.

I needed to make the daily choice of offering up my disappointment and hurt that kept reappearing and to wait on Him.

I only partially trusted God. I trusted and needed Him to get me through the surgery, but I had every intention of taking over from there. My plan was to get back to the way things were. I thought that was the best plan. God's plan is to keep me moving forward with Him. Fully surrendered. Fully dependent. Fully content.

God never promised me that hardships would cease after surgery and that it would be smooth sailing from there on. I promised



that to myself and assumed God would bless it because I'd earned it. Basic false beliefs slipped through my cracks because I wasn't wearing my full armor. I spent the first year of my recovery focusing on what God wasn't doing, not what I wasn't doing.

5 years is still 5 years of living.

My definition of remission needed to be updated. The lens of how I viewed my circumstances needed to change. I could either view it as a punishment or as a gift.

To think I almost categorized my circumstance as punishment. I almost missed the tremendous and gracious gift of the past 5 years because it didn't match my checklist.

God's plan was always greater than mine. I needed to allow God to change the lens of how I viewed my life. I've learned that when God is the only thing on my agenda, my lens automatically autocorrects to a holy view.

His promises are true. His promises, not mine.



"My definition of remission needed to be updated. The lens of how I viewed my circumstances needed to change. I could either view it as a punishment or as a gift."

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

- A YOUNG WIDOW'S GRIEF
- PREPARING YOUR CHILD FOR SURGERY
- THE IMPORTANCE OF WORDS IN THE HEALING PROCESS

AVAILABLE FOR PURCHASE

JOURNEY FROM HEARTACHE TO HOPE



comfort, but instead brought strength and courage to their lives.

SCSM IS HERE FOR YOU, ONLINE!

CHECK OUT OUR LIBRARY OF RESOURCES ON OUR WEBSITE!



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LEARN OUR STORY! SHARE OUR MISSION!

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Do you need uplifting or a word of encouragement? SCSM has audios available of inspirational messages and articles to provide words of hope and inspiration.

www.scsm.tv/audio-inspiration/

Heart & Hand Newsletter

Read stories of what God has done in people's lives.

They are a wonderful encouragement for a weary soul that is experiencing a similar loss or situation.

www.scsm.tv/newsletters/

Spiritual Care Support Ministries Hours:

Monday - Friday 9 am - 2:30 pm Tuesdays & Thursdays 2:30 - 5 pm (by appt. only)

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WELCOME SCSM'S NEWEST STAFF MEMBER, CAROL!

BY CAROL SOAPER



My name is Carol Jordan Soaper and am the newest member of the SCSM team! I was the Floral Manager at our local grocery store for the past 5 years. When the job got too physical, I began searching for an office position utilizing my office skills from the past. I saw the available SCSM position listed for several months, but I scrolled on until the Holy Spirit stopped me and told me to apply for the position. It definitely was God that brought me to SCSM. I love what we do, and I love my coworkers!

My educational and work background is varied and at best described as eclectic. I attended Northern Virginia Community College and took a variety of classes but never received a degree there. However, I graduated from Dynamic Life Bible College in 2008 and last year graduated from Ignite Faith Global School of Ministry.

In my spare time, I enjoy fiber arts, including spinning, weaving, knitting, and crocheting. My husband, Sammy, and I also enjoy geocaching and visiting our favorite flea markets and antique stores. I have three adult sons, a grandson, and a granddaughter, and they are truly a joy to spend time around.

It's important to me, after all the years of trying to find my niche, to be operating in my God-ordained assignment, and I believe I'm exactly where He wants me to be.



Carol combines two of her favorite activities, knitting and kayaking!

(Journey continued from page 1)



Let Him show you as He is showing me that we will come out on this journey more alive than we ever were before our loss.

sermon notes. That morning I spoke about "Biblical Joy." That is what is so wonderful about my Jesus. I can feel the emotions good or bad, and He is with me through it all. He is with me when I am not where I hope to be. It is not wrong to feel what we are feeling, but it is what we do with those feelings that can take us far away from God. God is ready to step in whenever you call out to Him, and I do it often these days. Every time I come to a moment when I cannot take another step, I call out to Him in prayer, and I will feel His presence and His peace, and

my spirit is renewed. I feel I can climb heights that I have never been able to climb before. I can do things I never thought possible. Do you want to climb heights that you never climbed? Join me on my journey as I discover God in a way that I have never known before. Let Him show you as He is showing me that we will come out on this journey more alive than we ever were before our loss. God loves us that much. That does not mean there will not be pain. Let the Word of God saturate your inner being. He has a purpose for me and for you. In Jeremiah 17:14 Jeremiah says to the Lord on his journey, "Heal me Lord, and I will be healed; save me and I will be saved, for you are the one I praise." The journey is hard, and it is a process that takes longer than most people understand but not impossible. I believe we can find healing as we trust the Lord and as we believe that we can have a future. There is a purpose for our lives even in the midst of loss.

I would love to hear about your journey, so email me at ChaplainLiz@scsm.tv.

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



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

SCSM Values

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

Joyce Neth, one of SCSM's board members, turns on the lights.

CHRISTMAS TREE SPONSORSHIP

In memory of Arvid Danielsen, given by Rev. Liz Danielsen

In memory of June and John Payne, given by Anonymous

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Fredrickson; Marilyn Faye Fayas; Amelita
Drost; Paul Drost; Nathan Calcagni;
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Fayas; and Robert P. Fayas, given by Carol
and Dennis Acotto

Segundo and Carmen Hernandez; Rafael
Hernandez; Carmen Lydia Hernandez;
Sylvia E. Melendez; Antonio Melendez;
Carmen Elizabeth Garcia, Izabeau "MouMou" Hernandez; Wilfredo Hernandez;
Ramon Feliciano; David Butler; Antonio
Pito Melendez; and Arvid Danielsen, given
by Rose Hernandez

STAR SPONSORSHIP

In memory of Barbara Cale, given by Norma Baum

In memory of Presley and Viola Wright, given by Virginia Wright

In memory of Jean Payne, given by Virginia Wright

In memory of George and Lorena Felzien; and Bert and Delia Perry, given by Joan and Joe Perry

IN MEMORY OF

(White Lights)

Dorothy James; Samuel James; Ann Critzer; Karol James; and Roy Payne, given by Mark and Robin James

Rae Ella Holbrook; Andrew M. Love; Robert and Louise Jenkins; Patricia Burger; and Gertie Jenkins, given by Carol Jenkins Eddy Abrahamsen; Pam Gay; Pat Ammons; Frank Conti; Arlene Kirk; and William

"Buddy" Jennings, given by Rev. Liz Danielsen

Don Doyle, given by Sydney White Edie Merchant, given by Teresa Payton James F. Legg, Jr., given by Stewart and Debbie Lindsey

Ragna, Tom, and Arvid Danielsen, given by Helen Danielsen

Johanna Villani, given by Frankie Schuman Shirley Hopple and Joy Martz, given by Cindy and Don Martz

Richard Dallesandro, given by Debbie Dallesandro

Karen Gardner; Arthur Eisele; and Ann Eisele, given by Dorothy Vasi

My darling Gary; my Grandmother, Kinsey Morgan; my sister, Cathy Kiser; my brother, Lynn Bast; and my mom, Vera Bast, given by Vickie Richey

C.L. "Boots" Ritchie; Jeffery Ritchie; and Glenn Ritchie, given by Gail Ritchie Tommy Fitzgerald, given by Jane Fitzgerald Raymond M. White, given by Sylvia White Willard "Bill" Bundy, given by Joan Bundy Bobby Jacobs and Russell Jones, given by Judith Jones

Justin Clark Mallon; Mala Manwani; Rishi Manwani; Dan Velasco; Tyler Matthews; Sadie Anne Clark; William "Bill" Clark; Jessie Harrison; and Mary E. Hanson, given by Joyce Mallon

Richard Illingworth; Judy McAuley; Ann McAuley; Edward McAuley; and Arvid Danielsen, given by Janice Illingworth James B. Reynolds; Jimmy Reynolds;

Charlotte C. Reynolds; Rev. Terry Sisk; and Michael Jordan, given by Robert and Pamela Reynolds

Cliff Grimsley, given by Margaret Grimsley William and Ida Layton, given Loretta Green Ania Mitrione; Lou Ann Sterzer; Grace Shultz; Henrietta Mitrione; Dan Mitrione; Alice Ebert; and Arthur Ebert, given by Melanie Ebert

2021 CHRISTMAS

Edwards Krochalis; Virginia Banks; and Carol Hession, given by Maureen Krochalis Walter and Margaret Hodges and Clem Sharp, given by Donald and Brenda

Pete Grossarth; Ray Grossarth; and Jenny Reinertsen, given by Hillie Grossarth Arvid Danielsen; Frank Conti; Emil Solecki; Ethel Solecki; Judith S. Kroboth; Carole Payne; and Hollie Vaughan, given by Lea

Hodges

Solecki

Earl Browning; Frank Horn; and Dorothy
Showers, given by Marie Browning
Fitzhugh Lee; Angaleene Lee; Edwin Lee;
Lake Lee; Howard Fletcher; Cecil Goff;
William Byron; Rick Hyson; Madoline
Keyser; Bud Trenis; William and Doris Van
Gelder; Douglas and Virginia Ennis; Bob
and Mary Blaser; Shirley Harney; Jerry
Utz; Elva Grove; Marsha Lee Scott; Jean
Lee; Jay Van Gelder; Chess Heater;
Madalyn Leonard; and Arvid Danielsen,
given by Janice Heater

Rachel Dunn, given by Myron Dunn
Our parents, Norman and Martha Koller and
Walter and Anita Nigreville; and brothers,
Wyn Koller and David Nigreville, given by
Marianne & Doug Nigreville

Mary Teresa Gazillo, given by Mark Gazillo Patsy Nichols, given by Sandy Martin Ryan Khazmo, given by Tracie and Hani Khazmo

Bobby Jacobs; Sam Sisson; Jean Williams; Charlie Leach; Mary Leach; and Dana Welch, given by Doris Jacobs Bobby Jacobs and Russell B. Jones, given by Judith Jones



The Rev. Bobby Reynolds plays his guitar as he sings "O Holy Night."

PROGRAM NAMES



During the Christmas Celebration program, Pastor Jeff Light welcomes and guides viewers.

Dinah Raimondo, given by Annemarie Paine
Marlene Gardner; Robert Oliver; Frank Conti;
Arvid Danielsen; Norman Pleszkotch;
Delores Enos; Drew Munroe; Eula Peters;
Gloria Calcagni; Dana Osterndorf; Barbara
Lucas; and Polly Simpkins, given by Carol
and Dennis Acotto

Ellen Khoury; Theresa Kotek; and Rocky Lane Grimsley, given by Joseph and Mary Kotek

Carol Ann Magee Dubinsky and Ronald
Dubinsky, given by John and Nancy Allen
Angela Dawne Grigsby Carter; Caleb Ezra;
Wingert Proper; Grandma Alice Beckwith
Porter; Grandma Hildegaurd
Foerstemann; Granddaddy Lawrence
Freeman; Aunt Bertie Lib Aylor; William
"Junie" Carter; David Gearheart; Rebecka
Jenkins; and Claes Nordin, given by
Sharron and Elizabeth Proper

John Geer; Kevin Geer; Charles Strassner; Joseph Strassner; and Earl Moore, given by Richard and Carol Geer

Arvid Danielsen; Frank Conti; Alf Olsen; Ryan Touchstone; Dave Greco; and Matthew Anderson, given by Duane and Lori Danielsen

Vilma Koster and Arthur Koster, given by Sheila Beard

Howard Goff, given by Jay and Lora Goff C.R. Testerman; Barb Fricke; and Louise Whittock, given by Pat Testerman Dennis Shaw; Kathy Joerger; and Cheryl Caracciolo, given by Elizabeth Shaw Rev. Mark Smith, given by Robin Smith Frank Conti Arvid Danielsen; and Dave Reynolds, given by Ken and Cheryl

Son, Chris Jenkins, and brother, Roy Weakley, given by Frances Payne

Reynolds

Bryan Riodan, given by Katie Riodan
David Ewell Hess, given by Patty Hess
Thomas J. Walsh; Olga Walsh; James
Graham; Jack Farley; Rick Favreau; Jackie
Walsh; Don Holzhauser; Irene Walsh; and
Arvid Danielsen, given by Dale Walsh

IN MEMORY OF CHILDREN:

(Green Lights)

Tim Maahs, given by Sydney White
Kimberly Dallesandro Keyes, given by
Debbie Dallesandro
Ladd Campbell, given by Melanie Ebert

Ryan Hodges and Peyton Hodges, given by Donald and Brenda Hodges

Glenn Grossarth and Jeff Grossarth, given by Hillie Grossarth

Sandy Martin II, given by Sandy Martin Jennifer Nicole Shaffer, given by Roger and Gwen Shaffer

Ryan Green, given by Loretta Green
Justin Quoyeser, given by Kathy Quoyeser
Our son, Bobby Goff, given by Jay and Lora
Goff

Andria Lynne, given by Pat Testerman Colton Powers, given by Colette Reynolds

IN MEMORY OF SERVICE:

(Blue Lights)

Sgt. Jason A. Shaffer, given by Roger and Gwen Shaffer

Ryan Fayas and Justin Fayas, given by Carol and Dennis Acotto

Jesus M. Hernandez, given by Rose Hernandez

John Cikan and Joann Monteleone, given by Joseph and Mary Kotek

Capt. Kenneth Lee Dean, Jr., given by Sheila Beard



Rev. Bob Grant concludes the program with words of hope and a prayer for those who are watching.

IN MEMORY OF SERVICE PETS:

(Blue Lights)

Rex, given by Debbie Dallesandro

IN MEMORY OF PETS:

(Red Lights)

Snickers Hodges, given by Donald and Brenda Hodges

Sebastian and Sheeba, given by Roger and Gwen Shaffer

Horse, Dakota, given by Sharron and Elizabeth Proper

Josie and Henry, given by Carol and Dennis
Acotto

IN HONOR OF:

(Red Lights)

Robert Jenkins, given by Carol Jenkins
Janice Heater; Susan and Roger Amato;
Dorothy and Tony Slaga; The Soul
Purpose Class; The Tammera Family;
Helen Danielsen; Mr. Ed Chapman; and
Matt Slaga, given by Rev. Liz Danielsen
Infusion Center Staff, given by Joan Bundy
Elizabeth Danielsen, given by Lea Solecki
Dolores Goff; and Stanley, Sue, and Linda
Heflin, given by Janice Heater
Julia Hernandez; Lucy Hernandez; Pedro
Hernandez; Sylvia Leggett; Liz (Mom)
Danielsen; Jose Hernandez; and Miguel

Hernandez, given by Rose Hernandez

IN HONOR OF SERVICE:

(Blue Lights)

Liz Danielsen, given by Carol Jenkins Robert Taylor, given by Barbara Taylor Richard Geer, given by Duane and Lori Danielsen

IN HONOR OF CHILDREN

(Green Lights)

Everly Hall and Madoline Jaskiewicz, given by Janice Heater

Thank you for your generous donation in honor and/or in memory of your loved ones. Many lives are being changed because of you! Please contact us if any names were omitted or misspelled.

2021 CHRISTMAS PROGRAM NAMES (CONT.)

IN HONOR OF CHURCHES WHO SUPPORT SCSM, GIVEN BY REV. LIZ DANIELSEN

(Red Lights)

Bethel Ministries- Pastor Green and Congregation

Chapel Springs Assembly of God- Pastor Scott and Congregation

Crossroads Assembly of God- Pastor Gambino and Congregation

Fellowship Assembly of God- Pastor Joel and Congregation

Greece Assembly of God- Pastor Pat and Congregation

Hilliard Chapel- Pastor Henry and Congregation

Novum Baptist Church- Pastor Jeff and Congregation

Soul Purpose Community Church- Pastor Matt and Congregation

Saint Nicholas Church- Father Mark and Congregation

The Bridge Community Church- Pastor Hackett and Congregation

Warrenton Bible Fellowship- Pastor John and Congregation







CHRISTMAS OFFERINGS GIVEN BY

Robert and Pamela Reynolds, in honor of Berman Family Chiropractic: Dr. Scott Berman, Lisa and Cheryl

Dorothy Crowder, in memory of Gilbert Crowder, The Crowder Family, and the Smith Family

Joanne and John Moyer, in memory of Arvid
Danielsen

Robin Campbell, in honor of Karen Angel Duby

Frieda Brugger, in memory of Vernon W. Brugger, Jr.

Kristina Whitesell, in memory of Marlene Kraft Takach

Cornelius and Helen Maloney, in memory of Brian Maloney

Connie Liwen, in memory of Cindee Liwen Rev. Gordon and Naomi Beam, in memory of Arvid Danielsen

Caren and Terry Brosius, in memory of Craig
A. Stein and Arnold A. Hammarberg
Dominic Rigano, in memory of Arvid
Danielsen

George and Vicky Southard, in honor of Betty Southard

Linda Bassett, in memory of James Bassett Abby Gilette, in memory of Matthew Gilette Diana Farley, in memory of Tom Walsh Barbara LePre, in memory of Joe LePre, Jr.

Jill Wylot, in memory of Edward J. Wylot

Barbara Taylor

Cindy and Don Martz

Melanie Ebert

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Tracie and Hani Khazmo

Carol and Dennis Acotto

Beverly Cropp

Emmanuel Christian Center

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Ruth Pavlik

Sydney White

Angela Reinertsen

Linda Basset

Stanley Ramsdal

Margie Merced

Nina Gamotis-Middleton

Nancy Schmidtmann

Rev. Hurley and Bonnie Shortt

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Bonnie Knauf

Ed and Flo Ramey

Robert and Alice Williams

Pastor Anthony Gambino

Bishop Michael Jackson

Linda McWilliams

Levi Atkins

Mrs. Ted Canturbury

Pastor Scott Leib





WE PRAY FOR . . .

- Wisdom and discernment in all the decisions we must make daily at SCSM.
- All our support groups and events planned for 2022.
- The staff and volunteers to be healthy.
- · More pastoral and lay counselors.
- More volunteers.
- Those that are suffering physically, emotionally, and spiritually because of the virus.
- Our country and all our leaders.

WE PRAISE THE LORD FOR . . .

- Hearing our prayers.
- Comforting us when we are going through tough times.
- Being a God of mercy and grace.
- · Loving us unconditionally.
- The opportunities we have had to minister to people even during the Coronavirus outbreak.
- The SCSM Center that gives us plenty of space to do ministry. We are grateful to God for Debbie and Gray Coyner and their willingness to sacrifice their time and finances to build this Center.
- · Our new receptionist.
- The grant we recently received from Come As You Are (CAYA).
- SCSM to be financially in the black in 2021.
- The "we team" who unselfishly give of their time for any needs we have at the Center.

MEMORIALS, HONORARIUMS, AND THANK YOU'S

IN MEMORY OF

Rob Christiansen and John S. McCarty, given by Ann Marie McCarty; Inez Berry, given by Sandy Martin; My wife, given by William Merchant; Nicholas Daymude, given by John Daymude; Sgt. Jason Shaffer and Jennifer Nicole Shaffer (Newborn), given by Roger and Gwen Shaffer; Lorene Priest, given by Samual and Sharon Rizzo; David S. Brown, given by Arline Brown; Joe and Joan, given by Dorothy Slaga; Jean W. Drennan, given by Arthur Drennen; Darrell Nygaard, given by Ed and Lisa Lyons; Edward Dean Patterson, given by Eleanor Callahan; Carole Jean Payne, given by Harry Payne.

THANK YOU

Jim and Marie Reinertsen for the Norwegian Spruce Tree that was planted at the SCSM center in memory of Arvid Danielsen; Edith DeLacot for stamps; Karen Angel Duby, in honor of Mike Angel, for the Premier necklaces for women who have lost hope

due to their grief; Mosier's Funeral Home for featuring SCSM in their holiday ad; Pam Mehiel for the boxes of medical gloves; Pam Dudley for the cards; Ruth Dominguez for donating stuffed animals for SCSM's children's ministry.



Thank you to Jim Ammons, our videographer, and his crew for producing and filming our virtual Christmas event.

A big thank you to
Wind and Weather
(a subsidiary of Plow & Hearth)
for generously donating SCSM's
Christmas Angels.



Thank you to everyone who participated in our

Holiday Wreath Fundraiser!

Together we raised \$2,873!

People need to hear your story!

Plea

Please let us know how SCSM has impacted your life.

Send in your stories or short testimonies to: ahansen@scsm.tv

Newsletter Editor

Anna Hansen
Associate
Cheryl Reynolds



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CREATE IN ME A clean HEART, O GOD, and RENEW a Loyal SPIRIT within ME. PSALM 51:10