

HEART & HAND

Reaching for a hand and touching a heart.

Hello Sunshine

THE CONTINUING JOURNEY

BY CHAPLAIN LIZ DANIELSEN

On May 28, 2022, it will be two years since Arvid, my best friend and soul mate, changed his address to heaven. It was during the pandemic which made my grief journey more complicated. However, I continue to heal as I try to understand where I am now.

Honestly, in some ways, I really believe that I am just now beginning to do the real work of mourning and that is good. It does not mean that I have not been functioning. I understand intellectually about grief and how it effects your life. Now my heart is allowing me to feel the pain. I am getting more use to Arvid not being physically with me, but the grief attacks (different from panic attacks) occur reminding me that there is still work to be done in my heart. Is that the same for you? There is no timetable for processing your loss. You need to take the time you need, and that is what I am doing. I am alright to not be alright. That is another indication that I am healing.

Did you ever have a day of longing for your family member or friend that has died? Did you wonder if you could go on to do the things that needed to be done? I had one of those moments the other day. I deeply longed for my husband. I wanted to hug



"My joy does not depend on me and how I feel. My joy depends on God and His relationship with me."

him, see his eyes once again, have a conversation with him, and have him pray with me. He believed in the power of prayer and whenever he left for a business trip, he always left me with a prayer even if it was in the early hours of the morning. It was so emotionally painful. I cried for hours and held on tightly to one of my favorites pictures I have of him. The liquid prayers came out of me through my tears that were falling from my eyes. The enemy of my soul wanted to rob me of the joy of my salvation that night. I had to be intentional and go to the source. I knew what I was experiencing was known by God because nothing is hidden from Him. It is in these moments that we need to mourn and share our pain with Him and with others. That is when we

need someone praying for us.

That night the enemy of my soul lost his battle to take away my joy. My joy does not depend on me and how I feel. My joy depends on God and His relationship with me. May the God of hope fill me with all joy and peace in believing, so that by the power of the Holy Spirit I may abound in hope. That is exactly what I needed at that moment. I needed hope. Do you? When I was 11 years old God stepped in and took over my life, and I have been led by Him and He has never failed me. Yes, I have felt lonely,

(Journey continued on page 6)

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What you are today will determine the nature of *The Old Man You'll Meet*

By Dr. Richard
C. Halverson

You're going to meet an old man someday! Down the road ahead - -10, 20, 30 years - he's waiting for you. You'll be catching up with him!

What kind of old man are you going to meet? That's a rather significant question!

He may be a seasoned, soft, gracious fellow - a gentleman who has grown old gracefully, surrounded by hosts of friends who call him blessed because of what his life has meant to them.

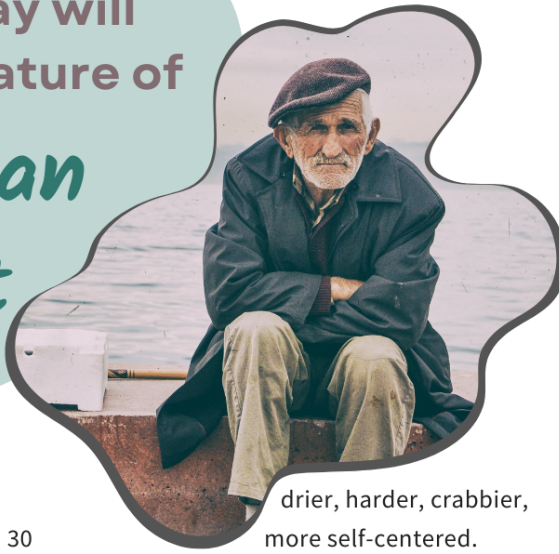
He may be a bitter, disillusioned, dried-up, cynical old buzzard, without a good word for anybody - soured, friendless, and alone.

The kind of old man you will meet depends entirely on you. Because the old man will be you. He'll be the composite of everything you do, say, and think - today and tomorrow. His mind will be set in a mold you have made by your attitudes. His heart will be turning out what you've been putting in.

Every little thought; every deed, goes into the making of this old man. He'll be exactly what you make him - nothing more, nothing less. It's up to you. You'll have no one else to credit or blame.

Every day in every way you are becoming more and more like yourself. Amazing, but true! You're getting to look more like yourself, think more like yourself, talk more like yourself. You're becoming yourself more and more.

Live only in terms of what you're getting out of life and the old man gets smaller,



drier, harder, crabbier,
more self-centered.

Open your life to others, think in terms of what you can give to life, and the old man grows larger, softer, kindlier, greater.

A point to remember is that these things don't always show immediately, but they'll show up sooner than you think. These little things, so unimportant now - attitudes, goals, ambitions, desires - they're adding up inside, where you can't see them, crystalizing in your heart and mind. Someday you'll harden into that old man, and nothing will be able to soften or change them.

The time to take care of that old man is now - this week, today. Examine his motives, attitudes, goals. Check up on him. Work him over while he's still plastic, still in a formative condition. The day comes, awfully soon, when it's too late. The hardness will have set in, worse than paralysis. Character crystallizes, sets, jells. That's the finish.

Any wise man takes personal inventory regularly. We all need to in the light of Christ and His Word. You'll be much more likely to meet a splendid old fellow at the proper time - the fellow you'd like to be.



**"Be not deceived; God is not mocked:
for whatsoever a man soweth,
that shall he also reap" (Gal. 6:7).**

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(This is a reprint of an article titled, "The Old Man You'll Meet")

GOODBYE BEAR

BY DEBBIE DALLESSANDRO

I lost a good friend on Friday. He crossed the Rainbow Bridge. No matter how many dogs I have rescued over the years, making the decision to let them go is never easy. Bear was 13 when I adopted him, and he was with me for over 2 years.

Over the years I have adopted 4 senior dogs that were all at least 13 years old. I have no regrets even though our time was short. It was my focus to make sure that they had the daily love and attention that they needed. Some came with behavioral issues that patience and love overcame. Eventually, their bodies start to fail, and I spent more time caring for them. I always considered it a privilege to be able to care for a senior dog that has given unconditional love to every owner they have had no matter the situation. I assure you that I get more out of the relationship than I give. I say this so that others would consider rescuing a senior dog. They don't need anything more than a comfortable bed, good food, and all the love you can give them.



★ ★ ★

Contact your local animal shelter to get more information on adopting a dog.

Contact SCSM if you are grieving the loss of your pet. They have resources and counselors that are ready to help. They also offer support groups throughout the year.

★ ★ ★

THANK YOU

...for all the prayers you have offered and the generous support you have given over the years to SCSM.

Many lives are being changed because of YOU!

Dear SCSM,

I want to thank you for the support and love I have felt through participating in the [bereavement group] at SCSM. Karen and Yolanda have been so helpful to me in my walk through grief. I still have work to do, but I know I am on the right path. I hope this small donation can help to get the word and support to others who are looking for it.

Regards, Beth

Chaplain Liz,

You are a wonderful blessing to me, my family, and my church. I pray that more churches will get behind the work at SCSM. This is a critical ministry, accomplishing far more than many realize. May God prosper, grow, and protect the ministry of SCSM!"

Sincerely, Joel

Dear Liz,

I was so very sorry to learn that your husband passed away and you've had other losses as well. I hope there is someone there to comfort you the way you have comforted so many others. I don't know if you remember our small Bible study group that you ministered to for 6 or 8 weeks several years ago. Myriam made the connection with you, and you came to my home. It was helpful to me in unexpected ways at the time, and in the 6 months before and after my sister (and best friend's) death, June 8, 2018. Reading about your loss made me remember how much I felt the way you describe your life since the loss of your husband. I'm praying for you, and as you know, you will come through this. You are a beautiful soul, and I wish you well.

Love in Christ, Linda

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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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

ABSTRACT EBBS AND FLOWS

BY KATIE RIORDAN

Grief and loss will impact each of our lives. We are all bound by this common thread. The marathon race we run in the aftermath of loss is so individualized and unique. No two people's experiences are ever the same. Loss is an abstract concept in its purest form. It is like staring at a painting by Picasso. Two people can be standing side by side looking at identical paint splotches on the canvas and still not see the same image.

This is my story about my relationship with profound loss. Shortly after my husband passed away, I would fall asleep each night only to have the same dream. A small, tranquil, extraordinarily clear creek would appear. It was so beautiful and soothing. It only took me a few days to realize that it was God. He kept appearing as a simple reminder that I was not alone. The creek became a symbol for moving forward.

My sons were only 2 years old and 5 years old when they lost their dad, and I lost my other half. Losing my husband introduced me to a whole new level of loss and pain. I was not only navigating my loss, but my children's too. How I dealt with my grief set the template for how they would handle their grief.

Earlier losses in my life made me keenly aware of what profound loss was. I lost my



mom as I was on the doorsteps of adolescence, and many years later when I was 16 weeks pregnant with my second son, my dad died. However, there are no words for the loss of my partner, the only other person who is connected in the same manner to our two beautiful boys. It is a painful and chasmic loss. Yet, out of deep grief, resilience is often born. Tiny as a mustard seed, resilience emerges, and once it is channeled, its strength is boundless.

Almost 4 years have passed since Bryan took his last breath. When I look back and

"Yet, out of deep grief,
resilience is often born.
Tiny as a mustard seed,
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once it is channeled, its
strength is boundless."

reflect over this period, I can tell you that my grief journey has both ebbed and flowed. Over time the tremendous hurt and pain that was so incredibly raw and piercing begins to soften. Instead of feeling like a blizzard where you can barely see two inches in front of your face, you start to look around and see the beautiful freshly fallen snow. There is no timetable as this process unfolds. Remember to be kind to yourself as you walk through your own personal grief journey. And even when you cannot feel or see Him, God is right there with you every step of the way.

RESOURCE CORNER

BOOKLETS AVAILABLE ON OUR WEBSITE

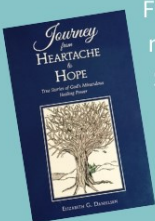
WWW.SCSM.TV/RESOURCES

- UNRESOLVED ISSUES
- WHAT IS LOVE?
- PREPARING YOUR CHILD FOR SURGERY

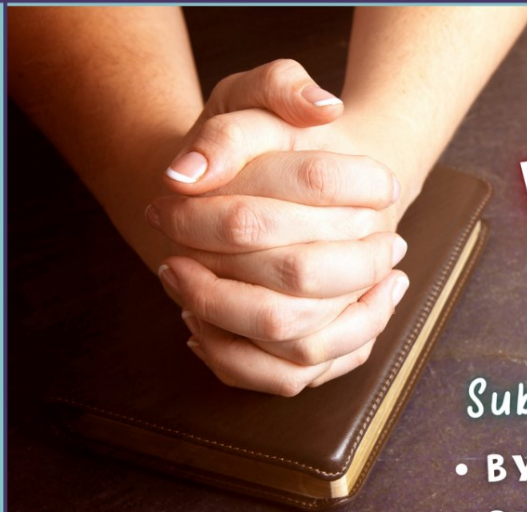
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JOURNEY FROM HEARTACHE TO HOPE



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.



How can
WE PRAY
for you?

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- BY EMAIL scsm@scsm.tv
- ONLINE scsm.tv/contact-us/

Spiritual Care Support Ministries Hours:

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

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THE PRESENCE OF ABSENCE

BY MEREDITH READ



We thought our dog was dying a few nights ago. She clearly was in pain and panting heavily. Her eyes were dilated and fixed on me. She stood in the hallway, where she never stands, between all of our bedrooms and struggled to stay standing. She finally laid down and could barely keep her head up or her eyes open. The six of us gathered around her and wept.

If any of you know our family, you know that Madie is a notoriously naughty dog. We got her when she was a tiny puppy and although sweet, she is bad. She once ate an entire Costco chicken while we were outside with our neighbors talking about how bad she was! She's eaten a 9x13 dark chocolate cake, not leaving a crumb behind. She's eaten out of the kid's hands and off their plates. She's eaten our frozen dinners that have been defrosting on the counter. Most recently, she was barking in the garage. I went to figure out what was wrong, and she was stuck on top of our deep freezer because she had jumped up there to eat the cat's food and then needed assistance getting down! She is so naughty, it's not even funny.

I blame myself and Phillip for not putting in the effort when she was little to train her well. Owner error. Good parenting lesson for us though: put in the work while they are young!

Even with all of her naughtiness, Madie is such a sweet pup. She has always welcomed our babies into our house with a sniff and a lick. She keeps them company during naps and lets them climb on her. She loves a good ear rub and heinie scratch. She was Phillip and my



first baby, and we all adore her.

So that night, when we thought she was dying, we all felt the impending loss. We knew that while food may be safe on the counters, the house would be too quiet without her.

There would be the presence of her absence.

Loss has a presence.

It really doesn't matter the type of loss - loss through death, loss of a relationship, loss of a job, loss of a dream, loss of an expectation, loss of a plan, loss of a sense of security - there is a presence that goes along with it. That presence can leave you feeling trapped, lost, broken, stagnant, isolated, or hopeless. Whatever the loss is that you are experiencing today, you probably feel the heavy weight of its presence.

What do you do with the presence of an absence?

I am certainly not an expert, but I do know some things that help me when I experience a loss of any kind.

Tell.

- 1 **TELL Jesus about it.** He can handle your sadness, anger, and fear. Whether it looks like crying in His presence, yelling at Him in anger, or just asking Him to help you, Jesus is there, and He can handle it. He will see you through.
- 2 **TELL your journal about it.** When I've experienced loss, whatever form that loss takes, sometimes the last thing I want to do is write about it, but writing about what you're feeling forces you to actually name the emotion that you are having. Naming what you are actually to feeling instead of just living in the spiraling tornado of emotions is a baby step to take towards healing. Writing it down often brings some clarity to your mind. The circumstance may not change but having a clearer mind about it may help you to know what to do next.
- 3 **TELL someone else about it.** Depending on what type of loss you are experiencing, it may seem like the easier option is to keep it to yourself, put on a smiling face, and keep moving. Eventually though, that will catch up to you. Letting someone in might mean calling a friend

or it might mean going to a counselor. Whoever it is, just do it. Let someone in. When you let someone in, the circumstance will probably not change, but what will change is that someone will be holding your hand through it.

Well, after the tears and prayers, Madie made it through the night. She was slow the next day, but there was improvement. By the next night, she was almost back to her normal self, sniffing the air at the table for food. I found out the next day what had happened. She had eaten a wad of duct tape. Seriously?! She may be naughty and she may be sweet, but smart is not one of her top qualities.

The presence of her absence did not come that day, but it will one day come. She is back to her naughty self, but my heart is a little softer towards her. Maybe that was the point, to remind me that I love her.



No one is immune to loss. We all experience it at some point or another. The situations may be different, but it is still loss. We will have trouble in this world, but if we anchor ourselves to Christ and to others around us, we will endure the storms. We will come through the pain of loss, and we will make it to the other side.

How are you experiencing loss today, or maybe not today but next week or next month? Some sort of loss will come eventually.

Try telling. You may be surprised at how the weight of your loss feels a lot lighter. The presence of the absence may not seem as thick, and the presence of Jesus and others will carry you through.

"Draw near to God, and he will draw near to you" (James 4:8).

Jesus, meet us in the presence of absence.



Meredith's kids enjoying a sunny afternoon with Madie.



"After you have suffered a little while, God in all His grace will restore you and make you strong, firm and steadfast." (1 Peter 5:10)

fear, anxiety, panic, and the list goes on.

However, in my darkest moments, He has pulled me towards Himself like a tender loving father comforting his child with his presence reminding me that I will get through this season. Grieving takes work, and I have to be willing to deal with the issues that keep me from moving forward. How about you? Are you still trying to stay stuck when you know that the one that is no longer with you would want you to be refreshed by a new future? I look forward to that day when the God of grace, who called me to His eternal glory in Christ, after I have suffered a little while, will Himself restore me and make me strong, firm, and steadfast (1 Peter 5:10).

Do you want to be strong, firm, and steadfast? If so, join me on this journey of trusting God. I would love to have you share your journey with me. Contact me at scsm@scsm.tv.

You Don't Just Lose Someone Once

You lose them over and over,
sometimes in the same day.
When the loss, momentarily forgotten,
creeps up,
and attacks you from behind.

Fresh waves of grief as the realization hits home,
they are gone.

Again.

You don't lose someone once,
you lose them every time you open your eyes to a new dawn,
and as you awaken,
so does your memory,
so does the jolting bolt of lightning that rips into your heart,
they are gone.

Again.

Losing someone is a journey,
not a one-off.

There is no end to the loss,
there is only a learned skill on how to stay afloat,
when it washed over.

Be kind to those who are sailing this stormy sea,
they have a journey ahead of them,
and a daily shock to the system each time they realize,
they are gone,

Again.

You don't just lose someone once,
you lose them every day,
for a lifetime.



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CELEBRATING OUR VOLUNTEERS!

Thank you to everyone who
volunteers with SCSM.

Our ministry would not
succeed without you!

We hope you know how
valued you are!

We took these pictures at our
annual Volunteer Appreciation
Event on April 22, 2022.



Watch full video!



PRAYER & PRAISE

WE PRAY . . .

- That our staff and volunteers would be given wisdom in the decisions that they have to make.
- For more counselors that can give support to children and teens.
- For our young children and teens as they face challenges in school and in their families.
- For those who have disabilities and the challenges they face every day.
- That our military and the leaders of our country will make wise decisions.

WE PRAISE THE LORD FOR . . .

- The unconditional love of God.
- The privilege of being God's hands extended to our community and the world.
- The guidance we receive from scripture and community partners.
- Those who intercede for SCSM through prayer.
- Those who give financially to our ministry.
- The new Treasurer that will serve on our Executive Board.

MEMORIALS, HONORARIUMS, AND THANK YOU'S IN MEMORY OF

Ginger, given by Martin Sanford; William George Watts, Jr., given by Saran Oeur; Sgt. Jason Shaffer and Jennifer Nicole Shaffer, newborn, given by Roger and Gwen Shaffer; Rob Christiansen and John McCarty, given by Ann Marie McCarty; Joanne Moyer, given by Liz Danielsen; Nicholas Daymude, given by John Daymude; Glenn Barber, given by Claire Palmer; Bessie Settle, given by Florence and Edwin Ramey; Charles Green,

given by Donna Green; Heidi Bates, given by Stephen Robinson; Arvid Danielsen, given by Stanley Ramsdal; Glenn Barber, given by Charles Sperling; Bernadette Novak, given by George and Virginia Novak; Arvid Danielsen, given by Steve and Kathleen Hoffman; Joanne Moyer, given by Helen Danielsen; David Ewell Hess, given by Helen Hess; Scott Neth, given by Joyce and Jack Neth; Sylvia Melvin, given by Lisa McMinn.

CHRISTMAS CELEBRATION NAME CORRECTION

In memory of Chris Jenish, given by Frances Payne

IN HONOR OF

L. C. Hines, given by William and Connie;

Arvid Danielsen, given by Steve and Kathleen Hoffman.

THANK YOU

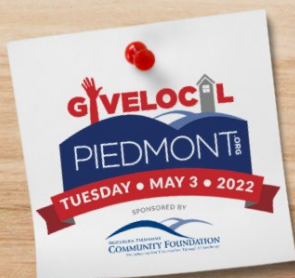
Jim Ammons for providing children's books; Ruth Dominguez for providing stuffed animals for our children's program; Pam Dudley for donating greeting cards;

Rose Hernandez for making gifts and wreaths for our Valentine's Tea Fundraiser; Mariah Tammera for making baked goods; Pam Mehiel for donating water bottles.



Thank you to Tom Brown for making and designing the new SCSM sign for the Center.

We thank Jim and Marie Reinertsen for the Norwegian Spruce Tree that was planted at the SCSM Center in memory of Arvid Danielsen.



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

\$2,081!

Thank you to everyone who donated!

People need to hear your story!

Please let us know how SCSM has impacted your life.

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

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COME to *me*, all you who are
WEARY AND BURDENED,
and I will give you *rest*.
Take my yoke upon you and
LEARN FROM ME for I am
gentle and *humble* in heart,
and you will find **REST**
for *your souls*.
For my *yoke* is EASY
and my *burden* is LIGHT.

Mt. 11:28-30

