

HEART & HAND

Reaching for a hand and touching a heart.

He's right there by your side
THE STONES INSIDE YOUR HAND MIGHT BE SMALL
but watch the giants fall

GIANTS FALL // FRANCESCA BATTISTELLI

REACHING FOR THE UNREACHABLE IN GRIEF

BY CHAPLAIN LIZ DANIELSEN

How does a person reach for the unreachable after your loved one has died? I am trying every day to come to a place that accepts the fact that I am no longer married. I am now in a world that is very unfamiliar, the single world.

I no longer can have conversations with the one I spoke to since I was 14 years old. I don't have my husband to be with me on vacation and draw from his wisdom. He can't help me with car repairs, greet me

when I come home, and kiss me goodbye. He's not there to pray with me when I am feeling weak and insecure. I do not have him to understand my feelings of fear and comfort me in a way that only He could comfort me. He is no longer available to help me understand the Bible passages with which I am struggling. His perspective was often what offered me understanding. Then there are the walks and listening to music alone. You have your own list.

I have arrived at the two-year anniversary of my husband's death. What was I expecting? It was not what I expected. The pandemic complicated the loss for me. Honestly, there are still questions I have. Images I cannot get rid of in my mind. Recently, I realized that I still had anger that I needed to work through. I had regrets about taking my husband to the hospital when the hospital was in chaos. I was disappointed in the HealthCare system that I served for years. Why did I think that in two years I would have all this figured out and be healed with everything else I was challenged with on a daily basis?

We need to heal and find purpose again with our new identity, but I was not ready. I believe we can heal, but we need the time to process everything that we have gone through. There is so much more to the

grieving process, and the pandemic has made it so much more complicated. Be patient with yourself. I am trying to be patient with myself.

As I was processing my own journey of grief the other day, I thought of the disciples just before Jesus was to leave them on earth. I don't think they understood anything Jesus was trying to tell them. I have seen Jesus again after His death on the cross was such a surprise to them. They were once again filled with faith and were thrilled to have Jesus with them. Now Jesus was saying to them, "I have to leave and

(Reaching continued on page 4)



"I believe we can heal, but we need the time to process everything that we have gone through."

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I Need...

God!

I **need** a ride. I **need** some love. I **need** some sleep. I **need** an answer. I **need** some money. I **need** a man. I **need** a drink. I **need** that part. I **need** my Starbucks. I **need** to scream. I **need** to take charge. I **need** a doughnut. I **need** to put my kid down. I **need** to get away from my spouse. I **need** a job. I **need** a break. I **need** help. I **need** a touchdown. I **need** a high. The list of "needs" is truly endless. We're all needy. In fact, we were born very needy, because we all **need** a SAVIOR.

Making it simple, every person falls into one of two categories: those who are needy and recognize their real insufficiencies, and those who are needy but are totally unaware of their true inadequacies, thinking their needs are only for the superficial material stuff of this life.

Recognizing the extent of your need for God is a blessing. Even though Satan tries to distract us from recognizing our need for God, in our heart we know we can't meet all our needs by ourselves or through the trappings of this world. Deep inside, when we are honest with ourselves, we do know the breadth and depth of our need. But recognition is only half the battle. The other half is turning to Him rather than to idolatrous substitutes to fill those deep needs, to give us purpose, value, eternal connection, identity, or to soothe our mind-cluttering and life-threatening wounds and hurts.

Turning to our Lord with daily intentionality will always be a challenge for us; it will always be the toughest part of the battle. Why? For the first 15 to 30 years of our life, we were conditioned to take care of ourselves, to become independent. As adults, we are constantly bombarded and influenced by the heaviness of this fallen world. We choose immediate comfort over real and lasting sustenance. While on this earth, you will have to contend with this spiritual-emotional "gravity" pulling you away from Him.

Today, when you face an "I need"

"But He answered, 'It is written, 'Man shall not live by bread alone, but by every word that comes from the mouth of God.'"

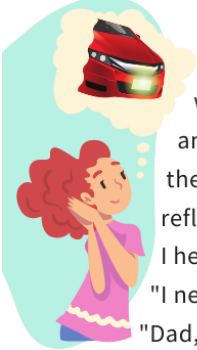
Matthew 4:4

moment, stop and ask God to show you whether it's a need or a want. If you are honest, the answer should be clear and most times it's a want. Next, exert some self-control over your initial comfort-driven impulse and try to address the underlying issue. Then look to His instruction manual to find what He has promised and provided for you. Remember, immediate answers aren't necessary and you really can handle waiting if you will recognize His power and sovereignty. Whether you are addicted to God to meet your needs or you are addicted to something else, it's your decision, so choose well.

"So that they should seek the Lord, in the hope that they might grope for Him and find Him, though He is not far from each one of us."

Acts 17:27

How God supplies our needs is amazing, especially for our kids. I think if we really paid attention to their lives and to what God does for them, we could learn a lot. Our middle daughter, Nicole, was looking for a job to support her ever-growing teenage lifestyle. She bought her first car, her car insurance then increased, and she is saving for college expenses. God answered her need. She gets to nanny two families - one with three boys, the other with four. She gets paid \$15 an hour and has a lot of fun spending time with them and mentoring them in life management skills. She even gets paid to do her homework while she watches their football practice.



We asked her if she had anything in mind to buy with her riches. She answered, "Dad, I need a...", then stopped as she saw that reflexive look on my face when I hear anyone say the dreaded, "I need..." And so she restated, "Dad, I would like to get a specially monogrammed license plate so badly."



"Look to His instruction manual to find what He has promised and provided for you."

Would you pray with me?

Dear Father God, with each passing day, I recognize how desperately I need You. I do want You to be the center of my life, and I am trying to keep You there. But You know, Father, how easily I get distracted, how my thoughts wander away from You. I grope for You, Father; I need Your help all the time. Help me identify those distractions as idols and teach me to close my ears to their falsely soothing coos. I pray these words in the name of the One who died for all my needs, Jesus Christ. And all God's people say AMEN!

RESTORATION WHERE I AM

BY REBEKAH POWERS



"I have found a family here at SCSSM with the care and support of its facilitators, members, and fellow grievers."

I know that in order to write this article I'll have to relive the most catastrophic experience of my life. Resurfacing terrifying moments that leave me gasping, nightmares that keep me up at night, and precious memories that I pray I will never forget. The love of my life, my 2-year-old son, Colten Lee, who suffered from Epilepsy and Cerebral Palsy tested positive for Covid-19 in September of 2021. We spent four weeks at Inova Children's hospital in Fairfax before he, unfortunately, passed away on Tuesday, October 5, 2021, at 10:58 pm. I watched his once radiant light and superhero-like spirit diminish. He fought as hard as he could. My life changed forever. My faith shattered, my identity gone, my future hopes and dreams, like my heart, fell apart. After 6 months of isolation, I was encouraged by my therapist to seek out SCSSM for additional help. I was questioning my faith, doubting my beliefs, and desperate for answers. With wobbly

legs, trembling hands, and tear-stained cheeks, I walked through the doors of my first bereavement group. Instantly welcomed by Chaplain Liz and Kathy, and a distant voice telling me that I was where I needed to be. Grief and loss have a way of making you feel alone and closed off from the world. For months I felt hurt and betrayed by God, declaring I would never step foot in a church again. I was blinded by my pain and heartbreak. I thought I had pushed God out of my life. "You are where you need to be." Those 7 words ambushed me in a way that almost knocked me off my feet. He was there; He was still with me. After all the hurtful things I said, screaming and shaking my fists to Him, He never left. During our 9th session, we were given two quotes that I have found profound in restoring my relationship with God, my Father. "Grief blocks my ability to see God, but I shouldn't conclude that He is absent." "Be honest with God about your faith and doubt." He will shelter me and bear my suffering. I have found a family here at SCSSM with the care and support of its facilitators, members, and fellow grievers. I have grown to cherish them very dearly. They remind me that we are not alone in our journey to salvation. I still have a lot of growth ahead of me, and many more dark days with the absence of my son, but I am slowly finding my way back to the Lord. He is loving, gracious, and patient with me. I truly believe that my son is perfect, healthy, and safe in His arms. Our grief never fades. We just somehow learn to live with it, and it will be both beautiful and ugly. I will find a new purpose, and in my raw and devastated heart, I will honor both my son and my God.



Rebekah, with her son, Colten, and her husband.

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

VISIT OUR WEBSITE

WWW.SCSSM.TV

LIKE AND FOLLOW US ON

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SCAN ME



FOLLOW CHAPLAIN LIZ'S BLOG

WWW.SCSSM.TV/BLOG

SCSSM 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.

SCSSM 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.

SCSSM Values

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



"With the help of the Holy Spirit, the disciples were able to share the love of the Gospel of hope through Jesus Christ, and it spread throughout the whole world."

when I do, the Holy Spirit will live in each of you to guide you and give you power to do what is necessary while you live here on earth." Jesus told them that they would do greater things than He did. Really? They were losing their best friend again, the one they ate with, prayed with, talked with, walked with, who taught them, fished with them, and shared miracles and healings with them, and now He was leaving again. Can you imagine how they felt? Yes, you who have had loss can understand exactly what they were feeling. The disciples were overwhelmed and wondering how they were going to make it without Jesus being physically with them. To do greater things than Jesus did was unreachable in their minds. They had the same questions you and I may have had since the disciples were much like us, human, fragile, and so vulnerable. I know I have felt like that way.

Yes, even desperate to reach those things that seem so far from my reach.

That message from Jesus to the disciples then is also for us today. We can believe that those things in our life that seem unreachable can be reached. We can be stronger, more confident, and feel a peace that goes beyond our understanding. We can still make a difference in the world we live in without our loved ones that are no longer physically with us but will always be in our heart. With the help of the Holy Spirit, the disciples were able to share the love of the Gospel of hope through Jesus Christ, and it spread throughout the whole world. They made a difference in spite of loss. I want to make a difference. How about you? With the help of the Holy Spirit, nothing is unreachable.

"For nothing will be impossible with God"
(Luke 1:37).

DEAR CHAPLAIN LIZ



Dear Chaplain Liz,

I wanted to acknowledge the deep impact of your ministry in grief counseling. I was extremely fragile when Karen got me to enter your group 7 years ago. I was not much more than raw, exposed nerves. Literally shaking. It was just after our oldest son unexpectedly passed away, and my family was falling apart.

I not only needed to be the anchor for my family, I needed an anchor. Your ministry provided not only great strength in my understanding of what we were experiencing, but witness to the fact that we CAN live alongside loss.

Liz, you, along with the other men and women giving testimony, gave me the tools, strength, and comfort to fortify my soul that saved my family and impacted all of us to this day.

What you do is vitally important, and I very much wanted you to know how valuable it is. I would be living a very different story if Karen hadn't "made" me go to that very first meeting.

With deep appreciation, Elizabeth Newbern

**Be on the lookout for our
Wreath Fundraiser!**



SCSM will be selling holiday evergreens
from September until November.
You do not have to live locally to participate!

**Support SCSM with
amazon smile**
You shop. Amazon gives.

You shop! We benefit!

How to participate:

- Visit smile.amazon.com.
- Select "Spiritual Care Support Ministries" as your charitable organization.
- Shop as you always do!

**THANK
YOU**
for supporting us!

RESOURCE CORNER

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

- GRIEVING AS A FAMILY
- ILLNESS & THE CHALLENGE OF WAITING
- A REASON TO LIVE - UNDERSTANDING SUICIDE

AVAILABLE FOR PURCHASE

\$12

JOURNEY FROM HEARTACHE TO HOPE



Filled with true stories of God's miraculous healing power told by SCSM clients and volunteers. Your spirit will be renewed by the faith of people in devastating situations that should have robbed them of happiness and comfort, but instead brought strength and courage to their lives.

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**

When You Left

When you left, everything changed.
Everything.
Including me.

I am not who I was and life is not what it was.

When you left, everything changed.

So, I am here with a different life and a different future.

My routine is different.

My conversations are different.

My meals are different.

My sleeping is different.

When you left, everything changed.

And most importantly, I am different.

I changed.

I was sad, angry, and disappointed.

But over time, other changes came.

Positive changes.

When you left, I learned lessons – simple, yet profound.

When you left, I learned to be less selfish
Because I realized that my time with others is brief.

When you left, I learned priorities.

Some things matter and some things do not.

When you left, I learned who I am.

My heart became transparent to me for the first time.

Behind every loss is a gain.

Every sunset means a sunrise.

Every closed door means an open door.

And now that my time with you on earth is ended,

I am learning to look to the future in a whole new way.

My grief is being redeemed.

And I am grateful.

When you left, everything changed.

I hate that you left.

I grieve it every day.

But I am thankful for the change.

It has done me good.

And others too.

You would be proud of who I am becoming

Author Unknown

SCANXIETY

BY KRISTINA KOTLUS



"Having faced cancer twice, I can honestly say that God has never left me sitting alone in the dark when I've raised my hands for Him to pull me up, and I hope that you know that same hope is available to you as well."

Scanxiety (noun): the dread felt by previously diagnosed patients heading into a scan, or other medical procedure. A portmanteau of "scan" and "anxiety."

When dealing with anxiety, you're generally fighting fears about what could possibly be. You fear the **unknown**. However, once you've already had cancer or some other equally difficult diagnosis, you start dealing with scanxiety each time that you must head in for another test. This fear is the complete opposite. Scanxiety is fear of the **known**.

For about three weeks, I've been dreading my next scan MRI. I have cancer of the brain that metastasized to my spine. My cancer is very much like Mount Saint Helens. It's dormant, but it could spew lava all over my life at any time. Again. My MRI was scheduled for June 6, but my oncologist's conference moved it to June 27. I've never made it this long without recurrence. On June 24 my oldest tested positive for COVID, and I wasn't allowed at the cancer center until his quarantine ended. So, as I write this July 1, I'm in the thick of it. So let's talk about how to survive your own scanxiety.

- 1 It's ok to have emotions.** It's okay to say you're scared or concerned. It's okay to say things like, "God I trust your plan for me, but I really DON'T want to do chemo again."
- 2 Change your scenery.** A walk, sleeping in the guest bedroom, or taking a drive can help. Sometimes the easiest way to get out of your head is to find something else to look at.
- 3 Affirmations are your friend.** I have a few scripture verses that I write on sticky notes and place on my mirror and computer desk (e.g. Daniel 9:4, Nehemiah 8:10, and Matthew 28:20).
- 4 Talk to safe people.** God is always available, and you can be honest with Him knowing that while you aren't capable, He is. Additionally, find a friend who can deal with your very real emotions and pray with you to overcome them. Don't stay in your negative space though. Work your way out!
- 5 Serve.** There is nothing better to refocus your energy from worry than work. Stop thinking about yourself and your situation and think about others.

It's not a realistic idea that you will NEVER worry, but the Bible tells us that worry won't change things (Matthew 6:27). Your scan will be what it is so deal with your negative emotions by being here doing what you can now and believing for better things. Trust those around you that can help you process and keep going. Finally, since scanxiety is fear of the known (what surgery feels like, what treatment hurts, the idea that death is on the table), remind yourself of some other things that you know (the people that will stand by you, the blessings in your life, and the fact that eternal life is available to all as a free gift in Christ Jesus). Zig Ziglar used to say that fear could mean "forget everything and run" or "face everything and rise." Having faced cancer twice, I can honestly say that God has never left me sitting alone in the dark when I've raised my hands for Him to pull me up, and I hope that you know that same hope is available to you as well. Keep going, friend, and don't stay where your fear is pulling you down.

WELCOME TO THE SCSM FAMILY!

MEET OUR NEW OFFICE ASSISTANT, ROSE!



My name is Rose Hernandez, and I am the new Office Assistant at SCSM. I attended a GriefShare class at Manassas Assembly of God (now Chapel Springs) in Bristow back in September 2001, and never left. I helped facilitate that class and assist in various ways. When SCSM was birthed in 2004, I knew it would be an amazing place for people to come and find healing. I have seen the healing power of the Lord at work numerous times throughout the years. This class helped me personally heal from the heartache and brokenness that came as a result of many losses.

After working over 30 years, I decided it was time to retire and began a new journey of discovering myself and what the Lord would like me to do next. After eight months of retirement, while reading the Bible, I was prompted by the Holy Spirit that it was time, but I did not know for what. I was informed that this position was available, so I sought the Lord, and applied. Today, I am working at this wonderful place that assists in helping people heal from various forms of loss.

As a bilingual speaker (Spanish), I would

like to utilize all the knowledge, skills, and talents that I have obtained throughout the years of working and facilitating our Bereavement Support Classes to expand this ministry to the Hispanic community and become a counselor for SCSM working with the youth.

In my spare time, I enjoy all forms of arts and crafts, crocheting, quilting, traveling, exercising, and spending time with family and friends.

MEET OUR NEW INTERN, LISA!



I am Lisa Davis and started my internship with SCSM in late August. Currently, I am majoring in Psychology and Christian Counseling at Liberty University. The Lord has given me the strength and courage to return to school at this point in my life. I know He has called me to this and has guided me every step of the way. Although there have been times when I wasn't

confident about how I would continue with school or where it would lead me, He has continued to faithfully show me the way. When I first walked into SCSM, I could feel the love they have for people and their desire to help them find healing through the love of Christ. To have the opportunity to work with a team such as this is truly an honor. I know that I still have much to learn, and I am grateful to be able to serve in a ministry that has such a heart for the Lord. I know I am right where the Lord wants me.



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.

Want more information on our internship program?

Call 540-349-5814 or email us at scsm@scsm.tv.

5 YEARS IN A ROW!

THE RESULTS ARE IN!
WE WON BEST
COUNSELOR/THERAPIST
AND
CHARITABLE ORGANIZATION

THANK YOU FOR THE VOTES!

Lifestyle THE 17TH ANNUAL BEST OF FAUQUIER

PRAYER & PRAISE

WE PRAY...

- That all staff and volunteers will be given wisdom and discernment as they make important decisions every day for themselves and others.
- That everyone at the SCSM Center will be changed by the power of God transforming their lives.
- That there will be an expectancy that God is going to use us in ways we would never expect. May He be glorified in all that we do!
- For all our Fall programs to be effective and life-changing.
- For our Family Grief Camp that will be held on October 1. Pray that we will have enough workers. (Our camp is free to children and their parent or guardian. If you would like to sponsor our Family Grief Camp, please contact the office.)
- For additional financial support from new faith communities and individuals.
- That we would get grants for our ministry.
- For our country, our leaders, service men and women, and their families.
- That we would get more Pastoral Counselors and Lay Counselors.

WE PRAISE THE LORD FOR...

- Keeping us healthy at the Center so we can do what He has called us to do.
- The opportunities we have been given to share hope with people of all ages.
- Those who are willing to share SCSM with others.
- Our new volunteers that are joining the team.
- All the creative ideas He is giving us when we call upon Him in prayer.
- Our Executive Director, Chaplain Liz, who was able to have a sabbatical for the month of August.

MEMORIALS, HONORARIUMS, AND THANK YOU'S

IN MEMORY OF

Bettie Herrera and Lynda Early, given by Pam Stilton; Steven Benke, given by Dawn Conrad; Arvid Danielsen, given by Liz Danielsen; Scott Neth, given by Joyce and Jack Neth; Gilbert B. Crowder, given by Dorothy Crowder; Avenol Jeannette Bucy, given by Pam Reckley; Bill Ptaszynski, given by Ellen Ptaszynski; Arvid Danielsen, given by Sharron Giambanco; Arvid Danielsen, given by Joseph and Sandy Dahle; George Ashley and Christina Ann Lindsey, given by Rose Hernandez; Kirsten Bray, given by Daniel Bray; Nicholas Daymude, given by

John and Debra Daymude; James F. Legg, Jr., given by Joyce Legg; Dini White, given by Bill White; Ed Krochalis, given by Maureen Krochalis; Jason A. Shaffer and Jennifer Nicole Shaffer, given by Roger and Gwen Shaffer; Pam Gay, given by Joseph and Kay McClure; Jeremy Alexander Yates, given by Joyce Inskeep; Glenn Barber, given by Brenda Barber; Christina Ann Lindsey, given by Sharon and Sam Rizzo; Rudolph Rienzo, given by Alan and Jane Kalleberg; Drew Arsenault, given by Michele Arsenault.

IN HONOR OF

Liz Danielsen, given by Helen Danielsen

THANK YOU

Pastor Brad Hales and the Congregation at the Reformation Church for letting SCSM have a bereavement support group, starting in September for the Culpeper Community; The "We Team," Dan Reckley and Jim

Presley, for all of their help at the SCSM Center; ARServices, Ltd., for donating pens; Warrenton Bible Fellowship Missions Committee for the recent financial gift received for Chaplain Liz's sabbatical.

What do these four things have in common?

Stay tuned for a very exciting announcement coming soon!



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

Newsletter Editor

Anna Hansen

Associate

Cheryl Reynolds



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
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ABOUT ANYTHING
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with Thanksgiving
present your requests to God
and the peace of
GOD WHICH TRANSCENDS
all understanding
WILL GUARD YOUR
HEARTS and your MINDS
IN Christ Jesus.

PHIL
4:6-7