

HEART & HAND

Reaching for a hand and touching a heart.

Preparing Your Heart for the Holidays

By Chaplain Liz Danielsen

Whatever your age, and whoever has died, holidays lived in the absence of someone dear can be difficult.

Customary routines are ended, never to be repeated in quite the same way.

Easy-going laughter, once so commonplace, may be awkward or altogether missing.

Gift-giving, once so fun-filled, may seem somehow empty. Familiar songs, once so comforting, may catch in your throat.

All this happens against a backdrop of significant questions you may find yourself asking in one form or another:

What exactly is happening to me? Can I possibly survive this? Do I even want to?

Is what I am feeling normal? Am I losing touch with my sanity? How long will this turmoil last? What can I do to help myself get through this ordeal?

The holiday season itself adds to its own share of questions. How can I make it through all the events of the holidays while missing so desperately the one I love? Would I be better off to ignore the holidays this year? Should I act as if everything is normal?



Should I make major changes in my holiday rituals? Should I travel somewhere different and distant to escape my sadness or at least ease my pain?

If you're like most people in grief, you will have many questions, but not all questions have ready answers. There may be different answers depending upon the many factors that make each relationship, each loss, and each resulting grief experience unique.

Often, there are no "right" and "wrong" answers as to how you as a bereaved person should approach the holidays, but there are some general guidelines that I found helpful after the loss of my husband. Keep in mind

that each person is unique, so exceptions are to be expected.

The first thing I did after Arvid died was to pray to God and ask Him to help me want to prepare for the holidays. If it depended on myself and how I felt, I would have rather just stayed in bed until it was over.

It has been four years since my loss, and I continue to pray that same prayer during this time of the year to help prepare me.

All the holidays are different for me now, but they can be a very special time as God gives me His perspective. Last year I started a new tradition at ►

Open to continue...

- Christmas. I gave each of my grandchildren money to give to someone in need in 2024. This year as we come together at Christmas, I can't wait to hear their story of how they helped someone in need and how it affected them.

Seek God and His promises by reading the Bible to draw strength when you feel most vulnerable.

**Be good to yourself.
Make decisions that will
bring you peace.**

The decisions that you make for yourself may not be understood by family and friends but that is alright. Be aware that there are others that want to help you. Ask for help. Unwrap your feelings and mourn with someone that will listen to your story.

Yes, you probably will feel a multitude of emotions, but it will be another step to healing. Share your memories. Be still and sit in God's presence if that is all you can do.

Days before Thanksgiving, I would journal and thank God for my many blessings. Days before Christmas, I would read the Christmas story to remind me of Jesus who was born but also was going to die for my sins and the sins of the world. The first year after my loss, I could hardly do any of that, but I kept trying. Each year it gets easier.

I close with my final thought. When I experienced the darkest moments on my grief journey, the Lord God showed up in ways that I never experienced before in my life. He can do the same for you.

"Seek the Lord and his strength; seek his presence continually!"
(1 Chronicles 16:11 ESV)

**I would love
to hear from
you and
how you
are getting
through the
holidays.
Email me at
chaplainliz@scsm.tv**



Thank You's

- Jayne and Rick Brekelbaum - greeting cards
- Karen Duby - office supplies and Hope necklaces
- Rose Hernandez - water, candy, kitchen items, holiday baskets, food for Warrenton Festival
- Thank you to all who bring food for Coffee and Conversation.
- Thank you to Marty Ronayne and all her hard work and direction to make the Gala a success, as well as the donation of flowers, vases, and so much more.
- Thank you to the person who paid for the catering for the Gala.
- Rose Hernandez, Kathy Nadel, Kathy Huryk, and Courtney Hammack - preparing baskets for the Silent Auction
- All our SCSM volunteers that have helped us with the Gala, as well as many projects at the Center
- Debbie Dallesandro - food for the Warrenton Festival
- Thank you to all the volunteers who helped set up, take down, and participated at the Warrenton Festival.
- John Kitchen - apples

Join us virtually on Facebook Live

December 12, 2024 • Noon & 6 p.m., EST

 [@spiritualcaresupportministries](https://www.facebook.com/spiritualcaresupportministries)

**Make a Christmas Donation
in Memory/Honor of Your Loved Ones**

Complete the online form at
scsm.tv/Christmas2024

Note: Names must be submitted by Nov. 29 to be included in the Reading of the Names at the Open House and on Facebook Live on Dec. 12. If names are submitted after that date but postmarked by December 31, they will be listed in our March 2025 newsletter.



**Celebrate
Christmas
with SCSM**

A time of honoring and remembering loved ones

In Memory Of

- Arvid Danielsen, given by Chaplain Liz Danielsen
- Matthew Allan Ruane, given by Beverly Ruane
- Joe Perry, given by Lois Rouse
- Steve Brinkley, given by Malinda Brinkley
- Donald W. Wright, given by Yvonne Wright
- Rick Kelley, given by Dodie L. Van Wyen
- Scott Neth, given by Jack and Joyce Neth
- Mark Martini, Jr., given by Elizabeth Martini
- James B. Reynolds, Jr., given by Robert Reynolds
- Ben Long, given by Living the Dream Foundation
- Vincent Buonomo, given by Nerius and Vicki Cordova
- Arvid Danielsen, given by Sharon Giambanco
- Arvid Danielsen, given by David Carter
- Arvid Danielsen, given by Cheryl Roberts
- Tim Maahs, given by William and Sydney White
- Jerome Wen, given by Natacha Wen

In Honor Of

- Art Banks, given by Wesley Bargehlo Donor Advised Fund
- Mr. Jay McCargo and Family, given by Wayne Gatewood
- SCSM, given by Ken and Cheryl Reynolds
- SCSM, given by Kathy Crabtree
- SCSM, given by Tonya Trotter
- Chaplain Kaye Kready, given by Laura Young
- Chaplain Liz Danielsen & SCSM's 20th Anniversary, given by Helen Danielsen
- Chaplain Liz, given by Austin Kotlus
- Travis Newcomb, given by Lisa Davis
- Scott and Marie Price on the loss of their son, given by Sharon and Samuel Rizzo
- Jane Fitzgerald's birthday, given by Anonymous

Meet SCSM's New Executive Assistant!

My name is Lynn Gore, and I am the Executive Assistant at SCSM. God brought me here in July, 2024. My days at SCSM are busy with overseeing the office, keeping all our internal documents up to date, logging donations, sending out thank you notes, managing the donor database, applying for grants, and taking care of whatever Chaplain Liz needs.

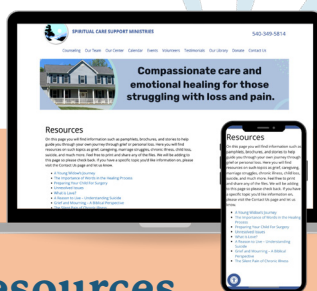


My background is mostly in marketing and business strategy, and I have an MBA from the University of Memphis. But God decided I wasn't done. When I was in my mid-fifties, God told me to go back to school, and I obtained a Master of Divinity degree from Luther Rice Seminary. I left the corporate world and found my place in the non-profit world and church work.

Before coming to SCSM, I managed the Culpeper Literacy Council for five years. I also worked at St. Stephen's Episcopal Church in Culpeper as their Communications Coordinator. I attend Culpeper Baptist Church and coordinate their grief support program. I also lead the church service at The Culpeper Retirement Home Memory Care Unit once a month.

I live with my two cats, Sadie and Ellie. In my free time, I love to read, crochet, play the piano, and spend time with my family.

I love being at SCSM and seeing how God touches people through this ministry.



Resources for you

Available online are free resources to help guide you through your own journey through grief or personal loss. Including:


- Preparing Your Child For Surgery
- Grief and Mourning – A Biblical Perspective
- *and more!*

scsm.tv/resources

Ways you can help

- 1. PRAY** Pray regularly for Spiritual Care Support Ministries.
- 2. GIVE** Giving financially transforms lives and helps with:
 - Rent and utilities
 - Supplies and training materials
 - Support groups
 - Community events

Compassionate care and emotional healing for those struggling with loss and pain.

  @spiritualcaresupportministries

Need encouragement?



Call 540-792-2345 for a prayer message from Chaplain Liz and the SCSM staff.

SPIRITUAL CARE SUPPORT MINISTRIES

20th Anniversary Gala

THANK YOU SPONSORS

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Mr. Hilbert Wilkinson

The McCargo Family - ARServices



GOLD

Dr. Kenneth and Kathleen Boudwin

SILVER

John and Diane Kitchen

THANK YOU PARTNERS

Karen Ann Quinlan Hospice



SCSM's 20th Anniversary Gala was an incredible night to remember.

\$157,884
was raised at the Gala!



Donors of Auction Items for the Gala:

Chestnut Forks
Fitness Center
Appleton Campbell - HVAC,
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The Chocolate Fix
(Melanie Ebert)
Galaxy Strikes in Warrenton
Salon Trozzo
Angel Tips Nail Salon
Equipose Yoga

Rose Hernandez
Wegmans Grocery Store
Lattitudes Fair Trade store
Matt and Courtney Hammack
Manassas Ballet
Mum Mums Restaurant
Susan Macgregor
Dawn Ordonez
Chef Chaplain Liz
Blown Away Hair Studio







I Went to a Gala

Poem by Ray Gilbert

I went to a Gala the other night;
I arrived in a limousine.
Everyone's mood so sunny and bright,
everyone so dapper and clean.

Twenty years of helping people
was why we were all there.

Twenty years of sharing our love
to show that somebody cares.

A beautiful night that sprung from
a dream over twenty years ago.

A beautiful dream that turned out
right. There is but one thing that
we should all know.

It all came from LOVE.

When My World Turned Upside Down

By Jay-Jay McCargo



I first met Chaplain Liz and the Spiritual Care Support Ministry in 2008. It is hard to believe, but about 16 years ago, I was a 10-year-old boy whose world had turned upside down. I remember so much had changed since my mother had fallen ill and passed away. At first, there were so many people willing to help and always around.

But as anyone who has lost somebody close to them knows, eventually you have to deal with the loss yourself.

My routine had changed, my home life had changed, and worst of all, my family had permanently changed.

So, I find myself in this kind woman's office, listening to the adults talk about "grief" and "loss." These were unfamiliar concepts to a usually cheerful 10-year-old.

However, what felt familiar was the feeling of kindness, compassion, and faith. These are the words that come to mind when I think of Chaplain Liz and her ministry.

They showed my family these three virtues in abundance over the years. They showed me these things when I especially needed them most.

While I am terribly sorry that I was not able to make it to the Gala, I want you all to know that I believe in

the mission of the ministry because I have seen what it can do first hand. That kindness did not stop when I left that room as a 10-year-old boy. It continued to when I was a high schooler coming back for the tree lighting ceremonies, to when I was a college athlete and getting letters of support, to when I became a teacher comforting students who had lost a parent of their own.

Spiritual Care Support Ministry's mission is important to myself and everyone who attended the Gala, and I thank you for coming and supporting it. However, I believe its mission is most important to the next family to walk through the ministry's doors.

Thank you to Chaplain Liz, the Spiritual Care Support Ministry, and all who support SCSM.

God, help me. I'm a caregiver!

By Vicki Smith-Yeatts



*Carry each other's
burdens, and in this
way you will fulfill the
law of Christ.*

GALATIANS 6:2

*Love is patient, love
is kind. It does not
envy, it does not boast,
it is not proud.*

1 COR. 13:4

*Give thanks in all
circumstances; for
this is God's will for
you in Christ Jesus.*

1 THESS. 5:18

*Blessed are you
who hunger now,
for you will be
satisfied. Blessed are
you who weep now,
for you will laugh.*

LUKE 6:21

*Join together in
following my example,
brothers and sisters,
and just as you have
us as a model, keep
your eyes on those
who live as we do.*

PHIL. 3:17

I have learned so much as a caregiver for my mom for the past 7 years. I hope sharing this information will help other caregivers be encouraged and know that God is with them as He has been with me.

HELPERS (Galatians 6:2)

I am so thankful for those He has sent to help me care for my mother. My husband, Dennis, and I have been married 5 years. Two months after our engagement, my mother broke her hip. We transported her from rehab to our wedding and shortly thereafter, dementia set in. Our plans for blissful retirement travel remain on hold. Dennis has faithfully helped with Mom. He gets her settled each morning and never complains that our trips are limited to 4 or 5 hours. We are blessed to have wonderful, competent, and caring "sitters" in Kathy Hasan and Diana Bird. However, God is our ultimate helper and provider.

PATIENCE (1 Cor. 13:4)

Caregiving requires a wealth of patience, a fruit of the Spirit that my natural woman is lacking. Preparing Mom's favorite foods to hear, "What is this? I don't like it" is challenging. The need to instruct her to pick up the fork and remind her to take each bite is challenging. Thank God I have a spouse with patience to remind me that Mom truly forgets and is doing her best. God knew I would need this. With God's help, I have learned to bear much more, much longer, and to walk away if I must. Caregiving is a task sometimes taken on by those not well suited for the task. We must rely on God's help.

APPRECIATE TODAY WHAT YOU RECEIVED IN THE PAST (1 Thes. 5:18)

When I could not hold a spoon, who fed me? When I cried all night over my first lost boyfriend, who comforted me? When I burned holes in the new carpet with sparklers, locked her out of the house and much more, who forgave me? MOM! This awareness does not compel caregiving but inspires it.

LAUGH (Luke 6:21)

Thank God for laughter. Mom often realizes when the things she does make no sense. When she is confused about where to put her morning pills and takes out her hearing aid instead, we make a big joke of swallowing her hearing aid and putting pills in her ears. This leaves her and us laughing uproariously and lightens the burdens of caregiving.

ROLE MODELS (Phil. 3:17)


God has sent people into my life as role models in caregiving. Virginia Wright and Diana Bird are friends from SCSM who have completed the caregiving journey. They offer me assurance that with the help of God I can complete the course.



Spiritual Care Support Ministries, Inc.
Reaching for a hand and touching a heart.
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**Wishing you the blessing of
Christmas which is Hope.**

- From the SCSM Staff and Volunteers

“The true
light that
gives light to
everyone was
coming into
the world.”

- John 1:9