

HEART & HAND

Reaching for a hand and touching a heart.

A Letter Heaven Bound

By Chaplain Liz, a letter to her beloved Arvid

Arvid, if I could email you in heaven, I would. May 28, 2025 will be five years since you changed your address to heaven. I wanted you to know there is not a day that goes by that you are not in my thoughts. So many things remind me of your love and care for me and our family. I just wanted to say, "Thank you."

Our love was genuine, and in a world that does not understand the meaning of a *Covenant of Marriage* between two people, ours was just that. Neither was perfect, but we always trusted each other enough to work things out. We allowed each other to do what we were called to do as individuals and as a couple, knowing one could not be done without the other. What a journey it was, and every day I am grateful for the blessings God bestowed on me when you were here on earth, and now that you are in heaven.

I wanted you to know that I am healing. Since the day you left, life has changed for me. It was hard for a while.

I did not realize how I relied on you, but my reliance on God is greater now.

I have had to learn new skills. You would be so proud of me. There are things I still struggle with, but I take one step of faith at a time, leaning on the



Chaplain Liz and Arvid Danielsen 6/12/2019

promises of God, and family and friends that help me when I need help. There are still moments when I feel overwhelmed, but life can be overwhelming. We can so easily blame everything on grief and our loved ones dying, but now I am more aware that the trials that we go through are opportunities for growth. Painful at times, but necessary.

I am learning so much about myself and doing things I never did before. Nothing in my life will be the same, but I am content knowing I am in a new chapter. I am creating new memories, always cherishing all

my memories with you. I still long to hear your voice, and the tears still come, but I am excited every day to see what God has in store for me.

We will meet again, but until then, my prayer is from Psalm 25:4-5.

**"Show me your ways,
Lord, teach me your paths.
Guide me in your truth and
teach me, for you are God
my Savior, and my hope is
in you all day long."**

*Love from your Honey Bunny
Angel Baby Blue.*



Nolan's Story

by Nolan Hipsley

Ever since I was little, I appeared to be your usual happy, bubbly, and outgoing kid on the outside, but on the inside, things were much different.

For as long as I can remember, I've had to experience things I feel no child should ever have to go through. I was never able to experience what many would call a "happy childhood," which people so often look back on as they get older. Many people wish they could go back to that time in their lives when everything was carefree and nothing seemed to matter, but I just hoped I would forget that time in my life and that things would start to get easier. I had

a good family, but it certainly wasn't normal. We had difficult circumstances we were faced with while trying to live a normal life and just survive.

In April of 2014, when I was in first grade, my father unexpectedly died at the age of 31. I woke up that morning just like any other morning and was expecting to go to my grandmother's house for my mother's birthday party, my dad included. I knew something wasn't right because my mother, with a tone in her voice that I had never heard before, asked me to go downstairs and get my dad's medicine. I quickly came back with the medicine to see what I can only describe as confusion for a seven-year-old. I had no clue what was going on, but I knew it wasn't normal.

My mother helped my father into the car, and we quickly got him to the hospital before my mother took me and my brother to my grandma's house for her birthday party. I had been to that hospital so many times before with my father for visits, so I expected to see him again. I remember him getting out of the

car, and my brother and I yelling "bye dad, I love you" out of the window as my mom drove away. I didn't expect that to be the last time I ever saw my dad.

It felt like I had immediately gone from being a child to an adult, with no time to adjust to all of these changes in my life. This experience at such a young age put me in fight or flight mode, and from that time on, the most I could handle was just enough to get by in every aspect of my life. I had no time to be a kid anymore because I was met with all of these responsibilities and emotions that I couldn't control. I just had to learn how to deal with them.

Throughout the years, I thought I was okay, and I thought I had processed my father's death, but unfortunately, I had not.

It wasn't until high school, the time when you're supposed to be preparing for your future and staying focused on academics, extracurriculars, and much more, that I started to realize I wasn't okay, contrary to what I had been telling myself.

All that time in between my father's death and now, I had kept all my emotions bottled up inside and tried to make the version of me that people saw seem perfect. During my sophomore year of high school, when I reached my lowest point, my grades started to drop even more than they previously had, and everything got much worse. I didn't see a point in doing anything anymore, and it felt like I couldn't feel anything, almost as if I was numb. I had been dealing with all of this on my own. I couldn't even stand the thought of talking ▶



► to my mother about this, even though she had experienced a loss just like mine. I felt she wouldn't understand what I was going through. It took a while for things to start to seem to get even a little bit better, but I started to see a counselor named Liz who helped me a lot. I was finally at a place where I could talk to someone about how I was feeling. I soon felt a massive weight start to lift off of my shoulders.

I still struggle with my father's death daily and will continue to do so for the rest of my life. Even though I wouldn't wish this experience on my worst enemy, I have learned so many valuable lessons from his death.

Most importantly, I have learned that life is too short for anything but unconditional love and forgiveness.

Another thing I have learned is how important your memories are, and to continue to make good ones. Your memories are the most important thing you will have to remember your loved ones when they are gone.

No matter what, the most valuable thing we have is our family and friends, and the time we can spend with them. I would say this matters above all else, and to truly cherish this time while you have it, because

you never know when their time on this earth will run out.



A Letter of Gratitude *by Toni*

Dear Chaplain Liz,

I am writing to express my deepest gratitude for the exceptional service and support I received from you at Spiritual Care Support Ministries during the loss of my beloved mother, Pamela, on March 30, 2021. **During this profoundly difficult time, your staff provided comfort, compassion, and professionalism that went above and beyond my expectations.**

SCSM was highly recommended to me by my best friend. This was the best recommendation that could have happened for me at such a very fragile moment in my pain and brokenness. From the moment I contacted SCSM, I was met with understanding and kindness. Pam showed tremendous empathy and patience as we navigated the meeting arrangements.

The ability to listen and address my concerns with such sensitivity was a great comfort to me.

Then, I was assigned to Chaplain Liz. The rest is history. What a sweet, kind, patient, warm, God-loving, centered individual. Chaplain Liz and I have been together since August 2021. I would not exchange it for anything else. Some days I have my good days or some bad days, but Chaplain Liz NEVER gave up on me when I was a yo-yo, roller coaster wreck, and by God's grace, I have survived mentally and emotionally to this date.

The thoughtful gestures, such as the condolence cards, grief healing books, etc., and the availability of grief counseling services have been invaluable in helping me cope with my loss.

It is clear that SCSM is dedicated to providing comprehensive and compassionate care for those experiencing grief.

In a time of immense sorrow, the team provided a beacon of light, helping me honor my mother's memory in the most respectful and loving way possible. For this, I am eternally grateful.

Please extend my heartfelt thanks to everyone involved. The kindness and professionalism have made a lasting impact on me, and I will always remember the support provided during this difficult time.

God bless you all.

With sincere gratitude,
- Toni

Need encouragement?

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

Did You Know about these Ways to Give?



Resources for you

We provide free online resources to help guide you through your own journey through grief or personal loss.

- The silent pain of chronic illness
- Unresolved issues
- *and more!*

Visit scsm.tv/resources to learn more!

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

RECURRING DONATION

A recurring donation is when you set up a regular, ongoing donation instead of a one-time gift. This type of donation is **easy to set up on a weekly, monthly, or quarterly basis** through our website at scsm.tv/donate.

MATCHING GIFT

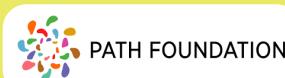
Some employers will match your donation to a nonprofit like SCSM. This could double or triple your gift which helps us continue to offer support to those who are ill, dying, grieving, and experiencing personal losses. **Check with your HR department to see if your employer will match your donation.**

LEGACY GIVING

Legacy giving is a gift in your will or trust to a cause that is important to you. These gifts can be from various assets, including life insurance policies, retirement accounts, real estate, and stocks. This gift enables you to leave a lasting, meaningful legacy for SCSM. **Consult with your financial advisor to discuss creating your gift.**

On April 29, 2025, SCSM had an Organization Day thanks to a \$1,000 grant from the PATH Foundation.

The generous grant paid for all the supplies needed to organize the storage shed, several closets and the volunteer office. Courtney, the Volunteer Coordinator, headed up the team of volunteers, and they accomplished a lot! We are so grateful to the PATH Foundation and to the volunteers for their hard work!



The PATH Foundation provides grants and programs that strengthen the health and vitality of Fauquier, Rappahannock, and Culpeper counties in Virginia. pathforyou.org



New Volunteer Coordinator

My name is Courtney Hammack, and I'm the new Volunteer Coordinator for Spiritual Care Support Ministries. I've been married to my wonderful husband Matt for 16 years, and we have two sons (my stepsons), Scott and Eddie, both of whom are recently married. Matt and I live in a lovely neighborhood with our cats, Delta and Dixie. We enjoy visiting historic sites and picnicking at some of Virginia's scenic wineries.

I've enjoyed a variety of careers. Just after college, I was an archaeologist. Next, I spent 16 years in Government

Contracting. In 2022, I spent a year working for small businesses, but I knew it was not a permanent solution.

I saw a job advertisement for SCSM in May 2024, and I immediately felt drawn to the ministry. I have not experienced the loss of a close loved one, but I have experienced loss differently. Matt and I are unable to have children (*more on that below*), and after pursuing several options, including fostering, we were never able to have children or adopt. After we decided to stop fostering, I wanted a job where I could work with people and make a difference.

At Spiritual Care Support Ministries, I've met many amazing co-workers, volunteers and clients.

I feel the power of the Holy Spirit in the work we do.

I'm excited to learn more about helping those who have experienced loss and facilitating a group for those dealing with losses like mine.

SCSM has added meaning to my life, and I look forward to growing and supporting this mission.

New Infertility and Miscarriage Support group led by Courtney

Saturdays, August 2-23, 10:30 a.m.-12 p.m. at SCSM Center

More info: scsm.tv/events

Hope After Infertility, Courtney's Story

by Courtney Hammack

Growing up, I had two big dreams: to be an archaeologist, and to have a family. When I met my husband, Matt, he already had two boys but was open to having more children with me.

After two years, no pregnancies, and many tests, the doctors diagnosed us with "unexplained infertility." That's a real diagnosis... a frustrating diagnosis.

We maxed out our credit cards on one procedure that didn't work and could not continue. Ten years later, when our insurance began covering IVF, we started again: retesting, waiting and having surgery.

Finally, we started again, and I was excited and optimistic.

No one told me I would feel connected to or get so emotional over my eggs. I felt so attached to their potential.

We did three rounds of IVF only to hear that our attempts to become parents were deemed medical waste. When we found out we didn't even have the chance to become parents, I was overwhelmed by feelings of failure and the loss of all hope. We were wrecked. **But God.**

Years before, God sent a co-worker to have a conversation with me. Jim and his wife had experienced successful IVF. In this conversation, Jim pointed me back to church.

Matt and I had conversations about our lives without children.

We knew for some reason when we prayed for children, God's answer was no. **But when God says no, he has something else in mind.** For now, I will say that God and our Church family wrapped their arms around us, and we can move toward what God has in store for us.



Praising God While Suffering

by Jared Danielsen

Last week, I fractured my foot less than an hour after I arrived on campus from spring break. I was playing basketball with some friends.

The initial days after the fracture included much physical pain. Two days after the injury, I laid in bed the whole day while my foot felt like it was on fire.

Suffering has a way of showing what is truly inside us. It didn't take much time until I was starting to ask God just to take away the pain, hitting the bed, frustrated, etc. As time went on, I realized the remedy might be to praise God. I pulled out my phone and started to play some worship music. There was something sacred about that moment as I sang out loud and tears rolled down my face: **I saw the holiness of Jesus.**

Here I was, experiencing a little pain in my foot but starting to whine, get angry, and be self-focused.

But here Jesus was, unjustly suffering so much more, yet He was silent. He was forgiving to a criminal who initially ridiculed him and to those who crucified Him, and He took care of the needs of His mom. He did all this while suffering unimaginable physical and emotional pain as He died for sinful people like me. His love is truly amazing. His character is Holy.

The Scriptures of Jesus' suffering became more tangible when I was experiencing suffering.

Isaiah 53:5 NLT— “But he was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed”

In a way, I'm thankful that it happened because it helped me see Jesus better and to spend more time with Him.



Thank You's

- Ruth Dominguez – cookies for events
- Chapel Springs Church donated snacks
- 4Imprint for a \$500 grant for branded pens and water bottles
- Roger Shaffer – serving containers
- Eral Kemper and Kim Winter – candy
- Jenni Yowell-Amos and Greg Amos – Kleenex tissues
- Elizabeth A. Shaw donated a 1-year subscription to *Mornings with Jesus*
- The PATH Foundation – \$1,000 sponsor of SCSM Organization Day.
- Dan Reckley, Dave Price, Ray Gilbert, Matthew Hammack, Joyce Nutz, Vicki Smith-Yeatts, Barbara Taylor, Marty Ronayne, Kathy Quoyeser, and Rose Cooper who worked so hard on Organization Day
- Sharron Giambanco – food for the board meeting and Organization Day
- Vicki Yeatts – plants and gardening help
- Kathy Nadal – window cleaning
- Michelle Umbrell – cleaning the porch and windows
- Dan Reckley, Jim Pressley and Dave Price for putting together a piece of furniture

Kathy Boudwin, Reliable Servant

Thank you to Kathy Boudwin who has served on SCSM's Board of Directors for 20 years. Kathy has decided to retire from the board but will remain a valuable member of the SCSM Advisory Committee.

Reliable servants, their acts rarely recited, and their names seldom mentioned, yet were it not for their loyal devotion to God, many great events and lives changed would never have occurred. Kathy's servant's heart has been such a blessing to Spiritual Care Support Ministries.



In Memory Of

- Donald G. Blair, my beloved husband of 63 years, given by Jocelyn Blair
- William Lansing, given by Teresa Lansing
- Nicholas Daymude, given by John Daymude
- Steve Brinkley, given by Malinda Brinkley
- Benjamin T. Kenney, given by Barbara Kenney
- John McCarty and Rob Christiansen, given by Ann Marie McCarty
- Robert L. Taylor III, given by Barbara Taylor
- Philip L. Comer, given by Pamela Comer
- Stewart Lindsey, for his birthday on April 3rd, given by Debra Lindsey
- Jesse Price, given by Sharon Rizzo
- Rolly Lee Corbin, given by Louise Cullers

In Honor Of

- Caroline Havens, our sweet Caroline, given by Brandon and Susan Havens

Ways you can help

1. PRAY

Pray regularly for Spiritual Care Support Ministries.

2. GIVE

Giving financially transforms lives and helps with:

- Support groups
- Community events
- Individual counseling
- Inspirational studies
- and more!



@spiritualcaresupportministries

An Eternal Perspective Changes Everything

by Cindy Martz



Arnold Hammarberg, my friend and pastor, dedicated his life to serving the Lord. At 54, he was diagnosed with esophageal cancer and went to be with Jesus.

When my non-verbal daughter, Joy, was diagnosed with autism, I fervently prayed for a miracle; that miracle never came.

Some people believe Christians will be healed if they pray with faith. Are our prayers for healing answered with genuine faith? What does the Bible say?

In 2 Corinthians 12:7 –9, the Apostle Paul wrote:
"I was given a thorn in my flesh. Three different times I begged the Lord to take it away. Each time he said, "My grace is sufficient for you."

Paul healed others, but when he prayed for his own healing, God did not give him what he prayed for.

Arnold lived with an eternal perspective. His wife Judy shared that he would kiss her goodbye for work, saying, "If I don't come home, you know where I'll be."

When we visited Arnold, he'd say, "Let's keep looking up." He also reminded us to, "Gaze at the Savior; glance at the problem."

I'm unsure which of his phrases about an eternal perspective impacted me most; they were all powerful. Arnold focused on the unseen, His eternal viewpoint influenced everyone he met.

Hebrews 11 is known as the faith chapter of the Bible. Abraham, Sarah, Jacob, Joseph, David, and Paul faced challenges while awaiting God's promises, recognizing that their greatest rewards lay beyond this life.

Our daughter, Joy, left us unexpectedly at the age of 32. When she took her last breath on earth, she received the ultimate healing and found herself safely in the arms of Jesus. Keeping an eternal perspective brought me peace during the most difficult time of my life.

Condensed from www.tapestryofjoy.net and Facebook Tapestry of Joy



Joy Martz

Cindy Martz shares inspiring articles and public speaking through her *Tapestry of Joy* website and Facebook page, a heartfelt tribute to her late daughter, Joy.



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For great is your
LOVE,
reaching
to the heavens;

Your
FAITHFULNESS
reaches
to the skies."

PSALMS 57:10