

HEART & HAND

Where grief is understood, healing is possible, and hope returns.

Pray the Storms Away

By Chaplain Liz

While my family was preparing to spend a week together at the beach, my children and grandchildren asked me to “pray the storms away” so we could have sunny weather on vacation.

Because I feel that prayer is a gift that I can give them in these golden years of my life, I was honored they would trust me to intercede in prayer for them.

Often, as we grow older, we cannot always do the things we did in our younger years. With age comes a series of inevitable transitions and changes. These changes can cause us to feel discouraged, defeated, fearful, and isolated, but the Bible tells us that we do not need to be discouraged. Instead, even if we are outwardly wearing out, inwardly we can be renewed every day (“*Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.*” 2 Corinthians 4:16).

As a young girl, my grandmother, Clara, imparted the importance of daily conversation with God. Prayer, an integral part of Christian living, is our way

of communicating with God, who knows all things. For some people, prayer is a religious ritual. However, for me, it is much more than that. When I pray, I grow closer to God.

In prayer, He guides me and keeps me from making wrong decisions in my personal and ministry life. God has been my constant companion and encourager.

I continue to learn that even in my golden years, there is power in prayer. When I am weak, God gives me strength as I call out to Him. In prayer, He guides me through Scripture and gives me steps to walk in victory despite what is happening around me. When I am discouraged, He fills me with His joy and peace. By the power of the Holy Spirit, I can abound in hope.

While I may not be as strong as I used to be physically, this

chapter of my life is even better as I stay connected to God in prayer. I am also able to connect with my family and friends as I pray for them.

Our family beach trip was wonderful! The sun was shining all week and the storms stayed away. What storms are you or your loved ones facing today? Would you be willing to intercede and pray the storms away for others?

With God, all things are possible, and I am honored to pray for you.

If you need prayer, contact me at:
chaplainliz@scsm.tv
or 540-349-5814



My Story With SCSM by Kathy Huryk

I had just turned 40 when my husband, Joe, and I experienced unimaginable loss — within a matter of 6 months, four of our family members passed away. Joe had just retired from his military career, was starting a new job, and we were juggling the stress of buying one home and selling another.

Life felt overwhelming, even as we clung to our faith and trusted the Lord.

In the middle of it all, Joe and I prayed for guidance about where to find help for our grief. God answered by leading us to a bereavement support group led by Liz Danielsen.

I began attending and continued to attend several different groups over the years. As time went on, I found healing and grew stronger spiritually. Eventually, I felt led to take the next step — receiving training, helping

facilitate small groups, and volunteering in other ways.

God was at work in my life, and I wanted to offer the same comfort and hope to others that I had received.

In 2014, Joe passed away at just 53 years old after a battle with a very rare, aggressive cancer. We had been married for 33 years, during which I was blessed to be a stay-at-home mom to our two daughters. Suddenly, I found myself facing widowhood, unemployed, and unsure of what came next.

I took time to grieve, to listen for God's direction, and to handle all the responsibilities that come after losing a spouse.

In time, God opened the door for me to begin sharing what I was learning in my journey as a widow.



And just like before, Liz was there. Liz is a one-of-a-kind friend — compassionate, wise, and deeply committed to pointing people to Jesus. She serves with passion as a mentor, teacher, and leader, and I'm blessed to call her my friend. Truly, one of God's greatest gifts in my life.

Thank you, Liz, for your faithfulness, your obedience to God's call, and your dedication to bringing His hope to others!

*As long as we have **memories**, yesterday remains.*

*As long as we have **hope**, tomorrow awaits.*

*As long as we have **love**, today is beautiful.*

*As long as we have **God**, anything and everything is always possible.*

WREATH FUNDRAISER



COMING SOON

SCSM will be selling holiday evergreens in October-November.

The website link to purchase will be posted on our social media and in our email newsletter.

They can be picked up at the SCSM office or **mailed directly to your home!**

Where Do Monsters Come From?

Matthew 6:25



We've encountered a new phenomenon at the Reynolds home in the last couple of years: Monsters! On some nights before bedtime, Zachary, Trevor, and I go on a hunt...for monsters. We check the closets, we check under the bed, and then we leave all the lights on in their room so that the "monsters" won't jump out and get them. To put it lightly, they worry a lot about monsters.

We've had discussions about monsters. Neither of them can tell me who introduced this idea to them or where they may have picked it up. They just "know" that monsters exist, and there is no telling them anything different!

I've thought a good deal about this, and I've come to the conclusion that their thoughts about monsters stem from their very productive imaginations. After all, it's amazing to me how creative kids can be. Perhaps this is just the negative side of all of this.

I've also concluded that we as adults are afraid of monsters, too. Ours are not the kind that jump out of closets. **Instead, the monsters that plague us have names like cancer, loneliness, the death of a loved one, losing a job, rejection, divorce — just to name a few.** If we are honest with ourselves, we have worried about at least one of these monsters at some point in our lives.

Worry has a way of getting into our lives and eating us from the inside out. In fact, some people have literally worried themselves sick! That certainly is not God's plan for anyone.

Here are some helpful tips to remember when you find yourselves looking the monsters of your life eye-to-eye:

- 1. Worry does not change the situation. Worry changes the worrier.** In Matthew 6:25, Jesus said, *"Who of you by worrying can add a single hour to his life?"* Let's face it! God knows the number of our days and worrying doesn't add any more!
- 2. Worry is failure to trust God.** It's impossible to worry and trust God. We are either consumed with what "might" happen, or we are putting our faith in God to work out his plan for us.
- 3. Worry causes us to chase after the wrong things.** Matthew 6:32 reminds us that *"...the pagans run after all these things, and your heavenly Father knows that you need them."* How easy it is to fall into the trap of chasing after wealth, status, or even immoral relationships out of fear that something terrible may happen.

When it comes to the monsters in our lives, we simply have a choice to make: Will we put our trust in God and worship Him, or will we let worry consume and control our lives? I've decided to trust God with the monsters that plague me. After all, it sure beats looking in the closets and under the bed all the time!

► QUESTIONS FOR REFLECTION:

1. What are the monsters in your life?
2. Do you control them, or do they control you?
3. How can you better overcome the fears that plague you?

► SUBSEQUENT READING:

Matthew 6:25-34; Romans 8:31-39

- ## ► PRAYER FOCUS:
- Lord, I pray that You would help me not to be consumed by the monsters in my life. Please give me the strength I need to face whatever comes my way.

*Written by Ken Reynolds,
when Zachary was 7 and Trevor was 5*

SCSM Welcomes New Board Member

We are delighted to welcome Marty Ronayne to the SCSM Board of Directors!

Marty brings decades of leadership experience, having served as Senior Director of Sales and Logistics for North America at Time Warner for 39 years. Now retired, she and her husband live in Marshall, Virginia. They have 3 grown children and 5 amazing grandchildren.

Marty grew up in Maryland in a family deeply involved in the Methodist Church.

Her journey through grief began early — she lost her mother at just 20 years old, an experience that deeply impacted her.

Though she knew about God, it wasn't until the age of 50 that she fully surrendered her life to Him. Since then, Marty has discovered the truth of His Word and the fullness of His love. Her heart is to help others know who they are in Christ and to experience the joy that comes from knowing Him.

In addition to her involvement with SCSM, Marty volunteers with the Potomac Appalachian Trail Club, where she and her husband help restore and convert donated cabins and houses into rentals. She finds great joy in both the work and the time spent with her husband outdoors.

Marty says her favorite thing is simply to sit in nature, be still, and enjoy the presence of God.

We are grateful to have Marty's wisdom, heart, and leadership as part of our team as we continue to grow the mission of SCSM.



Resources for you

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

- The importance of words in the healing process
- What is love?
- *and more!*

Visit scsm.tv/resources to learn more!

In Memory Of

- Scott, given by Joyce and Jack Neth
- Rolly Corbin, given by Louis Cullers
- Dottie McKenzie, given by Liz Danielsen
- Arvid Danielsen, given by Joseph Dahle
- John Conti, given by Liz Danielsen
- Dawn, given by Charlotte Lyons
- Joe Huryk, given by Kathy Huryk
- Bill Steinar, given by Mary Jane Steinar
- Katherine, given by Sharon Rizzo
- Katherine, given by Liz Danielsen

In Honor Of

- Chaplain Liz, for her caring, given by Donna Christiano

Thank You's

- Marty Ronayne – two Dyson Cordless Stick Vacuums
- Dan Reckley – changing the light bulbs, checking the HVAC and many other things
- David Price and Earl Kemper – loading and setting up for the Remington Festival
- Allen Brown – lunches for the staff
- John Kitchen – taking away yard sale leftovers
- Vicki and Dennis Yeatts – removing trash after the Yard Sale
- Sue Griffith, Linda Grove and Joyce Nutz – pricing for Yard Sale, working the sale and cleaning up
- Marty Ronayne, Bernice Fielder and Diana Bird – help on the day of the Yard Sale
- Carol Rose, Val Nieters, Susanna Yoder, Ruth Dominguez – baking for the Yard Sale
- Thomas and Carol Rose, and Debbie Lindsey – treats to share



We Remember Them

In the rising of the sun and in its going down,
we remember them.

In the blowing of the wind and in the chill of winter,
we remember them.

In the warmth of the sun and the peace of summer,
we remember them.

In the rustling of the leaves and the beauty of autumn,
we remember them.

In the beginning of the year and when it ends,
we remember them.

When we are weary and in need of strength,
we remember them.

When we have joys we yearn to share,
we remember them.

So long as we live, they too shall live,
for they are now part of us,
as we remember them.

— *a Jewish remembrance*

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

**Need
encouragement?**

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

Why Set Up a Recurring Donation?

Setting up a recurring donation through the SCSM website is an easy and meaningful way to make a lasting impact. Whether you choose to give monthly, quarterly, or annually, your ongoing support benefits both you and SCSM.

BENEFITS TO YOU

- **Convenience** – Donations are processed automatically, so you don't have to remember to write a check or mail it in.
- **Budget-Friendly** – Spreading donations over time can make them easier to manage and integrate into your budget.
- **Focused Support** – Your recurring gift helps you stay connected to the mission of SCSM and keeps your support going strong.

BENEFITS TO SCSM

- **Financial Stability** – Recurring donations provide a reliable stream of income, helping us plan and sustain our programs and impact.
- **Increased Impact** – With less focus on fundraising, we can devote more energy to serving others and extending our reach.
- **Administrative Ease** – Because your gift processes automatically, our staff can spend less time on donation logistics and more time on ministry.

HOW TO SET UP YOUR RECURRING GIFT

1. Visit scsm.tv and click the "Donate" link at the top right.
2. Click "Donate" again on the next two pages.
3. When the donation form appears, select your donation frequency (monthly, quarterly, or annually), enter your amount, and click the button at the bottom of the page.
4. Follow the prompts to complete your gift.

While there are small processing fees for online donations, SCSM covers those costs — ensuring that your entire gift goes directly toward ministry.



Thank You to:

The Path
Foundation for a
\$15,000 grant



PATH FOUNDATION

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

Chapel Springs
Church Missions for
\$5,000



Chapel Springs Church is located in Bristow, Virginia. Their mission is to help people follow Jesus.
chapelsprings.org

FAMILY GRIEF CAMP

FREE • MUSIC • GAMES • PRIZES

- A **one-day camp** for **children ages 6 to 17**, with their adult caregivers, who are grieving the death of a family member or friend.
- Supportive discussions to help learn to **move through grief**, relieve isolation, and build trust and self-esteem.
- Games + special activities.
- Adults, refresh your spirit and **find comfort** among others who have also experienced loss.

RSVP online →

540-349-5814
scsm@scsm.tv



Pre-registration is required by Oct. 8.

Children must be accompanied by a parent or other caregiver.

**SAT., OCT. 11,
9 AM-4 PM**

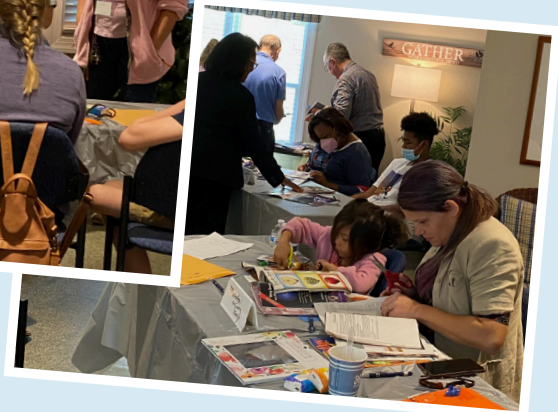
**Spiritual Care
Support Ministries**

7179 New Hope Lane, Warrenton, VA 20187



**Make collages and
memory boxes in
memory of your
loved ones.**

Bring a picture for the
Memory Box, no larger
than 4x6 inches.



*Can't join us
in-person?*

**Free counseling is
available through SCMS
over the phone or online.**

**Call us at 540-349-5814
to get started.**



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
540-349-5814 www.scsm.tv

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US POSTAGE PAID
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PERMIT NO. 96

RETURN SERVICE REQUESTED

EVEN TO YOUR OLD AGE AND GRAY HAIRS
**I AM HE, I AM HE WHO
WILL SUSTAIN YOU.**

I HAVE MADE YOU AND I WILL CARRY YOU;
**I WILL SUSTAIN YOU
AND I WILL RESCUE YOU.**

— ISAIAH 46:4 —