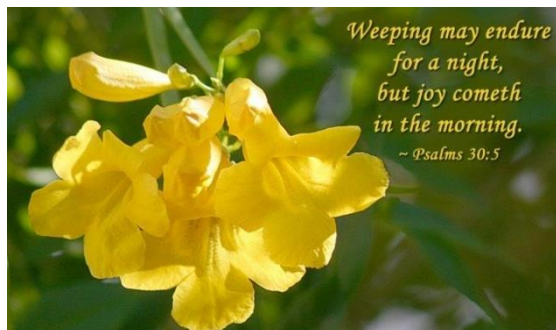

Newsletter

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#5 – December 2021

Dear family in Jesus. Grace and peace to you all from God the Father and our Saviour Jesus.



GRIEF & SPECIAL OCCASIONS

Are you facing a difficult time this holiday season? Maybe you know someone who is? Maybe it's an anniversary or a birthday? Sometimes you may notice an unexpected increase in your feelings of unhappiness as a significant dates approach, or perhaps you hear music or smell something or see something that triggers a memory of your loved one. It is quite normal to feel sensitive to your grief when you are reminded of your loss and even sometimes to find yourself experiencing an increase in your feelings of grief and not quite understand the cause until you realise later that a significant date is approaching or has passed. If you're interested to read further, there are some helpful suggestions for yourself or family at:

<https://www.adelphicare.org/pages/events.html>

MY GOD AND YOUR GOD

As Jesus spoke to Mary after his resurrection, as well as giving hope to her, he also told her to give a message to his disciples. This is what he said, *"Do not hold on to me, for I am not yet returned to my Father. Go instead to my brothers and tell them, 'I am returning to my*

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Father and to your Father, to my God and to your God." (John 20 v 17).

To Mary, his message not to cling to him was encouraging, because it meant there would be other opportunities to see him. For his disciples, the people whose last memory with him was when they ran away or denied him, he called them brothers. Not only did he call them brothers, but in his words, he showed that God had accepted and forgiven them as well. He was going to *his* Father and to *their* Father, to *his* God and *their* God. Their fellowship with the Son of God had been restored.

Yes, we all sin. We all struggle with faith once in a while. But listen to Jesus: His Father is our father; His God is our God. You are his brother or sister. What a blessing! (Bro Robert Prins)

PERSONAL STORY

Maryanne Carroll has contributed a [Personal Story](#) about her prayer for patience and how God has answered her in an unexpected way. Her family has been blessed with a special needs child and she speaks of the difficulties but the joys as well that come from knowing our Father is training us in Godliness. Read her story at:

<https://www.adelphicare.org/pages/events.html>

VIDEO PAGE

We have established a new video page. This will normally have three videos that will be changed from time. This month they offer some thoughts on Meditation, the use of music in helping us directly in coping with our burden and the challenges of older folk moving into an aged care home. Check out these videos by going to:

<https://www.adelphicare.org/pages/videos.html>
