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# Newsletter

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[adelphicare.org](http://adelphicare.org)

God-centred caring for  
everyone



## Care through Music

### “Make music in your heart”

It was the Apostle Paul who suggested in his letters to the Ephesians and Galatians that it was important to make music. He, and many other Biblical writers, saw it as a way to praise God. While it may not have been discussed in the Scripture, they also knew how useful it could be in helping during a caring process. King David, for example, could be regarded as the first music therapist in the Bible. In 1 Samuel 16:23 it is recorded that when King Saul was feeling melancholy, David would take his harp and play. “Then relief would come to Saul; he would feel better”.

In this issue of our Newsletter, we focus on the way in which music can be very helpful in assisting in our caring and in our spiritual health. Stephen Hyndman writes, “So often, in aged care facilities, I am presented with an audience/group of sad, depressed and listless people. But equally as often, at the end of our hour together, the same group of people are smiling, bright and happy. I can only put this down to the healing power of music.” Carl Bundesen takes a similar theme by explaining some of the physical changes that can take place during a person’s life and how music can help nullify some of our more unpleasant experiences.

Jenni Sawell (pictured) is a qualified Harp Therapist and



tells of the way in which some of her older patients are comforted by her presence and harp playing. On the same theme, Ruth Stibbs explains how she and her family were comforted by her collecting some of the favourite music of her

mother who had recently fallen asleep. Similarly, Louise Buttsworth was able to comfort the parent of a student through recording some of the pieces her 13 yr old boy was learning just before his tragic death. Barbara Clementson found music, together with prayer, very helpful for her mental state when she had Lymphoma.

### But I don’t play!

The contributors to this Newsletter are all music teachers and performers but you may feel that if you

are not, you have nothing to offer. **But, you do!** With modern technology it is easy to assemble music that can be helpful to an older or ill person. There are many CD’s and online music resources that can be found which are suitable to play for many of your friends who may need some encouragement, as well as older people. It is easy to play them to others privately without breaching copyright.

### Music for when we are well?

One of the important things about caring for others is that carers – all of us – need to look after ourselves. Even when we are not actively caring, music can become important in this. So much of Scripture provides examples of people singing, playing instruments and dancing. This can be a vital element in our life for ourselves and in service and praise to God. When we are well, there is a lot of music and many hymns, that can be helpful. For example, there are not many more exhilarating Hymns than 150, “Lord, impart to us Thy wisdom” where, in the third verse, the writer, Robert Tarrant, speaks of the Kingdom and the time when we will be continually singing hymns of praises.

Let us always listen to, or make, uplifting music for ourselves and for others to assist in our caring activities!

**Karer’s Korner – Helping.** How do you like to be helped? How does it make you feel? Sometimes we feel disempowered when a person who wants to help just takes over our decisions and start to control what is happening.

Individuals need to find their own way through difficult situations. Let us not make the mistake of telling people what to do, especially telling them that what we did is the best way of solving their problem. Let us assist them **to come to their own decision** and encouraging and supporting that decision. If we truly believe that the decision will have bad consequences, talk through the possible effects and brainstorm ways that might help. ...

With thanks to Helen Smallwood and the Victorian Christadelphian Support Network for this article on ‘Helping’.

Visit the [adelphicare.org](http://adelphicare.org) website to access the full ‘Helping’ article and others mentioned in this Newsletter.