Newsletter

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Dear beloved children of The Most High God and Father

At a recent Bible school, Geoff Watson led a workshop on PARTNERING WITH JESUS AND THE FATHER BY THE SPIRIT. He said that if we combine Phil 2: 13 with John 14: 16-18 + v23. that these scriptures, "create the primary understanding for how we will experience Jesus and the Father at work in our lives today. Paul saw that this is what God wanted His believers to know when he wrote ... for it is God who is at work in you, enabling you to be both willing and able to fulfil his good pleasure (Phil 2:13), that is, we are not walking our salvation road in our own natural self and strength as Paul experienced in Romans 7. God Himself wants to partner with you and me. Your salvation journey is with God who incredibly is within you, leading and empowering you to be willing and able to fulfil His purposes and pleasure."

Read more:

www.adelphicare.org/documents/065-partnering. pdf With thanks to Geoff Watson, Orange.

At the same Bible School, a talk was led by Annabel on Finding Contentment, where she looked at Phil 4:11 "for I have learned to be content in whatever circumstances I am". She questioned whether we force ourselves to be content regardless of the circumstances, or do we change our circumstances in order to be content.

Read more:

www.adelphicare.org/documents/066_content.pdf With thanks to Annabel, Sydney.

Judy Palmer reviewed a book by Garry Chapman on the art and power of apologising. He is a wellknown Christian author for his book, The Five Languages of Love. The booked reviewed here is The Five Languages of Apology:

1 Expressing regret – this is saying "I am sorry"

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God-centred caring for everyone



- 2 Accepting responsibility saying "I was wrong"
- 3 Making restitution the "What can I do to make it right?"
- 4 Genuine repentance "I'll try not to do that again"
- 5 Requesting forgiveness "Will you please for give me?"

Read more:

www.adelphicare.org/documents/067_forgiveness.pdf With thanks to Judy Palmer, Adelaide.

> Ephesians 4:32 Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

Anther contribution from the Bible school (by Will O'Toole) can be accessed on the website.

Carers' Corner ... Respect and empathy

Respect for all is really very important, whoever we are talking to and in all our conversations. Taking over is not respectful, nor is giving unsolicited advice.

Respect means that you accept somebody for who they are, even when they're different from you or you don't agree with them. ...

Empathy is listening with our head and our heart. It means taking people's needs and concerns seriously, valuing their feelings and respecting their privacy. Empathy requires considerable effort to understand someone and their situation as THEY see it.... Read more:

www.adelphicare.org/documents/064-respect.pdf With thanks to Helen Smallwood, Victorian Christadelphian Support Network

Want someone to talk to? Phone this Australia-wide Christadelphian Helpline **08 8270 4115** (free-call in Australia) Service provided by the Christadelphian Support Services of South Australia.