
Newsletter

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adelphicare.org

God-centred care
for everyone



This month

This month's newsletter includes reference to Geoff Watson's 3rd article on *Awakening to the Spirit* – [Listen to the Spirit](#). It is through God's Spirit that we are able to develop in our lives the fruit of that Spirit, which includes kindness – the ability to care (Gal 5:22). The three articles are grouped on the web site on the following page:

<https://www.adelphicare.org/pages/site-index.html>

One of the projects of the editorial team is to prepare a book for inclusion on the adelphicare.org website. This month we draw attention to some of the "chapters" of the book that have been written recently. We conclude with some practical ways Louise Buttsworth, a spiritual carer in Queensland Health, approaches an unwell person for the first time. While Louise's article refers to hospital patients, the principles of her approach can be used by all of us in most circumstances.

"Listen to the Spirit" – Geoff Watson

"Once we ask the Father for the gift of the Holy Spirit we are asking to EXPERIENCE the very presence of Jesus and the Father to come and dwell within us - enabled by the Father's Spirit (see John 14:16,18,23,26). Their promise is that we will personally receive, we will find, and the door will be opened. Yet how will you and I discover this?"

[Read more...](#)

<https://www.adelphicare.org/documents/084-listen.pdf>

How do I help someone...?

... a book in progress!

<https://www.adelphicare.org/HDIHS/HDIHS-contents.html>

There are some ten chapters now available in this e-book. Just a reminder that **you are welcome to contribute!** You will have some of life's caring experiences that could well benefit many people. All contributions are anonymous except for a generic mention as a contributor in the contents page. Please share your experiences with us! Use the "Contact-Us" page on the website or email directly to the editor at the address at the Head of this page.

This month's additions: [How do I help someone...](#)

... [cope with cancer](#)? This is a consideration of some aspects of cancer that it is important for us to understand so that we can be more effective in our help.

... [with spiritual distress](#)? Our spirit is the core of our being. Sometimes we, and our friends, can be very stressed in our core – what is most important to us.

... [prepare for marriage](#)? This is such an important step in life it needs solid preparation. What can we do to help a couple in their preparation?

... [who is living with dementia](#)? There are some very sound strategies that can be helpful.

... [cope with 'unanswered' prayer](#)? God always answers prayer but not always in the way we might like.

First contact with an unwell and unknown person



In my work as a pastoral carer, approaching a new hospital patient as I travel from bed to bed in the wards can be a little daunting. The patient may be too sick to converse, or simply may not want to talk to anyone at that

point. Some may not know what a "pastoral carer" is and they are therefore very wary, or some may feel threatened at the idea of talking about spiritual matters or being "preached to" by an unknown pastor. As a carer, it is up to me to meet the person where they are - accepting them and their decision, whatever it might be, at that moment in time.

[Read more...](#)

<https://www.adelphicare.org/pages/this-month.html#First>

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.