
Newsletter

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God-centred care
for everyone



In this issue...

Many people feel or are **vulnerable** for many reasons during their life. Sometimes vulnerability can have a positive affect but too often it can lead to stress. The three articles referred to in this Newsletter and on the website draw attention to a number of elements. Fiona Bosly writes of some positive features, while the other two articles provide thoughtful perspectives on other aspects. In an unrelated article, Andrew Collins emphasises that while our world changes, **God has not changed**. It is important in our caring for others that we should remind people that even when they are in the midst of changing circumstances (many times – for the worse), God is a sure foundation for us in the way we live and can be helped by Him.

Vulnerability – openness (Fiona Bosly)

According to Dictionary.com, vulnerability is defined as either an ‘openness or susceptibility to attack or harm’ or ‘willingness to show emotion or to allow one’s weaknesses to be seen or known. A willingness to risk being emotionally hurt.’

Current theory around vulnerability states that in relationships, vulnerability is a key factor in gauging the strength of that relationship. It can help to create stronger bonds, can bring down emotional walls, invites honesty within the relationship and can contribute to more open communication – all of which leads to better authenticity within that relationship.

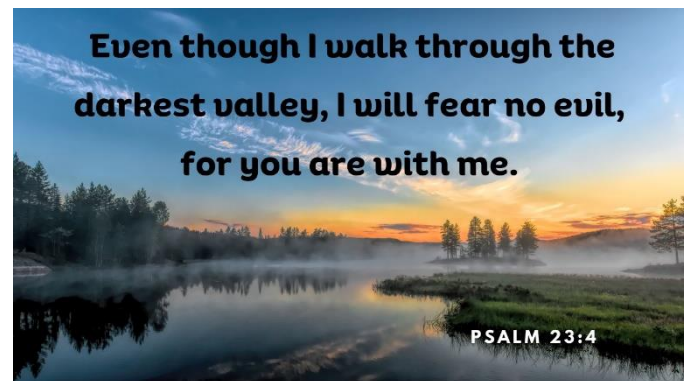
What arises from this is that being open in a relationship and willing to communicate honestly is very important. A word of warning though. In an instance of a person who is afraid because they are vulnerable, and there is a possibility of violence, it might not be wise to counsel them to be vulnerable/open because of possible negative consequences.

So, what are some examples of vulnerability in Scripture and how did it impact on relationships?

Let’s look at Psalm 51 as a beautiful example of vulnerability. We know the story of David’s sin with Bathsheba and his initial attempts to hide this

sin. Once he recognizes that he cannot hide the sin David chooses to be vulnerable before God. He admits his sin and calls upon the characteristics of the Living God for mercy, steadfast love and cleansing of himself. David recognizes that God wants ‘**truth in the inward being**’ (Psalm 51:6). Although his sin must have disappointed God, David’s relationship with God appears to have gone from strength to strength, so much so that God calls him.

‘A man after my own heart’. (1 Samuel. 13:14)



An interesting contrast involving David is that with Saul. **Read more ...**

Vulnerability – openness: Fiona Bosly

<https://www.adelphicare.org/documents/097-vulnerability-F.pdf>

Vulnerability – closed: Trust in God: Laurence Lepherd and Cathy Strachan

<https://www.adelphicare.org/documents/095-vulnerability-LnC.pdf>

Vulnerability – God’s help: Kylee Mingham

<https://www.adelphicare.org/documents/096-vulnerability-K.pdf>

God’s message has not changed: Andrew Collins

<https://www.adelphicare.org/documents/094-change.pdf>

Some more hymns to strengthen us for our caring activities.

The Adelpian Singers have released 4 more beautiful hymns. Among them are hymn 383 – ‘Rejoicing in hope’, words by the late Sis Jean Galbraith and music by Bro Ian Hyndman, and hymn 388 – ‘We shall be like him’ words and music by Bro C.J.Caldicott. These two hymns focus on hope, a wonderful foundation for caring.

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

(Please note - you may need to cut and paste the addresses into a browser to access the documents.)