

# Newsletter

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

God-centred care  
for everyone



## SURVIVE OR THRIVE?



Through CRAC (Christadelphian Refugee Assistance Council) we have brought our brothers and sisters to Australia, away from torture and danger at every turn, in fear for their lives because of their faith. We have saved lives at great expense, both financial and in our time and energies. We have a wonderful program to teach English, collect money, administration and legal work and resettlement committees, to help these immigrant families. We are entertaining strangers and giving generously, showing hospitality without grudging and loving our neighbour.

But are we meeting their needs here where they are now living? What might they be struggling with?

* Inexpressible trauma	* Financial difficulties
* Loss experienced by leaving country of birth, loss of family	* Loneliness
* Experiences as a refugee, with immigration	* Isolation
* Mental and physical health impacts	* Different healthcare system
* Stereotypes – being a refugee, being non-English speaking, being non-white	* Anxiety
* Strangers in a strange land	* Depression
	* Some have little or no education, some may have a good education they are unable to use in this country

### We want our new brethren and sisters to thrive here in Australia, not just survive.

**So how do we help them?** spiritually when language is a barrier? How do we support them emotionally and their mental health when the trauma they have lived through and/or witnessed is beyond anything we can imagine?

“In order to empathize with someone’s experience, you must be willing to believe them as they see it, and not how you imagine their experience to be.” (B.Brown)

In the middle of Job’s darkest hour, when he was the most discouraged and didn’t think it would ever work out, God said to him (Job 8:21) ‘I will fill your mouth with laughter and your lips with shouts of joy’.

Can we help them **feel** safe here in Australia, and heal to be able to handle joy and accept happiness back into their lives?

**“When a foreigner lives with you in your land, don’t take advantage of him. Treat the foreigner the same as a native. Love him like one of your own. I am Yahweh, your God.”**

*“Refugees will be experiencing loss and grief, even survivor’s guilt, and the normality of the new environment can be a painful reminder of what has been lost.”* (AMNA)

Some of the symptoms they may experience on arrival in Australia could be: ...

[Read the full article](#)

<https://www.adelphicare.org/documents/109-survive.pdf>

Cathy Strachan

## WHAT IS TRAUMA & TRAUMA INFORMED CARE?

If you wish to read more on this subject related to caring for our new residents, please read a *further article* by Cathy:

<https://www.adelphicare.org/documents/110-trauma.pdf>

## CARER’S CORNER – Loneliness during the holidays

The holiday season is supposed to be a time of love, laughter and fun. But for some this can be a time of stress, unhappiness, and the loneliest time of the year, which can make them feel as if something is wrong with them. Instead of feeling festive, happy and loved, they might feel lonely, be grieving, sad, frustrated or stressed. They might compare themselves to staged posts on social media, concluding that everyone else is having, “the most wonderful time of the year.” It also can turn into triggers, such as it might be the first year without a loved one due to their passing and it may remind them of the last times they celebrated with them. For those who have lost a loved one, recently split up, struggling financially, not being able to travel to join family and friends, or are just feeling low emotionally distant, it’s a time of year that leaves them particularly vulnerable to feelings of loneliness. It can be difficult to feel joyous when you’re surrounded by people who are happily spending time with their loved ones, and you are at home alone...

[Read the full article](#)

<https://www.adelphicare.org/documents/111-loneliness.pdf>

Kylee Mingham

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