
Newsletter

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God-centred care
for everyone



In this edition...

So that we can care effectively, we need to keep our eyes firmly focused on our Father, just as He focuses on us! The following is an exhortation given by Rick Galbraith that suggests keeping our eyes on God is paramount in our life. The full exhortation can be found by clicking on the link at the end of the section below.

In this month's Carer's Corner Helen Smallwood discusses the issue of how we feel about personally being helped.

And, if you would like to spend some time quietly meditating, you might like to use some reflective hymns performed by a small orchestra.

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

The eyes of the Lord are upon us

Life for most of us is full and busy – often it seems that we are unable to get everything done in the day that we want to. If you're like me, often I get to the end of the day and realise that I've spent very little time focused on the things of God – why is that? [What is it that fills our life](#), what takes up all our time? How important is it - urgent but not that important in the long term.

I'd like to think about what we are focused on – what is the primary focus of our life. It's easy to give a quick answer, to say something like – seeking first the kingdom of God, or following Jesus Christ, or striving to develop the mind of Christ. But - [do our actions match our words](#)?

What about today – what did we do this morning to prepare for the memorial meeting? Did we have a look at the daily readings to see if there were some thoughts there that might be picked up in the words of exhortation? [Did we spend some time reflecting on our life over the past week](#) – what we achieved or didn't achieve – or perhaps looking forward to the week to come? Maybe thinking about attributes that we could develop in our lives – aspects of the fruit of the spirit - patience, humility, meekness – or maybe things that we could do to overcome some of the weaknesses or failures of the past week. Or was it all a rush to get organised and ready to be here in time for the Memorial meeting – especially since it started an hour earlier today?

[In thinking about the direction and focus of my life, I was reminded of the words of David in Psalm 34:15 The eyes of the LORD are upon the righteous, and his ears are open unto their cry.](#)

Psalm 34:15 The eyes of the Lord are toward the righteous [those with moral courage and spiritual integrity] And His ears are open to their cry. (Amplified Bible.)

[The question for me is](#) – do I have the moral courage, and spiritual integrity to live my life in such a way that I could be considered righteous – and am I crying out to God for help – or do I try and solve all my problems myself?

In some respects, it raises the question as to how actively God is involved in our lives, and how willing we are for God to be involved in our lives. How willing are we for God to see what is happening in our lives – to see how we are living them?

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The question for me is, **IF** the eyes of the LORD are upon me, **IF** it they are upon each one of us, where are our eyes looking – are they looking to God and His son Jesus Christ – or are they mostly looking at the cares and attractions of this life?

(Rick Galbraith)

[Continue reading:](#)

<https://www.adelphicare.org/documents/114-eyes-of-God.pdf>

Carer's Corner – 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.

[Our goal is to help people to become better at helping themselves](#) and to help people manage their problems in their lives more effectively – to think through situations for themselves and look at all the pros and cons to reach the best outcome.

It is a great relief to know that we do not have to solve people's problems or do something grand to make them feel better.

[Listening with respect and empathy helps them enormously.](#)

I am sure that you have been able to work things out in your own mind as you share the problem with someone else – verbalising the problem rather than mulling it around and around in your mind helps to clarify the issue.

Sometimes we want to do something practical to help. [ASK what would be helpful.](#) It is often difficult to know. Does the person need help with cleaning? Shopping? Cooking? Child minding? Or would a drive and a chat over a coffee be more appreciated?

[Caring for others requires time and emotional energy and can present us with a real challenge in the busyness of our lives.](#)

[Gal 6:9 – Let us not become weary in doing good.](#)

(With thanks to Helen Smallwood and the Victorian Christadelphian Support Network)

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

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.