
Newsletter

Laurence Lepherd - Editor

editor@adelphicare.org

#32 – June, 2025

adelphicare.org

God-centred care
for everyone



In this issue...

Two ends of the life spectrum this time. We are seeking to find out what are important challenges for **today's youth**, and there are some very touching stories from the editor's much loved sister-in-law, Jan Lepherd. Jan has been a pastoral carer at an aged care home in NSW for over 20 years. Her experiences demonstrate the importance of sharing care, and the value of a narrative or story approach to conversations with older people.

Challenges for Youth

Members of the editorial team of Adelpicare are conscious that there is a bias towards the elderly in many of the papers presented on the adelphicare.org site. This is probably because the editor can be regarded as being 'elderly' (at least as far as the news media are concerned!) and many of the team are working in the aged care 'industry'.

We would like to redress this a little by focusing on youth in this Newsletter. We fully recognise that young people are growing up in a world that has massive turmoil and strife both internationally and for individual young people. Many people – older and younger – would like to understand **their** feelings and experiences by learning more about what are the challenges in their lives and how they cope with them. If we understand these challenges we can do more to help.

If you are a young person reading this, please complete the short survey form found in the address below. It should only take 4 minutes or so, or longer if you would like to write more. We will collate and analyse the results and publish them on the adelphicare.org website some time in August. You are not asked to provide your real name and there is no way we will be able to identify you.

If you are an older person, please encourage as many young people as you can to complete the survey.

The closing date for receipt of the completed form is 31 July. **Please help! Thank you!**

<https://www.adelpicare.org/challenges>

Following is part of an article written by Daniel Quill and published on this site in 2023. It draws attention to the need for youth (and the rest of us supporting young people) to act now to foster a closer relationship with God.



Maintaining a Genuine Relationship with God During Adolescence (Daniel Quill)

It is said that our teenage years are the best years of our lives. As teenagers, we enjoy for the first time many new and exciting responsibilities and are placed in a unique position to start taking control of our own lives. As is only natural, we take risks, push the boundaries a little, and begin to forge a strong sense of identity.

The Bible speaks on several occasions about adolescence, perhaps the two most notable examples being Ecclesiastes 12:1 "Remember your creator in the days of your youth" (NIV) and 1 Timothy 4:12 "Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity." (NIV) These verses are significant for us as young and developing adults. The author of Ecclesiastes offers a grim description of the human condition, and that, inevitably, we will lose the energy of youth, becoming like a "wheel broken at the well," or a "pitcher ... shattered at the spring." He encourages us to act now, while we are young, and establish a strong relationship with God. The Apostle Paul, writing to Timothy, adds to this, explaining that our actions can set an example for fellow believers, and we ought to conduct our youthful energy into displaying love, faith, and purity in speech and deed. These attributes should stem as a matter of course from a genuine healthy relationship with the LORD. Click below for the full article:

<https://www.adelpicare.org/documents/054-Serving-the-Creator.pdf>

Caring and Sharing

I have long believed in the pastoral care principle that we do not 'dispense' care – **we share it**. In two articles this month, Jan Lepherd shows in very practical ways the importance of allowing the people we try to help to help us. This can foster a beautiful relationship for mutual benefits. (Editor)

<https://www.adelpicare.org/documents/116-carendshare.pdf>

<https://www.adelpicare.org/documents/117-unconditional.pdf>