
Newsletter

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#35 – January, 2026

adelphicare.org

God-centred care
for everyone



In this issue...



As this is the final Newsletter for the time-being, God willing, we have decided to focus on care and self-forgiveness.

The key article addresses self-care. It is so important we recognise that we need to foster our own health to ensure that we are able to offer as much care and support as we can to others. Of course, we practice self-care relying on God. It is He who covers us with feathers and is our refuge, shield and rampart.

Another article emphasises the need for us to forgive ourselves when we make mistakes.

Mental health issues are sometimes faced by mothers before and/or after childbirth. Fathers can learn a lot from this article as it will help them realise what their wife might go through sometimes. And there is a short article looking at dad guilt.

The future of Adelphicare.org and the Newsletter

Due to a variety of factors, I have decided not to continue with the production of the Newsletter and the Adelphicare.org website. However, I am very grateful that the AACE is continuing support the site and am also very grateful that Bro Peter Collins has agreed to be the project coordinator after he has finished being Secretary of the Brisbane Conference in the middle of 2026. The site will continue at least as a resource and my role between now and July 2026 will be to update the Pastoral Care Handbook and generally 'tidy' up the site.

I am very grateful for our Heavenly Father's blessing on our work and also for the contributions made by the editorial team and so many other contributors. Kylee Mingham has been contributing significantly with mental health issues as well as relevant images.

Links:

<https://www.adelphicare.org/documents/123-self-care.pdf>

<https://www.adelphicare.org/documents/124-self-forgiveness.pdf>

<https://www.adelphicare.org/documents/125-perinatal-depression.pdf>

<https://www.adelphicare.org/documents/126-dad-guilt.pdf>

Self-care

Many of us look fine on the outside while silently crumbling on the inside. So many of us find ourselves running on empty, especially when we're in roles where we care deeply for others. Whether you're supporting a family member, a brother or sister in Christ, raising a child with high needs, or simply trying to hold life together under pressure, burnout can creep in quietly.

It can come when finances are tight, when families face conflict, when an ecclesia is navigating difficult seasons, or when we're carrying grief, trauma, or sorrow. It can come when we're trying to balance family, ecclesia, and work, or when we're walking through our own health challenges or mental health struggles. These struggles may also find us fighting emotional or spiritual battles.

Many of us feel guilty resting, we can think that pausing means we are weak or selfish, but healthy carers create healthier environments for others. Self-care is not indulgence, it is stewardship. Your body, mind, and spirit are temples entrusted to you by God. Caring for them honours Him and helps you to continue the work He called you to do. Slowing down, isn't failure, it's faith that God works even when you rest and recharge.

We can't pour from an empty cup; you need to rest refill and then give, as we need that cup full, because it's the only way to keep pouring out love. A perfect example is that when you board a plane you are given instruction to fit your own oxygen mask first before helping anyone else, as you cannot help anyone else if your mask isn't firmly fitted and you are not getting oxygen you need. ... (Continue reading by visiting:

<https://www.adelphicare.org/documents/123-self-care.pdf>

Kylee Mingham

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