

Dear Friends,

A friend of mine has been in Uganda attending court cases. There has been so many lies told, and bribery to officials that she isn't sure who to trust. So much wickedness and corruption abounds over in Uganda. She has been away for some months and is due home on Sunday evening. During this time, she has faced many difficult moments, and has been threatened (even beheading was mentioned). I receive messages regularly letting me know how she is getting on and what to pray for. God has been her strength and sustainer. In this last week she has had many things to attend to before coming home, and sent me a message to say that at the Church service last week the Psalm was Ps 37 and it was a real encouragement to her.

Could I encourage you to read this Psalm. I've included some selected verses.

**Psalm 37: 1-5, 7, 39-40**

**A psalm of David.**

- 1** Don't worry about the wicked  
or envy those who do wrong.
- 2** For like grass, they soon fade away.  
Like spring flowers, they soon wither.
- 3** Trust in the Lord and do good.  
Then you will live safely in the land and prosper.
- 4** Take delight in the Lord,  
and he will give you your heart's desires.
- 5** Commit everything you do to the Lord.  
Trust him, and he will help you.
- 7** Be still in the presence of the Lord,  
and wait patiently for him to act.  
Don't worry about evil people who prosper  
or fret about their wicked schemes.
- 39** The Lord rescues the godly;  
he is their fortress in times of trouble.
- 40** The Lord helps them,  
rescuing them from the wicked.  
He saves them,  
and they find shelter in him.

God has indeed been her Strength and Refuge.

[God is Our Strength and Refuge \(Tune: Dam Busters March - 3vv\)  
\[with lyrics for congregations\] - Bing video](#)

1 God is our strength and refuge,  
our present help in trouble,  
and we therefore will not fear,  
though the earth should change!  
Though mountains shake and tremble,  
though swirling floods are raging,  
God the Lord of hosts is with us evermore!

2 There is a flowing river  
within God's holy city;  
God is in the midst of her-  
she shall not be moved!  
God's help is swiftly given,  
thrones vanish at his presence-  
God the Lord of hosts is with us evermore!

3 Come, see the works of our maker,  
learn of his deeds all-powerful:  
wars will cease across the world  
when he shatters the spear!  
Be still and know your creator,  
uplift him in the nations-  
God the Lord of hosts is with us evermore!

In Christian love and Service,

*Lyn Graham*  
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