



On Monday I came to Victoria by train and although it was a long day it was a lovely, restful journey. I took a photo as the train sped through the countryside.

There was some beautiful scenery as we travelled along. I spotted some wallabies (I think that's what they were) and a fox heading off into the undergrowth, a number of bats were circling over trees at one point.

Plenty of sheep, cows and horses grazing in the paddocks. Seeing them on the hills reminded me of a chorus: <https://youtu.be/Oz128eDJ6wo>

"He owns the cattle on a thousand hills, the wealth in every mine, he owns rivers and the rocks and rills, the sun and stars that shine. Wonderful riches more than tongue can tell, he is my Father, so they're mine as well, he owns the cattle on a thousand hill and I know that he will care for me."

It's amazing how often the choruses and hymns of yesterday come back into our minds and touch our hearts and minds once again. It's often something we see, somethings we taste or something we smell that will take us back to our youth. God has a way of reminding us of his presence throughout our lives, that no matter how old we may be, He has been with us through all the phases of our lives and will continue to be with us to the end.

A verse comes to mind from Isaiah 46:4

“4 Even to your old age and gray hairs  
I am he, I am he who will sustain you.  
I have made you and I will carry you;  
I will sustain you and I will rescue you.”

My prayer is that we will remember daily that the God who created us, loves and cares for us as well as sustains us through every phase of our lives.

This week I leave you with a benediction instead of a song. It's a bit hard without my computer to find a song for you. Hopefully next week.

### **Benediction**

May the beauty of God  
be reflected in your eyes,  
the love of God  
be reflected in your hands,  
the wisdom of God  
be reflected in your words,  
and the knowledge of God  
flow from your heart,  
that all might see,  
and seeing, believe.

In Christian love,

*Lyn Graham*

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