



*Last Tuesday night there was a wonderful program on the ABC it was called “Flyways: The Story of Migratory Shorebirds”. The Eastern Curlew flies from Moreton Bay in Queensland to Russia or north-eastern China to breed. It is a threatened species and scientists are trying to track where the birds fly and whether they can find feeding grounds along the way and breeding grounds when they arrive. They fly 9,000 to 12,000 kms each way.*

*The stamina of these and other birds that fly great distances to their breeding grounds is amazing. It just goes to show more of God’s incredible creation.*

*Another story I’ve read is about Eagles.*

*Did you know that an eagle knows when a storm is approaching long before it breaks? The eagle will fly to some high spot and wait for the winds to come. When the storm hits, it sets its wings so that the wind will pick it up and lift it above the storm. While the storm rages below, the eagle is soaring above it.*

*The eagle does not escape the storm. It simply uses the storm to lift it higher. It rises on the winds that bring the storm.*

*When the storms of life come upon us – and all of us will experience them – we can rise above them by setting our minds and our belief toward God. The storms do not have to overcome us. We can allow God’s power to lift us above them.*

*God enables us to ride the winds of the storm that bring sickness, tragedy, failure and disappointment in our lives. We can soar above the storm.*

*Remember, it is not the burdens of life that weigh us down, it is how we handle them.*

*We read in Isaiah 40:31 (New Living Translation) “But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.”*

*I pray that as you put your trust in the Lord, you will indeed soar high on wings like eagles.*

*The song this week is often looked upon as a Christian song and whether it is or not, I find the words remind me that God is always carrying me through the ups and downs of my life as well as being with me during the most joyous times.*



*In Christian Love and Service*

*Lyn Graham*

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[you raise me up - josh groban with lyrics - Bing video](#)

When I am down and, oh my soul, so weary  
When troubles come and my heart burdened be  
Then, I am still and wait here in the silence  
Until You come and sit awhile with me.

You raise me up, so I can stand on mountains  
You raise me up, to walk on stormy seas  
I am strong, when I am on your shoulders  
You raise me up to more than I can be

