

He gives strength to the weary and increases the power of the weak.

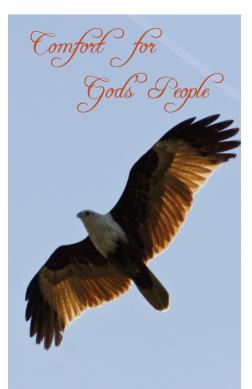
Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength.

They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Isaiah 40:29-31

Eagles are powerful birds that symbolize Freedom.

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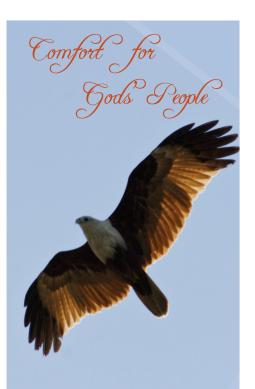
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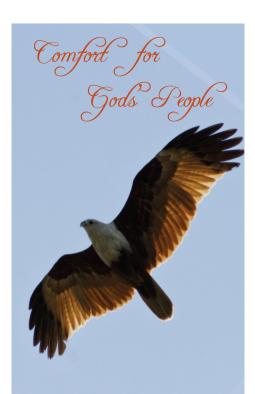
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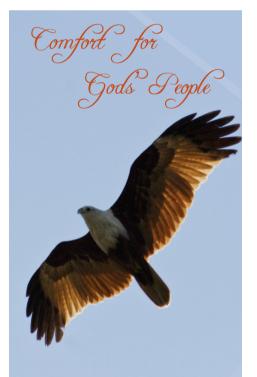
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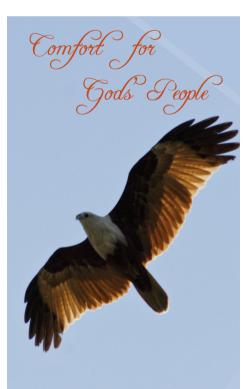
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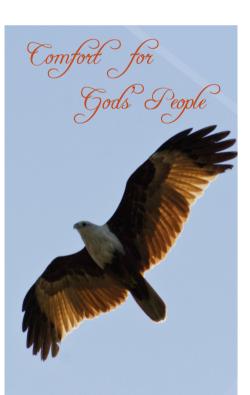
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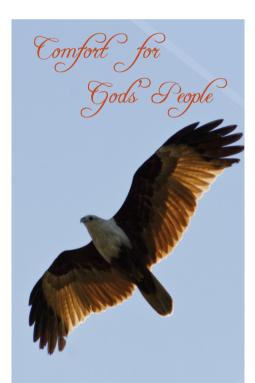
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#### My name is Gail Lippiatt

31 years ago I was diagnosed with Major Depression. In the four years that followed that diagnosis I had several suicide attempts.

Then, with slow and steady progress, I managed to lift myself out of the deep dark pit I was in. Today I don't feel suicidal anymore.

After a person survives a life threatening illness, you realize that Life is short. There is an urgency about living, and life becomes more precious. Your beliefs become more serious.

I was raised as a Christian but I haven't always practised as a Christian. When I developed severe life threatening depression I turned back to Christianity.

Christianity gives me something to hope for, as I have suffered many losses due to my illness.

Living in the present is important, which I try to do now.

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