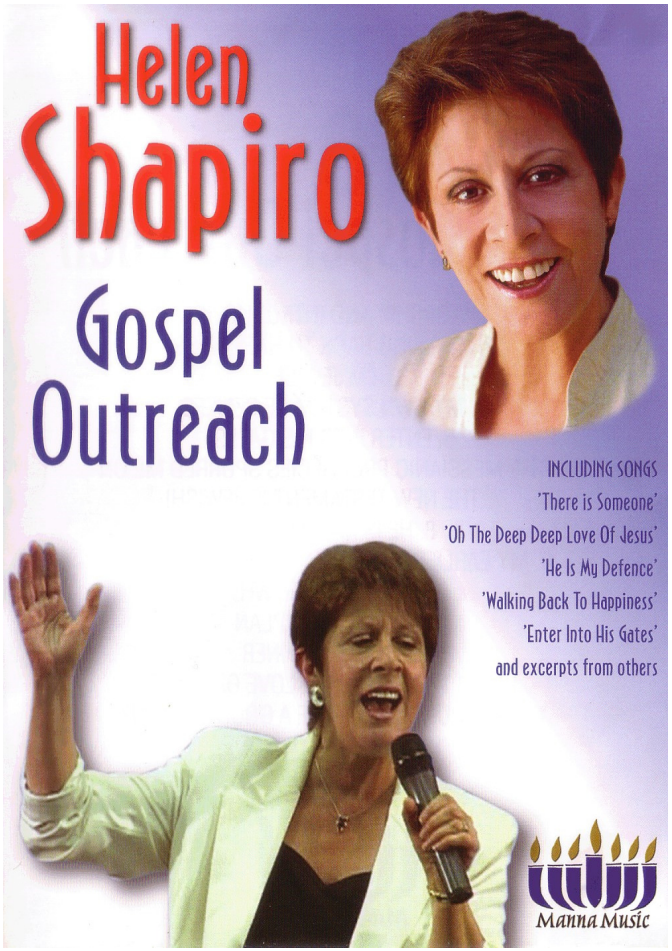
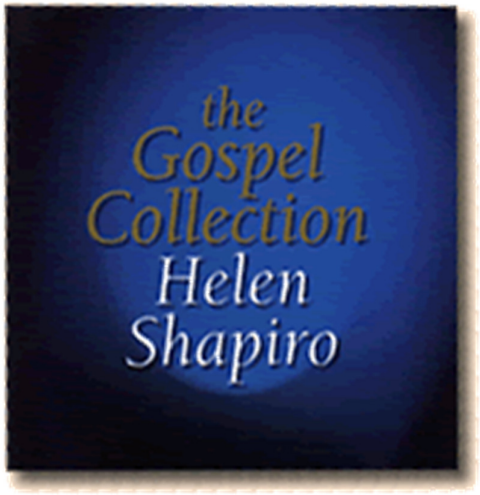
He Is My Defence

Our church text this year is Psalm 62:5. Helen Shapiro has written a song based on the theme of Psalm 62, titled ***He Is My Defence***, and I thought maybe you won't mind if I do a bit of unsolicited promotion on her behalf!



He Is My Defence appears on Helen's DVD, *Gospel Outreach*, as well as on her CD, ***The Gospel Collection***.



My soul wait thou only,
only upon God,
For from Him is my expectation.
My soul wait thou only,
only upon God,
For from Him is my expectation.

He is my Defence,
I shall not be moved.
He is my Defence,
I shall not be moved.

My Messiah only, only is my Rock,
And the Horn of my salvation.
My Yeshua only, He only is my Rock,
And the Horn of my salvation.

"Born in the East End of London, Helen, who is Jewish, came to faith in Jesus (Yeshua) as her Messiah and Saviour in 1987. [On this DVD], as well as sharing her testimony, Helen clearly and uncompromisingly presents the full Gospel and concludes with an appeal for a personal response" [from the back cover of *Gospel Outreach*].

Another wonderful CD by Helen Shapiro is ***Enter Into His Gates***. Again, it is a mixture of Christian contemporary music, traditional hymns, and Jewish songs based mostly on the psalms and other scripture passages. These CDs and DVDs are available to buy (with others) from Helen's website www.mannamusic.co.uk or from www.amazon.co.uk

May God bless you this year through Psalm 62,
Elizabeth McDonald,
February 2020

(A slightly different version of this item first appeared in the march 2019 edition of the Frindsbury Baptist Church Newsletter)