

# BACK TO NATURE

By Geoff Serpell

Most of us live in the metropolitan concrete jungles where the sound of birdsong may bring a rare smile.

Nature has a valuable effect on our senses where cities with ample parklands have been found to have reduced violence.

Walking through parks may reduce stress, reset anxious thoughts, and give feelings of peace.

## *Reflection:*

Feel the love of God through nature in His wonderful world.

[www.victas.uca.org.au/resources](http://www.victas.uca.org.au/resources) | Photo by freepik.com | July 2024

Connecting with creation also connects us with our creator.

Next time life seems overwhelming, get into nature, smell the roses, and watch a brilliant sunset.

## GIFTS AND DONATIONS

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Gifts can take many forms, including cash, shares, real or things such as valuable paintings. Some people choose to establish a trust which commences during their lifetime, others choose to establish a testamentary gift (bequest) in their will, others as a memorial to a loved one.

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