

## Dear Friends,

My apologies for the long delay in writing this latest newsletter but I have been very busy with visitors and travelling. In November I finished off 'sitting with my friends' by travelling to North and South Yorkshire and Essex. This has proved to be very successful in what I have called 'recalibrating friendships', moving from what was two on two to two on one. During my travels I have been encouraged by several of my friends to write a book about bereavement, dealing with such issues as redefining relationships. I am now in the process of writing the book, so watch this space.

I had Renaue from the States staying for the first week of December; it was her annual visit to come and see me and dress the Christmas tree which she has done for the last 25 years! I then had the Bollinger family - again from the USA - stay with me for 20 days. I love people staying with me and, if nothing else, it gives me an opportunity to practise my culinary skills.

There has been some sadness along the way. My best man, Tony Wakeling, whom I have known for 65 years, died. It was my privilege to speak at his thanksgiving service. Shirley Chapman, whom Grace and I spent time with in the Amazon, also died. Finally, I have just heard of the passing of Roger Forster who spoke a number of times at Oasis. Heaven is the richer for all three of these who were my dear friends.

I continue with my travels. I am in Prague in February, Inverness, Scotland in April and Texas USA July/August, and I am excited about travelling once again. I continue to swim regularly, and I am still able to swim three times a week, swimming 64 lengths which is a mile. I am very grateful to the Lord for the good health that I enjoy and for my family, friends and those at church who keep in touch regularly to make sure that I am OK. I am very aware of His love, peace and presence and grateful for all of those who pray for me. It is appreciated.

Yours in His love



