

Advent 2023

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade - kept in heaven for you, who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time.

1 Peter 1: 3-5



Oak Hill Park this autumn where Hilary does her walking with exercise.

**WE WISH YOU A VERY
HAPPY AND BLESSED
CHRISTMAS FOLLOWED
BY A PEACEFUL AND
FULFILLING NEW YEAR.**

The news on the Still Waters front is that we are currently supporting 20 poor and vulnerable families in the Tangalle area of Sri Lanka, and from the new financial year will be helping a total of 25 families - enabling their children to remain at school and, where able, take O-Levels and A-Levels.

They and their families have just had a Christmas party and small school-related gifts, just as they did - with your generous help - last year.

Up-date on Fred's health: he finally had his long-awaited surgery to laser a rather large kidney stone and remove a stent which had been inserted a year ago to enable an infection to be drained off. Thankfully the surgeon was able to give him an epidural rather than the originally-planned general anaesthetic, and he very kindly phoned me in the evening to say that everything had gone well. Fred came home the next day with the usual care package in place. A recent CT scan revealed there is still some kidney stone remaining, so he will need to have the procedure again at a later stage!



Celebrating Fred's 80th birthday last July with his two nieces and their families.





Damayanthi who used to be one of the children at the Still Waters Home.



Damayanthi's children.



Damayanthi's husband.



Damayanthi's son.

Pictures of the Christmas party on 8th December:



The school-related gifts:



Thank you so much for all your support - your prayers and your generous donations.

With much love from Fred & Hilary and the Trustees of Still Waters.

Still Waters bank details:

Bank: NatWest
Sort Code: 60-23-36
Account Name: Still Waters Trust Society
Account Number: 82564078