

Sunday -

Lama Dear —

This stamped envelope is scarcely appropriate for the small contents or the occasion. However, in the interest of reaching you via the postman who will be here soon - I use it.

Wish I could tell you how many times the thoughts of the courage & love expressed by Betsy and you, have helped to pick me up when I have stumbled on the inevitable

path all of us are called up-
on to travel —

Betsy (and Jim)
will go on in other
forms and you and I
are called to perform
on higher levels while we
are here !

Love you —

Helen —
Ruth & John have been laid
low by Hong Kong flu - They
May(??) start next this
coming week - depending on their
state of health —
—H.