

Family Services Trust

Dear Friends

August 2023

Greetings from family Services Trust. Delhi Flood Relief food distribution is helping Low lying areas victims families.

With your help we are able share thousands of meals with our **Relief food 13500 meals** and **1699 dry rations meals**. A big Thank to all our donors friends who have contributed from their heart to make our Relief Food distribution.



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Dear Friends,

Thank you for your support for our Flood relief program for Delhi Flood victims' families. We have distributed 13500 Relief meals and 1699 dry rations meals in August month. Delhi flood victims were very grateful for all the support they have received from Civil societies and NGO for food for their families.

Brighter Future learning Centre children Celebrated 77th Indian Independence Day, with singing Patriotic songs, Flag Hoisting and a Special lunch for our outside community children too. Thank you giving your helping hands to uplift these children from disadvantages families They are making progress in their studies and next month their quarterly examination. Thank once again for your support for our work.

My Year Without Clothes

By Jessie Richards, adapted

Well, not literally. I can explain. At the start of last year, I made (and ended up keeping) a resolution to not purchase any new clothes or shoes that year. My reasons were a combination of...

- 1) I didn't need more shoes and clothes. I'm not one of those shopaholic types, and with a combination of going to plenty of garage sales, occasional online shopping, and having lots of girlfriends around to swap with, I already had a lot of stuff!
- 2) I had recently read about a growing movement of people who had decided they would only own 100 items. * I did some quick calculations and decided that wasn't exactly for me, but I admired the concept. And

3) I had exactly zero set aside in savings at the time, and I wanted to change that.

As it turned out, I ended up getting more new clothes and shoes within that year than I had in the previous several years, despite not buying any of them. Yep, it's true. It was a combination of visits with my mother, sister, and sister-in-law—all of whom had a stash set aside for me—and gifts from other friends. Granted, not everything was brand new, but some were—and it was all new to me. So, the happy news is that I got variety in my wardrobe and shoe-robe (shouldn't that be a word?) without having spent a penny on it.

I woke up this morning thinking about that decision and that year and how well it all went. I strongly suspect that it was somehow connected to the minor panic I've been experiencing over the last few days in thinking about my current financial situation. I've recently relocated, bringing about a lot of changes in my life, and I'm facing some, shall we say, challenges. I have a lot of experience in being frugal, I'm disciplined in my budgeting and spending, and I think that with a little caution, I'll be okay.

Anyway, I suppose my "year without clothes" came to mind because I needed to be reminded that, as I like to say, "Stuff works out." During that year, spending less time and money pursuing the acquisition of things didn't actually result in wanting for anything. If in the near or distant future, there is a month, or even a year, when I have to do without buying a certain thing, can I think that it will come along in some unexpected way? I think so.

Another thing I came to realize during my "year without clothes" was how much I had in many ways. For example, I had a job at a time when a lot of people didn't. I've never been homeless. And contrary to what you might have thought when reading the title of this article, I've never had to run around without clothes either! I've had things pretty good.

On the practical side, this experiment also kept me from having even more stuff than I do, which was good, because as it was, I had to trim down when I moved earlier this year.

All in all, I've felt richer since then

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