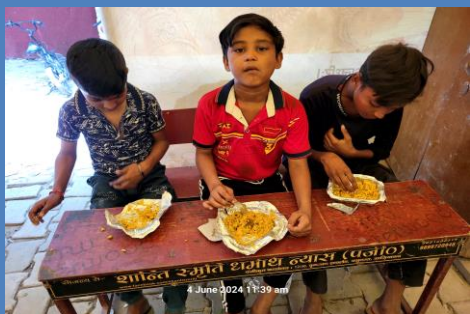


Family Services Trust

Dear Friends

June 2024

Hello. I hope you are keeping well. Thank you for your interest in and support of our Brighter Future Centre children and our Relief food program for poor children. This month, we have distributed 8500 meals. As we continue our mission, we need your ongoing support to help more low-income groups of families with nutritious cooked food. Your support is crucial in providing healthy meals to children and women who are feeding babies who are anaemic and underweight.



Real generosity is doing something nice for someone who will never find out. -Frank A. Clark



What Matter Most -- Akio Matsuoka.

"I've been so busy with life that I haven't had time to think," a terminally ill woman in her forties told me when I visited her at a hospice. "I realised while lying here that I barely know my husband, children, or mother-in-law, who also lives with us. I've been wrapped up in caring for them—shopping and cooking, doing their laundry, cleaning after them, helping them with their homework—yet I can't say that I know what they are thinking or going through. I can't tell you when I last had a deep conversation with them."

I heard a similar lament recently while attending a seminar. The principal lecturer finished and opened the floor for a casual question-and-answer period. An older man, the retired CEO of a large company, stood up and spoke to the 100 attendees. "I am 70 years old, in excellent health, and recently retired with a substantial pension. I was looking forward to finally relaxing and spending time with my family, but yesterday, my wife asked for a divorce. I have worked hard my entire life, always for the family that I loved. Where did I go wrong? Why has my life turned out this way?"

I often hear people say they want their loved ones to be happy, which is why they need to work so long and hard. Unfortunately, the more successful they become, the busier they get, the less time they spend with their families, and the less they reap the rewards they expected from their investment. While the dying woman's and the retired man's motives may have seemed noble at the time, the lives they led could not satisfy the needs of their loved ones' hearts.

Of course, work is essential, but when we strive to find a better balance and sacrifice some things to make time to help others, participate in their lives, share in their victories and struggles, and have heart-to-heart interaction with them—in short, when we make time to love—it will make a difference. In the end, things may turn out differently in our own lives and in the lives of those for whom we care.

True wealth is not measured in money, status, or power. It is calculated in the legacy we leave behind for those we love and inspire.

—Cesar Chavez

Your work will fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do.

— Steve Jobs

Don't say you don't have enough time. You have the same daily hours given to Helen Keller, Pasteur, Michelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein.

—Life's Little Instruction Book, compiled by H. Jackson Brown, Jr.

To live content with small means; to seek elegance rather than luxury, and refinement rather than fashion, to be worthy, not respectable, and wealthy, not rich; to study hard, think quietly, talk gently, act frankly, to listen to stars and birds, to babes and sages, with open heart, to bear all cheerfully, to bravely await occasions, hurry never. In a word, to let the spiritual unbidden and unconscious grow up through the common. This is to be my symphony.

— William Henry Channing

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