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Dearest Phillis,

I am ashamed of the length of time that has passed since last I wrote to you, but time really flies these days. It is not that we do not think of you, for every morning I pray for you, the Mandelas, & others who suffer under apartheid. But there seems so much to do that my intention to write gets put off till tomorrow — and "tomorrow" never comes. As G.B.S. said "The way to hell is paved with good intentions." But here it is at last! Forgive us, please.

How are you, dear girl? Are you physically & mentally fully recovered from the bomb blast. We do hope that you are not suffering from after effects? Are you keeping busy & making a good living in the land of your exile. How are the 5 friends who were injured at the same time as you going on. We hope & pray that they have made good & satisfactory progress. I have read your letter in a number of the churches to which I go so that as many as possible may know of your sufferings.

How are your kids? Is your daughter still with you; are the boys still in London? Our eldest boy lives in London. When we visited him in April we took the opportunity to call in at the Commonwealth Institute and get a fact sheet about Lesotho. So now we know a little about the country. It tells us that Maseru has an automatic telephone exchange; we could dial you if we knew your number & your office hours.

We have recently received from the "Defence & Aid Fund for South Africa" a booklet about "women & political repression" in which we

read that Lilian Ngoyi had died. Do you know the date she died? I have read a lot about her, & always wanted to meet her. I admired her very much & wanted to tell her so, but as I did not get a reply, I assumed my letter did not reach her.

Your letter reached us & we were through you did not put the country on it. We hope this reaches you soon & safely, & that it finds you as well as it leaves us. Look after yourself, dear girl. God bless & keep you.

Much love from

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