

The Exercise of Contact at a Distance.  
22 August 89 UPDATE

Physical distance need be no impairment to a group's functioning. The conditions necessary to override geography are:

- i) A common aim;
- ii) Commitment to that aim;
- iii) The will to work together.

The exercise is undertaken following the morning relaxation exercise once a week on either Saturday or Sunday morning, on whichever of the two mornings one may best address the exercise. Greater frequency is permissible if this is of assistance to anyone participating.

We bring before the mind's eye the other persons who have undertaken this exercise with a sense of goodwill towards them, in the knowledge that they are sitting with us. If we do not know the person's face we hold their name before us.

Frans van Ameyde  
Lindy Auberry  
Doug Baldwin  
Steve Ball  
Miguel Barella  
Elizabeth Bennett  
Joan Bull  
Bill van Buren  
Tobin Buttram  
Kim Cary  
Don Deane  
William Forth  
Tom Freeman  
Robert Fripp  
Laura Gabbe  
Debra Gavalas  
Tony Geballe  
Curt Golden  
Ralph Gorga  
Trey Gunn  
Divind Hanes  
Susie Hawes  
Bill Janssen  
Dean Jensen

Bernhard Jugel  
Murray Kopelberg  
Michael LaFleur  
Bert Lams  
Kent Laursen  
Patricia Leavitt  
Divind Lorentzen  
Victor McSurely  
Deanna Neider  
Bettina Nunez  
Hernan Nunez  
Hugh O'Donnell  
Patricia Ohlenroth  
Deborah Peterson  
Sanford Ponder  
Steven Rhodes  
Paul Richards  
Michael Russell  
Martin Schwutke  
Patrick Smith  
Stephen Sullivan  
Mark Vermette  
Phil Walker  
Patrick White

There are a growing number of people participating in this exercise, and the list is regularly updated. Those who are taking part will receive updates approximately every six weeks.

Not all of us have met, so the suggestion is that all participating send a small photograph of themselves to GCS, that a composite zerox may be made and distributed to participants.

All the best - G C S