

CATCHING UP WITH PEOPLE

PART ONE

Go through your address book (and your old address books, if available). **Make a note of everyone you enjoy or would enjoy seeing and talking to.**

PART TWO

If you are not in touch with them, think of the best way you could make contact. Don't be shy – give them a ring; send them a postcard or an e-mail; suggest meeting for a cup of tea.

Be aware that some of your old acquaintances may be infirm or dead.

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