

# CHINA SLAA H.O.W.

**ChinaSLAAHOW – is our Skype name, find us there!**

We welcome you to the China SLAA H.O.W. online meetings. Our meetings are held at different times each day and may change each month. You are advised therefore to check with us online to see if there are any changes. Eventually we will have a website and you will be able to check meeting times there.

Our group runs the H.O.W. program of SLAA. We find that these meetings work for us. If you are not familiar with SLAA HOW please send us an email (ningboangel@gmail.com) and we will send you a SLAA HOW package. Please note that although priority will be given in meetings for those working the SLAA HOW program, all members working the SLAA program will be given an opportunity to share if time allows. Regardless of whether you are or are not working the SLAA HOW program you will always be warmly welcome!

Just some important points:

- All meetings are conducted in English unless specifically noted as otherwise.
- We observe a tight time boundary and will start meetings promptly. If you are a late arrival please enter quietly. The Secretary will see you online and will 'bring you in' the meeting hopefully without disturbing people who are currently sharing. Please leave quietly.
- **No cross talk.** Please observe the no cross talk rule and do not engage in sending IM to other people during the meeting. If necessary you might receive or exchange IM with the Secretary but please be aware that the Secretary is attending the meeting for his/her recovery also.
- **The Chairperson will decide who shares first.** If you do not want to share please notify the Chairperson in and IM on your arrival to save embarrassment.
- Please observe the no cross talk rule and not interrupt when others are sharing.
- The Spiritual time keeper will notify you by IM when it is time to finish your share.
- The Secretary will be there ten mins before the meeting starts to welcome members.
- There will be time allowed after the meeting to talk and socialise with the other members. Any questions you may have can be made then.
- Although we have no costs for this meeting we will eventually set up a 7<sup>th</sup> tradition box where donations can be made for the 60/40 rule. You will not be obliged to donate but all donations will go towards helping China SLAA and SLAA do the work that it does.
- We recommend that you have a separate ID for Skype meetings to protect your anonymity and for convenience. It also allows us to know that if you appear in your ID you are intending to join our meeting and not just online at that time.
- We recommend you don't add your personal photo or personal details but it is up to you! You may use an icon or an avatar if you choose.
- At the end of the meeting you can seek out other members but please respect it if they do not wish to exchange details.
- We are in need of people to act as Chairpersons and 'Guest Chairs' to speak for 15 mins. We alternate between a Step study and a Guest Chair each meeting.
- There is a limit of 25 people permitted in a session so if we are full we apologise!
- Please have a copy of the SLAA handbook beside you in case you are asked to share. It is also a good idea to keep a copy of the Characteristics, the Promises, and the HOW Concept and Tools stuck in the back in case you would like to be the reader of that during the meeting.
- Meeting times may vary each month so please check with us what our monthly timetable is by sending an email to ningboangel@gmail.com

**HOW = Honesty, Open Mindedness and Willingness!**

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## **AUGUST 2010 TIMETABLE**

**These times are subject to change – we apologise for any inconvenience but we are just starting!**

	<b>Beijing/Shanghai Time</b>	<b>London Time</b>	<b>Sydney* (Aust) Time</b>	<b>New York Time</b>
<b>Monday</b>	1130-1230 hrs	0430-0530 hrs	1330-1430 hrs	2330-0030 hrs
<b>Tuesday</b>	2100-2200 hrs	1400-2200 hrs	2300-2400 hrs	0900-1000 hrs
<b>Wednesday</b>	1700-1800 hrs	1000-1100 hrs	1900-2000 hrs	0500-0600 hrs
<b>Thursday</b>	1130-1230 hrs	0430-0530 hrs	1330-1430 hrs	2330-0030 hrs
<b>Friday</b>	1700-1800 hrs Face2face + Skype	1000-1100 hrs	1900-2000 hrs	0500-0600 hrs
<b>Saturday</b>	1300-1430 hrs Face2face + Skype	0600-0730 hrs	1500-1630 hrs	0100-0230 hrs
<b>Sunday</b>	2100-2200 hrs	1400-2200 hrs	2300-2400 hrs	0900-1000 hrs

Please note that we alternate each meeting between a Step and a Guest Chair so that if you pick to join us at a regular time each week you will benefit from both.

**\*please allow for daylight savings. The correct time will ALWAYS be Beijing/Shanghai time!**

**Comments and suggestions to be sent to ningboangel@gmail.com**

We hope to have a website some time this year – stay posted for details!

**N.B. When you enter the SKYPE meeting room please make sure all your phones are switched off or on silent, and please mute your microphone. You do this on skype by opening up the drop down menu called call and selecting the mute option. When you are asked by the chairperson if you would like to share please then unmute your microphone using the call drop down menu and start speaking. When you have finished please remute your microphone.**