



SkypeSLAAHOW

SkypeSLAAHOW – is our Skype name, find us there!

We welcome you to the SkypeSLAA 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 (skypeslaahow@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. You can mute yourself on Skype by selecting (mute) in the dropdown menu.
- ♥ **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 '7th 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 skypeslaahow@gmail.com

HOW = Honesty, Open Mindedness and Willingness!



Sex and Love Addicts Anonymous

Online Skype meetings now available

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APR-JUN 2011 TIMETABLE

THIS IS THE CURRENT TIMETABLE TILL FURTHER NOTICE

DAY	TOPIC	GMT	CHINA	LONDON	CANBERRA	NEW YORK
		www.greenwichmean.com				
		<i>Follow the link above to find your time zone as the meeting schedule does not vary from GMT</i>				
Monday	SLAA H.O.W. Withdrawal Experience Focus	900-1000	1700-1800	1000-1100	1900-2000	500-600
Tuesday	SLAA H.O.W. Healthy Relationship Focus (OPEN)	1300-1400	2100-2200	1400-1500	2300-2400	900-1000
Wednesday	SLAA H.O.W. Healthy Relationship Focus	900-1000	1700-1800	1000-1100	1900-2000	500-600
Thursday	SLAA H.O.W. Anorexia Focus 1	1300-1400	2100-2200	1400-1500	2300-2400	900-1000
Friday	SLAA H.O.W. Anorexia Focus 2	900-1000	1700-1800	1000-1100	1900-2000	500-600
Friday	SLAA H.O.W. Step Meeting	1800-1900	200-300	1900-2000	400-500	1400-1500
Saturday	SLAA H.O.W. Step and Tradition Meeting	900-1000	1700-1800	1000-1100	1900-2000	500-600
Sunday	SLAA H.O.W. Big Book Reading Focus	1300-1400	2100-2200	1400-1500	2300-2400	900-1000

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 un-mute your microphone using the call drop down menu and start speaking. When you have finished please re-mute your microphone.