

08-02-15 Skype Open Big Book Study Meetings (Contact Host to Request an Invitation)

Day	USA Central Time	Speaker	Host	Program	E-Mail Address	Skype ID
Monday	11:00 AM	Cliff Bishop	Barbara Wilson or Liz Harter	OA	wbarbara47@yahoo.com or ljcritters2@aol.com	barbarawest1 or lizzie.j2
Monday	12:30 PM	None -- Women's Big Book Study	Gillian Wilkinson or Joanne	AA	gawilkinson@hotmail.com or joannereddell@sbcglobal.net	gawilkinson265 or joanne.r5
Tuesday	1:00 PM	Peter Misson	Gillian Wilkinson or Karen Willock	AA	tuesday.host@gmail.com	tuesday.host
Tuesday	1:00 PM	Cliff Bishop	Mariana Benavides or Audrey Sexton	Al-Anon	tuesdayalanon.host@gmail.com	tuesdayalanon.host
Tuesday	2:00 PM	None -- BB Study	Wendy	OA	wednesdaygj@gmail.com	PPGOABigbookstudy
Wednesday	1:00 PM	Cliff Bishop	Julie Mahn or Will E	AA	wednesday1pm.host@gmail.com	wednesday1.host
Wednesday	6:30 PM	Cliff Bishop	Linda Hill or Ivalu Josefsen	AA	wednesday630pm.host@gmail.com	wednesday630pm.host
Thursday	1:00 PM	Cliff Bishop	Mariana Benavides or Ivalu Josefsen	AA	thursday1pm.host@gmail.com	thursday1pm.host
Friday	1:00 PM	Cliff Bishop	Peter Misson	AA	cliff.fridayhost@gmail.com	cliff.fridayhost
Saturday	3:00 PM	Peter Misson	Cheryl BC or Karen Williams	AA	saturdayhost@gmail.com	sathost

HAST -- Hawaii Standard Time -- Subtract 4 Hours [Except during Daylight Savings Time -- March through October -- Then 5 Hours]
AKST -- Alaska Standard Time -- Subtract 3 Hours
PST -- Pacific Standard Time -- Subtract 2 Hours
MST -- Mountain Standard Time -- Subtract 1 Hour [Except in Arizona during Daylight Savings Time -- March through October -- Then 2 Hours]
EST -- Eastern Standard Time -- Add 1 Hour
AST -- Atlantic Standard Time -- Add 2 Hours [Except during Daylight Savings Time -- March through October -- Then 1 Hour]
GMT -- Greenwich Mean Time -- Add 6 Hours
UTC -- Coordinated Universal Time -- Add 6 Hours
CET -- Central European Time -- Add 7 Hours
AUSTRALIAN WST -- Australian Western Standard Time -- Add 13 Hours [Except during Daylight Savings Time -- Then 15 Hours]
AUSTRALIAN CST -- Australian Central Standard Time -- Add 14.5 Hours [Except during Daylight Savings Time -- Then 16.5 Hours]
AUSTRALIAN EST -- Australian Eastern Standard Time -- Add 15 Hours [Except during Daylight Savings Time -- Then 17 Hours]
NZT -- New Zealand Time -- Add 17 Hours