

## High Tea Any Time to Lift Up A Global Community During the Pandemic



**WELCOME TO**  
**HIGH TEA ANY TIME**  
**心语下午茶**  
**心声下午茶**

English: Wednesdays

Mandarin: Thursdays

Cantonese: Fridays

A Landmark Graduates Community Service

Landmark 同学会 发起/主办的社区服务

英语: 星期三

国语: 星期四

粤语: 星期五

On March 25th, 2021, a group of dedicated Chinese Landmark graduates and their friends from different corners of the globe, from New York to San Jose, to Hong Kong to Singapore, will gather on Zoom to produce and participate in a 90-minute free-spirited and engaging community tri-lingual talk show called High Tea Any Time. The show topic this time is "Love our Life, Dare to Express". The audience consists of people mainly from the US and the Asia region. Co-hosting this show in Cantonese are Weihaur Ralph Lau, a former SELP leader, and Professor Ovid Wong, a non-Landmark graduate but an avid supporter of the High Tea Any Time community service. The show will be simultaneously translated live in English and Mandarin by translators who are also Landmark graduates. Shows like this one, sometimes conducted in English, sometimes in Mandarin or Cantonese, with topics ranging from Alzheimer's Sufferers' Caregiver Sharing to Chinese New Year Celebration to Landmark Graduate Spotlight on inspiring life stories of amazing Landmark graduates who are doing great things in the world, from NASA scientist to world record holder to everyday life people with the courage to share their authentic life's breakthrough experiences. This is not only the 85th of the High Tea Any Time shows that have been produced weekly, bi-weekly, or three-times a week since March 18th, 2020, it is also the 1st anniversary celebration of this unique community service that was started as a Self Expression & Leadership Program (SELP) project.

The High Tea Any Time show was born during the COVID-19 lockdown in March 2020. It is the brain-child of three Landmark graduates, Lisa KY Wong, L.Ac. and Quli Zhou, L.Ac. from San Jose and Norman Chu from Chicago. Hearing from their friend Norman talking about his relative stranded in Wuhan when COVID-19 broke out in China, Lisa and Quli, both licensed acupuncturists, who happened to be in the same SELP program, brain-stormed with Norman on ways how to support his relative in Wuhan and other Chinese people who were concerned about their mental and physical health during the beginning of the pandemic. As the pandemic spread, it was apparent that the need for support was global, not only the Chinese people in China.

Lisa and Quli, eager to help the global Chinese community as well as their local community with their professional knowledge in Chinese medicine, chose to change their SELP projects and join force with Norman in creating the possibility of connecting, empowering, and inspiring the global community not only

to calm their health concerns but also to share Landmark distinctions with them so they can powerfully deal with the challenges they were facing.

Lisa, being a former Silicon Valley high tech professional, came up with the idea of using the Zoom software platform and the multiple language translation feature of Zoom to enable Landmark graduates who speak Mandarin and Cantonese to help provide simultaneous translation so their overseas Chinese friends and family who didn't speak English can be served as well. Norman, who was the first Chinese Landmark graduate to translate the Landmark Forum into Cantonese in the US back in 2003, also enrolled many of his Landmark graduate friends from different Landmark centers globally to join the project. Other important team members took on important roles like Marketing (George Wang), Show Hosting (Jeannie Chong), Administration (Cloud Hunter), Translation (Claire Noirat, Elsa Shek), Programs (Wei-haur Lau), and Technology (David Carley).

The original name of the show High Tea Anytime was created to signify the lifting up of the spirit (through empowerment and inspiration) in an informal casual setting of friends chatting over tea across all time zones, sharing the Landmark distinctions, among other things, encouraging all participants to fully express themselves, in fulfilling the goal of the Landmark's Self-Expression Leadership Program. Another intention of High Tea Anytime was for Landmark graduates to have the opportunity to practice "being on the court" in exercising the various communication and leadership skills they learned through their education by playing the different roles in the production of the High Tea program. Each show is like a mini production. From pre-show planning, guest interview, pre-show meeting to post-show debriefing, everything is a labor of love contribution for the community from each team member. From show host to tech support to translator, everyone on the production team gets to hone their skills in a fun and supportive environment. After 85 shows and hundreds of participants served over the past one year, the High Tea production team grew to become an extended global family. People from US, Canada, Australia, China, Hong Kong, Taiwan across over 30 cities participated.

In July 2020, the High Tea Anytime community service officially became a non-profit organization named High Tea Universe. The mission of High Tea Universe is "being a social gathering platform provided by global participants to connect, share, inspire and empower our communities"

The following are personal expressions from the High Tea production team members on what High Tea means to each of them:

"To me, High Tea Universe is a worldwide platform where we exchange and learn from each other's experience and culture. Our goal is to go beyond ordinary and look for possibilities in an open and authentic communication in a safe and empowering environment where we transform personal, family, community communication and transform life." - Jeannie Chong, New York

"High Tea is a stand for cultural communities being transformed with authentic communication and expressions. It has given me a space to allow my mom to witness my passion for community and humanity be honored and realized." - Wei-haur Ralph Lau, San Francisco

"High Tea is a possibility from where the world comes to us and from there we go out to connect to the world." - Vivian Gu, Hong Kong

"High Tea is an extension of love. High Tea drew great people together and I got to see the greatness in people and be inspired." - Elsa Shek, Hong Kong

“High Tea is for me a group of people who are natural, real and committed to transcending space, time and background, creating connections and a place of nothingness for anyone to fully express themselves and sharing how great they are.” - Clare Noirat, Singapore

“High Tea is a great way to popularize Landmark’s distinctions to the general public in a safe place and to enroll, share and inspire people to live life freely and powerfully!” - Quli Zhou, San Jose

“High Tea Universe is a community platform for people globally to connect, communicate, create, empower, and express in what really matters to our life, our era, and of our shared concerns as being human. High Tea Anytime, our teams and our participants are creating a safe space for me and others to explore life with freedom and spontaneity.” - Norman KL Chu, Chicago

“Being a Chinese immigrant growing up in the US, High Tea is for me a safe space to serve, to grow, to connect with the global Chinese community, and to communicate love and compassion for humanity. It is my extended family during these challenging times.” - Lisa KY Wong, San Jose

“What High Tea is for me is that it connects our graduates together despite where they are and what language they speak. It inspires people and empowers their communities. Through this, we are gradually transforming our world by advocating mutual understanding.” - George Wang, San Francisco

High Tea Production Team is always looking for more volunteers to join the team. If you are interested, please contact Weihaur Lau at [beawaken.wei@gmail.com](mailto:beawaken.wei@gmail.com)

For more information about High Tea Universe and High Tea Anytime Show information,

Facebook: <https://www.facebook.com/groups/highteauniverse>

WhatsApp: <https://chat.whatsapp.com/GGDgtYmzSn>

Global Chinese Initiative website: <https://landmarkchinesegraduates.info>

