



Starting & Maintaining SAL Women's Online Meetings

It might be time to start a new SAL Women's Online meeting if:

1. You are part of a current SAL Meeting that has 20 or more members consistently.
2. You live in an area where there are no SAL Meetings.

Step 1: Get your Key 3

To start a new SAL Women's Online meeting you will need to have the "Key 3" people who:

- have attended SAL meetings for at least 6 months
- are currently working their steps with a sponsor
- at least one of the Key 3 needs to have worked through Step 3 and be currently working Step 4 with a sponsor
- are willing to rotate through service positions as Group Moderator, Assistant-moderator, and Secretary for the meeting for 18 months
- are willing to follow SAL meeting guidelines

Step 2: Coordinate an available timeslot that will work for the Key 3

- Work with Kahi kahi@salifeline.org to determine what available timeslot will work best for your Key 3

Step 3: Get the appropriate materials to start a meeting

These materials are available by contacting kahi@salifeline.org and include the following:

1. An approved SAL meeting script
2. SAL documentation on how to run a meeting and service roles
3. SAL materials: SAL Women's Bookmarks, Green Book and Blue Book from S-Anon

Step 4: Start your meeting

Here are some formal guidelines when starting a meeting:

1. The meeting should be posted on salifeline.org. Contact kahi@salifeline.org to make this happen.



2. Meetings are 90 minutes in length. This time should be broken down as follows:

- First 30 minutes=Opening Readings and Introductions
- 2nd 30 minutes=Step Study
- 3rd 30 minutes=Shares

3. Meetings follow an approved SAL script and use approved SAL study materials.

- SAL Bookmark
- The Blue Book from S-Anon
- The Green Book from S-Anon
- Topic studies may bring in outside materials

4. SAL Women's Online meetings include the following service positions:

- Group Moderator (initially this will be one of the Key 3) who has been selected by the group in a group conscience (this can be done at your first or second meeting).
- Assistant Group Moderator (initially this will be another one of the Key 3)
- Secretary (initially this will be another one of the Key 3)
- Newcomer Coordinators (2)
- See SAL Women's Online Service Positions for a breakdown of the responsibilities associated with each position

5. Maintaining an Online Meeting

After the Key 3 have each taken a turn as Group Moderator, 18 months after the creation of the Group, the role of Group Moderator can be filled by anyone in the group who has been attending meetings for at least 6 months and continues to work their steps with a sponsor.

Questions or Concerns? Please contact Kahi:kahi@salifeline.org