



May 10, 2020

### **SAL 12-Step COVID-19 (coronavirus) Re-opening Guidelines**

The COVID-19 (coronavirus) pandemic has presented challenges and opportunities for all members of SAL 12-Step. Gratefully, on-line SAL 12-Step meetings provide a spiritually-based “sanctuary of serenity and light” as we work our recovery from sexual addiction and betrayal trauma.

Several SAL groups have ask about re-opening in-person meetings. Many members and groups have expressed concern about how health and safety apply to their meetings and are looking for guidance on how to address these questions.

The following points will help individual SAL 12-Step groups guide their decision-making.

#### **SAL 12-Step Groups are Autonomous**

All SAL 12-Step Groups are autonomous and SA Lifeline Foundation cannot dictate guidance on health issues for members of groups.

**SA Lifeline will continue to support the on-line meeting format with Zoom links going forward.**

#### **Re-opening SAL 12-Step in-person meetings**

SA Lifeline Foundation recommends that in-person SAL 12-Step Groups be conservative with resuming in-person meetings. In-person gatherings should always adhere to state and local health guidelines. When this consideration has been met, each group should hold a group conscience to consider resuming meeting in-person.

#### **Social Distancing Considerations**

Social distancing conformity might include: avoiding shaking hands, not standing in a circle for prayer, not hugging; expanding space to 6’ between chairs, wiping down doorknobs, tables and chairs; encouraging people to wash their hands before and after the meeting, suspending food hospitality for the time being.

*SA Lifeline strongly recommends not attending in-person meetings if you have close contact with the elderly or other vulnerable populations. These suggestions do not preclude individuals from being responsible for their own health decisions.*

#### **SAL 12-Step Groups may choose to start a permanent on-line meeting**

The Zoom on-line meetings have been very successful. Many groups might consider establishing a permanent on-line meeting presence along with the in-person meetings. This could be a good opportunity to help meetings to grow, and would help to expand resources for individuals seeking recovery across the world. See starting a new SAL meeting guidelines for more information on starting a new meeting. Both the in-person and online version of the meeting will need to have a Key 3 individuals willing to maintain the meeting going forward.

SA Lifeline Foundation is here to support and facilitate autonomous SAL 12-Step meetings as “sanctuaries of serenity and light” for those seeking recovery from sexual addiction and betrayal trauma.