



Starting and Maintaining a SAL Men's Online Meeting

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

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

Step 1: Get your Key 3

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

- Have attended SAL meetings for at least 6 months
- Have at least 6 months sobriety
- 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 John H at John@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 John@salifeline.org and include the following:

1. An approved SAL meeting script (available for download as sal12step.org)
2. SAL documentation on how to run a meeting and service roles



3. SAL materials: SAL New Blue book, SAL Men's Bookmarks, the SA White Book, Step into Action, and Twelve Steps Twelve Traditions from SA, and the Big Book of AA.

Step 4: Start your meeting

Here are some formal guidelines when starting a meeting:

1. The meeting should be posted on sal12step.org. Contact John@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 & Introductions
 - 2nd 30 minutes = Step Study
 - 3rd 30 minutes = Shares & Closing
3. Meetings follow an approved SAL script and use approved SAL study materials.
 - SAL Blue Book
 - SAL Bookmark
 - The SA White Book
 - Step Into Action
 - The AA Big Book
 - Twelve Steps Twelve Traditions
4. SAL Men'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 conscience (this can be down 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 Men'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 the meeting for at least 6 months and continues to work the steps with a sponsor.

**Questions or Concerns? Please contact Name: John H –
John@salifeline.org**