



Step 1: A good time to start a new meeting includes:

- 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 and you have at least 3 people who have 6+ months of sobriety who are willing to work the 12 Steps and follow SAL meeting guidelines.

Step 2: Find a location

The location will be a place where you can meet at the same time, same day, each week.

The location, ideally, will be free.

The location will protect the anonymity of those attending.

Step 3: Get the appropriate materials to start a meeting

These material include the following:

- 1 An approved SAL meeting script
- 2 SAL documentation on how to run a meeting
- 3 SAL materials: White Books from SA, other educational materials

Step 4: Start your meeting

Here are some formal guidelines when starting a meeting:

- 1 Meetings are 90 minutes in length
- 2 Meetings follow an approved SAL script and use approved SAL study materials (The White Book from SA, The Big Book from AA, Step Into Action books from SA, and Twelve Steps and Twelve Traditions from AA)
- 3 Meetings are run by a Group Moderator (serves for 6 months) who has been selected by the group in a group conscience (this can be done at your first or second meeting)
- 4 Meetings also have the following service positions:
 - a Assistant Group Moderator (replaces Group Moderator after 6 month term - new Assistant Group Moderator is then selected in a group conscience)
 - b Group Treasurer (2) (serves for 1 year)
 - c Group Librarian (serves for 1 year)
 - d Group Timer (serves for 6 months)
 - e Newcomer Coordinators (2) (serve for 6 months)
- 5 All meetings make time for Step Study each week