

Upstate Intergroup - Suggestions for re-opening physical meetings.

Service, recovery and unity are often called the three pillars of AA. If it were not for personal responsibility and accountability among its members, these three pillars would be distant ideals rather than common practice in the Fellowship.

This time of uncertainty brings forth opportunities and challenges that many of us have never experienced. Though we are all changed in some ways, our dedication to the three pillars of AA need not be.

As new and existing members of AA find their way back to in-person meetings, they and the group as a whole will benefit by making a few adjustments from the routine as part of their personal responsibility and accountability to other AA's.

Here are a few suggested guidelines to consider:

- Don't come to a meeting if you have or think you may have COVID-19.
- Wash your hands with soap before coming to an AA meeting and/or use hand sanitizer.
- Wear a mask if possible.
- Keep at least 6 feet apart at all times.
- Never eat or drink at or in a meeting.
- If the meeting is full and a newcomer or visitor arrives, consider giving up your seat.
- Read from disposable literature and dispose of it yourself after reading.
- If conducting a book study, consider having members bring their own vs using group books.
- Volunteer to stay after the meeting to sanitize / disinfect common touch areas.
- Bring your own cigarettes and take your cigarette butts with you.
- Avoid carpooling if possible.

For meetings where physical space is limited, consider sticking with digital meetings to provide those who really need a physical meeting the space to attend.

AA's are plenty smart people. The individual member can decide whether to attend in-person AA meetings or not. If that decision is affirmative, then know that decision comes with these personal responsibilities.