

SCA Online Intergroup

Recovery Lounge Guidelines

The Recovery Lounge is not an SCA meeting. As such, it is not strictly bounded by the online meetings Group Consciences.

This is the fellowship area, for socializing, where members can get to know one another in a less structured way. Members use this area to “check in,” sharing how they are doing in their recovery, or simply to share what’s going on in their lives. This is an area for informal conversation.

Like the three meetings we currently have on the site, the Recovery Lounge is open “24/7” — around the clock on an ongoing basis. The Recovery Lounge is intended to offer members a way to mix socially with other members. It can be regarded as the online equivalent of the real-world gathering places, such as cafés and restaurants, where many SCA members will meet after face-to-face meetings, for optional post-meeting fellowship. Generally, fellowship is an opportunity for socializing, informal conversation and asking questions.

Fellowship is an aspect of socializing, one of The Tools That Help Us Get Better: *Socializing is a way of breaking down our isolation and getting to know other people in a nonsexual context: at fellowship after meetings; in supportive organizations and groups; and in the community at large.*

If you wish to share your Experience, Strength and Hope formally as it relates to sexual compulsion, rather than to socialize, please do so at one of the meetings listed above, under “Online Meetings.”

Members are encouraged to keep the **Four Obstacles to Success** in mind when they interact in the Recovery Lounge, and to post in the spirit of the Group Consciences for the online meetings. Please take a few minutes to review the Group Consciences below before posting. Specifically, discussion of religion and gossip are discouraged. No member of SCA should direct, assume authority, or give advice. The use of graphic or sensational language is strongly discouraged. Please do not give the names or addresses of places (in the real world or on the Internet) where people can “act out” their sexual compulsion. “Flaring” behavior is discouraged. The Recovery Lounge is loosely monitored by the online meeting Trusted Servants. Inappropriate member posts may result in intervention by the Trusted Servants, and the editing or deletion of incompatible content. Members may also contact the Trusted Servants with concerns as outlined in the online meeting Group Consciences.

There are limitations on the display of addresses and personal information in the Recovery Lounge. Please do not post last names, telephone numbers, or email

addresses; these will be removed. Instead, if you wish to share such information, send it to addresses@onlinesca.org for addition to the member Address List in the Bulletin Board area. This is a way for members to be in contact with one another outside the meetings to further their recovery, and for finding sponsorship, in the same way that most face-to-face meetings will have a group telephone and/or email list. Any member of the group may read the Address List. It is appropriate for members to let other members know that they can be contacted this way. The posting of appropriate Internet links (including suitable non-recovery links) is permitted in the Recovery Lounge.

While the Recovery Lounge is a place for relaxed mingling, when visiting this space, please keep in mind our primary purpose as members of SCA: to stay sexually sober and to help others to achieve sexual sobriety. Members are requested to maintain an atmosphere of recovery in the Recovery Lounge and to reflect on our group context when posting. The Recovery Lounge is intended to be a safe, warm and welcoming environment. Let's always remember: ***We are here to help each other, comfort each other, and offer sanctuary to each other. We are here to be each other's gifts.***

Read the **Group Consciences**.