

LAA *One Day at a Time*

Meeting Format *Short Form*



1. Good day and welcome to the “One Day at a Time Fellowship of Love Addicts Anonymous.” My name is _____ and I am your host for today.
2. LAA is an all-inclusive organization and everyone is welcome. We ask that when you share you be sensitive to the others in the room as the primary purpose of LAA is to offer a safe place for love addicts to recover.
3. I will bring up our literature. Please unmute yourself if you are willing to share.
4. Share literature before reading the following guidelines.
5. Please adhere to the Meeting Guidelines which are posted in the chat room and on the message board. Will someone please post the link in the chat room? The guidelines include no crosstalk, no flirting, no excessive profanity, and no talk about sex.

<https://loveaddictsanonymous.boards.net/thread/20609/laa-guidelines>

6. Will someone agree to be our time keeper—10 minutes for the speaker/literature and 3 minutes for sharing.
7. Before we begin sharing. Are there any newcomers in the room? Please unmute and introduce yourself so we can welcome you.
8. The meeting is now open for sharing. Please raise your hand if you want to share. The topic is the reading.
9. We have set aside ten minutes for newcomers to share. Are there any newcomers out there that want to share? Just unmute yourselves if you want to speak.
10. Sharing is now closed. If you did not get a chance to share please stay after the meeting for our “after hours meeting.”
11. If you are available for outreach or to sponsor someone, please post your phone number or email in the chat room.
12. If you want copies of the our literature and the readings for the day please visit our message board. You can also get peer support.
<https://loveaddictsanonymous.boards.net>
13. It is time for announcements.
14. Seventh Tradition. Will someone post the link in the chat room.
15. As we bring this meeting to a close, I would like to remind you that LAA is an anonymous program. We ask that you respect the anonymity and confidentiality of each person in this meeting.
16. The Promises

17. In the spirit of love and truth lets close with the LAA Closing Prayer:

God, we pray for inner strength and wisdom to do together what we cannot do alone. Thank you for the courage to change. Show us how to open our hearts and eyes to your unconditional love for us and teach us how to love ourselves and others in a healthy way. May we find hope for a brighter tomorrow and pass that on to others in need. Thank you for a better way to live.

18. **After-Hours:** The regular LAA meeting is now over. If you wish to share you may unmute yourself and begin to talk, but please keep your share to a reasonable amount of time so that others can share. While crosstalk and asking for feedback are allowed, members should refrain from giving unsolicited advice. If no one volunteers to host close down the meeting.