

# LAA INTERNATIONAL BUSINESS MEETING

## ORDINARY INTERNATIONAL BUSINESS MEETING MINUTES

Location: IBM Zoom ID 842 1001 4666 PC: 375920

Date: 10/1/2022

**Persons in attendance: Katya, Chris E, Vincent, Diane, Paula & Alexey**

### **Meeting Service Positions:**

**Chairperson-** Katya

**Secretary/notetaker** – Cynthia

**Screen sharer** – Katya & Cynthia

**Empath** – Chris

**Time Keeper** – Vincent

Opened the meeting at 11:00 am PST

### **I. Opening Verse: Serenity Prayer** (extended version)

*God grant me the serenity to accept the things I cannot change,  
The courage to change the things I can,  
and the wisdom to know the difference.*

*Grant me patience for the changes that take time,  
An appreciation for all that I have,  
Tolerance for those with different struggles*

*and the strength to get up and try again one day at a time.*

**II. Approval of last IBM minutes from 9/24/22:** Does anyone oppose? No one opposed (7 attendees)

### III. Reports

**1. Chair – Katya –** I really appreciate people staying steady with their positions and following through. I would like to request the website and literature committee to ensure there are not links to the message board. I did go through the newcomer literature, and found 1 link to the message board, and had it removed.

**2. Treasurer – Vincent –** I have set up a paypal and square account - it gives people a choice. Square has less fees. The links are on the website and are live. I also share them in the meetings, and there are 1 or 2 payments made each time. We have had 9 people give over the week. Some people are big hitters on their donations. Our balance is 211 pounds (235.26 US dollars) after 1 week, and hopefully as people get more familiar, hopefully our funds will grow.

**3. Literature – Chris –** Dave is out. I sent a whole folder of literature to Mary and Katya, but I haven't seen it on the website.

Katya – the follow through on this decision have been slipping through the cracks. I feel we should be able to go direct to Mary. The current system is delaying things. Chairs need direct access to Mary, so things get posted quickly.

Chris: I have highlighted wording in our existing literature to suggest changes in wording. I will put a PDF of the highlighted document in the chats, so we can all think about it.

## LAA *One Day at a Time*

### Meeting Format



#### Items to consider rewording in RED

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

4. Share literature before reading the following guidelines.
5. Group Safety: LAA is not a dating club and there is no place for flirting, or any behavior that makes another member feel uncomfortable.
6. Please be aware, that while we do encourage honesty and transparency in shares, if you do begin to share about sex-related topics, or use excessive profanity, the host will issue a gentle reminder of redirection.
7. We respectfully ask that if you are a member of another 12-step group, that you **do not talk about that recovery program while in this meeting**. Talk of other addictions only dilutes our primary purpose.
8. The chat is not to be used to express your frustration with the reading, to make comments on how a meeting should be run, or to express negative comments about another member. You may contact the host if you feel attacked by another member. The host has the option of removing someone from the meeting if this happens.
9. Will someone agree to be our time keeper—10 minutes for the speaker/literature and 3 minutes for sharing.
10. Before we begin sharing. Are there any newcomers in the room? Please unmute and introduce yourself so we can welcome you.
11. The meeting is now open for sharing. Please raise your hand if you want to share. The topic is the reading. In LAA there is no crosstalk which is any verbal response to another person's sharing. Interrupting, asking questions, and offering advice are considered crosstalk.
12. 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.
13. Sharing is now closed. If you did not get a chance to share please stay after the meeting for our "after hours meeting."

14. If you are available for outreach or to sponsor someone, please post your phone number or email in the chat room.
15. If you want copies of our literature and the readings for the day please visit our message board. You can also get peer support. <https://loveaddictsanonymous.boards.net>
16. It is time for announcements.
17. Seventh Tradition. Will someone post the link in the chat room.
18. 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.
19. In the spirit of love and truth let's close with the LAA Closing.

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.

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20. **After-Hours:** The regular LAA meeting is now over. During the after-hours meeting we have volunteer hosts. If you have to leave your host position make sure the new host is not a newcomer and has agreed to do this. Also, there is no time keeper, and no need to raise your hand.

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.

Talking about another person or the content of their share is never allowed without their permission.

We encourage each person to be mindful of the primary purpose of LAA, which is to provide a safe place to recover from love addiction. The goal is to provide experience, strength and hope - which may look different for each member. You are encouraged to take what you need and leave the rest. Finally, feel free to ask questions. **Let's start with the newcomers.**

#### 4. Website – no one in attendance

**5. Safety – Vincent** – we had a productive meeting. We tried to keep it principles before personalities. We tried our best to come up with guidelines as a whole. We looked at other fellowships and their guidelines. There was some discussion of copying and altering words, but then we decided to come up with our own wording. We divided into 2 groups (1 looked at guidelines and 2<sup>nd</sup> the Right of appeal). This will be discussed at our next meeting. Katya – we will work on 3 docs (1. safety that we read at opening of meeting 2. LAA safety guidelines LAA complaints protocol – 3. how to handle violations and complaints.)

#### IV. Discussions/Motions:

##### 1. **Communication Protocols/textiquette (Katya)**

Katya – we had challenges with the Whatsapp groups. We had several that were willing to sponsor this part of the agenda, but they are not here. We need to be clear that the whatsapp group administrators need to be in charge of making sure that they meet the guidelines. People are discussing emotionally charged items via text, and that is problematic.

Vincent – I was wondering what the proposal was? Are you asking that we come up with guidelines? Would this not be the safety committee?

Katya – Safety committee should be the group that comes up with this, but I wanted to get this in the motions here. We need to agree to not discuss emotionally charged topics via our whatsapp groups. 1<sup>st</sup> go to the person directly. If that doesn't work, we bring it to the group for discussion.

Vincent – I know we had an issue with 1 person in the WAGs. I thought everything was calm since this.

Katya – a few fellows contacted me, and I had missed it. There was some inappropriate name calling going on. People being referred to as enablers. Some were hurt by that, because they were not on that persons side. They were not appreciative of the name calling.

Vincent – I would like to say I did issue an apology on the WAG when they thought I was talking about them, when I wasn't talking about them. I can issue another apology. I am a member of a fellowship where enabling is part of the program and pointing it out is customary. My intension wasn't to name call.

Katya – thank you Vincent. One of the IBM chat administrators came to me. I trust this person. I missed it. Let's table this for now, and I will bring that to our next meeting or our Safety committee. Let just hope we get better in the meantime. Is anyone in opposition for tabling this? No one objected.

A. Enforcement

B. Follow-through/Action Items

2. **Host Protocols (ODAAT)** – Time limits, synced rotation, GYOS (get your own sub for short-term absences) – we discussed this in the ODAAT meeting.
3. **LAA/Adult Child Step Study group in IBM room** – Katya will host this 6-month study, Monday at 10:30 or 11 am pst 1 week on the Tony A steps and 1 week on the regular steps. Or, are we just free to start our own program. We need to get permission on opening up another zoom for this. We have a book club using the LAA zoom.

**Chris** – It is not an LAA/ACA meeting, it needs to come to the IBM. 6 months and see how it goes?

Katya – in 6 months, we would complete the steps.

Chris – there are days where we don't talk about the steps in meetings, so I think it is good to focus on the steps.

Diane – I want to thank you that you are taking this on. Many people are asking when this is going to start. I struggled going to ACA meetings, because it wasn't solution focused. I want to move to the solution, when ACA focused on the problem. I look forward to this meeting.

Katya – I would like to put forth the motion that we bring on this LAA/ACA meeting. WE are looking at Mondays, starting October 10th.

Diane – Oct 10th is good, as this give people an opportunity to hear about this and join.

Chris – when we announce things, try not to do a big sales job. We do not need to be spending a lot of time announcing meetings vs selling them.

Katya – I will try not to sell announcements in the future, as my part. I try to get people to these meetings for group consous. Meetings that are using the LAA platform need to be approved by the IBM.

Chris – I think they do need to be approved.

Vincent – Any 3 Love addicts can form a group, but to use the LAA zoom, it is good to ask the IBM as a courtesy to use it as a good practice.

Chris – I can think of instances in other recovery programs, where AA started seeing meetings being held that were not AA related, and they said no. We have the right to say, let's not call that LAA.

Vincent – I forgot to mention that it is understood that you follow the LAA traditions. The group will respect the LAA traditions. The term Adult Child is generic. ACA is another fellowship. We can use the Tony A literature, but the group would follow the LAA traditions.

Katya – I would like to put forth the Motion: That a new meeting may use the LAA platform as long as it has been approved by LAA IBM.

Vincent – I think we need to change the word approved, so it doesn't sound like governing. What do you mean by platform?

Katya – website and all guidelines.

Katya – reworded motion: Motion: That a new meeting may use the LAA platform as long as it has been announced with the option for discussion with LAA IBM

Vincent – add following a discussion with IBM

Katya – reworded motion: Motion: That a new meeting may use the LAA platform following a discussion with LAA IBM.

Vincent – this looks good to me.

Chris – looks good. We do have a platform, and a valuable one. We need to protect it somewhat. We are not telling people they can't do something, but we would like it to be brought to IBM.

Katya - Motion: That a new meeting may use the LAA platform (Guidelines, website and zoom account) following a discussion with LAA IBM.

Katya - Motion: That a new meeting may use the LAA platform (Name, Guidelines, website and zoom account) following a discussion with LAA IBM.

Chris – I 2nd the motion.

Katya - Does anyone object? No one objects. The motion passes.

Vincent – can we discuss having another zoom room? Background – we do have various meetings that do cut into our regular meetings. It would be helpful to have a separate zoom room, so it doesn't interfere with our regular zoom meetings. It can also be used for other purposes. This zoom can be used for business meetings.

Katya – how much does it cost?

Vincent - 14 pds (15.61 US dollars). We are paying 14 for the existing zoom, so it will be 28 pds (31.22 US dollars) for both. We have the funds to cover this.

Katya – where do you think study groups or book clubs go? Business zoom or regular?

Vincent – currently they are using the regular zoom. I know people do try their best to schedule the meeting where it doesn't interfere with the fellowship. It just depends on the start time.

Katya – I would like to ask people's opinion. Should we always leave plenty of time for after hours.

Vincent – I try to do a meeting a day. I like an hour between the regular fellowship and another meeting.

Chris – after hours should be an hour.

Diane – sometime depending upon the meeting topic, we have overflow shares and questions, and can go over. I feel like cutting it off when someone is in crisis, I do not feel good about that. I feel an hour apart is sufficient.

Katya – Hopefully our Adult child / LAA meeting can be at 11:00 am pst on Mondays starting Oct 10th. Diane 2nds. No one objects.

Vincent – the 11am would suit me well.

Chris – I have seen other fellowships get watered down, when other meetings get introduced. Let's be mindful of this.

Katya – Motion – Addl meetings will always allow 1 hour for the afterhours except for business meetings. Diane 2nds. Does anyone object? No one

Katya – put forth the motion to opening a 2nd zoom for meetings. Vincent 2nd. Does anyone object? No one objects.

#### **4. Day and time of future IBM extra meetings**

#### **V. Necessary Service Positions to fill:**

1. Backup substitutes for all service positions
2. More people on the website committee

#### **V. Closing Prayer**

##### **LAA Closing Prayer**

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