

# LAA *One Day at a Time*

## ODAAT Meeting Script



### **Intro**

Good day, everyone, and welcome to the One Day at a Time Fellowship of Love Addicts Anonymous! My name is -----, and I am your host for this meeting.

LAA is an all-inclusive organization, and everyone is welcome! We ask that when you share, please be sensitive to others in the room, as the primary purpose of LAA is to offer a safe place for love addicts to recover. For more information about LAA, you may visit our website at [loveaddictsanonymous.org](http://loveaddictsanonymous.org).

I will now bring up the readings. Please unmute if you are willing to read.

### **Opening Readings**

*[Some hosts opt to read the welcome, but this is optional. Please note the reading of the Promises is always reserved for the end.]*

### **Timekeeper Request**

Will someone agree to be our spiritual timekeeper? We allot up to 20 minutes for speakers, 10 minutes for literature, and three minutes for shares. If the Zoom timer app is used, a one-minute reminder is no longer necessary.

*[At this time, the host will share a reading, video, or introduce the speaker.]*

### **Meeting Guidelines**

Before we begin sharing, please be aware of our group safety guidelines: LAA is not a dating club, and there is no place for flirting or any behavior that makes another member feel uncomfortable. Please be aware that, while we do encourage honesty and transparency in shares, if you begin to share about sex-related topics or use excessive profanity, the host will issue a gentle reminder of redirection. We respectfully ask that if you are a member of another 12-step recovery group, please limit your talk about that program while in this meeting. Talk of other addictions may divert us from our primary purpose.

## **Newcomer Welcome**

Before we begin sharing, are there any newcomers present? If so, please unmute and introduce yourself so we can welcome you. This is a time for introductions only. You'll have an opportunity to share later in the meeting.

## **General Sharing**

If you are available for outreach or to sponsor, please post your contact information in the chat. The meeting is now open for sharing. Please raise your hand if you'd like to share. The topic is the reading (or video), or feel free to get current. As a reminder, in LAA, there is no crosstalk, which is any verbal response to another person's share. Interrupting, asking questions, or offering advice are considered crosstalk. Sharing based on your own personal experience using "I" statements is encouraged.

## **Newcomer Shares**

At this time, I'd like to give newcomers an opportunity to share, so if there are any newcomers who haven't shared already but would like to do so, just unmute and begin sharing.

## **Close Sharing**

Sharing is now closed. If you did not get a chance to share, please stay on for after-hours. After-hours is a time for newcomers to ask questions and for members to continue sharing and ask for feedback. As a reminder, helpful links have been posted in the chat.

Before we wrap up, are there any announcements? Step 12 highlights the importance of service in our recovery. Currently, LAA has open service positions including cohost and greeter. We also need members to serve on various committees. If you're interested in serving, please let us know! Also, we encourage members to attend our monthly business meetings, which are held the first Saturday of each month. Please visit [loveaddictsanonymous.org](http://loveaddictsanonymous.org) for more information. The 7th Tradition link has been posted in the chat for anyone who wishes to donate to LAA.

As we bring this meeting to a close, I'd like to remind everyone that LAA is an anonymous program. As such, we ask that you respect the anonymity and confidentiality of each participant. If you have safety concerns, please email us at [safety@loveaddictsanonymous.org](mailto:safety@loveaddictsanonymous.org).

## Promises & Closing Prayer:

Will someone volunteer to read the promises?

*[Reading of the Promises]*

In the spirit of love and truth, feel free to unmute and recite 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 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.*

## After Hours Preamble

The regular LAA meeting is now over. If you can, please stay for afterhours and feel free to ask questions. During after-hours, there is no timekeeper. If you wish to share, you may unmute and begin to speak. Raising your hand to let the host know you'd like to join the conversation is optional. So that others can participate, please keep your share to a reasonable amount of time (i.e., 1 to 2 minutes). While crosstalk and requesting feedback are allowed in after-hours, participants should refrain from giving unsolicited advice.

Talking about another person or the content of their share without their permission is never allowed. In addition, there is no room in this meeting for gossip or the venting of personal dissension between individual members in LAA, either verbally or in the chat. LAA meeting guidelines will be enforced by the host.

Finally, 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. Please feel free to ask any questions. Let's start with our newcomers.