

LAA *Love Addicts Anonymous*

Meeting Type: Ordinary ODAAT Meeting

Location: [Zoom Link](#)

Date: February 3, 2024

Start time: 10:30 a.m. PST (98 mins.)

Attendees: Andrew, Katya, Dave, Shaina, Alex, Brenda, Deborah, Karen, Lisa, Norma, Samara, & Pamela

ODAAT Service Positions

Chair: Andrew

Secretary: Pamela

Timekeeper: None

- I. Opening Verse:** Moment of Silence followed by the Serenity Prayer
- II. Review & Approval of Prior Minutes:**
 - i.** Pamela screen-shared the minutes from January 6th for final review and approval. Andrew moved to approve the minutes and Dave seconded. The January minutes were unanimously approved and adopted.
- III. IBM & Committee Reports:**
 - i.** **IBM (Katya)** – Katya has served as IBM chair for quite some time, and she is looking to step out of the role. A draft of the LAA safety guidelines is near completion. Due to Dominic’s departure, LAA needs a new webmaster. Kendra was recently voted in as the new treasurer, and she is working to get the Seventh Tradition back up and running.
 - ii.** **ODAAT (ad hoc) Literature Committee (Pamela)** – Pamela screen-shared the edited meeting script for review. To make the script more user-friendly, the meeting script was edited to include headings and prompts throughout the draft. The new script will be especially helpful for new hosts and cohosts to navigate during meetings. No major or substantive changes to the script were made. Pamela moved that the final draft be posted to the WAGs for fellowship-wide review. Andrew seconded, and the motion was so adopted.

- iii. **Host Coordinator Service Position** – Effective February 3, 2024, Lindsey is no longer the ODAAT host coordinator. Anyone interested in serving in this role, please let us know. Andrew thanked Lindsey for her service.

IV. Discussions & Motions:

- i. **Conduct of Business on the WAGs (Pamela)** – Pamela has observed the conduct of business on the WAGs, especially in the IBM Chat. Pamela argued that discussion of business on the WAGs is unnecessary, confusing, and defeats the purpose of the monthly business meetings. Moreover, the conduct of business on the WAGs has the potential to dissuade members from attending business meetings, as well as to deter members from volunteering to do service. Pamela moved that the conduct of business on the WAGs cease and desist. Shaina concurred, suggesting it is often difficult to track discussions on the WAGs, versus discussions that take place in real time at a business meeting. Dave supported Pamela’s motion and further proposed making the IBM Chat a closed group that is restricted to key service members.

Andrew, who is not on the WAGs, supports using the WAGs as a way of keeping abreast of events and activities between business meetings, but he opposes the conduct of business on the WAGs, which includes decision-making. Norma supported Pamela’s motion as well, indicating that text communications can be distorted, versus verbal communication that occurs in real time. Katya asked for clarification in terms of where the line is drawn. Pamela explained that the WAGs should be used for logistical purposes, such as briefly answering members’ questions, to propose agenda items, and the scheduling of meetings. Lengthy, drawn-out commentaries and discussions should be avoided. Dave seconded. The motion to cease the conduct of business on the WAGs passed unanimously.

- ii. **12-Week Book Study Proposal (Pamela)** – Pamela proposed starting a 12-week book study on the topic of emotional sobriety by Dr. Allen Berger. In his book, Dr. Berger provides key insights into emotional sobriety—what it is, and how it can aid recovery. The study would begin on Tuesday, March 12th at 7:30 PM (Eastern) and run for 90 minutes. All LAA members are invited to take part in the study. The weekly meetings will take place in Pamela’s Zoom meeting room. Dave, who hosted a book study in the past, offered his support for the Emotional Sobriety book study.
- iii. **Zoom App Timer (Katya)** – Katya motioned that the Zoom timer app should be utilized during sharing at meetings to avoid interrupting participants. Several members offered resounding support for Katya’s proposal. Using a timer would not preclude the need for a timekeeper, as gentle reminders may still be necessary. Katya and Pamela shared their screens to demonstrate how the timer app works. Dave recommended that hosts announce the app’s availability during meetings. Shaina seconded Katya’s motion and offered technological support for introducing the Zoom timer app. The motion was so approved and adopted.

- iv. **LAA-Adult Child Step Study Proposal** (Katya) – Katya proposed opening the step study group to all interested members and extending it, beginning in March. Dave concurred with Katya’s proposal to open and extend the study group.
- v. **Host Coordinator Vacancy** (Katya) – Pamela stated that, given Lindsey’s departure, existing hosts need to train new cohosts until the host coordinator vacancy is filled. Andrew concurred, adding that once the position is filled, hosts still need to be equipped to train new cohosts in the event the coordinator is unavailable. The burden of training new hosts should not fall solely on the shoulders of the host coordinator. If existing hosts can train new cohosts, Katya questioned whether the host coordinator position needs to be filled at all. She endorsed hosts actively recruiting at meetings. Katya also supports the utility of developing a training manual and adopting a mentorship training model to ensure cohosts are well trained.

Shaina suggested that perhaps LAA should consider instituting a monthly host training meeting. Katya recommended giving access to the ODAAT Service WAG to the fellowship through the Zoom chat along with the other WAG links. She further suggested attaching pertinent host docs to the ODAAT Service WAG, such as the meeting script, open service positions, and future host training manual to make these documents more accessible to the wider fellowship. Pamela confirmed that she keeps the open service positions document periodically updated and will email the document to Tisha for posting to the LAA website. Andrew cautioned that any documents posted to the website and the WAGS should always be anonymized.

- vi. **Suicidal Ideation: List of Crisis Resources** (Karen) – Karen expressed concern that participants have verbalized suicidal ideation in sharing. As a member of the professional mental health community, Karen suggested that LAA consider making a list of international crisis resources available to members. She believes doing so could reduce the possibility of liability for LAA. Andrew offered an opposing viewpoint. Based on 30 years of experience in another 12-step program, Andrew is unaware of any liability concerns or issues that could arise in this context.

If, per group conscience, LAA feels the need to consult with an attorney to address the potential for liability, Andrew would not oppose. Like other 12-step programs, LAA is a non-professional organization. As a staunch proponent of 12-step programs, Andrew emphasized that “we are not experts.” Providing counseling services is not the mission of LAA, nor any other 12-step program. Recovery programs are deemed self-help in nature. Addiction is a spiritual ailment, said Andrew; thus, the solution is to work the steps. In Andrew’s view, the mere mention of suicide or suicidality has the potential to engender an opposite effect. Lisa agreed with Andrew, stating, “We need to stay in our own lane.” Dave, a social worker, stated that, because of his background, not only

would he feel comfortable addressing a meeting participant who expressed suicidal ideation, he would be obligated to intervene in some way. While Katya and Andrew see nothing wrong with LAA members offering to reach out to their fellows in crisis, they believe that offering outside resources or programs goes against the Traditions.

V. Closing: Andrew adjourned the business meeting 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 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.