

LAA Love Addicts Anonymous

Meeting Type: ODAAT Business Meeting

Location: Zoom Link

Date: December 7, 2024

Start time: 10:30 a.m. PST

Attendees: Chris E., Johanna, Rich, Alia, **Andrew McC**, Daisy, **David**, Homa, Jeff B, Jennifer, Katya, Kendra J, Linda, **Lisa she/her**, Mark F, **Paula**, Riena, Sandy Ohio, Soj. (In bold present part of the time.)

ODAAT Service Positions

Chair: Chris

Secretary: Sandy (acting Secretary this month)

Timekeeper: None

I. Discussions & Motions

1. Requirements for the Host/Cohost

- The group voted unanimously to update the requirements for the host/cohost as follows (changes in bold):
 - At least three months' experience in the LAA fellowship or another 12-step program.
 - Willingness to attend monthly IBMs **and ODAAT Business Meetings**.
 - Attend LAA safety training and abide by all safety guidelines.
 - Familiarity with Zoom videoconferencing technology, preferred.
 - Willingness to fill in for other hosts, as needed.
 - Willingness to train replacement hosts/cohosts, as needed.
 - Resignation protocol: 30 days' notice and willingness to actively recruit host replacement.
 - Three-month service commitment with the option to renew.
- Johanna proposed that we remove the text "or another 12-step program" from our host/cohost requirements. We discussed whether three months of experience in LAA was necessary, or whether that length of experience in another 12-step group might be sufficient.

Points given in favor of this change were:

- LAA is a 12-step program unlike any other, we want hosts who are familiar with our specific terminology
- Credits don't "transfer" from one 12-step program to another
- A host needs to be able to answer LAA-specific questions during after hours

- Three months of experience gives newcomers time to work through their own withdrawal before becoming a host

Points given in opposition to this change were:

- A host doesn't have to be an LAA guru to moderate and run a meeting well
- Comfort with reading and technology are arguably the most valuable skills for a host
- A host with lengthy experience in another 12-step program, who has already worked the steps, would be more valuable than a host with only 3 months of experience in LAA
- We are desperately low on hosts, maybe we can raise our standards after we get more

Next Steps:

The discussion about "or another 12-step program" was tabled for the next business meeting.

- Johanna proposed removing the requirement, "Willingness to train replacement hosts/cohosts, as needed." Though the idea of doing training is daunting to some people and might prevent them from becoming hosts, we discussed and decided to keep this. The "as needed" gives us flexibility, it probably won't be demanded of all hosts, but we'd like hosts to be generally willing.

2. Confusion Regarding IBM vs. OBM

We discussed the difference between LAA IBM and LAA OBM. IBM presides over the entire fellowship. ODAAT is only 15 meetings and does not include others meetings., e.g., the Christian meetings. ODAAT and IBM create and manage their own meeting scripts. IBM presides over the literature for the whole fellowship and the meeting readings, e.g., the 12 Steps.

3. Safety Concerns Regarding ODAAT After Hours

Pros/cons/issues discussed:

- After-hours guidelines are not always respected, and hosts don't always handle situations well
- Sometimes after hours can be a "train wreck," or at the very least "hit or miss"
- Addicts giving advice to addicts isn't always a great idea; cross talk isn't always healthy

- It's hard to predict/prevent people saying harmful things
- After hours is really beneficial for solid feedback and instruction, many are grateful for it
- Hosts should be stricter about how long people share so they don't monopolize the time
- Take what you like, leave the rest
- Can be hard to find the line for redirection, and hosts aren't therapists
- Hosts don't like cutting people off, especially those with validation addiction (all of us?)
- Hosts could repeat a few times, please keep your share to a reasonable length of time and a reasonable number of times; it's most challenging is when it turns into a repeated dialogue
- Only pass after hours to a trained host
- Maybe we should use a timer in after hours
- Need to make sure the host is actively involved and paying attention
- We sound like we're afraid of losing control, we should turn to our higher power and figure out what kind of service we want to provide
- In SLAA, general chatting after the Parking Lot is more social, less advice-based, smoother
- Ensure after-hours hosts are trained, present, and ready to intervene as necessary
- Limit after-hours sessions to 60 minutes (as problems tend to occur during extended sessions)

Next Steps:

The discussion about how to make after hours safer was tabled for the next business meeting.

II. Future ODAAT Business Meetings

Chris volunteered to chair the next ODAAT Business Meeting. Chris will be ODAAT Chair for a while. The Chair will also be the Liaison.

III. Closing

Chris adjourned the meeting with the Serenity Prayer.

New Business:

Jeff proposed the introduction of new meeting topics, like shame. This was intriguing but we were out of time, so it was tabled for the next business meeting.

