

**Minutes – ODAAT Business Meeting
December 6, 2025**

Participants: Adil, Arousha, Artur K., Cody A., David B., Ellie, Jennifer, Johanna, Nicole
Chair: David B.
Secretary: Johanna

1. Moment of Silence and Serenity Prayer

2. Approval of Minutes from November 1, 2025

The minutes were approved unanimously.

3. Report from the Host Coordinator – David B.

- Six new people have been trained. David B. expressed appreciation to Sandy for her support for the host trainings.
 - All host positions are currently filled. Several regular co-host positions remain open and are being announced in the meetings.
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4. Old Business

a) Committee Report: ODAAT Host Safety (Lori)

- Lori is not present; the report is postponed to the next business meeting.

b) Committee Report: Development and Revision of ODAAT Meeting Guidelines (Lori)

- Lori is not present; the report is postponed to the next business meeting.

c) Web Administrator Report (Marianna)

- Marianna is not present; the report is postponed to the next business meeting.

d) New Admin for ODAAT Inspiration & Advice Wags (Jennifer)

- Jennifer has repeatedly asked for volunteers to serve as admins for the ODAAT Inspiration & Advice Wags, but no one has stepped forward. She announced that she will step down from her admin role at the end of the year.
- The group expressed gratitude for Jennifer's dedicated and demanding service.

- Members agreed that the Wags require appropriate monitoring since they carry the LAA and ODAAT names and are intended to remain program-focused and recovery-focused. Inappropriate and unrelated content continues to be posted.
- It was noted that many members in the Wags are inactive, and it is unclear how many of them are actually attending ODAAT meetings.
- After discussion, a motion was made and seconded to close both the “ODAAT Inspiration” and “ODAAT Advice” Wags at the end of the year. Anyone interested in reopening and moderating them in the future may bring a proposal to the ODAAT Business Meeting. The motion passed unanimously.
- David B. offered to prepare a message informing members that the Wags will be closed at the end of the year.
- The group agreed that if the Wags were ever reopened, they would require clearer guidelines and several committed admins to ensure consistent moderation.

5. New Business

a) Suggested updates to the “Requirements for ODAAT Service Positions” (Johanna)

- Johanna proposed several updates to the existing “Requirements for ODAAT Service Positions”, previously posted on the LAA website.
- The following changes were unanimously adopted (new wording shown in bold):

> ODAAT Chair:

Willingness to join and be active on “**LAA ODAAT Business**” and “**IBM**” **WhatsApp groups** or assign a designee.

(Previously: “join and be active on WhatsApp groups”)

> ODAAT Secretary:

At least three months’ experience in any 12-step recovery program.

At least three months of active involvement in the LAA program.

(Previously: both points were listed, which created redundancy.)

> ODAAT Host Coordinator/Alternate:

Willingness to coordinate hosts for all morning **and/or** evening ODAAT meetings.

(Previously: “for all morning or evening ODAAT meetings”)

- The group discussed whether to revise the requirement for the ODAAT Chair: “Has worked the 12 steps in LAA or another 12-step program.”
- Some members questioned whether completing the steps should be required at all, given the personal nature and varied pace of step work. Alternatives included requiring a set period of active involvement in the program, and/or requiring that the candidate has begun working the steps.
- Others preferred keeping the requirement of having worked the steps specifically in LAA, and removing “or another 12-step program,” noting that LAA is a unique program with its own structure and practices, and that past issues occurred when individuals from other programs struggled to adapt to these procedures.

- The group chose to postpone this item for further reflection and continue the discussion at the next business meeting.

b) Host rotation (David)

- Discussion on whether the three-month hosting commitments should be tracked more clearly to ensure that others have the opportunity to sign up for specific days and times.
- Members considered how to promote healthy rotation and how to communicate that a hosting position becomes open after three months, even if the current host is happy to renew their commitment.
- There was general agreement that while long-term regular hosts are deeply appreciated, rotation remains important and no meeting should be perceived as “belonging” to a particular host.
- One suggestion was that after each three-month period, hosts could announce that the position is open for anyone interested, while also expressing willingness to continue if no one else steps forward.

c) Clarification regarding the Avoidant/Anorexic meeting listing (David)

- Johanna shared her understanding that the Avoidant/Anorexic meeting may have been formed later than the other ODAAT meetings, which could explain why it is currently listed separately on the website rather than under ODAAT. To her knowledge, the meeting was intended to be part of ODAAT from the beginning. She also recalled that the former host had expressed a desire for the meeting to be formally recognized as part of ODAAT.
- David B. will contact the current host for clarification and report back at the next business meeting.

d) Questions regarding ODAAT autonomy and Zoom link funding (David)

- The IBM uses 7th Tradition contributions made directly to LAA to pay for a Zoom link that is used by ODAAT and other groups.
- The LAA fellowship has grown significantly, with multiple new groups forming recently. Because ODAAT was one of the earliest groups and is currently the largest group within the fellowship, its meetings and material appear more prominently on the website. This may contribute to ongoing confusion about the distinction between LAA, ODAAT, and the IBM.
- For clarification: LAA is the overall fellowship, with eight separate groups listed on the website, plus regional groups. ODAAT is one of these groups and currently holds 15 meetings per week. The IBM addresses fellowship-wide matters (e.g., the website and literature), while the OBM (ODAAT Business Meeting) addresses matters specific to the 15 ODAAT meetings.

e) Ensuring safe and enjoyable After Hours discussions (Arousha)

- Arousha asked how hosts should respond when participants do not follow the After Hours guidelines, such as speaking much longer than the suggested 1–2 minutes or engaging in extended back-and-forth exchanges.
 - Johanna provided background that After Hours has been a recurring topic of discussion. The committee working on the “Development and Revision of ODAAT Meeting Guidelines” was formed in part to clarify expectations and guidelines, but more volunteers are needed to support the committee’s work.
 - Group members shared possible approaches—for example, setting a general time limit for After Hours, or using gentle phrases such as “That’s a great topic for further offline discussion” instead of more abrupt interruptions.
 - In conclusion, the group agreed that it is at the host’s discretion whether to gently remind participants to be mindful of time or to allow them to continue speaking.
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6. Closing Silence and Serenity Prayer
