

ODAAT Business Meeting Minutes

Date: Feb 7th, 2026

Participants: Allison, Arousha, Artur K., David B., Elizabeth, Ellie, Jennifer, Johanna, Kathy K., Katya, Melissa, Nicole, Peri, Sandy Ohio, Sandy R.

Chair: David B.

Secretary: Johanna

1. Moment of Silence and Serenity Prayer

2. Approval of Minutes from January 3rd, 2026

- The minutes were approved unanimously.
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3. Report from the Host Coordinator (David B.)

- Three new members have been trained since the last business meeting.
 - The Saturday morning host and the Saturday evening host positions are currently open. There are eight open cohost positions, as announced in the Service Wag and during meetings.
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4. Committee Reports

a) ODAAT Host Safety (Johanna for Lori)

- The email connection between the LAA Safety Committee and the ODAAT Host Safety Committee has been established; however, no messages have been received so far.

b) Development and Revision of ODAAT Meeting Guidelines (Johanna for Lori)

- It was noted that Lori is currently the only active committee member and requires additional support.
- A discussion about how more people could be reached to do active service in ODAAT arose, including how to get more people to join the ODAAT Business Meetings. Ideas included holding business meetings after each ODAAT meeting; however, there was general agreement that ODAAT has historically had one business meeting for all 15 meetings and that this structure should remain unchanged.

- It was also suggested to announce open service positions and committee needs more clearly and concretely at the end of each meeting. This discussion was postponed to the next business meeting.
- David volunteered to reach out to Lori for further clarification regarding this committee.

c) Web Administrator Report (Marianna), proposed website changes (David)

- Marianna was not present, no web administrator report.
- David presented two texts currently on the website regarding hosts' discretion in handling ODAAT Meeting Themes, which contradicted each other (see Appendix A). The group decided to remove both texts from the website. Those present agreed that permanent changes to meeting themes should be discussed at the ODAAT Business Meeting, and hosts are asked to generally align meeting content with the theme. However, there is a degree of flexibility around this, acknowledging and appreciating the time and energy it takes time for hosts to find content. Situations can (and will!) arise where hosts may not have had time to find content, had trouble finding content, or another host is filling in at the last minute and no content was provided to them.

5. Old Business

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

- As discussed in a previous ODAAT Business Meeting, the Sunday 12 pm PT meeting is part of the ODAAT group, but unlike all other ODAAT meeting is not listed as ODAAT on the website in the Online Meetings section, but as „Avoidant & Anorexia“.
- The motion to update the listing to reflect that this meeting belongs to the ODAAT group was unanimously approved, while the meeting theme will remain “Avoidant/Anorexic” as listed on the ODAAT page of the website.

b) Clarification regarding ODAAT Meeting Themes (David)

- David pointed out that two of the ODAAT meetings' listings currently don't reflect the actual meeting theme, namely the Thursday morning meeting and the Saturday evening meeting.
- The group unanimously decided to rename the Thursday morning meeting theme to **Healthy Relationships** (currently listed as “Self Care”) and to change the Saturday evening meeting theme to **Speaker / Host Choice** (currently listed as “LAA Literature Stories”).

c) Updates to website and host script to reflect ODAAT's use of the term "group" (Johanna)

- The proposed website changes were approved unanimously:
 - > Update name displayed on all links on the Online Meetings page from „One Day At A Time Fellowship of LAA“ to: **One Day At A Time Group (ODAAT)**
<https://loveaddictsanonymous.org/meetings/online/>
 - > Update the name at the top of the ODAAT page from „One Day At A Time Fellowship of Love Addict Anonymous“ to: **One Day At A Time Group (ODAAT)**
<https://loveaddictsanonymous.org/meetings/online/odaat/>
- The proposed changes to the ODAAT Meeting Script were approved unanimously (see Appendix B).
- Discussion regarding where on the website the updated ODAAT Meeting Script will be placed was postponed to the next meeting.

6. New Business

a) Discussion regarding procedures for ODAAT meetings without a regular host, including whether untrained members may serve as host (Sandy Ohio)

- Sandy (Ohio) was concerned that the safety of the meetings was compromised if there was no trained host present, and contemplated whether it would be better to close meetings that don't currently have a regular hosts. Possible technical measures, including Zoom settings restricting access without a host, were discussed.
- Other voices raised concern that many members rely on daily meetings, and that closing meetings could be especially detrimental for newcomers and for members in time zones with limited access. It was also noted that participants retain responsibility for their own safety and may leave meetings or mute members if needed.
- The group agreed that this is an important topic which deserves proper discussion and no rushed decisions should be taken. No formal decision was made, and the discussion was postponed to the next business meeting.
- A temporary suggestion was made to create a rotation list for Saturday meetings without a regular host to support safety until the next business meeting.

b) Discussion regarding safety in ODAAT meetings (Melissa)

- Melissa asked for clarification whether there had been a formal decision that all ODAAT hosts enable the waiting room and respond to direct messages in the chat.

- It was confirmed that ODAAT hosts and co-hosts should enable the waiting room and request member identification by name or initials.
- It was also acknowledged that hosting requires significant attention, especially without a cohost, and that chat messages may be missed. Members may also raise safety concerns verbally during meetings if needed.

c) Request to convert an evening ODAAT meeting into a LAA/ACA hybrid meeting (Katya)

- After discussion, Katya decided to open a new evening LAA/ACA hybrid meeting rather than converting an existing ODAAT meeting, in order to preserve the autonomy of the hybrid meeting and avoid further confusion regarding ODAAT's role within LAA.
 - Those present agreed that potential time overlap with an existing ODAAT meeting was acceptable, noting that as LAA grows, overlapping meeting times are likely and that the hybrid meeting will use its own Zoom room.
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7. Closing Silence and Serenity Prayer

Current open service positions for ODAAT:

- ODAAT Chair (Chris E. is currently serving as interim chair, David B. substituted when Chris was unavailable)
- Hosts / co-hosts

Appendix A – website changes

- Current literature page of LAA website: *„Attention ODAAT meeting hosts! Any proposals to change a meeting theme must be brought to an ODAAT business meeting for group conscience discussion, voting, and adoption.“*

<https://loveaddictsanonymous.org/literature/>

- Current ODAAT Meeting Theme Page on the LAA website: *„The Meeting Host always has the option of changing the theme and providing his or her own supplemental literature. The topic of each meeting is always the extra reading that the host provides.“*

<https://loveaddictsanonymous.org/meetings/online/odaat/>

Appendix B – changes to ODAAT Meeting Script

- Changes to „Intro“ (in bold):

Good day, everyone, and welcome to the One Day at a Time **Group** of Love Addicts Anonymous!

We meet daily at 9 am and 5.30 pm, and on Sundays at 12 pm Pacific Time.

My name is _____, and I am your host for this meeting.

- Changes to the „Close Sharing“ (in bold):

Step 12 highlights the importance of service in our recovery. Currently, **the ODAAT group** has open service positions including **host** and **cohost**. 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 ODAAT Business Meeting, which is held the first Saturday of each month at 10.30 am Pacific Time.

All LAA members are also welcome to attend the monthly International Business Meeting (IBM), where matters concerning the wider LAA fellowship are being discussed. Please visit loveaddictsanonymous.org for more information.