

Greetings! and thank you for your interest in starting a Love Addicts Anonymous meeting. There is no perfect way to start a meeting. You just need the willingness to start small and build on what you have. Remember that LAA is a 12-Step program and that you have a Higher Power to guide you.

To start, you must select a time and place. The place can be anywhere. Some people start in their living rooms. Some people find a donated space in a church or hospital. Others pay rent. Once you find a time and location, you have to advertise the meeting. World Service can provide you with a sample flyer and the electronic version of any LAA text that you might want to put on it. You can post these flyers all over town. In the first LAA meeting we put flyers in an Oakland Recovery Center, where all kinds of 12-step programs meet, and that is how we got our first members. Our early members also spread the word at other 12-step meetings they attended. Keep your flyers handy and pass them out to everyone you meet, or make up some inexpensive business cards to pass out. You can also send the press release to local newspapers. Some of them may want to do a story on LAA.

The Suggested Meeting Format has evolved through trial and error. We will provide you with an electronic version if you want. If you are unhappy with this format, you can create your own. We recommend keeping the 10-minute reading. We have found that the discussion following the reading is rich with emotion and insight because of what has been read. Choose any book you want from the Annotated Reading List.

Right now LAA is small and we here at World Service have plenty of time to help you get started. Please contact us for anything you might need. It would also mean a lot if you could keep us posted on how you are doing. We are going to have a page on the website with updates on your progress so others can be encouraged about their own meetings. Remember, all great organizations start out small. Look at Alcoholics Anonymous and how far it has come.

Don't forget to notify World Service that you have started a meeting so we can post the information on the website. Include a contact number.