

Meeting Format



1. Welcome to the _____ meeting of Love Addicts Anonymous. My name is _____ and your secretary for this evening. After a few moments of silence, to remind ourselves why we are here, please join me in the Serenity Prayer.

*God, grant me the serenity
To accept the things I cannot change
The courage to change the things I can
And the wisdom to know the difference.*

2. We ask that you refrain from speaking during the readings and shares so that all may listen without distraction.
3. Will the person who has the Preamble please read it.
4. Will the person who has the Statement of Purpose please read it.
5. Will the person who has the 12 Steps please read them.
6. Will the person who has the 12 Traditions read the tradition that corresponds with the current month. [Feel free to mention the number.]
7. Will the person who has the description of the Ambivalent Love Addict please read it.
8. Will the person who has the description of Crosstalk please read it.
9. We have literature on the table. The prices are marked.

10. Now is the time to shut off all cell phones, pagers and beepers so that the meeting can remain a safe place.
11. We will now pass around the voluntary phone list. Please sign the list if you are willing to take program calls during the week. Phone calls are an important tool to maintain contact between meetings. Please respect the spirit of anonymity when dealing with program members.
12. Do we have a volunteer to be timekeeper for tonight's meeting? [Give the timer to a volunteer.]
13. This is a literature/speaker/discussion meeting. One first meeting of each month we will have a speaker. The other nights we will read from the literature for 10 minutes and then open up for shares.

Speaker Night: Our speaker tonight is _____. You have up to 15 minutes to speak. What kind of a time warning would you like?

[When the speaker is done ask him/her to choose a topic.]

Reading Night: Tonight we are reading from _____. Please read a paragraph or two and then pass the book on. Timekeeper: Please notify us when ten minutes is up.

14. Now is the time for the 7th Tradition. We have no dues or fees, but we do have expenses.
15. Now is the time for general sharing. This is a tag meeting. During the sharing, we avoid all crosstalk, dialogue or debate. As members of LAA, it is important to say what is in our hearts and minds. If someone's share is offensive to anyone in the room, please take care of yourself in an appropriate way. Please remember the "no crosstalk" rule.
16. This meeting uses a timer. Please keep your shares to no longer than ____ minutes so that everyone has an opportunity to share. When the timer goes off, please wrap up your share.

17. Five minutes before closing the meeting:
 - Thank you! That is all the time we have for sharing today.
 - If you did not get a chance to share, please feel free to stay afterwards and talk with someone.
 - We are responsible for restoring the room to its original order.
18. As we bring this meeting to a close, I would like to remind you that LAA is an anonymous program. We ask that you respect the anonymity and confidentiality of each person in this meeting—that what you see here, and what is said here, stays here when you leave here.
19. Are there any announcements from the floor?
20. Does anyone need a ride?
21. Will the person who has the 12-Promises of LAA please read them.
22. Will the person who has the Welcome Statement please read it.
24. We will now end the meeting. Let's thank our timekeeper and ourselves for showing up. Will all who care to: join in a circle for the Unity Prayer.