



# THE BOTTOM LINE



February 2022 Edition

Step 2: “Came to believe that a Power greater than ourselves could restore us to Sanity.

“When I came into the program, my relationship with God was either full of anger because I didn’t get something, or bargaining because I wanted something (usually for my own validation). I had to think back to times where I felt some sort of spiritual connection in my life, and for me that had always been through action. When I was younger I used to sing in a choir with my spiritual group, and for some reason when I was singing it always helped me to feel some sort of sense of a spirit around me. When I’m singing, or dancing I feel much more present in my body, and feel a slight sense that I’m not alone. Similarly, when I go outside into nature, I find myself thinking less about the things I don’t have and start to appreciate the sounds, the trees, the animals, and remember that there is a lot more going on than just the negative thoughts in my head. When I worked step two with my sponsor, my homework was to take myself on self-dates into nature, and to wake up every day and spend at least five minutes dancing. I still forget that I have to find time to dance and connect with my higher power each day, but when I do remember to start my day with a little joy and connection, I always find it much easier to remember to pause (or dance) throughout the day.” - E.T.

Continued on Page 2

### INSPIRATION LINES

Call for 24/7 relief to listen and be inspired by a new recorded Speaker each week

**6-Minute Recording:** (215) 574-2120

**20-Minutes Recording:** (215) 574-2121

### TELEPHONE MEETINGS

[www.slaafws.org/telephonemeetings](http://www.slaafws.org/telephonemeetings)

### **We want to hear from you!**

Share your experience on Step 3, and/or how you came to make a decision to turn your will and your life over to the care of a higher power. Email in a short blurb to be featured in next month’s issue!

**BottomLine@SlaaLosAngeles.org**

### **Virtual Meeting Guide:**

[www.slaalosangeles.org/virtual-meetings](http://www.slaalosangeles.org/virtual-meetings)

### **Donations**

Venmo: @SlaaLosAngeles

Paypal app: @slaala

Paypal: [donate@slaalosangeles.org](mailto:donate@slaalosangeles.org)

Amazon: [smile.amazon.com](https://www.amazon.com/smile)

Choose “SLAA Los Angeles Inc” as your “charity.”

Please note in the Memo what the donation is for.

**venmo**



@slaalosangeles.org  
phone # last 4: 8741

### **In-Person Meeting Guide:**

[www.slaalosangeles.org/copy-of-current-meetings](http://www.slaalosangeles.org/copy-of-current-meetings)

### **Local Intergroup**

[www.slaalosangeles.org](http://www.slaalosangeles.org)

S.L.A.A. Los Angeles, Inc.

P.O. Box 480379,

Los Angeles, CA 90048, USA

310-595-8741

**General questions**

[info@slaalosangeles.org](mailto:info@slaalosangeles.org)

**Bottom Line requests**

[bottomline@slaalosangeles.org](mailto:bottomline@slaalosangeles.org)

**For website inquiries**

[webmaster@slaalosangeles.org](mailto:webmaster@slaalosangeles.org)

**Fellowship Wide Services**

[www.slaafws.org](http://www.slaafws.org)

## Experiences of Step 2 Continued.

*Personal stories from members of S.L.A.A.*

“I joined SLAA as a full-fledged atheist. Looking back, I was lost. Before SLAA, I believed that people should determine their own fates through self-will and if you weren't where you wanted to be, no amount of prayer could make a difference. There was no God. In fact, God was a reminder of how deceptive and manipulative this world was. What I failed to realize was that I was the deceptive one. I was the manipulative one, acting out, keeping secrets, sabotaging my well-being, and justifying betrayal.

It took a lot for me to believe in any "God" let alone a power greater than myself. But hitting bottom, brought me to my knees and I connected with a spiritual side that was ignited by the beauty of nature. Nature is undeniable and ever present. Nature is unexplainable and mysterious in many ways, just how God is described in religious text. Nature includes the universe, which I've always been mesmerized by... and evolution, a topic that I weaponized to question and argue the entire concept of a God.

This universal truth had weight, it was tangible, and became the cornerstone of how I defined my higher power. It didn't have to fit a mold or pre-defined concept. This was MY higher power and something undoubtedly greater than me. I can finally surrender to the universe and nature. It has allowed me to see a more highly-evolved version of myself with traits opposite of the insanity that had led me to act out in so many unmanageable ways. Walking during a sunset, surfing, hiking, even gardening keeps me connected to nature and away from bottom lines. I now truly believe that I am slowly (and imperfectly) being restored to sanity, one day at a time.” - **C.S.**

“I have always been that guy. The one who has a double life, scared of new things...[I] took huge risks, and gambled with sex and love addiction. In step 2, we came to believe that a power greater than ourselves could restore us to sanity. In slaa, I learned to slow down, pray, and turn it over because my life is unmanageable as a result of my crazy activities. When I am on my 2nd step, I learn how to not future-trip.” - **A.E.**

“We endured early phases of withdrawal, sometimes achingly putting one forty-four stretch together after another. As this continued, we faced a real dilemma concerning our personal identity... Whether we were aware of it or not, our entire being had been molded by our failure, or refusal, to solve from within the problem of our real lives: insecurity, loneliness, and lack of any abiding sense of personal worth and dignity. Through sex, charm, emotional appeal, or persuasive intellect, we had used other people as “drugs” to avoid facing our own personal inadequacy. Once we saw this, we realized that in surrendering our addictive behavior we would inevitably have to question the whole foundation of our self-image, [and] our personal identity. ... As we came to appreciate the magnitude [of our] addiction... we had to admit that we could not reshape our whole identity unaided. ... [and] we experienced the need to find a Power greater than ourselves.” - **S.L.A.A. Basic Text, Page 72-75.**

**Step 2: “Came to believe that a Power greater than ourselves could restore us to Sanity.**

## In Person Meetings

For more information please visit: [www.slaalosangeles.org/copy-of-current-meetings](http://www.slaalosangeles.org/copy-of-current-meetings)

DAY	TIME	IN PERSON OR HYBRID	Indoor/ Outdoor	LOCATION	MEETING NAME	COMMENTS
SUNDAY	8:30 AM	In-Person Only	Outdoor	Los Angeles State Historic Park 1245 N. Spring St. Los Angeles, CA 90012	Focus on Spirituality	Entrance is at Messengers St and Spring. Bring something to sit on - the grass is usually wet. Metered parking lot or street.
SUNDAY	11:00 AM	In-Person Only	Indoor	WHRC 626 N Robertson Blvd West Hollywood, CA 90069	Serenity on Sundays	Closed meeting. All genders.Meditation & Sharing. LA County Policy on Masks.
SUNDAY <b>Men Only</b>	1:00 PM		Indoor	Pathfinders Club 3367 Glendale Blvd Los Angeles, CA 90039	Sunday 1pm Men's Stag	Men's Stag - <a href="#">Enter through door to the right of the main entrance door or the back door</a> .
SUNDAY <b>Once Per Month Only!</b>	3:30PM	BOTH In-Person AND Online	Indoor	Silverlake Community Church Fellowship Hall 2930 Hyperion Ave Los Angeles, CA 90027	<b>INTERGROUP MEETING</b>	<b>Second Sunday of the month only.</b> Intergroup meeting for SLAA Los Angeles. Intergroup Reps from each meeting in LA vote on issues. Literature & Chips Pickup.
SUNDAY	4:00 PM	In-Person Only	Indoor	Presbyterian Church 5751 Platt Ave Woodland Hills, CA 91367	Step Study	One Hour Step Study
SUNDAY	4:00 PM	In-Person Only	Indoor	SHARE! 6666 Green Valley Circle Culver City, CA 90203	Newcomers "A Path to Healthy Relationships"	Starts 7/18 Co-Ed Speaker Chips Given Newcomer Focus
SUNDAY <b>Women Only</b> <b>NEW!</b>	7:00 PM	BOTH In-Person AND Online	Indoor	MCC United Church of Christ in the Valley 5730 Cahuenga Blvd. North Hollywood, CA 91601	Women's Sunday Brentwood Meeting	<b>NOTE: In-Person begins 2/13/22 Before 2/13/22 - Online ONLY</b> Meeting has a rotating format of speakers, reading, and open sharing, and goes from 7-8:30PM.
MONDAY	7:30 AM	BOTH In-Person AND Online	Indoor	Harmony Toluca Lake Church 4301 Cahuenga Blvd Toluca Lake, CA 91602	"Thank God it's Monday: Valley Edition"	1 Hour Alternates between a guest speaker and a Step from the SLAA basic Text
MONDAY	7:30 AM	In-Person Only	Indoor	Community Room (1st floor Garage, thru the brown double doors) at 8000 Sunset Strip in Los Angeles	Sunset Strip Anorexia Focus	Mtg alternates weekly bet. literature and leader shares. Meeting focuses on Anorexia Characteristics and Recovery. SP/H/B/A

DAY	TIME	IN PERSON OR HYBRID	Indoor/ Outdoor	LOCATION	MEETING NAME	COMMENTS
MONDAY	8:30 AM	In-Person Only	Indoor	WHRC 626 N Robertson Blvd West Hollywood, CA 90069	Thank God It's Monday	No size limit, but please bring a mask. Parking at Weho Library on San Vicente. All gender
MONDAY	Noon	In-Person Only	Indoor	Colorado Center 2500 Broadway Ave Santa Monica, CA 90404	Building Relationships	1 Hour. All Gender. Group Sharing Community Room Across from Helen's Cycles
MONDAY	7:00 PM	BOTH In-Person AND Online	Indoor	Downtown SHARE! 425 S Broadway Los Angeles, CA 90013	All Welcome Downtown	All Gender. Chips Given. Newcomer Focus <b>NOTE To attendees: Please show up at least 5 minutes early</b>
TUESDAY	7:30 AM	<b>Suspended</b>	Indoor	Farmers Market		<b>Suspended</b>
TUESDAY <b>NEW!</b>	8:30 AM	In-Person Only	Indoor	Farmers Market Upstairs Community Room 6333 W. 3rd Street Los Angeles, CA 90036	Don't Miss The Miracle	Room upstairs in the food court. All Gender. Speaker. 1 hour meeting; Focus on spirituality 10 minute meditation
TUESDAY	7:00 PM	BOTH In-Person AND Online	Indoor/ Outdoor	St. Luke's Evangelical Lutheran Church, 5633 E Wardlow Rd Long Beach, CA 90808	Long Beach 7 pm Study St Luke's	All Gender. Literature Study. Chips Given. Closed Meeting. Please bring a mask. Small Meeting.
TUESDAY	7:30 PM	In-Person Only	Indoor	Neighborhood Unitarian Universalist Church 301 N. Orange Grove Blvd, Room 25 (upstairs) Pasadena, CA 91103		All Gender. Closed Meeting. Handicapped Access. Newcomer Focus. Speaker Meeting. Book Study. Literature Meeting. Chips Given
WEDNESDAY	8:30 AM	BOTH In-Person AND Online	Indoor	WHRC 626 N Robertson Blvd West Hollywood, CA 90069 online ID: 88066048247	Healthy Relationships	Will be both online and in-person For online password, email: WeHoRecoverySLAA@Gmail.com
WEDNESDAY	5:15 PM	BOTH In-Person AND Online	Indoor	Church of the Epiphany 2808 Altura St Los Angeles, CA 90013	Anorexia & Love Avoidance	All Gender Open Meeting 1 Hour
WEDNESDAY <b>Men only</b>	5:30 PM	In-Person	Indoor	Farmers Market Community Room 3rd and Fairfax 6333 W. 3rd Street	Fantasy Island	Men's Stag 1 Hour Everyone Shares
WEDNESDAY	7:30 PM	In-Person Only	Indoor	WHRC 626 N Robertson Blvd West Hollywood, CA 90069	Restored to Sanity	Steps 1 2 & 3. All Addicts Welcome / Masks Required Park at Library on San Vicente
WEDNESDAY	8:30 PM	In-Person Only	Indoor	Pathfinders Alano Club 3367 Glendale Boulevard Los Angeles, CA 90039	Meditation	All Gender. <b>On Glendale Blvd about 1 mile north of the 5</b>

DAY	TIME	IN PERSON OR HYBRID	Indoor/Outdoor	LOCATION	MEETING NAME	COMMENTS
THURSDAY	6:00 PM	In-Person ONLY	Outdoor	Silverlake Community Church 2930 Hyperion Ave. Los Angeles, CA 90027	Brunswick Patio	Socially distanced. 1.5 hour, 20 minute speaker, Tag-pass sharing on a topic. Chips given. Birthdays celebrated.
THURSDAY	6:30 PM	BOTH In-Person AND Online	Indoor	SHARE! 6666 Green Valley Circle Culver City, CA 90203	Courtship: From Fantasy To Reality	All Gender Chips Given Closed (identify S.L.A.A. only)
FRIDAY Women Only	8:00 AM	In-Person Only	Indoor	Farmer's Market Community Room 3rd and Fairfax 6333 W. 3rd Street Los Angeles, CA 90036	Farmer's Market Community Room	Upstairs near the coffee kiosk. Parking available with merchant validation. Mask required. Chips Given. Alternating Reading and Speaker. <b>Women Only</b>
FRIDAY Women+NB	10:00 AM	<b>Suspended</b>	Indoor	Pathfinders Club		<b>Women and Non-Binary Suspended</b>
FRIDAY	5:45 PM	<b>Suspended</b>	Outdoor	Santa Monica - Parking lot 8 North. on the beach		<b>Suspended until Spring 2022</b> 11th Step by the Sea
FRIDAY Men Only	6:30 PM	In-Person ONLY	Indoor	Café Tropical 2900 W. Sunset Blvd Back Room	Men's Stag	Men's Stag - Separate from the virtual meeting at the same time Please note: No restroom facilities
FRIDAY Women and Non-Binary	8:30 PM	<b>Suspended</b>	Indoor	Pathfinders Club 3367 Glendale Boulevard Los Angeles, CA 90039		<b>Suspended</b>
SATURDAY	9:30 AM	BOTH In-Person AND Online		MCC - United Church Of Christ 5730 Cahuenga Blvd North Hollywood, CA 91601	Fantasy, Romance, Intrigue	All gender, 1.5 hour
SATURDAY Women and Non-Binary	10:00 AM	<b>Suspended</b>	Indoor	Pathfinders Club 3367 Glendale Boulevard Los Angeles, CA 90039		Women and Non Binary Only - Sober Sex - <b>Suspended</b>
SATURDAY Men Only	10:00 AM	In-Person ONLY	Indoor	The Log Cabin 621 N Robertson Blvd West Hollywood, CA 90069	SLAA Beach Boyz	Men's Stag
SATURDAY	10:00 AM	In Person ONLY	Indoor	Douglas Park 2439 Wilshire Blvd Santa Monica, CA 90403	Artists in Recovery	All Gender Speaker Meeting 1.5 hour
SATURDAY	11:00 AM	In-Person ONLY	Indoor	WHRC 626 N Robertson Blvd, West Hollywood, CA 90069	Tools of Recovery	Room # 1
SATURDAY	4:30 PM	In-Person ONLY	Indoor	Pathfinders Club 3367 Glendale Boulevard Los Angeles, CA 90039	Sober Dating	The In-Person meeting and the Online meeting are now two separate meetings

# January 2022 Intergroup Meeting Minutes

## Secretary – (Jayk) –

**secretary@slaalosangeles.org** Jayk announced that Intergroup in 2022 will be a great year to be of service! If you are here in person, please make sure you signed in and take an agenda. We are trying something new this month by timing each announcement for 90 seconds. The agenda, reports and the flyers are all available in the following link:

<https://bit.ly/intergroup-jan>

**Treasurer (OPEN)**(Electing the position today) (Adeleine making report) *Financial Summary for the Year Ending 12/31/21*  
*Total Income: \$ 41,443 Total Expenses (37,963) Net Income: \$ 3,480 Ending Cash Balance: Unrestricted: \$ 1,767 Restricted: F.W.S. 56 H & I 1,606 Annual Retreat 3,051 Prudent Reserve 15,000. TOTAL CASH \$21,480. Sale tax paid 1/7/21 \$ 683 on \$ 7,191 Literature Sales for 2021. Treasurer will file the short-form IRS Form 990 for 2021, based on 3-year average income of \$39,539*

**Bottom Line Editor – (Eoin Thomas)** Spent 257.95 cents on 300 copies. Reps can take 10 copies per meeting and you can find a version online as well. It is important to pick up the Bottom Lines that we print to disperse to fellows.

**Meeting Registrar – (Matthew)** Posted report in the Google Drive. Everyone should check the spreadsheet to make sure it is correct. If you have any changes to meetings please email registrar@slaalosangeles.org

**Virtual Meeting Registrar – (Kelsey)**The VM Registrar will be checking email address contacts for the meetingsThe VM Registrar is updating all meeting info every 48 hours (if there are any changes). If you have any changes, please email virtualmeetings@slaalosangeles.org Many passwords are different from what is in the current database. If the virtual meetings have changed passwords, please send new passwords to virtualmeetings@slaalosangeles.org so that they can be updated.

**Phone Line – (Sarah S.)**Has not checked the phone line recently. Someone on Zoom volunteered to talk to Sarah about directions on how to run the Phone Line

**Literature – (Claire) (Assistant: Megan)**Sales for Dec: \$426.05 \*majority of sales happening at Intergroup again. Phasing out most literature representatives, as we have more in person meetings selling literature throughout LA. Adam is still selling literature and doing pick up/drop offs in West Hollywood, and I, Claire, the Literature Administrator for 2022, will just sell once monthly at the Intergroup meeting. Individuals can purchase literature at the Intergroup meeting. Prepay via Venmo to @slaalosangeles or paypal @slaala with "literature" in the memo description section and show proof of receipt or payment upon pick up.

Encouraged meetings to talk about nominating literature reps. Any questions literature@slaalosangeles.org.

**Journal Rep – Mona** Journal Flyer: [https://drive.google.com/file/d/168n9LFXRdWquQ9VuQtg\\_nBKSiM0SLWi/view?usp=sharing](https://drive.google.com/file/d/168n9LFXRdWquQ9VuQtg_nBKSiM0SLWi/view?usp=sharing) Journal is the SLAA magazine, published every two months. Stories written about, by, and for SLAA Members. . Flyers are available in person and online. You can subscribe to the journal (links on flyers) and it will be delivered to your house in an anonymous envelope. You can also be a contributor. Contributions due January 15  
Topics: How do you keep your program fresh and growing?

**Webmaster – (Dave G.)** For the month of December 2021, the SLAALosAngeles.org website had a total of 7267 visits, 4036 of those were unique visitors. The average time on site was 5 minutes 25 seconds. The most popular times are Monday and Tuesday 6-8 pm. 3956 were new visitors and 980 were returning.About half found the site through google search. 4572 were from mobile phones, 84 from tablets and 2611 from computers. We had visitors from 58 different countries (I've included the map) . We are supporting addicts from all

over the world, on every continent except Antarctica.

**Workshops & Retreats – (Sean)** Nothing major to report at the moment. Workshops and Retreats will be meeting this week or next to discuss planning. Four Workshops and One retreat most likely

**H&I Committee – (Rachel W)** Committee meeting today. A couple institutions have approached us to run panels and we are need for facilitators.

**Speaker List Keeper – (Alex)** If you or anyone in your group would like to sign up to be a speaker, please send a message to [speakerslist@slaalosangeles.org](mailto:speakerslist@slaalosangeles.org). In message, please include name, pronouns, and sobriety date. Also send which meetings you are extra qualified to speak at (anorexia, LGBTQ, BIPOC, etc.)

**Audio Library Committee – (Kye)**Kye has been going through a backlog of emails. We need individuals to speak to meetings about getting audio recordings. The goal is to get audio recordings of leads and shares up on the website. Audio Library Link:<HTTPS://TINYURL.COM/AUDIOLASLAA>

**New Business** Elections: Treasurer: Jamie nominates herself. Sarah seconds the motion. **Jamie elected!** Assistant Treasurer: **Still remains open.** Literature Committee Conduit: *Alex volunteered to take commitment. Alex voted into position.* Sponsorship Committee Conduit: *Clark volunteered to take commitment. No objections. Clark voted into position.* Steps, Traditions & Concepts Conduit: *Noah would like to continue commitment. No objections. Noah retains position.* Translation Committee Conduit: *Joe volunteered to take commitment. No Objections. Joe voted into position.* Diversity Committee Conduit: *Erin nominated herself. No objections. Erin voted into position.* Motion: To buy one box of 60 masks and one 32 oz. bottle of hand sanitizer for next month, and vote again next intergroup if we want a repeating purchase. **Motion Passed.** Meeting was ended at 5:00 PM PST.

## **Describe your Higher Power:**

**(Bonus points if you draw it)**

## **Phone Numbers**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Recovery Word Search



Find the following words in the puzzle. Words are hidden → ↓ and ↘

ADDICTION, HOPE, BELIEVE, LOVE, SPIRITUALLY, STEP TWO, SURRENDER, TWELVE STEPS, WORTH, COMPASSION, DIGNITY, FAITH, GOD, GUIDANCE, HIGHER POWER, MEDITATION, PRAYER, READY, RESTORE, SANITY, SLAA.

## SLAA-MICS by Nick L

