



THE BOTTOM LINE



October 2023 Edition

LIST OF LA MEETINGS

“When I first joined the program I always read step three as “God will solve all my problems if I ask them to,” because before 12 step programs that was my relationship with a higher power: Asking for instantaneous gratification and being frustrated with them when I didn’t get my way. Now, I try to remind myself of the first three words of step three - “Made a decision.” As I see it, all this is asking of me is that I can find it possible for there to be a solution out there greater than my addiction. Through seeing others’ recovery, and simple synchronicities within my own recovery - while I didn’t see a clear road to being “cured,” - it became clear that it was possible to live without as much frustration and despair as I used to have. It takes a bit of effort to remind myself to involve higher power in my life each day, and I find the more I connect with other fellows and ask them how they connect with their higher powers, the easier it has gotten to figure out which ways I can connect with my own higher power and turn my problems over to them.” - ET.

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

SLAA Malibu Retreat!

Friday Nov 24th-Sunday Nov 26th

Sierra Retreat Center, Malibu CA

For more information Call/Text Glenn:

323-424-3120 Or Email gglind@yahoo.com

More Details on Page 2...

Virtual Meeting Guide:

www.slaalosangeles.org/virtual-meetings

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In-Person Meeting Guide:

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Local Intergroup

www.slaalosangeles.org

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

P.O. Box 480379,

Los Angeles, CA 90048, USA

310-595-8741

Annual SLAA Thanksgiving Retreat is Back!

 **Friday Nov 24th-Sunday Nov 26th** 

Sierra Retreat Center, Malibu CA

Our 26th annual SLAA retreat will be held once again at the Serra Retreat Center, a monastery in the foothills of the Santa Monica Mountains overlooking the Pacific Ocean. Surrounded by quiet gardens and fountains, the Center is the ideal setting for a re-commitment to personal recovery.

For more information Call/Text Glenn: 323-424-3120

Or Email gglind@yahoo.com

In Person Meetings

For more information please visit: www.slaalosangeles.org/copy-of-current-meetings

DAY	TIME	IN PERSON OR HYBRID	Indoor/ Outdoor or	LOCATION	MEETING NAME	COMMENTS
SUNDAY	8:30 AM	In-Person Only	Outdoor	Griffith Park Merry-Go-Round 4730 Crystal Springs Dr	Focus on Spirituality	10 Min Meditation + Speaker +Participation. Bring something to sit on. Free parking lot.
SUNDAY	10:00 AM	Hybrid	Indoor	SHARE! 6666 Green Valley Circle Culver City, CA 90203	Love Addiction Focus	10 Minute Reading, Participation, Chips last sunday of the month
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	12:30 PM	In-Person Only	Indoor	Memorial Park - Craft Room 14th & Olympic Santa Monica 90403	Top Lines	All Gender
SUNDAY Men Only	1:00 PM		Indoor	Pathfinders Club 3367 Glendale Blvd Los Angeles, CA 90039	Men's Stag	Men's Stag - Enter through the door to the right of the main entrance door or the back door.
SUNDAY Once Per Month Only!	3:30P M	BOTH In-Person AND Online	Indoor	Silverlake Community Church Fellowship Hall 2930 Hyperion Ave Los Angeles, CA 90027	INTERGROUP MEETING	Second Sunday of the month only. Intergroup meeting for SLAA Los Angeles. Intergroup Reps from each meeting in LA vote on issues. Literature & Chips Pickup.

DAY	TIME	IN PERSON OR HYBRID	Indoor/ Outdoor	LOCATION	MEETING NAME	COMMENTS
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	A Path to Healthy Relationships	All Gender, Speaker Meeting, Chips Given, Newcomer Focus
SUNDAY	5:00 PM	In Person Only	Indoor	Van Ness Recovery House 1919 N Beachwood Dr	Anorexia Focus	Breaking thru the chains of anorexia. All genders.
SUNDAY	7:00 PM	BOTH In-Person AND Online	Indoor	935 Embarcadero del Norte Isla Vista, CA 93117 (Santa Barbara)	Healing Community	90 Minute, All Gender, Closed Meeting (to those who identify as sex and love addicts only).
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 Ed	1 Hour Alternates between a guest speaker and a Step from the SLAA basic Text
MONDAY	8:30 AM	In-Person Only	Indoor	Farmers Market 6333 W. 3rd Street Los Angeles, CA 90036	Thank God It's Monday	Community Room upstairs in the food court. All Gender. Literature Meeting.
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 NOTE To attendees: Please show up at least 5 minutes early
MONDAY NEW MEETING!	7:00 PM	In Person Only	Indoor	4849 Van Nuys Blvd Suite 103 Sherman Oaks	Step Study	New Step Each Week Speaker Participation Meeting Radford Hall
TUESDAY	8:30 AM	In-Person Only	Indoor	Farmers Market 6333 W. 3rd Street Los Angeles, CA 90036	Don't Miss The Miracle	Community Room upstairs in the food court. All Gender. Speaker. 1 hour meeting; Focus on spirituality 10 min meditation
TUESDAY	6:00 PM	In-Person Only	Indoor	Share! 6666 Green Valley Circle, Culver City	Serenity Rainbow!	Harmony Room. Closed Slaa Meeting for Trans, Queer or Questioning people.
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.

DAY	TIME	IN PERSON OR HYBRID	Indoor/ Outdoor or	LOCATION	MEETING NAME	COMMENTS
TUESDAY	7:30 PM	In-Person Only	Indoor	Neighborhood Unitarian Universalist Church 301 N. Orange Grove Blvd, Room 25 upstairs Pasadena, CA		Closed Literature Meeting. All Gender. Handicapped Access. Newcomer Focus. Speaker Meeting. Chips Given.
TUESDAY	7:30 PM	Hybrid	Indoor	The Oaks Medical Campus 4849 Van Nuys Blvd Suite 103 - Entrance in alley	Straight Pepper Diet	Book/Step Study - Entrance is between building and parking structure - off Huston Ave
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 Men only	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 Women only	6:00 PM	BOTH In-Person AND Online	Indoor	Atlantic Alano Club 600-1/2 Redondo Ave Long Beach, CA 90814 online ID: 791 0609 5069	Healing Hearts	Women only- Speaker, Open Sharing, Literature. Email HealingHeartsLBC@gmail.com for zoom password.
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 NEW MEETING! For NEWCOMERS	7:30 PM	In-Person Only	Indoor	Little White Chapel 1711 N. Avon Street Burbank, CA 91505	NEWCOMERS	Enter by doors on Avon Street (one block East of Hollywood Way, one block south of Victory Blvd.). Through lobby, up the stairs on your left, follow signs Plenty of street parking.
WEDNESDAY	8:30 PM	In-Person Only	Indoor	Pathfinders Alano Club 3367 Glendale Boulevard Los Angeles, CA 90039	Meditation	All Gender. On Glendale Blvd about 1 mile north of the 5 Fellowship After
THURSDAY NEW MEETING!	8:30 AM	In-Person Only	Indoor	Farmers Market Community Room 3rd and Fairfax 6333 W. 3rd Street	40 Questions	* CLOSED, 60-minute meeting * All gender * 40 Questions + Open Sharing * Chips + 10-minute meditation
THURSDAY	6:00 PM	In-Person ONLY	Outdoor	Silverlake Community Church 2930 Hyperion Ave. Los Angeles, CA 90027	Brunswick Patio	1.5 hour, 20 minute speaker, Tag-pass sharing on a topic. Chips given. Birthdays celebrated. Has an ASL interpreter on the 2nd Thursday of every Month.
THURSDAY	6:15 PM	BOTH In-Person AND Online	Indoor	SHARE! 6666 Green Valley Circle Culver City, CA 90203	Courtship Fantasy 2 Reality	All Gender Chips Given Closed (identify S.L.A.A. only)

DAY	TIME	IN PERSON OR HYBRID	Indoor/ Outdoor	LOCATION	MEETING NAME	COMMENTS
THURSDAY	8:00 PM	IN PERSON	INDOOR	SHARE! 6666 Green Valley Circle Culver City, CA 90203	ALL GENDER	* All Gender/ 90 Minutes * Speaker * Meditation * 90 Minute Meeting
FRIDAY Men Only	8:30 AM	In-Person Only	Indoor	St. Bedes 3590 Grand View Blvd Los Angeles, CA. 90066	Focus on the Solution	Men Only- 1 Hour Meeting Parish Hall entrance on Charnock. The focus is on the solution. Book study, speaker and voluntary sharing. Time for Newcomers.
FRIDAY	Noon	In-Person Only	Indoor	Colorado Center 2500 Broadway Ave Santa Monica, CA 90404	Building Relationships	All Gender - 1 hour, Group Sharing Community Room Across from Helen's Cycles
FRIDAY Men Only	6:30 PM	In-Person ONLY	Indoor	Echo Park United Methodist Church - Enter on Reservoir St - 1226 N Alvarado St	Men's Stag	Men's Stag - Meditation, alternates between Participation only, and Speaker/Participation Meeting.
FRIDAY BEACH MEETING	7:00 PM	In- Person	Outside	Santa Monica Beach Parking Lot 8 North Off PCH	11th Step	Meeting Beyond the Volleyball Courts
FRIDAY Women and Non-Binary	8:30 PM	BOTH In-Person AND Online	Indoor	Pathfinders Club 3367 Glendale Boulevard Los Angeles, CA 90039		Women and Non-Binary, 1 Hour Speaker Meeting. MASK & PROOF OF COVID VACCINATION REQUIRED.
SATURDAY	9:30 AM	BOTH In-Person AND Online		MCC - United Church 5730 Cahuenga Blvd North Hollywood, CA 91601	Fantasy, Romance, Intrigue	All gender, 1.5 hour
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 # 2 (Small Room). Speaker, Meditation, & Participation.
SATURDAY Men Only	12:00 PM	In Person	Indoor	The Log Cabin 621 N Robertson Blvd West Hollywood, CA 90069	Men's Stag	Men Only. 1 Hour Meeting.
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
SATURDAY	6:00 PM	In-Person ONLY	Indoor	Pathfinders Club 3367 Glendale Boulevard Los Angeles, CA 90039	Signs of Recovery	All Gender, Mask Optional, Speaker/Share format with a focus on the Signs of Recovery, Chip Meeting. Formerly at Kaiser.

DAY	TIME	IN PERSON OR HYBRID	Indoor/ Outdoor or	LOCATION	MEETING NAME	COMMENTS
<p>To be of service to SLAA community and help it grow. Tradition Five says "Each group has but one primary purpose — to carry its message to the sex and love addict who still suffers." The more meetings we have, the stronger our fellowship will get. The more people we attract, the more opportunities we have for our recovery. Imagine starting a meeting that will serve a great purpose to those who need it for many years to come!</p> <p>www.slaalosangeles.org/start-a-new-meeting</p>						

40 QUESTIONS FOR SELF DIAGNOSIS excerpted © 1985 The Augustine Fellowship, S.L.A.A., Fellowship-Wide Services, Inc. All Rights Reserved. Sex and Love Addicts Anonymous

The following questions are designed to be used as guidelines to identifying possible signposts of sex and love addiction. They are not intended to provide a sure-fire method of diagnosis, nor can negative answers to these questions provide absolute assurance that the illness is not present. Many sex and love addicts have varying patterns which can result in very different ways of approaching and answering these questions. Despite this fact, we have found that short, to-the-point questions have often provided as effective a tool for self-diagnosis as have lengthy explanations of what sex and love addiction is. We appreciate that the diagnosis of sex and love addiction is a matter that needs to be both very serious and very private. We hope that these questions will prove helpful.

YES | NO -

- | 1. Have you ever tried to control how much sex to have or how often you would see someone?
- | 2. Do you find yourself unable to stop seeing a specific person even though you know that seeing this person is destructive to you?
- | 3. Do you feel that you don't want anyone to know about your sexual or romantic activities? Do you feel you need to hide these activities from others – friends, family, co-workers, counselors, etc.?
- | 4. Do you get "high" from sex and/or romance? Do you crash?
- | 5. Have you had sex at inappropriate times, in inappropriate places, and/or with inappropriate people?
- | 6. Do you make promises to yourself or rules for yourself concerning your sexual or romantic behavior that you find you cannot follow? Yes
- | 7. Have you had or do you have sex with someone you don't (didn't) want to have sex with?
- | 8. Do you believe that sex and/or a relationship will make your life bearable?
- | 9. Have you ever felt that you had to have sex? Yes [] No [] 10.) Do you believe that someone can "fix" you?
- | 10. Do you believe that someone can "fix" you?

- | 11. Do you keep a list, written or otherwise, of the number of partners you've had?
- | 12. Do you feel desperation or uneasiness when you are away from your lover or sexual partner?
- | 13. Have you lost count of the number of sexual partners you've had?
- | 14. Do you feel desperate about your need for a lover, sexual fix, or future mate?
- | 15. Have you or do you have sex regardless of the consequences (e.g. the threat of being caught, the risk of contracting herpes, gonorrhea, HIV, etc...)?
- | 16. Do you find that you have a pattern of repeating bad relationships?
- | 17. Do you feel that your only (or major) value in a relationship is your ability to perform sexually, or provide an emotional fix?
- | 18. Do you feel like a lifeless puppet unless there is someone around with whom you can flirt? Do you feel that you're not "really alive" unless you are with your sexual / romantic partner?
- | 19. Do you feel entitled to sex?
- | 20. Do you find yourself in a relationship that you cannot leave?
- | 21. Have you ever threatened your financial stability or standing in the community by pursuing a sexual partner?
- | 22. Do you believe that the problems in your "love life" result from not having enough of, or the right kind of sex? Or from continuing to remain with the "wrong" person?
- | 23. Have you ever had a serious relationship threatened or destroyed because of outside sexual activity?
- | 24. Do you feel that life would have no meaning without a love relationship or without sex? Do you feel that you would have no identity if you were not someone's lover?
- | 25. Do you find yourself flirting or sexualizing with someone even if you do not mean to?
- | 26. Does your sexual and/or romantic behavior affect your reputation?
- | 27. Do you have sex and/or "relationships" to try to deal with, or escape from life's problems?
- | 28. Do you feel uncomfortable about your masturbation because of the frequency with which you masturbate, the fantasies you engage in, the props you use, and/or the places in which you do it?
- | 29. Do you engage in the practices of voyeurism, exhibitionism, etc., in ways that bring discomfort and pain?
- | 30. Do you find yourself needing greater and greater variety and energy in your sexual or romantic activities just to achieve an "acceptable" level of physical and emotional relief?
- | 31. Do you need to have sex, or "fall in love" in order to feel like a "real man" or a "real woman"?
- | 32. Do you feel that your sexual and romantic behavior is about as rewarding as hijacking a revolving door? Are you jaded?
- | 33. Are you unable to concentrate on other areas of your life because of thoughts or feelings you are having about another person or about sex?

- | 34. Do you find yourself obsessing about a specific person or sexual act even though these thoughts bring pain, craving or discomfort?
- | 35. Have you ever wished you could stop or control your sexual and romantic activities for a given period of time? Have you ever wished you could be less emotionally dependent?
- | 36. Do you find the pain in your life increasing no matter what you do? Are you afraid that deep down you are unacceptable?
- | 37. Do you feel that you lack dignity and wholeness?
- | 38. Do you feel that your sexual and/or romantic life affects your spiritual life in a negative way?
- | 39. Do you feel that your life is unmanageable because of your sexual and/or romantic behavior or your excessive dependency needs?
- | 40. Have you ever thought that there might be more you could do with your life if you were not so driven by sexual and romantic pursuits?

If you answered yes to one or more of these questions: you may be a sex and love addict. Great news - you are not alone! We recommend attending a few different meetings this week to better understand how you may identify with the program. It works if you work it. :)

Suggestions to help with "Withdrawal:"

- Attend S.L.A.A. Meetings often.
- Don't act out – just for today, this hour, this moment – no matter what! IT WILL PASS.
- Call a program friend or your Sponsor on a daily basis.
- Ask for help.
- Set aside a time of prayer each morning and ask “Help me to stay away from _____ for today.”
- Set aside a time of thanks each morning or night.
- Get outside.
- Try out a new hobby.
- Start a meditation practice.
- Put on your favorite song and dance.
- Watch a silly cartoon.
- Find somewhere else to put your energy: cleaning, work, fellowship, friends.
- Take special care of yourself: exercise, drink water, eat healthy food, get enough rest, find things you enjoy doing.

And remember...

You are worth it! And you are not alone.