



# THE BOTTOM LINE



June 2022 Edition

Step 6: *“Were entirely ready to have God remove all these defects of character.”*

“The idea of surrendering our entire identity to whatever process of change was necessary was only an abstract concept in Steps 2 and 3. Now we were facing the reality of what that meant. Summoning the willingness to let go of every defect we had uncovered in Step 4 was much easier to think about than to accomplish. What was it that was blocking this willingness? One problem was that it was easy to find ourselves feeling “deprived” once again. Hadn’t we given up enough when we stopped all forms of bottom-line addictive behavior? Wasn’t our real problem the active addiction itself, and now that we were sober, didn’t we have the right to relax and “be human,” to go through life guilt-free? Weren’t we at least better off than most people we saw around us? Did we have to be perfect to be acceptable? Besides, who wanted to be a saint!” (S.L.A.A. Basic Text Pg. 84-85).

Continued on Page 7...

### We want to hear from you!

Share your experience on Step 6/7!  
Email in a short blurb to be featured in  
next month’s issue!  
[BottomLine@SlaaLosAngeles.org](mailto:BottomLine@SlaaLosAngeles.org)

### INSPIRATION LINES

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### Virtual Meeting Guide:

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

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**venmo**



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### 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

# Our Santa Monica Beach Meeting is back!!

 **6:30 PM Fridays** 

810 Pacific Coast Highway. Parking Lot 8 North

We meet on the sand in between lifeguard tower 8 and the volleyball courts. **Bring beach chairs or a blanket.** \*If we have rain or heavy wind, please meet at Mel's Drive-In 1670 Lincoln Blvd.\*

For more information Call or Text Max B: 732-337-1926

## 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 or	LOCATION	MEETING NAME	COMMENTS
SUNDAY	8:30 AM	In-Person Only	Outdoor or	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>	3:30 PM	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

DAY	TIME	IN PERSON OR HYBRID	Indoor/ Outdoor	LOCATION	MEETING NAME	COMMENTS
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 Women Only <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	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
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.

DAY	TIME	IN PERSON OR HYBRID	Indoor/ Outdoor	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 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	<b>Online Only Now 9:00 PM</b>	Indoor	<b>IN-Person SUSPENDED</b>	Anorexia	All Gender, Anorexia & Love Avoidance. 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 <b>Women only</b>	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 <a href="mailto:HealingHeartsLBC@gmail.com">HealingHeartsLBC@gmail.com</a> 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	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>
THURSDAY <b>NEW! JULY 7TH</b>	2:00 PM	BOTH In-Person AND Online	Indoor	Mount Olive Lutheran 1118 Allen Ave Pasadena, CA 91104		All Gender - Meeting is Downstairs <b>BEGINNING JULY 7TH</b>
THURSDAY	6:00 PM	In-Person ONLY	<b>Outdoor</b>	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 <b>SUSPENDED Women Only</b>	8:00 AM	<b>SUSPENDED</b> <del>In-Person Only</del>	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	8:30	In-Person Only	Indoor	St. Bedes	Focus on	<b>Men Only- 1 Hour Meeting</b>

DAY	TIME	IN PERSON OR HYBRID	Indoor/ Outdoor	LOCATION	MEETING NAME	COMMENTS
<b>Men Only</b>	AM			3590 Grand View Blvd Los Angeles, CA. 90066	the Solution	Parish Hall entrance on Charnock. The focus is on the solution. Book study, speaker and voluntary sharing. A portion reserved for newcomers to share.
<b>FRIDAY Women+NB</b>	10:00 AM	BOTH In-Person AND Online	Indoor	Pathfinders Club 3367 Glendale Boulevard Los Angeles, CA 90039		<b>Women and Non-Binary MASK &amp; PROOF OF COVID VACCINATION REQUIRED.</b>
<b>FRIDAY NEW ALL GENDER MEETING</b>	Noon	In-Person Only	Indoor	Colorado Center 2500 Broadway Ave Santa Monica, CA 90404	Building Relations hips	All Gender - 1 hour, Group Sharing Community Room Across from Helen's Cycles
<b>FRIDAY</b>	6:30 PM	IN-PERSON ONLY	<b>Outdoor</b>	Santa Monica - Parking lot 8 North. on the beach	11TH STEP	11th Step by the Sea PARKING INFO ABOVE!
<b>FRIDAY Men Only</b>	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
<b>FRIDAY Women and Non-Binary</b>	8:30 PM	BOTH In-Person AND Online	Indoor	Pathfinders Club 3367 Glendale Boulevard Los Angeles, CA 90039		<b>Women and Non-Binary, 1 Hour Speaker Meeting. MASK &amp; PROOF OF COVID VACCINATION REQUIRED.</b>
<b>SATURDAY</b>	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
<b>SATURDAY Women and Non-Binary</b>	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>
<b>SATURDAY Men Only</b>	10:00 AM	In-Person ONLY	Indoor	The Log Cabin 621 N Robertson Blvd West Hollywood, CA 90069	SLAA Beach Boyz	Men's Stag
<b>SATURDAY</b>	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
<b>SATURDAY</b>	11:00 AM	In-Person ONLY	Indoor	WHRC 626 N Robertson Blvd, West Hollywood, CA 90069	Tools of Recovery	Room # 1
<b>SATURDAY</b>	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
<b>SATURDAY *NEW MEETING*</b>	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.

# Recovery Word Search

J D S Z F E A R M H U S K C L A Z I N E S S E  
I E C I T C A R P O S L U O H W Y S T P Y D G  
C G H R A B Q E H N E O U M S I J E L B R O O  
N D U E M U W V P E R T X P I L Z C I U A G T  
R E M T E F K I I S V H I A F L K N U C S V I  
E F I C N D O T F T I U S S L I J A G H S A S  
S E L A D G R R D Y C M P S E N E L C A E T M  
E C I R S I E O G E E B E I S G A I S R C N B  
N T T A I V G P N I C L T O G N L G S A E E K  
T S Y H H I N P P B V E S N V E O I E C N I L  
M H F C Y N A U K R G E P R P S U V C T F T E  
E T G J B G N S E L A R N T E S S N O E A A G  
N L L A C I T I R C A G E E I A Y E R R I P N  
T I E C I D U J E R P R E E S V D N P J T M A  
S U I S U R R E N D E R A R D S E Y G A H I H  
S G P L A I N E D M S I N O I T C E F R E P C

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

AMENDS  
ANGER  
CHANGE  
CHARACTER  
COMPASSION  
CRITICAL  
DECEPTIVE  
DEFECTS  
DENIAL  
EGOTISM  
FAITH  
FEAR  
FORGIVENESS

GIVING  
GOD  
GREED  
GUILT  
HONESTY  
HUMBLE  
HUMILITY  
IMPATIENT  
JEALOUSY  
LAZINESS  
NECESSARY  
PERFECTIONISM  
PRACTICE

PREJUDICE  
PROCESS  
RAGE  
READY  
RESENTMENT  
SELFISH  
SERVICE  
SLOTH  
STEP SIX  
SUPPORTIVE  
SURRENDER  
VIGILANCE  
WILLINGNESS

**Step 6: “*Were entirely ready to have God remove all these defects of character.*”**

“...This attitude was easy enough to justify to ourselves; however, we were actually at a very critical point in our sobriety. In the first five steps we were walking away from the active disease; now we needed to make that first real step toward rebuilding. While it might be true that not every part of us needed wholesale remodeling, it was true that we could not trust ourselves to direct the project solely on the basis of our unaided will. Our twisted motives, often hidden, could far too easily turn qualities that were quite harmless, in others, into a source of addictive return for us.

Once again, we had to grapple with humility. It would have been a serious error to attribute all of our troubles to the addiction alone, for our character defects affected all other areas of our lives as well. This was not time to relax, for we needed to continue our vigilance against the constant sexual and romantic temptations and the illusion of “the perfect romance.” In becoming ready to give up our character defects, we were deciding to give up that part of ourselves which was capable of “putting on a con,” the devices we used to attract lovers or deceive others. Giving up these defects meant not only that we would be stripped of our addictive hooks for others, but that we would have only ourselves to present to friends and potential partners. Addicts that we were, most of us were riddled with insecurity and feelings of inferiority. We were terrified that if we gave up the “con,” and the defects which gave rise to and supported it, we would be viewed with contempt and would never find anyone to “love” us again.

Another problem was that as addicts we had become accustomed to pain. More often than not, pain was a central characteristic of our romantic involvements and even many of our sexual pursuits. Some of us even equated pain with love, so that in the absence of love we would at least be comforted by the presence of pain. But in sobriety, having gone through surrender, withdrawal, and an inventory, what did we still have of ourselves? Couldn't we at least be left with our pain? If we let, go of all of our character defects (the source of our pain), what would be left of us? Did we have no choice about what we would be at all? Such was our diseased thinking.

The old emotional habits which were still so much a part of us had subtle payoffs which made them difficult to surrender. Many of us, ourselves victims of emotional deprivation in our early years, had learned to survive by cultivating hatred, anger, and resentment as motivating forces, seeking to insulate ourselves from hurt and fear. Now we discovered that we had crippled ourselves by using this monotonous strategy of distrust and isolation in all relationships, whether they were inherently hostile or not. In the extreme, we had become incapable of trust and authentic intimacy with anyone, even people who now seemed in our recovery to be more willing to trust us and to work towards partnership.

But we still seemed unable to respond in kind, often coming up against our own inner blocks, which kept experiences of genuine trust and caring at arm's length. These blocks were painful to recognize, especially since we now knew that we wanted to trust and take risks in sharing ourselves with others. This was all the more painful because we could see that the barriers were within us, and we didn't see how they could be dismantled. The end result of being weighed down by these internal blocks seemed

to be the fear of being emotionally steam-rolled by anyone else we let get close to us, or of winding up in inescapable isolation.

As we continued to have to live with ourselves, however, we found the consequences of indulging in our character defects increasingly uncomfortable to endure. Anger could seize us unexpectedly and fill us with murderous rage, or emotional binges would leave us despairing and suicidal, or depression would sap our will to go on, our hope for any future at all. We began to see the fallacy of that logic which said we could be guilt-free since everything we had done was caused by our sex and love addiction. We saw the spiritual bankruptcy behind the cosmetic humility of not wanting to be perfect. It became apparent that it would not work for us to specify just exactly what God could and could not do with us.

Our attitude towards our defects and underlying problems began to change. With new eyes we could see the serious consequences in the lives of others when they could not voluntarily surrender these difficulties. With growing maturity we realized that healthy relationships could only exist if we were human rather than superhuman. We came to understand that sex and love addiction appears to be a disease of actions when viewed from without, but is really a perversion of moral and ethical values as *experienced from within*. The spiritual dimensions of our dis-ease were now clear.

We now moved from a limited surrender of a specific addiction toward surrender to a life-long process which would refine the qualities we carried within and contributed to life. Underlying this whole shift in our attitude was increasing reliance on the God of our understanding. Indeed, it seemed that we were being given still another invitation to deepen our partnership with God. It was enough that we be willing to do the legwork, and be open-minded about what the result would be. God's grace would give us freedom from the burden of our old self. In humility, we understood that we were only being asked to get out of God's way, so that, with our cooperation, God's work could be done in our lives" (S.L.A.A. Basic Text Pages 84-88).

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## Phone Numbers

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