



# THE BOTTOM LINE



August 2022 Edition

**Step 8: “Made a list of all persons *we* had harmed, and became willing to make amends to them all.”**

“In Step 8, we returned to a process of self-examination and house cleaning similar to that in Step 4. This time we were dealing with the more difficult and emotionally charged problems of our relationships with others. The list we made was often a long one, since we now realized that our defects had affected virtually every relationship we had ever had. Each one was examined carefully, even those going back into childhood. Like other people, we had been life’s victims in many respects. Many of us had memories of emotional deprivation or of being physically or even sexually abused. It mattered little whether this abuse was objectively true in every detail or merely perceived as such. The point was that our *feelings* about these events had hardened into a great bitterness which we had held for those people who had mistreated us. We had also turned this hatred inward, redirecting it against ourselves, using our self-loathing to justify our unworthiness to be loved by others, letting *them* off the hook! As we examined these old relationships, we could not see why we owed *them* amends. Surely *we* were the ones who had been harmed in those relationships...” (SLAA Basic Text pg 89-90)

Continued on Page 2...

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**We want to hear from you!**  
Share your experience on Step 8!  
Email in a short blurb to be featured in next month’s issue!  
[BottomLine@SlaaLosAngeles.org](mailto:BottomLine@SlaaLosAngeles.org)

**Virtual Meeting Guide:**  
[www.slaalosangeles.org/virtual-meetings](http://www.slaalosangeles.org/virtual-meetings)  
  
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Choose “SLAA Los Angeles Inc” as your “charity.”  
Please note in the Memo what the donation is for.



**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

"In many other relationships we also had difficulty in seeing ourselves as wrong-doers. Much of our experience seemed to say that the real power in our addictive relationships was with those others: "They preyed upon me in bars. They sought me - I tried to get out of the relationship, but [they] begged me to stay... [they] used me, took my money, hurt me"

But the Steps we had already taken had brought about an important change in attitude. The inventory had helped us see that the root of our problems was in our own self-centered motives and uncontrolled passions. Whether we were victims or victimizers (and most of us were both), we had used the disturbed relationships about us for our own purposes, for obtaining the addictive payoff. Regardless of what others had done or failed to do, our own part in these relationships was riddled with dishonesty and manipulations of others, with willfulness and pride. We realized that we needed to forgive others for essentially the same qualities and deeds for which we ourselves were also seeking forgiveness. For our own sake, we had to extend to those we thought we hated the compassionate understanding we needed in order to experience forgiveness ourselves. We could not make our forgiveness of others conditional on their having redeemed themselves, or righted their wrongs. We had to forgive them because, like us, they were sick and afflicted, and presumably had not set out in life to be so.

The problem now was that we had to examine the nature of the harm we had done to others, and see if there was a way to make it right. It was not a simple willingness to apologize we needed, but the capacity to see exactly how we had harmed others and how we could set the record straight. The prospect of going to those at whose hands we had experienced humiliation, or admitting our own wrongdoings to those who had suffered as a result of them, was intimidating, to say the least. But even if we could not see how we could find the courage to carry out these amends, the willingness to try to do so was vital to our progress. If fear and pride kept us from addressing this important step in our spiritual journey, we might go through life still trying to avoid the host of those with whom we had been involved in mutually destructive relationships. We sensed that there could be little freedom of choice for us in future relationships if we were not willing to take full responsibility for the part we had played in the destructiveness of past relationships.

We stopped looking only at the harm that had been done to us. While it was human to want justice and equity—to be "even" with the world, neither a ravisher nor a victim—in practice we had generally concentrated on what we felt was owed to us rather than on what we owed to others. It was important now to get out of the emotional accounting business, to stop trying to "balance the books," or "even the score." Regardless of the damage done to us, we could not change another person; it was only our own contribution to a problem that was within our power to control. The Serenity Prayer took on great significance as we asked over and over again for the serenity to accept those people and events which we could not change, and for the courage to change what we could—with Grace and luck, ourselves.

As we considered our wrongdoings towards others, closing the books on the side of the ledger that said "owed to us," we saw that we owed a great deal to others in the amends department. Even as victims we had done much harm, cluttering the lives of those around us with our own sickness, sometimes crowding out the possibility of their finding more honest relationships elsewhere. We saw that we had made something trivial of "love," with our long lists of those whose names we didn't even know, cheating them and ourselves of anything authentic or genuine. We saw especially how our dishonesty and deception had led everyone in our lives to expect from us what we could not or would not deliver. We had been masters of false advertising.

Now it was becoming easier to forgive others for the harm done to us, as we saw ourselves in need of forgiveness for the harm we had done to them and others. We felt new depths of humility, as we saw how much

damage had been done, and how much of it could never be undone. As we concentrated on our own part in this, we came to a new understanding of our motives, so often a poignant mix of normal human needs for love and a meaningful life, twisted by the addiction into something ugly and harmful to ourselves and others.

Humbly, we turned to God. "I am not responsible for the conditions which created me, but I am willing to try to be responsible for myself. We prayed. "Help me to be willing to make right what I have done to each and every person in my life." We had closed "their" side of the books, and audited ours unsparingly. In the god-consciousness called love, we found compassion for ourselves and a new awareness of our responsibility to others as sober people. During our active addiction, we had been the embodiment of sickness, tainting reality for all those who came in contact with us. Our spiritual, emotional, mental, and sometimes physical disease had contaminated even those relationships which could otherwise have been healthy.

Our commitment to recovery had now moved beyond the self-*Ninth* interest of survival. amends to those we had harmed. We wanted to act on the humble knowledge of *Step* the suffering that others had experienced at our hands, and make amends to those we had harmed" (SLAA Basic Text Pages 89-93).

## Recovery Word Search

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

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

ADDICTION, AMENDS, BECAME, DIRECT, DISHONESTY, EXAMINED, FORGIVENESS, HARMED, LIST, MANIPULATION, MISTREATED, MOTIVES, PEOPLE, PROCESS, RELATIONSHIPS, SELF CENTERED, STEP EIGHT, WILLING, WRONGDOING.

# 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	<b>Outdoor</b>	Los Angeles State Historic Park 1245 N. Spring St. Los Angeles, CA 90012	Focus on Spirituality	Entrance is at Messengers St and Spring. Map is on the website. 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	11:00 AM	In-Person Only	Indoor	West Hollywood Recovery Center, Room 1 626 N Robertson Blvd West Hollywood, CA 90069	Serenity on Sundays	Closed meeting. All genders. Speaker and Sharing. Meditation. 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 the 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.

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	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	Meeting has a rotating format of speakers, reading, and open sharing, and goes from 7-8:30PM.
SUNDAY	7:30 PM	In-Person Only	Indoor	Mount Olive Lutheran 1118 Allen Ave Pasadena, CA 91104	-	All Gender Meeting is downstairs
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	<b>Suspended</b>	Indoor	Community Room at 8000 Sunset Strip in Los Angeles	Anorexia Focus	<b>Suspended</b>
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 7 pm Study	All Gender. Literature Study. Chips Given. Closed Meeting. Please bring a mask. Small

DAY	TIME	IN PERSON OR HYBRID	Indoor/ Outdoor or	LOCATION	MEETING NAME	COMMENTS
				Long Beach, CA 90808	St Luke's	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 <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	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. <b>Has an ASL interpreter on the 2nd Thursday of every Month.</b>
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>Men Only</b>	8:30 AM	In-Person Only	Indoor	St. Bedes 3590 Grand View Blvd Los Angeles, CA. 90066	Focus on the Solution	<b>Men Only- 1 Hour Meeting</b> Parish Hall entrance on Charnock. The focus is on the solution. Book study, speaker and voluntary sharing. A portion reserved for newcomers to share.
FRIDAY <b>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>

DAY	TIME	IN PERSON OR HYBRID	Indoor/ Outdoor or	LOCATION	MEETING NAME	COMMENTS
FRIDAY <b>NEW ALL GENDER MEETING</b>	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	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!
FRIDAY <b>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
FRIDAY <b>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.</b> <b>MASK &amp; PROOF OF COVID VACCINATION REQUIRED.</b>
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 <b>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
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
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.

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!

[www.slaalosangeles.org/start-a-new-meeting](http://www.slaalosangeles.org/start-a-new-meeting)

# July 2022 Intergroup Meeting Minutes

**Secretary** – [REDACTED]

[secretary@slaalosangeles.org](mailto:secretary@slaalosangeles.org) - If you have any suggestions for Intergroup, and how to make it more fun, or just general feedback, please email the secretary

**Treasurer** [REDACTED]

[treasurer@slaalosangeles.org](mailto:treasurer@slaalosangeles.org) - **Income: June:** 7,038.70 **YTD:** 12,957.20 **Expense: June:** 2,425.33 **YTD:** 11, 643.43 We received 454.06 for **FWS**, will be paid in July. **New Totals: HI:** 2050.71 **Retreat:** 2,977.76 **ASL Access Fund:** 51.90 **PR:** 15,000 **IG Cash Balance:** 2259.01 **Total Cash:** 22, 793.44

**Bottom Line Editor** – [REDACTED]

[bottomline@slaalosangeles.org](mailto:bottomline@slaalosangeles.org) - As a reminder, all in-person meetings should have a rep to pick up the Bottom Lines. Each meeting gets 10 free copies. - **Please announce this at your in-person meetings.** We have 36 meetings, and only 12 picked up their copies in July. **Also, I'm looking for people to submit their experience on the 12 steps corresponding to each month. Please email in your experience with Step 9 to be featured next month!**

**Meeting Registrar** – [REDACTED]

[registrar@slaalosangeles.org](mailto:registrar@slaalosangeles.org) - 35 Meetings, nothing changed since last month. Mostly newcomer emails.

**Virtual Meeting Registrar** – [REDACTED]

[virtualmeetings@slaalosangeles.org](mailto:virtualmeetings@slaalosangeles.org)  
Please email with updates to meetings.

**Phone Line** – (-) - Newly Elected.

**Literature** – [REDACTED]

[literature@slaalosangeles.org](mailto:literature@slaalosangeles.org) - Sold \$1032.02 in June. Buy literature at Intergroup. All info, how to order, inventory and costs on our website [slaalosangeles.org](http://slaalosangeles.org) under the literature dropdown menu. Newcomer packets are available for \$4.40, 6 Different CD's available for \$6, Medallions up to 22 Years for \$5.

**Journal Rep** – [REDACTED]

[thejournaloutreach@gmail.com](mailto:thejournaloutreach@gmail.com) -

Journal is the SLAA magazine. Shares and stories shared via literature. Written by fellows. Flyer was posted in chat and in person here at intergroup. Please bring back to your groups! You can subscribe to Journal as well, and have it mailed to you.

**You can now get PDF journals (and past journals) for free on [slaafws.org](http://slaafws.org)**

You can write and be a part of the journal. **Current Topic: "FUN IN DATING."** -> **Deadline is September 15th.** Info for submitted is on [slaafws.org/thejournal](http://slaafws.org/thejournal)

**Webmaster** – [REDACTED]

[webmaster@slaalosangeles.org](mailto:webmaster@slaalosangeles.org) - 7356 visits to our website in July. Average time was 4 Minutes 45 Seconds. 76% were new visitors. Increases from numbers of last month. Over half of all visits found our website through Google Search. 55 Countries visited our website. 58% mobile phones, 31% computers, & 1% tablets.

**Workshops & Retreats** – [REDACTED]

Workshop and retreat liaison had to resign so we hope to fill that position in August. The May workshop had 108 attendants. Registration forms for the annual retreat in November (25th-27th) will be available in August.

**H&I Committee** – [REDACTED] We ask all Meetings to please elect an H&I rep. Sign up to speak on a panel! Attend our monthly meeting to help facilitate a panel in a hospital or institution.

SLAA H&I Committee **Every month on the 2nd Sunday after Intergroup.**

Zoom Meeting ID: 879 7219 0670  
Passcode: Service

**Speaker List Keeper** – [REDACTED]

[speakerlist@slaalosangeles.org](mailto:speakerlist@slaalosangeles.org) - Please email to add your name to the list or if you need help finding a speaker.

**Audio Library Committee** – [REDACTED]

[audio@slaalosangeles.org](mailto:audio@slaalosangeles.org) - Audio Library Link: [TINYURL.COM/AUDIOLASLAA](http://TINYURL.COM/AUDIOLASLAA) (instructions on how to submit). The waiver

flier has been redesigned. We are pushing to get audio recordings of shares to publish MP3 shares online. **Secretaries: please ask your speakers at meetings if they would be willing to be recorded.** Website: <https://www.slaalosangeles.org/audio>

**Old Business** - None.

**New Business - Motion 1:** "To create a Spanish Language Liaison Commitment who would aid any Spanish Speaking meeting or member who may be monolingual. The commitment holder would help these meetings/members get the assistance they need regarding meeting and literature info, 6th month sobriety requirement, holds vote in intergroup." **Vote 29 For. Motion Passes.**

**Motion 1B:** Elect Spanish Language Liaison [REDACTED] nominated/**Unanimously voted in as Spanish Language Liaison.**

**Motion 2:** Elect new Virtual Registrar Commitment. [REDACTED] Nominated herself, has sobriety requirement. **Unanimously Voted in.**

**Motion 3:** Elect Phone Line Commitment. 3 month Sobriety Commitment. [REDACTED] nominates herself. **Unanimously voted in.**

**Motion 4:** Elect Workshops and Retreats Liaison Commitment. No sobriety requirement. [REDACTED] nominates himself. **Unanimously voted in.**

**Come back next month!**

**End of July Meeting.**