



THE BOTTOM LINE



March 2023 Edition

Step 3 : *“Made a decision to turn our will and our lives over to the care of God as we understood God.”*

“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

STEP 1, 2 & 3 WORKSHOP!

“Stepping into Recovery”

Saturday, March 18th, 2023

1PM-5PM - \$10 @ Saint Basils Church
(K-Town near Western/Wilshire)

More Details on Page 2...

Virtual Meeting Guide:

www.slaalosangeles.org/virtual-meetings

Donations

Venmo: @SlaaLosAngeles

Paypal app: @slaala

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Amazon: smile.amazon.com

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

Local Intergroup

www.slaalosangeles.org

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

P.O. Box 480379,

Los Angeles, CA 90048, USA

310-595-8741



The Los Angeles SLAA Intergroup

Presents

STEPPING INTO RECOVERY

Steps 1, 2 & 3

Many SLAA members consider Steps One, Two & Three the cornerstones of their recovery and return to them over and over again. The concepts of powerlessness, unmanageability, and acceptance have constantly expanded for many of us, just as the ideas of sanity, faith, and trust change over time. Also, the idea of a 'power greater than ourselves' can evolve, too.

**When: Saturday, March 18, 2023
1:00 to 5:00 PM**

**Where: McIntyre Hall
Saint Basils Catholic Church
3611 Wilshire Blvd.
Los Angeles, CA 90005**

Registration: 12:30 to 1:00 PM

Fee: \$10.00 at the door

Bring: Snacks/water (optional)

*** to avoid interrupting the program please arrive on time – if you do arrive after 1:00 PM please pay the registration fee before entering**

Join members of the fellowship for a time of recovery and renewal. This workshop is meant for both newcomers as an introduction, and for old-timers and returnees as a refresher course. There will be a speaker for each of the three Steps followed by group sharing. Pre-registration is not necessary and Venmo will be accepted. For more information: contact Glenn at gglind@yahoo.com or Karma at karma1225@sbcglobal.net or your Intergroup Rep.

Directions to St. Basils Catholic Church

St. Basils Catholic Church is located on the north side of Wilshire Boulevard, between Harvard Boulevard and Kingsley Drive. The church is five blocks east of Western Avenue. Enter the parking lot from Harvard Boulevard. Parking is free. McIntyre Hall is located at the north end of the parking lot, in the church basement. Unfortunately access to McIntyre Hall is not handicap friendly. There is a Coffee Bean across the street and a Starbucks several blocks west of the church.

Withdrawal in S.L.A.A.

A primary and critical step in beginning recovery from sex and love addiction is identifying our Bottom Line behaviors – those activities from which we must refrain in order to attain physical, mental, emotional, and spiritual wholeness. A change in our behavior – stopping the addictive pattern – one day at a time, marks the beginning of abstinence from compulsive and destructive acting out.

The physical, mental, emotional, and often spiritual upheaval which generally accompanies the release of our addictive pattern is called "withdrawal". Whether our craving is for sex, romance, or relationships, whether this craving is constant or periodic, not satisfying such a craving often comes as a shock to our system. The word "withdrawal" typically conjures up an image of substance abusers who are dependent upon their "drug of choice" to alter moods and/or escape from the present moment. Like drugs, sex and love addiction can become all-consuming, pushing us toward greater and greater risk to our physical health, our emotional well-being, our sanity, our very life itself.

Times of withdrawal can be uncomfortable for many of us. Our bodies go through unexpected physical changes; our emotions hit highs and lows we never imagined possible. We feel, perhaps for the first time ever, the void which we had previously sought to fill with our addiction(s).

The Experience of Withdrawal: Abstinence from acting out on bottom line behaviors opens us to the vulnerability we have been desperately seeking to avoid. This vulnerability is experienced differently by each of us. The resulting withdrawal is sometimes recognized first by its symptoms:

- a craving to act out
- inexplicable aches and pains
- physical illness or exhaustion
- switch to a new addiction(s)
- changes in eating or sleeping patterns
- general self doubt
- desperation and fear
- suicidal thoughts
- desire to isolate
- obsessive thinking
- sadness, depression, or despair
- dreams of acting out
- emotional highs and lows
- irritability, anger, or rage
- preoccupation with fantasy
- confusion or trouble concentrating
- questioning of our interest in S.L.A.A. or recovery

If we aren't acting out, then what are we to do?

Sometimes, we just breathe. It may be all we can do, for the moment. Reciting the Serenity Prayer has helped many of us pass that critical moment when we are tempted by our addiction. A phone call to a sponsor or other program member can help, as can reading an S.L.A.A. pamphlet, or Chapter Five of the basic text, Sex and Love Addicts Anonymous, where the experience of withdrawal is discussed in depth. Reflecting on the Twelve Steps can help us bring the focus back to the solution, instead of being stuck in the problem.

We found that the most healing antidote to the gnawing pain of our struggles and doubts was to turn over any questions concerning the outcome of our withdrawal to God, or to whatever Higher Power we felt was helping us to abstain from our old patterns.

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.

You might be thinking, “No Way! It's not worth it!” But the truth is, it is worth it.

You are worth it! And you are not alone.

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

| 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 | Reed Park in Joselyn Hall 1133 7th St Santa Monica | 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. |
| 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 | A Path to Healthy Relationships | All Gender, Speaker Meeting, Chips Given, Newcomer Focus |
| SUNDAY | 5:00 PM | In Person & Online | Indoor | Van Ness Recovery House 1919 N Beachwood Dr | Anorexia Focus | Breaking thru the chains of anorexia. All genders. |
| SUNDAY Women Only | 7:00 PM | BOTH In-Person AND Online | Indoor | MCC United Church of Christ in the Valley 5730 Cahuenga Blvd. North Hollywood, CA 91601 | Sunday Brentwood Meeting | Meeting has a rotating format of speakers, reading, and open sharing, and goes from 7-8:30PM. |
| SUNDAY *NEW | 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). |
| 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 Ed | 1 Hour Alternates between a guest speaker and a Step from the SLAA basic Text |
| MONDAY New Location | 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 |
| 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. |

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|---|---------|---------------------------|--------------------|--|-----------------------------------|--|
| 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 | 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 |
|  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. 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: From Fantasy 2 Reality | All Gender Chips Given Closed (identify S.L.A.A. only) |
| THURSDAY | 8:00 PM | IN PERSON | INDOOR | SHARE! 6666 Green Valley Circle Culver City, CA 90203 | ALL GENDER | * All Gender * 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. |

| DAY | TIME | IN PERSON OR HYBRID | Indoor/ Outdoor or | LOCATION | MEETING NAME | COMMENTS |
|---------------------------------------|----------|---------------------------|--------------------|--|----------------------------|--|
| 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 Beach Meeting! | 6:30 PM | IN-PERSON ONLY | Outdoor | Santa Monica - Parking lot 8 North. on the beach | 11TH STEP | 11th Step by the Sea PARKING INFO ABOVE! |
| 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 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 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 # 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. |

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