

April/May
2017

THE BOTTOM LINE



Running out of Bottom Lines?

Each meeting gets 10 free Bottom Lines monthly. For only \$3 more your meeting can have an EXTRA 10 COPIES! Talk to your Intergroup Representative.

For information on phone and online nationwide and international meetings and to keep you connected to the SLAA fellowship:

SLAA Local Los Angeles

www.slaalosangeles.org

P.O. Box 945
Venice CA 90294
(323) 957-4881

For general questions, email:
info@slaalosangeles.org

For Bottom Line requests, email:
thebottomline@slaalosangeles.org

For web site inquiries, email:
webmaster@slaalosangeles.org

SLAA National San Antonio, TX

www.slaafws.org

Fellowship Wide Services
1550 NE Loop 410
Suite 118
San Antonio, TX 78209
(210) 828-7900
(210) 828-7922 fax

For general questions, email:
<http://www.slaafws.org/contact>

At some time in our lives our behavior began to take on the compulsive hallmarks of addiction. The once rare liaisons became monthly, then weekly. They happened when inconvenient, or when they interfered with work or family obligations. The occasional pleasurable daydream grew into a constant obsession that destroyed our ability to concentrate on more ordinary and more important things. One by one such things as satisfaction in our work, friends and social activities dropped away as we found more and more of our time and our thoughts absorbed by one person. The occasional relief of sexual tension with masturbation became a need for which the opportunity had to be created. We had lost control over the rate or frequency (or both) at which we would seek the romantic or sexual "solution" to life's ills.

- Excerpt from Sex and Love Addicts Anonymous - *Chapter 4: The Twelve Step Program: A Path to Sexual and Emotional Sobriety*

There will be times when we find ourselves alone, despite our best efforts to reach out. That's often when we most need help, and it's usually when nobody is home or it's the middle of the night. The reality of being alone can lead to panic and to the belief we will be alone forever. But after the initial fear passes, we need to believe we can take care of ourselves. We have many more resources in us than we may realize. If we ask ourselves what we really need, we'll find an answer. It may be a walk, doing the dishes, sitting down with our journal, or praying. It may even be finding the courage to experience our feelings all alone and let go of the outcome. The voice that tells us we can't manage alone will have its say, but it can't run the show. Our inner voice, by which we know what's best for us, is doing that.

- Excerpt from Answers In The Heart - Daily Meditations for Men and Women Recovering from Sex and Love Addiction.

Your meeting between meetings!

THE JOURNAL

Get it at:

slaafws.org/journalfreeissue

Telemeetings

20 Meetings Scheduled at Various EST/GMT Times

Meetings are daily, see slaafws.org/telephonemeetings for a list of times.

Inspiration Line

Your 24/7 Sponsor: (215) 574-2120 (Pre-recorded message for listening and inspiration)

For any *last minute meeting time or location changes*, be sure to *email the webmaster* at webmaster@slaalosangeles.org AND leave a message on the phone line at (323) 957-4881.

New Meetings

7:00 PM **Wednesday** Night Men's Stag
(Most Share)

Fairfax Senior Center
Los Angeles CA 7929 Melrose Ave
(1 hour meeting, **men only**, handicapped access)

10:00 AM **Monday** Morning Debrief & Top Line
Goal Setting – Women's Stag
Pathfinders Alano Club,
Atwater Village 3367 Glendale Blvd. 90039
(Plenty of Street Parking)

(1 hour meeting, **women only**, speaker and book study)

New Meetings

7:30 AM **Monday** Morning in Santa Monica
"It's Gonna Be A Great Week!"

11th Step Readings, Meditation & Sharing
Unitarian Community Church, 1260 18th St, 90404
(MEETING ROOM IS IN 'THE COTTAGE.'
STREET PARKING ONLY – READ SIGNS.)
*** STARTS 4/3/2017 ***

Outreach Phone List - Women

Name	Number	Hours/ Comments
Karma	(818) 326-1751	anytime
Megan	(917) 721-6583	
Shelli	(323) 384-3476	9am - 9pm

Outreach Phone List - Men

Name	Number	Comments
Ron	(323) 467-3868	8am-8pm
Samuel	(760) 275-7874	Espanol

Last IG Meeting
March 12, 2017
32 **Voting Members Present**

Record Keeper:

Previous meetings minutes approved by 35 votes.

Bottom Line Editor:

Standard Announcement made.

Phone Line:

1 Call from SHARE stating they have a **Festival of Recovery** with tables from different 12 Step Fellowships.

Journal Rep:

Carol Ann and Lisa need to connect about the position. We have new Journal Themes. Flyer with new themes coming soon.

Mail Clerk:

Advertisements last month this month nothing.

Literature:

Short on Anorexia 1,2,3 pamphlets.

Treasurer:

Standard Announcement made.

Webmaster:

Standard Announcement made. No statistics for this month. Working with assistant webmaster to get up to speed.

H&I Committee:

Currently there are Men's Prison mtgs happening. Trying to get panels started. Lot's of fear about the term "Sex and Love Addiction" in rehab facilities causing communication to be slow in setting up panels in Pasadena specifically.

Social Committee:

Disbanded.

Literature Committee:

Reads draft literature and gets draft literature conference approved. Recently approved 4 pieces of literature for the ABM. One of which is a new Step Questions Workbook.

Sponsorship Committee:

Making forward motion. Creating new list and running it by FWS and legal department because of liability concerns.

Healthy Relationships Committee:

If you are in fellowship and have contacted Suzanne on the Healthy Relationships Committee contact form CHECK YOUR SPAM FOLDER! Will submit pamphlet to ABM on the 26th 27th or 28th.

Diversity Committee:

Writing a statement of diversity for this fellowship based on the 3rd tradition.

ABM Delegates:

Copies of motions from Annual Business Meeting are now available on the FWS Website

Old Business:

Jessica was nominated as our new "**Speaker Seeker List Keeper**". Passed 37>0 Reference added to website re: starting a new meeting which will list two sources: FWS website and Chapter 7 in the SLAA Text. Passed 33>0. The

New Business:

Bottom Line Newsletter will be distributed at IG meeting now instead of being mailed out. Passed 32>0.

Meeting adjourned: 1:30 PM

(Next IG meeting to be held on **May 14th 2017**, @ 12:00 noon
1900 San Fernando Rd.
Rio De Los Angeles Park
90065)

ALL ARE WELCOME TO
ATTEND

SLAA Los Angeles INTERGROUP OFFICERS

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