



THE BOTTOM LINE



July 2022 Edition

Step 7: *“Humbly asked God to remove our shortcomings.”*

“Defects? What defects!?! Lol - There’s something really magical about coming to terms with my defects. Once I got to Step 6 & 7, things finally started to get better. Through looking at my defects and habits, I began to realize the more negative ones often came up when I was HALT-ing (Hungry, Angry, Lonely, or Tired). When I’m tired I can get short with people. When I’m scared, or nervous I can get sarcastic or have a big ego as a way to protect my feelings from getting hurt. Now, when I get into situations where I know I’m likely to be triggered, I bookend and call other fellows, and make an intention to watch for my defects and step away to breathe or meditate if I need to. Unfortunately, asking for them to be removed didn’t immediately remove all my defects! But slowly but surely, I am learning to not be the angry, judgy, scared person that I used to be in the days of my addiction.” - ET

Stories Continued on Page 3...

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

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

venmo



@slaalosangeles.org
phone # last 4: 8741

Virtual Meeting Guide:

www.slaalosangeles.org/virtual-meetings

Donations

Venmo: @SlaaLosAngeles
Paypal app: @slaala
Paypal: donate@slaalosangeles.org
Amazon: smile.amazon.com
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

Local Intergroup

www.slaalosangeles.org
S.L.A.A. Los Angeles, Inc.
P.O. Box 480379,
Los Angeles, CA 90048, USA
310-595-8741

Recovery Word Search

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

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

ACCEPTANCE
ADDICTION
ASKED
AVOID
BLAME
CHARACTER
CONSEQUENCES
DEFAULT
DEFECTS
DIRECTION
ENVOUS
EXPERIENCE
HARSH

HUMBLY
HUMILITY
HYPOCRITICAL
INSECURITY
INTELLIGENCE
JEALOUS
LOVING
LYING
NEGLECT
PARTNERSHIP
PRIDE
PROCRASTINATION
PROGRESS

RECOVERY
REMOVE
REMOVED
RESPONSIBLE
RUDE
SHORTCOMINGS
STEP SEVEN
TRUSTWORTHY
WASTEFUL
WILLINGNESS
WORRY

Step 7: “*Humbly asked God to remove our shortcomings.*”

“Part of our spiritual being needed exercise... We might have asked to have the shortcoming of impatience removed, only to find that we did not need to practice patience. Instead, we had to get honest about our self-centered willfulness. As we practiced thoughtfulness towards others, really giving without holding on to the expectation of reward, impatience slipped away. The quick tempter we asked [Higher Power] to remove was checked momentarily; we could suddenly feel the defensive fear that was hidden behind the anger and find the courage to act on faith, rather than fear. We asked to have our longing for a person or a particular sexual hunting ground removed, and found ourselves given a choice. When we voluntarily chose to avoid those places and those people, the longing eased. The feelings of inferiority and insecurity, which we petitioned God to replace with confidence, were openly admitted, and as we accepted the support or the confessions of similar insecurity from others, we felt comforted.

Even our failures to make noticeable headway on some troublesome defects could be used for spiritual nourishment. For instance, two prevailing character defects which many of us experienced were perfectionism and pride. Even as we failed to control our petty selfishness or chronic procrastination day after day - were less than “perfect” - we saw that we were learning how to accept progress, rather than perfection! If we could not always be proud of the results of our efforts to change, at least we had earned the right to respect ourselves for the efforts themselves” (SLAA Basic Text Pg. 88-89).

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“*More than just “asking”...*”

This whole business of steps 6 and 7 still confounds me after almost two years in the program. When it came to step 7, I imagined a surgeon removing a tumor. Step 6 was identifying which parts of me were “defective” and then 7 was an operation that happened while I was asleep. Unfortunately, that’s not how it works. That’s not how *any* of this works.

The motto for this program is “One Day At A Time” and not “Once And For All.” So far, I have yet to hear anyone in a meeting share, “That’s it! I’m done! I’m cured after finishing the steps.”

This is a program of action - CONSTANT action. Making this inventory of my character defects is fine, but it isn’t until I live IN ACTION or practice INACTION that I can experience relief. Higher Power relieves one day at a time... one *moment* at a time.

In a lot of ways, Step 7 feels like the longest step on the proverbial staircase. Sure, I have stayed off my bottom lines for some amount of days or weeks or months, but I can’t say the same about my sloth (or my arrogance, my anger, my impatience, my perfectionism, my shame, my ... you get the picture). Step 7 is never truly “done.”

It reminds me of a joke I heard years ago:

Paul was a faithful follower of God who fell into dire financial straits.

Paul prayed every day for a week,

“God, please allow me to win the lottery.”

A week passed, and he hadn't won.

Paul prayed twice a day for the next week,

"God, I've been a loyal follower. Please allow me to win the lottery."

Another week passed, and he wasn't any richer.

Paul fell to his knees and prayed,

"God, I've been faithful to you - I've maintained my piety and virtue. Why haven't I won the lottery? I'm desperate!"

Just then, Paul was visited by God. Clouds parted and Paul stood before his maker. God said,

"Paul, my faithful son, you must meet me half-way. BUY A LOTTERY TICKET."

Step Seven is a step of action. We humbly ask Higher Power to remove these shortcomings... but a quick morning prayer isn't going to cut it. I have to do more than just "ask" if I expect any relief. For me, step 7 is a constant process of listening, pausing, reflecting, and acting. My shortcomings are removed a moment at a time, a day at a time, when I pause and meet God half-way" **(Ken H. - Los Angeles, CA).**

Notes:

Phone Numbers

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SLAA-MICS



ET.



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 or	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 Men Only	1:00 PM		Indoor	Pathfinders Club 3367 Glendale Blvd Los Angeles, CA 90039	Sunday 1pm Men's Stag	Men's Stag - Enter through door to the right of the main entrance door or the back door .
SUNDAY Once Per Month Only!	3:30 PM	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	Newcomers "A Path to Healthy Relationships"	Starts 7/18 Co-Ed Speaker Chips Given Newcomer Focus
SUNDAY Women Only NEW!	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	Suspended	Indoor	Community Room at 8000 Sunset Strip in Los Angeles	Anorexia Focus	Suspended
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 NOTE To attendees: Please show up at least 5 minutes early
TUESDAY	7:30 AM	Suspended	Indoor	Farmers Market		Suspended
TUESDAY NEW!	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.
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

DAY	TIME	IN PERSON OR HYBRID	Indoor/ Outdoor or	LOCATION	MEETING NAME	COMMENTS
WEDNESDAY	8:30 AM	BOTH In-Person AND Online	Indoor	WHRC 626 N Robertson Blvd West Hollywood, CA 90069 online ID: 88066048247	Healthy Relations hips	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
WEDNESDAY	9:00 PM	Online Only Now 9:00 PM	Indoor	ONLINE ONLY IN-Person SUSPENDED	Anorexia	All Gender, Anorexia & Love Avoidance. Open Meeting 1 Hour
THURSDAY NEW! JULY 7TH	2:00 PM	BOTH In-Person AND Online	Indoor	Mount Olive Lutheran 1118 Allen Ave Pasadena, CA 91104		All Gender - Meeting is Downstairs BEGINNING JULY 7TH
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.
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 SUSPENDED Women Only	8:00 AM	SUSPENDED In-Person Only	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. Women Only
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. A portion reserved for newcomers to share.

DAY	TIME	IN PERSON OR HYBRID	Indoor/ Outdoor	LOCATION	MEETING NAME	COMMENTS
FRIDAY Women+NB	10:00 AM	BOTH In-Person AND Online	Indoor	Pathfinders Club 3367 Glendale Boulevard Los Angeles, CA 90039		Women and Non-Binary MASK & PROOF OF COVID VACCINATION REQUIRED.
FRIDAY NEW ALL GENDER MEETING	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	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	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 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 Women and Non-Binary	10:00 AM	Suspended	Indoor	Pathfinders Club 3367 Glendale Boulevard Los Angeles, CA 90039		Women and Non Binary Only - Sober Sex - Suspended
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 # 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 *NEW MEETING*	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.

March 2022 Intergroup Meeting Minutes

Secretary – (b)(6)
secretary@slaalosangeles.org - There is free Pizza today. Secretary explains that he wants to make intergroup fun and effective. Wants others to give him feedback or ideas, if they have any, on how to make it both fun and effective.

Treasurer (b)(6)
treasurer@slaalosangeles.org - **Income: May: 3546.16 YTD: 10418.47 - Expense May: 2468.37 YTD: 9218.10 - Received 186.21 for FWS, will be paid in June - New Totals: HI: 1965.46 LA Retreats: 2977.76 ASL Access Fund: 27.25 Prudent Reserve: 15000 IG Cash Balances is 2523.36 - Total Cash: 22680.04** NO questions for the treasurer.

Bottom Line Editor – (b)(6)
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 11 picked up their copies in June. 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 8 to be featured next month!

Meeting Registrar – (b)(6)
registrar@slaalosangeles.org - There were several emails answered, a lot of newcomers asking about meetings. Individuals asking about spanic meetings/literature. All in person meetings have been updated, and if you have any changes or updates, please email.

Virtual Meeting Registrar – (b)(6)
virtualmeetings@slaalosangeles.org
Please email with updates to meetings.

Phone Line – (b)(6) 20 calls, all responded to. Voting on replacement July.

Literature – (b)(6) (Assistant: Megan) -
literature@slaalosangeles.org - Come buy literature here at Intergroup or schedule an

in-person meet up with our one lit assistant Adam. All info, how to order, inventory and costs on our website slaalosangeles.org under the literature dropdown menu.

3 free pamphlets on our Slaa LA website.;
40 Questions, Addicted to Sex? Addicted to Love?, & For the Professional.

Journal Rep – (b)(6)
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**

You can write and be a part of the journal. **Current Topic: “Defects High Power Let Me Keep” -> Deadline is July 15.** Info for submitted is on slaafws.org/thejournal

Webmaster – (b)(6)
webmaster@slaalosangeles.org - 7710 visits to our website in May. Average time was 5 Minutes 11 Seconds. 77% were new visitors. Increases from numbers of last month. Over half of all visits found our website through Google Search. 61 Countries visited our website (Almost our new high). 8 Audio Files were updated.

Workshops & Retreats – (b)(6) Last workshop about 105 people. Brought in 150 dollars. Expenses were around 60, so donation to IG coming soon. Next two will be on Zoom. There are too many people from out of town and venues are too expensive now. If you want a live workshop, and it meets our guidelines with low outside issues, we can publicize it for you.

H&I Committee – (b)(6) - We ask all intergroup reps to please have an H&I rep at your meeting. Zoom Meeting: SLAA H&I Committee **Every month on the 2nd Sunday after Intergroup.** Zoom Meeting ID: 879 7219 0670 Passcode: Service Looking for multiple positions for H&I committee.

Speaker List Keeper – (b)(6)
speakerlist@slaalosangeles.org - Please email to add your name to the list or if you need help finding a speaker.

Audio Library Committee – (b)(6)
audio@slaalosangeles.org - Audio Library Link: 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: “For Intergroup to create a committee to plan and host an SLAA LA Intergroup Dance Party to take place in September.” Vote Count 15 FOR, 16 AGAINST. RECALLED. 17 FOR, 18 AGAINST. **Motion 1 does not pass.**

Motion 2: Needing to elect a new ABM Delegate alternate. (b)(6) nominated himself. 28 FOR, 2 Against. (b)(6) is elected ABM Alternate.

Motion 3: “Intergroup has paid for the Journal editor to upgrade to a single room at the ABM for the last five years. Any objection that we do it again?” No Objections. **Motion is approved.**

End of June Meeting.