#### 12:00PM (Start the Zoom Meeting) - 12:15PM (Meeting Comes to Order)

12:15pm: The meeting will now come to order. Welcome to the monthly SLAA Intergroup Meeting. This is strictly a business meeting. We will open the meeting with the "WE" version of the Serenity Prayer.

- 1. Serenity Prayer:
- 2. Readings:
  - a. Twelve Traditions
  - b. Updated Thirty Seconds of Silence POLICY The host will have the ability to remove a caller if there is inappropriate behavior.
  - c. Voting Policy (Volunteer for vote counter)
  - d. Timer Policy (Volunteer for announcing the Time every 15 minutes)
- 3. Attendee Introductions -
  - In the interest of time I will unmute all and we will all introduce ourselves simultaneously.
- 4. <u>Take Count of Voting Members</u> voting members are either intergroup reps (representing a meeting) or committee representatives. People representing multiple meetings or committees count as only one vote.
- 5. Officer & Committee Reports: Everyone briefly describes their positions in the interest of explaining positions for upcoming elections.. FYI they are in the intergroup service manual if you need more information. It is available for download on the website.
  - a. Chair (Dave G) Welcome New IG Reps (Email me at secretary@slaalosangeles.org)
  - b. Record Keeper (Max) Read minutes from last meeting. Vote by simple Yes/No to approve.
    - APPROVED
  - c. Bottom Line Editor (Nicholas)
    - Bottom Lines are posted in the chat.
  - d. Meeting Registrar (Jayk)
    - ANNOUNCES NEW IN PERSON MEETINGS (see below) and Registrar duties
  - e. Phone Line (Claire)
    - 1 call this week. She is also an in-person literature person.
  - f. Literature (Desiree C.)
    - Describes her position which includes chairing the Literature Distribution Committee.
    - Literature distribution during Covid-19 committee

Meeting was yesterday. Increased sale for October. Momentum is gaining. Fellows aren't aware that literature is being distributed locally. There is a flyer attached to the agenda that can be shared with fellows on online meetings. In-person distribution avoids high shipping costs from FWS. Flyer is available on the SLAA homepage.

- Question from Glenn how long have you been doing this commitment? Three years.
- g. Treasurer (Open/Asst Spencer)
  - Diane made a list of things the CFO would continue to do and that the treasurer would do.
  - Updated finances are included below and available on the website.
- h. Mail Clerk (Diane H)
  - Forgot to check. There was one letter last month.
- i. Journal Rep (Glen F.)
  - Had monthly committee meeting went over a number of things.
  - Question of the day: Only a little bit of time left with the current question of the day "Do you feel differently about anonymity since you got here? Experience, strength and hope". Due Nov 15<sup>th</sup>
  - MP3 audio editions are available on the FWS site. @2.50/each
  - Stories will be accepted in languages *other* than in English. Are requiring an English translation so that others can share. 500 words or less.
  - Sober Dating booklet will also soon be available on the FWS site and on Kindle.

#### 12:00PM (Start the Zoom Meeting) - 12:15PM (Meeting Comes to Order)

- j. Webmaster for S.L.A.A. Website (Diane H.)
  - 8795 site sessions, 4300 unique visitors.
  - On the homepage, there is a new little box with a flyer for the literature distribution
  - Also a link to Venmo/ Paypal account. In need of donations please keep SLAA LA and FWS in mind
  - Great section for newcomers online.
- k. Workshops & Retreats (Beau) Glenn covering
  - The Three-day retreats in Malibu was cancelled. We have developed a three-hour Zoom miniretreat. Not going to be in the same format as our workshops. Meditation and long-speaker with breakout panels.
  - Normally have a retreat on New Years and Christmas Holidays... more will be revealed.
  - Unclear if in-person meetings will continue next year.
  - Question will English captions be provided at these events? Unfortunately we don't have the capability to do that yet.
- I. H&I Committee (Glenn S)
  - Thursday will be the first H&I Zoom meeting. Open to anyone who wants to be of service.
  - Currently we have one H&I expression coming from a treatment center. What we want to do is create a committee that can do outreach to treatment centers and provide SLAA info to 12-Step recovery treatment centers.
  - No actual work is ready to happen yet. First need to form a committee.
- m. Speaker List Keeper (Kevin)
  - Not here
- n. Literature Copier (Open)
  - Not needed during online meetings but will need the position covered in the future.
- o. Conference Committees:
  - Literature Committee Conduit (Lisa C)
    - i. Voted to move the meetings for Thanksgiving Holiday and Christmas (4<sup>th</sup> Saturday of the month)
    - ii. List of projects included below
  - Sponsorship Committee Conduit (Chris)
    - i. Nothing to report.
  - Steps, Traditions, & Concepts Conduit (Jayk)
    - i. This committee tries to answer questions involving how the traditions apply to certain situations within meetings.
    - ii. Discussing combining Traditions with the Steps in order to eventually publish and SLAA version of the "Twelve and Twelve"
  - Translation Committee Conduit (Dana)
    - i. Accepts International translations.
    - ii. Connects international groups
    - iii. Meeting is Sunday 8 am Pacific time, last Sunday of the month.
    - iv. Zoom around the World event has been postponed due to confusion about who the meeting was open to.
  - Diversity Committee Conduit (Ellie)
    - i. Discussed the workshop outline that was piloted in June
    - ii. Steering focus back to, "How can the topic of diversity and inclusion help the sex and love addict?"
    - iii. Working with Conference Literature Committee as a contributor on the style guide which is a living document that the committee uses to write literature with a special interest and sensitivity for language that can be more inclusive, including pronouns, etc.
- p. SLAA Los Angeles, Inc. Board of Trustees (Jenny)

#### 12:00PM (Start the Zoom Meeting) - 12:15PM (Meeting Comes to Order)

- Regarding the BOT, the responsibility is for financial and legal oversight. All other activities are maintained at the Intergroup level. Will be having elections for all those interested in serving. Please contact <a href="mailto:trustees@slaalosangeles.org">trustees@slaalosangeles.org</a> for more info about requirements and expectations, etc.
- q. FWS Board of Trustees (Christina)
  - Zoom around the World event has been postponed due to confusion about who the meeting was open to.
  - There have been two board resignations and will be looking to add/elect two more people to board positions.
  - Lot of literature is published through FWS. Need a committee that helps to draft, publish and market literature as it is the financial lifeblood of FWS.
  - Lifesaver program the lifesaver program is still going. We are encouraging people to donate. It is a 7<sup>th</sup> tradition program that makes it so that if literature sales go down, we don't go away. Lifesaver program are monthly recurring donations though there are ways to make it a one-shot donation.
  - We had a made a motion for a monthly donation from LA Intergroup. Still on the agenda.
- r. Audio Library Committee (Natalie) Jayk covering.

Please share at your meetings that online shares are available to listen and fellows can consider recording their own shares to contribute. <a href="https://tinyurl.com/audioLASLAA">https://tinyurl.com/audioLASLAA</a>

- You can record yourself and submit to the committee.
- Can also raise a motion in your meeting's business to record speakers.
- Looking for someone to translate the flyer into other languages to create a multilingual library available.

#### s. Virtual meetings

- Registrar (Rachel)
  - i. People are **not** hearing back from the e-mail addresses that each meeting has for the host. Need to check and respond so that people have access to the meeting. The contact needs to be responsive. Can set up an automatic reply, virtualmeetingregistrar@slaalosangeles.org
  - ii. Question: is there a master password list? Can't be published but it is floating around.
  - iii. Question: is it okay to give newcomers passwords if they can't reach the meeting host? Yes
- Security (Ezra)
  - i. Have had no issues on their end. Motion for getting rid of the passwords?
  - ii. The only way the current system works is if the host responds. Can create automatic replies what they have found, in terms of preventing Zoom bombing, is creating more of a hurdle.
- iii. STATEMENT: Other 12-Step fellowships have been getting zoom-bombed when they don't set up a barrier with passwords
- t. PRIMP (Ellie)
  - People have reached out to find out where there are in-person meetings.
  - Working on creating a digital flyer for the committee and the website.
  - Email for PRIMP will be set-up soon... there is no rush given the current COVID situation.

#### 6. <u>Unfinished Business</u>

- a. Diane H.: Monthly donation to FWS to take advantage of gift match program.
  - More info needed. Tabled.
- b. Rachel W. Motion is that we add a column to the virtual meeting list on the website that indicates whether or not each meeting has closed captioning or other accessibility features engaged.
  - Within your purview to do

#### 12:00PM (Start the Zoom Meeting) - 12:15PM (Meeting Comes to Order)

- c. Rachel W. Motion might be to add close captioning to our Intergroup meeting every week, now that we have a least one identified hard of hearing voting member
  - Would be meaningful to those with hearing loss. Could potentially have an interpreter but would prefer captioning because it is easier to understand/track in terms of coherence.
  - Would be helpful to have a live/written transcription for Intergroup meeting. There is software that can transcribe automatically. Tabled to next month pending more information about cost, etc.

#### 7. New Business

- a. Diane H. I move that we revise the assistant treasurer/treasurer/CFO positions as described below. As long as we're in Virtual mode, there aren't many transactions, and the CFO has to oversee everything anyway. As long as the Assistant can keep track of counting the meeting' donations, I think we could just revise the positions to be: C.F.O and Assistant Treasurer.
  - Motion withdrawn

#### CHIEF FINANCIAL OFFICER – BOARD OF TRUSTEES

(1 year term – re-elected at Board Meeting; 2 years sobriety)

- Pays current bills via BillPay, PayPal or auto-pay.
- Reviews donation checks received by mail to verify they are made out to the proper name, deposits remotely to checking a/c
- Downloads monthly activity from Wells Fargo checking, PayPal and Venmo accounts
- Gives copies of Venmo and PayPal monthly reports to Assistant Treasurer for tracking donations made from each group
- Transfers cash balances in PayPal and Venmo to Wells Fargo checking a/c
- Reconciles bank accounts.
- Tracks income and expenses through monthly spreadsheet, including separate totals for Intergroup, F.W.S. (regular donations & Gratitude Month), J & T and Annual Retreat.
- Presents current Financial Statement at each Intergroup meeting.
- Gives Financial Statement to Webmaster for posting on website.
- Attempts to recover money from bounced or uncashable checks.
- Sends donations to F.W.S. on a quarterly basis.
- Files Annual Sales Tax Return and pays taxes
- Files Annual 990 Federal Income Tax Return for Nonprofits
- Maintains storage of archived records

#### ASSISTANT TREASURER - VIRTUAL MEETINGS

(2 year term; 6 months sobriety)

- Receives Venmo and PayPal reports from C.F.O.
- Double-checks accuracy
- Records group donations in spreadsheet for presenting at Intergroup Meeting and posting on website
- Fills in when treasurer is not able to attend I.G. meetings.

#### 8. Open Positions

- a. Treasurer (Through 2021; 1 year sobriety) This may be a moot point if the above motion is passed.
- b. **Diversity Committee Conduit** 9 am the First Saturday of the Month

#### 9. Elections for 2021

- a. Secretary (1 year term; 1 year sobriety)
  - Jayk and Mona are nominated

•

#### 12:00PM (Start the Zoom Meeting) - 12:15PM (Meeting Comes to Order)

- b. **Record Keeper** (1 year term; 3 months sobriety)
- c. Bottom Line Editor (1 year term; 6 months sobriety; must be computer literate)
- d. In-Person Meeting Registrar (1 year term; 6 months sobriety)
- e. Virtual Meeting Registrar (1 year term; 6 months sobriety)
- f. Literature Inventory Administrator (1 year term; 1 year sobriety)
- g. Literature Copier (1 year term; 1 year sobriety)
- h. Journal Representative (1 year term; 6 months sobriety)
- i. Literature Assistant (Only If In-Person Meetings) (1 year term; 6 months sobriety)
- j. **Phone Line Monitor** (1 year term; 3 months sobriety)
- k. **Speaker List Keeper** (1 year term; 1 year sobriety)
- I. Webmaster (1 year term; 6 months sobriety, must be computer literate)
- m. Assistant Webmaster (1 year term; 6 months sobriety, must be computer literate)
- n. Workshops and Retreats (1 year term; no time requirement)
- o. Hospitals & Institutions (H&I) (1 year term; no time requirement)
- p. Audio Library Committee (1 year term; no time requirement)
- q. Annual Business Meeting (ABM) Delegates (2) (2 year term; 10 months sobriety at time of the ABM)
- r. ABM Alternate Delegate (2 year term, 10 months sobriety at time of the ABM)
- s. Literature Committee Conduit
- t. Sponsorship Committee Conduit
- u. Steps, Traditions, & Concepts Conduit
- v. Translation Committee Conduit
- w. Diversity Committee Conduit

#### 10. Tabled Business

- a. Max C.: Motion to get a money/bill counter for LA Intergroup Treasurer Tabled until we meet in person again
- 11. Announcements for the Good of the Order:
- 12. <u>Adjournment</u> adjourn meeting at 1:45 PM PST, unless a vote is called to extend. Close meeting w/ "WE" version of the Serenity Prayer.

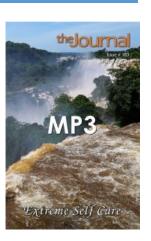
12:00PM (Start the Zoom Meeting) - 12:15PM (Meeting Comes to Order)

#### https://store.slaafws.org/









### Available now on MP3 the Journal audiobooks

\$2.50 each

These issues of the Journal are read by anonymous S.L.A.A. members. Selections are approximately 60 minutes in length, divided into tracks by article.

16 titles available[MP3]:

Issue #136 - Recognizing Red Flags

Issue #137 - Sex and Love Addiction in Today's Society

Issue #138 - Family Issues

Issue #139 - Working With Character Defects

Issue #140 - Cross Addictions

Issue #142 - Safety in Meetings

Issue #143 - How do Newcomers Become Old-

Timers?

Issue #144 - Sex and Love Addiction: What Is Real?

Issue #145 - Addiction in the Age of Technology

Issue #146 - After Sober Dating

Issue #182 - Thank You AA

Issue #183 - Extreme Self Care

Issue #184 - Living Alone to Moving In

Issue #185 - Dealing With Fear in Recovery

Step 6 Focus Booklet

Anorexia Focus Booklet

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12:00PM (Start the Zoom Meeting) - 12:15PM (Meeting Comes to Order)

a) Open positions TREASURER: Still Diane ASSISTANT TREASURER: Spencer was nominated and approved.

New Business (tabled)
1. Diane's motion for Intergroup to consider making monthly donation to F.W.S.
2. Rachel's motion to add

2. Rachel's motion to add accessibility column to Master Virtual Meetings List 3. NEXT MONTH: SERVICE POSITIONS WILL BE ELECTED!!

ANNOUNCEMENTS • Glen: flyer correction • Rachel: Halloween Zoom Dance party posted to chat

Last IG Meeting: October 11th 2020 35+ Voting Members Present

Chair Announcement: Welcome New IG Reps (Email me at secretary@slaalosangeles.org)

Record Keeper: Read minutes from last meeting

Meeting Registrar: People registered themselves and the meeting they represent via a digital page. registrar@slaalosangeles.org

Bottom Line Editor: Digital bottom lines available to download on theshalosangeles org website. Editor or submission through Nicholars a Determined Landonson and Control of the Control o

Phone Line: 10 calls total this month. Mostly ppl looking for meetings and Literature.

Virtual Meeting Registrar! The first of a regular In-Person LA The first of a regular In-Person LA SLAA meeting since quarantine!! Outdoors in an amphitheater with p of space for distancing, masks requ 2930 Hyperion, LA 90027, at the "Brunswick" church. Thursdays 6-730pm, 20 min speaker.

SLAA Los Angeles INTERGROUP OFFICERS

Secretary — Dave G secretary@slaalosangeles.orq

Literature Admin. — Desiree C literature@slaalosangeles.org

Mail Clerk:

Literature Announcement: Literature distribution has begun. \*\* Please announce at your meetings that there are 9 distributors in LA county and please distribute flyer: contact us at literature (gishankosangeles.org. Literature is available on shanlosangeles.org

Workshops & Retreats
Coming up: Virtual Retreat please
share at your meetings but do NOT post publicly. Serenty, & Hope: An
aftenson of serenity and hope during
these turbulent inness-Hosted On-line
via ZOOM\*Sunday, November 29th
from 1:00 to 4:00PM (PST)FREE to
Attend

Journal Rep:
Question of the Day – Anonymity: Do
you field different about anonymity than
when you first got here? Please share
your experience, strength, and hope
around breaking your anyspirite, and hope
around breaking your any experiences around
help another or sur experiences around
in recovery. Respond by Nov. 15th.
There is a flyer.
https://forms.gle/nenNKPu1j2zZ412Y7

Treasurer: \$10,055.28 Cash Balance as of Oct. \$50, which is still down but improved since last month. \$2,232.21 was collected specifically for F.W.s., and past to them. \$50% occumilated for concentrations. Current year TID. \$16,900 domition. \$2,706 Learnater Sales = Total Income \$ \$17,777, YTD Expenses \$21,419 product reservely because in the past we consistently had surpluoes.)

Board of Trustees Report (Jenny)

• non-designated donations were
\$13,100 • reminder to discourage PDFs
of literature • email Christina to get
involved many committees need
leadership. Committee contacts are on
the FWS website.

SLAA Webmaster - Diane H

Phone Line — Nick nhoneline@slaalosangeles.org

Conference Lit. Committee:
--please join the service forum here are all the
ways to be of service:
https://slaafws.org/conference

How to return to in- person meetings PRIMP (providing return info Meeting in Person) (Ellie) • there's the 1 in person meeting with massive capacity, safe for distancing.

Webmaster-Visitors 9,400 visits. Approx 1 minute/visit. Great info for newcomers available on the website including New Literature procedures and Audio shares.

Speaker Seeker List – No announcement

Diversity Committee Conduit -Diversity Communice Contours

filling in and agendent to take in on until elections

mores 1st Saturday of the months for 90

minutes «-oxive chair elected » logic inclusion

specifically in workshop formats «mail Ellie to

join: Conference Diversity Committee meetings

are first Saturday of each month /ham-10-30am

Zoom Meeting ID: '22 8716 "1049 Passowed:

1865. If you have questions or problems going

the call please contact me eleanorifism com

the call please contact me eleanorifism.

Journal Rep. - Glen F. journalrep@slaalosangel

Registrar - Jayk

Retreats and Workshops Beau workshops-retreats@slaalosangeles.org Bottom Line Editor-Nicholas S.

Steps, Traditions, and Concepts Conduit

eles.org

THE JOURNAL

Question of the Day – Anonymity: Do you feel different about anonymity than when you first got here? and by Nov. 15th. There is a flyer:

Your meeting between meetings!

Outr	– Women	
Name	Number	Comments
Karma	(818) 326-1751	Anytime
Megan	(917) 721-6583	
Shelli	(323) 384-3476	9am - 9pm

Ou	treach Phone L	ist – Men	
Name	Number	Comments	
Kevin E	(508) 274-9179	8am – 8pm	
Samuel	(760) 275-7874	Español	



Introducing the New S.L.A.A.

Full LA Virtual Meeting Guide:

SLAA LA Donations:

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

www.slaalosangeles.org

For general questions, email:

For Bottom Line requests, email:

For web site inquiries, email:

SLAA National www.slaafws.org

Humor in Recovery:



"What do you call a SLAA neeting where everyone sits far apart, hides their faces and doesn't do fellowship? Anorexia focus." -Ben L.

"Cross talk is also defined as answering a question that wasn't asked." –NS

Submit a joke or cartoon to

LifeSaver Program
TO Encourage Automatic Monthly Giving DOUBLE YOUR MONTHLY CONTRIBUTION BY GIVING NOW \$101,000 TOTAL Our S.L.A.A. lifesaver logo has long been the beacon of hope for our recovery. Today, it becomes a 7th Tradition call for help. thank you!

TELE MEETINGS --- 20 Meetings Scheduled at Various EST/GMT Times

Meetings are daily, see www.slaafws.org for a list of times. Please click on "Connection Information" for instructions on how to connect to the meetings and use this tool.

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INSPIRATION LINE

Your 24/7 Sponsor: (215) 574-2120 (Pre-recorded message for listening and inspiration)
\*\*\* NEW \*\*\* Second Inspiration Line: (215) 574-2121 with 20 Minute Speaker

"Focus on Sponsorship" Weekly Telephone Meeting in support of Sponsorship.

Telephone Meeting Monday at 5 pm PST.

712-770-5537; Code: 754522#

S.L.A.A. Women's "We Are Not Alone"
Phone Meetings
Meetings are held on an unpublished conference
call phone line every day of the week. Call-in
number is not publicly posted to ensure privacy. number is not publicly posted to ensure privac Visit: https://www.slaawomensgroup.org/

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

12:00PM (Start the Zoom Meeting) – 12:15PM (Meeting Comes to Order)
THEME: "Zoom Around the World: You Are Not Alone"

 Opening (10 minutes) – Ari F or Nora B, Board Outreach Committee Welcome
 Serenity Prayer in Portuguese (Moses) or French (Christian A)
 Attendee Introductions

#### Turn Recording on (\*9,1)

- 2. Intergroup Member Services in 2020/21 (20 Minutes)
  - Current F.W.S. Projects Seth S, President, S.L.A.A. F.W.S. (both sessions)
  - S.L.A.A. Service Forum David W or Jeff C, CICC& BTC
- 3. Intergroup Meet and Greet share by each Intergroup present (50 minutes in total) Suggestions:
  - Country, State, area, number of Groups supported, size of Intergroup
  - Activities by your Intergroup like website, newsletters, workshops and fundraising
  - How F.W.S. can support your Members to Carry the Message in your region
  - Questions for those present and suggestions to improve the Fellowship as a whole
- 4. Lifesaver Program update (5 minutes) Phillip W/Seth S B7TC
- 5. **Next Meeting** *Moses or Carol/Christian A* **CTIOC** survey and poll will be sent for your vote to meet again once a month, quarter or year and your suggestions for next meetings

#### Turn Recording Off (\*9, 1)

**6.** Closing – Thank you and Serenity Prayer – Ari F/Nora B, Board Outreach Committee

12:00PM (Start the Zoom Meeting) - 12:15PM (Meeting Comes to Order)



The Los Angeles SLAA Intergroup Presents:

## Serenity & Hope

## An afternoon of serenity and hope during these turbulent times

Hosted On-line via ZOOM\*

Sunday, November 29th from 1:00 to 4:00PM (PST)

FREE to Attend, Opens @ 12:45pm and Starts @ 1:00pm (PST)

Join us at the close of the Thanksgiving holiday weekend to explore our ongoing need for gratitude, quiet, resilience and hope. There will be speakers, meditations and small group sharing. Get ready for the Holidays and the New Year by spending time with your sisters and brothers in recovery as we try to find ways to manager life in difficult times.

For more information: contact your Intergroup Rep or <a href="mailto:gglind@yahoo.com">gglind@yahoo.com</a>

**ZOOM Virtual Workshop - Connection Details** 

https://us02web.zoom.us/i/89980885319?pwd=WnhCUk5HaFA2SjhLWVNnWC8xN1qvUT09

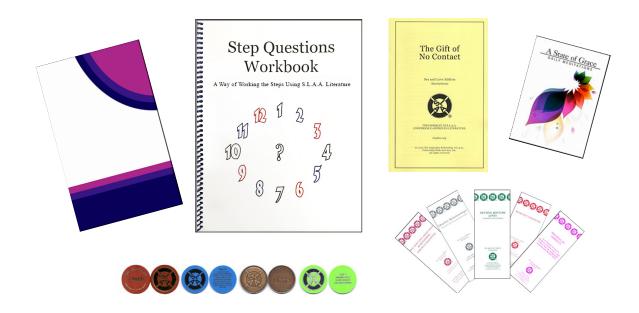
Meeting ID: 899 8088 5319 Password: Hope777

http://www.slaalosangeles.org/

\*\* Please do not post this flyer or any of the ZOOM details on any public websites \*\*

12:00PM (Start the Zoom Meeting) - 12:15PM (Meeting Comes to Order)

# NEW! You can now buy literature "In-person" in Los Angeles County!



- 1. Contact a Literature Distributor in your area from the list: www.slaalosangeles.org/order
- 2. Ask if he/she/they have the literature items you want to buy, and get TOTAL COST
- 3. Pay for the order, using Venmo or PayPal:



- 4. Forward proof of payment to Distributor, and arrange to meet & pick up your order!
- No shipping involved Minimal Contact Follows CDC & L.A. County Public Health Dept health / safety guidelines.
- Purchase directly from L.A. Intergroup, and take advantage of discounted prices, without paying for shipping or waiting for items to be shipped from F.W.S. We also pay the sales tax for you!