



# Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

**APRIL 2020**

Submissions: TBINLEditor@gmail.com

SLAA Helpline (727) 896-SLAA

"In this phase of our recovery we found that much of the emotional energy which had been spent on our addiction was now resurfacing as feelings and memories that were charged with meaning. More and more of our past pattern of sex and love addiction was being revealed or becoming clearer to us. Some of us kept journals, or a dream log, or entered into counseling or psychotherapy. We found that, almost in spite of ourselves, we were becoming formally engaged in the spirit of the Fourth Step."

*SLAA, The Augustine Fellowship, page 78-79*

**Step 4:** Made a searching and fearless moral inventory of ourselves.

**Tradition 4:** Each group should be autonomous except in matters affecting other groups or SLAA as a whole.

**Sign of Recovery 4:** We learn to avoid situations that may put us at risk physically, morally, psychologically or spiritually.

Not a big reader but still want to get into the literature? SLAAFWS.org sells CD's!!

CDs: <http://store.slaafws.org/ctgy/AUKANXA.html>

**AU93-001 Anorexia**

**AU93-016 Recognizing Sexual Anorexia**

**AU05-006 Cross Addiction: Sex & Love Addiction, Social Anorexia & Food Issues.**

**AU05-008 Anorexia-Unlocking the Cage\***

**AU08-003 Recovery from Anorexia**

(\*Also available as an MP3)

**Getting squirrely while social distancing?**

Try these alternatives to acting out:

1. Read the SLAA Basic Text. Yes, really.
2. Restart writing in your journal if you've gotten lax about it.
3. Call another addict (in recovery!)
4. Go for a walk. The parks are still open.
5. Hop on a Zoom meeting, listed here:  
<https://tampabayslaa.org/find-a-meeting/>

**Zoom tips:** <https://zoom.us/download>

Install the Zoom app on your phone or computer (free)

Click "Join a meeting" (You don't have to sign up)

Enter the Meeting ID (refer to above link for list)

To join by phone only (no video), dial the meeting # and then enter the meeting ID when prompted



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## Subscribe to *the Journal*

Please pick one:

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1 year –  
6 issues

### EXPERIENCE

*this meeting in print.*

The official bimonthly  
magazine of S.L.A.A.

F.W.S. Suite 118  
1550 NE Loop 410  
San Antonio, TX  
78209-1626, USA

To order online:  
[www.slaafws.org](http://www.slaafws.org)

## 5th Tradition Outreach Cards

- Carry these with you to give to the addict who still suffers when sharing S.L.A.A. recovery.
- One-sided so you can write your phone number on the back.
- Download the PDF to print, or design your own!



The Augustine Fellowship,  
Sex and Love Addicts Anonymous,

If you think you have a problem  
With sex and/or love addiction

**You Are Not Alone**

[www.slaafws.org](http://www.slaafws.org)

From SLAAFWS.ORG:

## Tradition Four Question

***“Can a group, revise the version of the preamble to include anorexia?”***

Anything you do to make it easier for a newcomer to identify is useful. So including anorexia in the meeting readings is helpful.

I would recommend against modifying the Preamble the way you suggest. It is copyrighted material and altering it may infringe on the FWS copyright on the materials. What I would recommend is adding the change you would like to the meeting format.

If you would like to propose that the Preamble gets modified to include anorexia, you can make a motion for the upcoming ABM.

Tradition 4 states that:

***“Each group should be autonomous except in matters affecting S.L.A.A. as a whole.”***

It seems unlikely that changing or adding a few words in the preamble would affect SLAA as a whole, so the group would probably not be in conflict with the Tradition in doing so...

If a meeting drifts too far away from the spirit of SLAA, it is presumed they would voluntarily separate themselves from the Fellowship. If a meeting drifts too far away from the Steps and Traditions, it will not survive. But these issues are best addressed in the individual meeting's business meeting. And of course we hope that the business meeting abides with the guidance of the 12 Concepts.



## APRIL 2020

From CDC.gov:

### Follow Five Steps to Wash Your Hands the Right Way

Handwashing is one of the most effective ways to prevent the spread of germs, but it's important to follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.



### Service Opportunities Available from SLAAFWS.org:

#### Help with Anorexia Literature

Join us in our mission to help to raise awareness of anorexia across the fellowship by sharing your stories, experience, strength and hope, so that we can create much needed anorexia recovery tools and literature.

To receive copies of the draft materials below; please contact: <https://slaafws.org/committee/cac>

These are the current projects we are working on: Anorexia Steps 8, 9, 10, 11, 12.

We need stories about your anorexic experiences with Steps 8, 9, 10, 11 and 12.

Send us your draft ideas, shares on steps, prayers, etc. for additional content. You are welcome to include difficult times, failures, or setbacks, as well as successes. Any member of the fellowship who is interested in this project can ask questions or sign up by submitting your first name, last initial and email address, at [anorexia89.slaa@gmail.com](mailto:anorexia89.slaa@gmail.com), [anorexia101112.slaa@gmail.com](mailto:anorexia101112.slaa@gmail.com).

The Conference Journal Committee is requesting anorexia stories for inclusion in the *Journal*.

You can submit your story to: <https://slaafws.org/committee/cjc>



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## Signs of Recovery

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

ACCEPTANCE  
RECOVERY  
HEAL  
TRUST  
FEELINGS  
ANONYMITY  
SANITY  
COMMITMENT  
HIGHERPOWER  
SOLITUDE  
JOURNALS  
SPONSOR  
EMOTIONS  
ABSTINENCE  
SEEK  
SHARING  
HONESTY  
MEETINGS  
ASK  
SURRENDER

**THE SLAA PICNIC ON  
APRIL 18  
HAS BEEN CANCELLED!  
(PLEASE SPREAD THE  
WORD AND ANNOUNCE  
AT MEETINGS.)**



**Please check the Tampa Bay  
SLAA website for updates on  
the latest meeting updates,  
changes and closings:**

**[https://tampabayslaa.org/  
find-a-meeting/](https://tampabayslaa.org/find-a-meeting/)**



### **ANNOUNCEMENT FROM SLAAFWS.ORG: Statement regarding ABC/M and IRC**

The Board of Trustees and FWS Staff continue to plan for the Annual Business Conference/Meeting, scheduled for July 28-31, and the International Recovery Convention, scheduled for July 31-August 2. You will be able to start registering for the IRC soon and the office continues to process registrations for the ABC/M. We remind all that our refund policy for ABC/M Registration fees provides full refunds to Delegates and Observers who cancel by May 14 (two months from now). This means that you may register and pay now for the ABC/M knowing that there will be plenty of time to cancel and receive a full refund should you wish to. Nobody knows what effect, if any, the Covid-19 spread will have four months from now, when these events are scheduled. We are and will remain in contact with the hotel regarding its ability to fulfill its contract with us and what its policies are on this matter. The BOT and FWS Staff hope many of us will meet in Sacramento this summer, if possible. We will provide further information as it becomes available. FWS Board and Staff March 17, 2020