

MARCH 2020

Gentle Currents



THE NEWSLETTER FOR PEOPLE SUFFERING FROM SEX AND LOVE ADDICTION

SLAA Helpline (727) 896-SLAA

TampaBaySLAA.com



LET'S START TALKING ABOUT IT

"It is estimated that 54-85% of women use pornography. [PubMed] "When women are excluded from the conversation about porn addiction and recovery, they are shamed into silence. This type of shaming has happened far too often in the mental health and addiction treatment field."

Dr. Robert Weiss



If we can share our story with someone who responds with empathy and understanding, shame can't survive.

-Brené Brown

Indicators of problematic behavior according to Patrick Carnes (author of *The Gentle Path Through the 12 Steps*):

Compulsivity: The loss of the ability to choose freely whether to stop or continue a behavior...It is out of control behavior marked by deeply entangled rituals and obsessions along with overwhelming feelings of frustration, self-blame, powerlessness and hopelessness.

Continuation Despite Consequences: Continuing behavior despite consequences, such as loss of health, job, relationships, marriage or freedom.

Obsession: being so preoccupied, you focus exclusively on a particular behavior to the exclusion of other parts of your life and without care for the consequences of that behavior.

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Service Work

Are you being of service to your home group?

The following are some ways to be of service:

1. Attend meetings
2. Sponsor others
3. Become an intergroup or Journal rep
4. Chair meetings
5. Talk to newcomers
6. Be a greeter

Words to consider:

**“The best way to find yourself
is to lose yourself in service to
others.”**

Mahatma Gandhi

Safety Harbor Meeting

Thursday-Noon

Holy Spirit Synodal Catholic Church

3265 SR 580

Safety Harbor, FL 34695



In the Conference Room

(co-ed, discussion, steps, pamphlets)



The Journal

It's easy to become a Journal Representative!!

The Journal brings fresh perspective to meetings and S.L.A.A. members. Think about it. The experience, strength, and hope of everyone in the program, world wide, is available in print! “Who could pass that up?”, you ask? We answer: “People who don’t know about it!”

Please help the love and sex addict, who still suffers, by becoming a Journal Representative! All there is to it, is your willingness to commit to do a few simple things: You can help generate subscriptions and stories by making announcements at the meetings you attend. You can also make sure subscription forms are available to those who want them, by printing out some Journal order forms [HERE](#).

Make sure there is a good supply at the meetings you attend! Also, be aware of the [submission guidelines](#), and encourage folks at your meetings to write about their experience, strength, and hope... and to submit the stories.

Commit yourself to writing for the Journal too! For more information on this and to register with us, please email [The Journal Committee](#) from the SLAA website or write to:

The Journal • 1550 NE Loop 410, Ste 118 • San Antonio, TX • 78209

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GENERAL SERVICE OPPORTUNITIES:

CURRENT PROJECTS: • Catalogue of Diverse Meeting Formats containing examples of Meeting Formats submitted by real S.L.A.A. Groups including LGBTQ, Women's, Anorexia meetings • Collect Diverse Audio Shares: Record and compile a variety of long audio shares in different languages, from different backgrounds and addiction patterns, for use in a future phone app • Revise/submit Diversity Statement to the 2018 ABM for adoption by Fellowship Wide Services and dissemination throughout our fellowship. • Encourage diversity/inclusion training for S.L.A.A. board and staff • Collect and compile diverse written shares for inclusion in a special Diversity-themed Journal issue

Anyone who wishes to work with the CDC or contact the CDC for any reason may send a message through the CDC's page at the FWS web site, slaafws.org/committee/cdc/, or leave a message with the FWS office.

Phone: 1-210-828-7900

Is Your First-Aid Kit Ready For Your Next Emergency?



In times of crisis, as addicts, our first response may be bottom line behavior, especially in the beginning of our recovery journey.



Here are some tools to prepare for an "emergency."

- Phone numbers of your sponsor, support people and therapist.
- Self-regulating exercises to regain your emotional sobriety, (yoga, prayer, meditation, journaling)
- Literature: daily meditation booklets, pamphlets, Journals and other literature

Step 3 *Made a decision to turn my will and my life over to the care of God as we understood God.*

Tradition 3 *The only requirement for S.L.A.A. membership is a desire to stop living out a pattern of sex and love addiction. Any two or more persons gathered together for mutual aid in recovering from sex and love addiction may call themselves an S.L.A.A. group, provided that as a group they have no other affiliation.*

Signs of Recovery 3 *We surrender, one day at a time, our whole life strategy of, and our obsession with the pursuit of romantic and sexual intrigue and emotional dependency.*

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About Meetings...

- ♦ Get out of your comfort zone and go to a new meeting
- ♦ When going through something stressful attend extra meetings
- ♦ Taking a vacation does not mean taking a vacation from meetings
- ♦ Sometimes the most memorable meetings are the ones you go to on vacation
- ♦ When you don't feel like going to a meeting, it typically means you need to go to a meeting and those are usually the ones you need to be at

Tampa Bay Intergroup 16th Annual S.L.A.A. Spring Picnic

Come celebrate recovery, fellowship and nature!
Suggested donation \$10 per person & bring a covered dish
All proceeds benefit local & national SLAA

**Saturday
April 18, 2020**

11:00 a.m.-4:00 p.m.

**Croquet, frisbee,
cornhole & more
Bring your own
games too**

**A sun-drenched after-
noon with games of
all kinds and good**

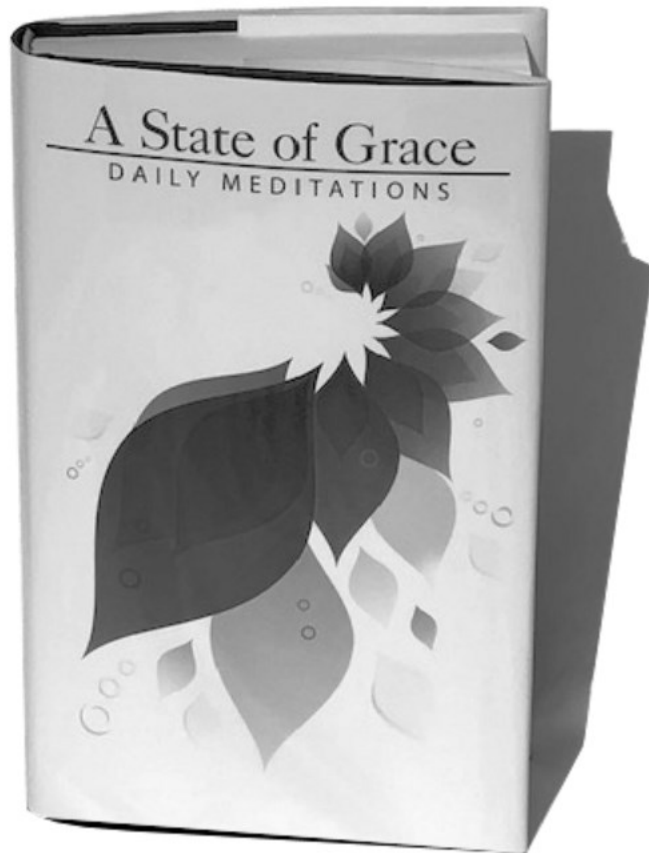
We will be cookin'
burgers, hotdogs,
turkey dogs & veggie
burgers

**Lake Seminole Park
Pavilion #9
The chalk board on the
front of the pavilion will
read:
"Augustine Fellowship"
10015 Park Blvd N
Seminole, FL 33777**



If you have questions, please call the Helpline: (727-896-7522)

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Available NOW!
Check with your
Intergroup Rep
Sales support your

ANNUAL BUSINESS CONFERENCE MEETING



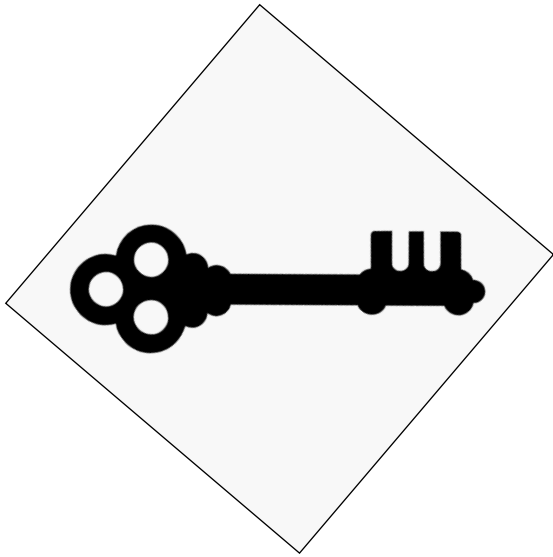
JULY 28-31, 2020

Sheraton Grand Sacramento

1230 J Street, 13th and J Street Sacramento, CA 95814 USA

Room questions or changes? Call the F.W.S. Office 1-210-828-7900. Please do not call the hotel.

Attendees may bring Service Dogs as defined in the Americans with Disabilities Act. This does not include Emotional Support Animals and other pets, which may not be brought into any General Assemblies, Committee meetings, meals or other ABC/M events.



Willingness Is the Key

When I finally took Step 3, I made the decision to turn my will and my life over to God. This was a scary proposition, because I always had my own way. I would have to learn to rely on something other than myself. It meant I would have to have a relationship with someone without a sexual motive (my sponsor.) I would have to make phone calls, go to meetings and reach out to others. I would have to engage on an emotional and spiritual level with a person who had no ulterior motive other than recovery. It meant I was trusting that my boundaries would become more defined.

I had to believe that some day I would have a meaningful relationship with another real, living human being and not just a figment of my imagination or fantasy, a person with flaws and imperfections. I had to believe I could be honest and vulnerable. This was a tough one. I had to learn to be alone, truly alone. No fantasizing about the neighbor or someone in a movie or on the computer, just me, myself and God. The miracle of this step for me was that I could be alone, with no sexually intimate relationships and survive. I learned to ask for help. I grew up.

Anonymous