



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

SEPTEMBER 2020

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SLAA Helpline (727) 896-SLAA

# Building Partnerships

"It is our belief that all along we were trying to derive something more meaningful from our addictive activities. Perhaps we confused sex and romantic intrigue with love, but in the final analysis it was authentic love we were, on a deeper level seeking. After we were sober a while, we began to name this need which drove us into more and more desperate and hopeless sexual/romantic situations: the need for our lives to have spiritual meaning...

We turned to philosophy and major religions to see how others, non-addicts, derived meaning for their lives. The answer seemed to be that the purpose of life is to love."

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**Step 9:** Made direct amends to such people wherever possible, except when to do so would injure them or others.

**Tradition 9:** S.L.A.A. as such ought never to be organized; but we may create service boards or committees directly responsible to those they serve.

**Sign of Recovery 9:** We begin to substitute honesty for self-destructive ways of expressing emotions and feelings.



## Journal Announcement:

Due to unforeseen technical issues at FWS, the online/electronic version of the Journal is no longer available. Hopefully, this will change in the future.



IMPORTANT  
ANNOUNCEMENT

**REGISTER your group to  
keep your meeting updated!**

**Eventually, when we have a "meeting app," this  
will also help people find the meeting.**

The things we have learned about living in partnership, either in a marriage or in some other intimate, committed relationship, are equally as important in the whole array of non-sexual relationships with other human beings, regardless of whether we are choosing to "live alone" or not.

©1986 Sex and Love Addicts Anonymous  
Chapter 8, pg. 142

# *Gentle Currents*

## SEPTEMBER 2020

An "open system" is one in which energy IS exchanged, just as a living being takes in food, oxygen, and experiences, and transforms these into flesh, energy, and learning.

The Augustine Fellowship, Chapter 8, pg 142

### A State of Grace DAILY MEDITATIONS



### ***The Reconciliation Project***

Attempting reconciliation with an estranged spouse or former lover, we learned that the stresses of reconciliation were just as real as the stresses of splitting up had been. For one thing, many of us were only marginally sure that we could stay addiction-free. When these people who had been a part of our former lives rejoined us, we were really facing, firsthand, our own commitment to sobriety which we had made at the beginning of withdrawal. The concept of "one day at a time" became crucial during this period of new change and readjustment.

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Chapter 8, pg. 147

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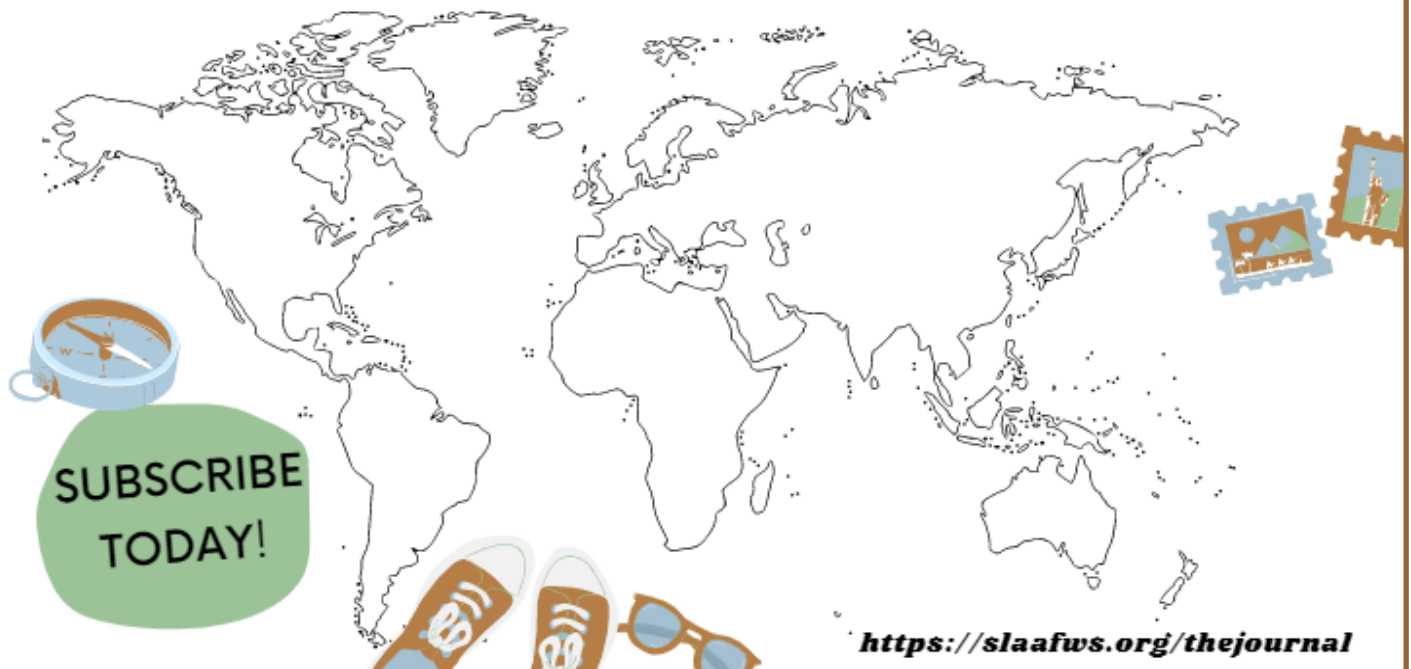
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# *Gentle Currents*

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Did you know?

**There are only 157 Journal subscribers in the entire world!**



## Ideas for developing healthy partnerships

- ♦ Practice healthy vulnerability by sharing at meetings, getting and regularly calling a sponsor, and providing outreach “to the addict who is still suffering.”
- ♦ Welcome healthy interests and healthy people into our lives
- ♦ Stop acting out on a daily basis
- ♦ Go to meetings

From the S.L.A.A. pamphlet: *Romantic Obsession*

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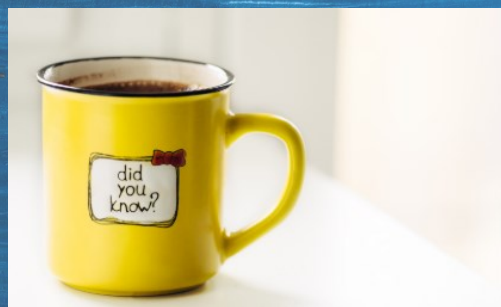




## SEPTEMBER 2020

Did you know there is a list of "Healthy Relationship Resources" on the SLAAFWS.org website? <https://slaafws.org/committee/chrc>

There are pamphlets, booklets, Journal Focus articles, MP3's & CD's covering topics about *Growing Together in Recovery, Marriage, Building Relationships, First & Second Stage Coupleship, Defining and Maintaining Committed Relationships, Disclosure and Amends with Partners and Children*. Check it out today!



There are only 157 people currently subscribed to the Journal worldwide. It supports Fellowship-Wide Services.

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