



## Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

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NOVEMBER 2020

SLAA Helpline (727) 896-SLAA

# Grace & Gratitude Edition

“We found ourselves increasingly praying for God’s guidance in all matters, both major and minor, spiritual and mundane. As we did so on a daily basis, we made a number of discoveries. The first was that God’s grace was, indeed, available to us in all matters, whether critically important or trivially commonplace. Apparently we could experience a sense of being connected with God even in such detailed, routine matters as planning our day, carrying out daily chores and responsibilities, or taking part in our everyday dealings with others.”

©1986 Sex and Love Addicts Anonymous pg. 100

**Step 11:** Sought through prayer and meditation to improve our conscious contact with a Power greater than ourselves, praying only for knowledge of God’s will for us and the power to carry that out.

**Tradition 11:** Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, film, and other public media. We need guard with special care the anonymity of all fellow S.L.A.A. members.

**Sign of Recovery 11:** We learn to value sex as a by-product of sharing, commitment, trust and cooperation in a partnership.

**Concept 11:** The trustees need the best possible committees, staff, and consultants. Composition, qualifications, induction procedures, systems of rotation, and rights and duties are always matters of serious concern.

### POSITIVE THINKING

IF I GET LOST IN  
NEGATIVE THINKING, I  
PRAY AND MAKE  
OUTREACH CALLS TO  
S.L.A.A. FELLOWS,  
REMEMBERING TO BE  
GRATEFUL FOR THE  
LITTLE THINGS THAT  
MAKE MY LIFE BETTER.

A State of Grace  
Daily Meditations  
page 27

### Where Money and Spirituality Mix:

Online meeting spaces make it difficult to “pass the basket.” Some groups have set up digital contribution accounts with services like Venmo, PayPal, Google Pay, etc. to deal with this new format.

While groups may have currently have limited expenses, Intergroup still needs funds to be present for groups and the newcomer and Fellowship-Wide Services.



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### **Tradition 11 speaks to the fact that our public relations policy is based on attraction rather than promotion...**

Attraction is, first of all, living a life based on the spiritual principles of the program. When and if the subject of that person's misadventures in the sexual and romantic arena came up in conversation you can identify, and perhaps share an example or two about your own addictive history, and express **gratitude** for the change in your life today, again giving a concrete example or two. If that person asks how you did it, you can talk about S.L.A.A. and the program of recovery.

*Excerpt from [www.slaafws.org](http://www.slaafws.org)*

**"...it seemed that we were being given still another invitation to deepen our partnership with God. It was enough that we be willing to do the legwork, and be open-minded about what the result would be. God's grace would give us freedom from the burden of our old self. In humility, we understood that we were only being asked to get out of God's way, so that, with our cooperation, God's work could be done in our lives."**


*©1986 Sex and Love Addicts Anonymous, pg. 87*

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**MEMBERS CAN LEARN FROM THEIR MISTAKES, GROW AND RECOVER BY THE GRACE OF GOD.**

*Excerpt from [www.slaafws.org](http://www.slaafws.org)*

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The Grace of recovery is fully available to me. I ask my Higher Power for the willingness to be honest and open-minded.

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A STATE OF GRACE  
DAILY MEDITATIONS  
PAGE 1



The Augustine Fellowship,  
Sex and Love Addicts Anonymous,  
Fellowship-Wide Services, Inc.

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

**You Are Not Alone**

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





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### Gratitude and the 7th Tradition

This is a way for each member to express his/her **gratitude** for the gift of sobriety. We also need to get away from the idea that a dollar is enough; the value of that dollar keeps falling and we need to adjust our personal giving to keep the meeting financially viable.

*Excerpt from [www.slaafws.org](http://www.slaafws.org)*



### SLAA STEP RETREAT WEEKEND

**WHEN: FRIDAY, DEC 11 to SUNDAY, DEC 13**

Go to this link to register:

<https://slaadvi.org/12-step-zoom-retreat-requirements/>

### Third Major Resource: Steps

**Our practice of the Twelve Step program of recovery to achieve sexual and emotional sobriety.**

*The Twelve Steps were originally formulated by Bill W., a co-founder of Alcoholics Anonymous, in 1938 . . . Their timelessness after half a century, and their applicability to a different specific addiction such as ours, are tributes to their psychological and spiritual insight and to the high quality of their writing. One thing is clear. The Twelve Steps, as originally set forth in Alcoholics Anonymous, do provide a comprehensive and thorough approach to the problem of dealing with addiction, including sex and love addiction. Our gratitude for the efforts of the early A.A. pioneers is very great. Our expression of it must necessarily fall far short of sufficiently honoring their tremendous achievements.*

©1986 Sex and Love Addicts Anonymous pg. 66 & 67

## Support Tampa Bay SLAA

[paypal.me/tampabayslaa](https://paypal.me/tampabayslaa)



Tampa Bay Intergroup is taking 7th Tradition Donations through PayPal.

No S.L.A.A. affiliation to any of these services is implied.

Thank you for your 7th Tradition Donations!

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### You can Write for *The Journal* !

You may be saying to yourself that you like *The Journal* and would like to contribute some writing to it. It is good Twelfth Step work. Any time is a good time to sit down, write about your recovery experience, and send it to *The Journal*. Writing a story about S.L.A.A. recovery can be a healing experience for you, a meaningful experience for others in the Fellowship, and an attraction for suffering sex and love addicts to our program.

More info at: <https://slaafws.org/journalsubmit>

### Weekly Gratitude Journal

Sunday \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Monday \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Tuesday \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Wednesday \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Thursday \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_

Friday \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_

Saturday \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**GDVI Speaker Day: Let's Connect All Over the World In gratitude, we share our struggles**

**Saturday, November 21, 2020 - Saturday, November 21, 2020**

**Presented By:** Greater Delaware valley intergroup

**Location:** zoom

**For Inquiries Contact** <https://slaadvi.org/contact-retreat-coordinator/>

**Link** <https://slaadvi.org/activities-events-slaa-greater-delaware-valley-sex-and-love-addiction-recovery/>



### GDVI S.L.A.A. Speaker Event 4 - Two hours Speaker meetings

**11am ET (Speaker from California)**  
**3pm ET (Speaker from Minnesota)**  
**6pm ET (Speaker from Singapore)**  
**9pm ET (Speaker from Australia)**

### Greater Delaware Valley Intergroup

Additional Info: Let's Connect All Over the World

In Gratitude, we share our struggles

GDVI S.L.A.A. Speaker Event-includes 4- Two hour speaker meetings with speakers from Australia, Singapore, Minnesota & California