



Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

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Sobriety Issue

“We were living in the immediate present, and discovering that we could indeed make it through an hour, or a morning (mourning!), or a day. And we were discovering that there was a joy to be had in successfully negotiating our way through each twenty-four hour period.”

©1986 *Sex and Love Addicts Anonymous* pg. 100

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

Sobriety

Initially, a state of abstinence from addictive bottom-line behaviors; often accompanied by the return of sanity, choice, and personal dignity that comes from abstaining from bottom-line behaviors.

Sobriety Date

Generally, the date we stop engaging in our bottom-line behaviors.

Excerpt from the Welcome Pamphlet

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Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to sex and love addicts and to practice these principles in all areas of our lives.

Tradition 12: Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Sign of Recovery 12: We are restored to sanity, on a daily basis, by participating in the process of recovery.

Concept 12: The Conference observes the spirit of S.L.A.A. Tradition

- a. taking care that it never becomes the seat of perilous wealth or power;
- b. that sufficient operating funds and reserve be its prudent financial principle;
- c. that it place none of its members in a position of unqualified authority over others;
- d. that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; e. that its actions never be personally punitive nor an incitement to public controversy;
- f. that it never perform acts of government, and that, like the Fellowship it serves, it will always remain democratic in thought and action.



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Some of us began our journey in S.L.A.A. by going cold turkey. We weathered our way through the storm of withdrawal, turning to our sponsors when we needed directions. Some of us had to hit one pothole after another, picking up desire chips on a regular basis until we were finally able to stay on a straight and sober course. No matter which path we take, it is important that we keep our eyes on the road, be open to asking for help and be gentle with ourselves. A long road trip must be made one mile at a time. We need not worry ourselves by wondering why we haven't gotten as far as others have, comparing our insides to their flashy, sports car exteriors. Recovery is not a race. The more bumpy, slow-going and rougher road we trudge in maintaining our sobriety, the more fulfilling the breakthrough to smooth cruise control when we finally turn the corner. Persevering in open connection with our Higher Power means that while our journey may be difficult, there will also be some pleasant surprises around the bend.

I am sober today by the grace of God and continue to do my Twelve Step work and reach out to others.

A State of Grace
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Members speak:

I believe that for the groups which are suffering from a lack of funds due to having good attendance but not collecting much money, there might be a need for the group to sit down at a meeting or at Group Conscience and discuss the importance of the 7th Tradition. This is a way for each member to express his/her **gratitude** for the gift of **sobriety**.



[https://slaafws.org/trquestion/
group-financial-support](https://slaafws.org/trquestion/group-financial-support)

We found that we were forming warmer relationships with friends, coworkers, and even casual acquaintances. Today we may live alone, but we have found rewarding friendships and companionship without sex, and we are not lonely.

©1986 *Sex and Love Addicts Anonymous* pg. 140

Many people in recovery are familiar with the acronym H.A.L.T. This is a tool for assessing ourselves, a way of taking a spot-check inventory. The "L" in H.A.L.T. stands for lonely. Loneliness is a trigger. We don't need to be exposed to provocative images or messages from a past lover in order to be triggered. Feelings can trigger us too. Picture the addict, alone at home, with nothing exciting to occupy their time. Who wants to do the laundry or the dishes on a Saturday night? One of the most important things we can do for ourselves when we feel triggered by loneliness is to take an action that is contrary to our feelings. My sponsor says when I'm feeling lonely and no one is calling it's because I haven't been reaching out in meetings. We have a network of people available to reach out to when we are struggling. The thought of acting out may be far from our minds, however if loneliness is a trigger, we recognize it. Left unacknowledged, the feeling can grow into something bigger and lead to acting out down the road. If I'm feeling lonely, but I don't feel like calling anyone, then that is exactly what I need to do.

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What To Do Next...

Attend S.L.A.A. Meetings. Get a copy of a meeting list for local [S.L.A.A. groups](#). Join [online meetings](#). Attend at least six meetings before determining whether you wish to be a member.

Listen. Listen for what you have in common, not for what is different. Sit back, relax and keep an open mind.

Talk After Meetings. Speak to at least one person after the meeting. Feel free to ask questions. The members are there to help you. If the meeting is followed by a social activity such as going out for coffee, join the group. Use the opportunity to ask questions about the program and to get better acquainted with some of the members.

Call a Member. If the meeting distributes a phone list, take a copy. If not, ask several members for their numbers. Call at least one person on the list to discuss S.L.A.A. during the next week.

Read, Listen, Discuss. Read [S.L.A.A. literature](#) and/or listen to S.L.A.A. tapes and CDs. Discuss what you have learned with S.L.A.A. members.

Visit Websites. Visit the S.L.A.A. international website, www.slaafws.org. Learn about publications, long distance sponsors and online S.L.A.A. meetings. Also check out [S.L.A.A. phone meetings](#).

Contact our Main Office. S.L.A.A.'s main office is known as [Fellowship-Wide Services, Inc.](#) The F.W.S. staff can answer your questions and help you obtain S.L.A.A. materials:

- Our Basic Text, Sex and Love Addicts Anonymous
- The Journal, our bimonthly meeting in print
- The First Ten Years of The Journal, recovery stories by members, in three volumes
- Audio tapes and CDs
- S.L.A.A. pamphlets and other literature



Support Tampa Bay SLAA

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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Why not buy an Individual Journal Issue?

The Journal is S.L.A.A.'s meeting in print. Each issue contains personal stories of recovery, writings on important recovery topics, poetry and humor, as well as Fellowship announcements and event listings.

Sober Dating Focus Booklet Code:
JOUR003-07 \$6.00 • Articles from the Journal with a focus on Sober Dating.

Available at <http://store.slaafws.org/>

S.L.A.A. Signs of Recovery

1. We seek to develop a daily relationship with a Higher Power, knowing that we are not alone in our efforts to heal ourselves from our addiction.
2. We are willing to be vulnerable because the capacity to trust has been restored to us by our faith in a Higher Power.
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.
4. We learn to avoid situations that may put us at risk physically, morally, psychologically or spiritually.
5. We learn to accept and love ourselves, to take responsibility for our own lives, and to take care of our own needs before involving ourselves with others.
6. We become willing to ask for help, allowing ourselves to be vulnerable and learning to trust and accept others.
7. We allow ourselves to work through the pain of our low self-esteem and our fears of abandonment and responsibility. We learn to feel comfortable in solitude.
8. We begin to accept our imperfections and mistakes as part of being human, healing our shame and perfectionism while working on our character defects.
9. We begin to substitute honesty for self-destructive ways of expressing emotions and feelings.
10. We become honest in expressing who we are, developing true intimacy in our relationships with ourselves and others.
11. We learn to value sex as a by-product of sharing, commitment, trust and cooperation in a partnership.
12. We are restored to sanity, on a daily basis, by participating in the process of recovery.

