



## Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

Submissions: TBINLEditor@gmail.com

MARCH 2021

SLAA Helpline (727) 896-SLAA

# Step Three: Made a Decision

To use the Biblical expression of the “cup that runneth over,” we were like cups that had run over with obsession—with neediness, lust, and intrigue. Step 3, as a spiritual exercise, suggested that we could choose to tip our own cup over and let the sickness run out of it.”

©1986 Sex and Love Addicts Anonymous pg. 76

### The Third Step

*Made a decision to turn our will and our lives over to the care of God as we understood God.—S.L.A.A. Core Documents, The Twelve Steps of S.L.A.A.*

The concept of turning my will and my life over to a Power greater than myself was one of the hardest, most confounding things I was asked to do in this program. I thought God should be a voice in my head, like a GPS telling me to go right or left. It was only when I was in enough pain that I realized I couldn't rescue myself and I became willing to pay attention to the more subtle signs of a Higher Power in my life. Little by little, I began identifying these elements all around me. A Power greater than myself is a room of 10 people. A Power greater than myself is someone who's got more recovery than I do. A Power greater than myself is the shifting tide and the flowers blooming. Being willing to listen was the beginning of my developing a relationship with my Higher Power: If I pay attention, it will reveal itself to me.

*Today, I surrender my will to my Higher Power, opening myself to what is in store for me.*

©2019 A State of Grace Daily Meditations, pg. 65

**Step 3:** Made a decision to turn our will and our lives 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.

**Sign 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.

**Concept 3:** To insure effective leadership, each element of S.L.A.A. - the Conference, the Board of Trustees, staff, and committees - all possess the “Right of Decision.”

F E E L I N '



G R A T E F U L



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AND IF WE WERE SUCCESSFUL IN NOT ACTING OUT ADDICTIVELY BY DAY'S END, WE THANKED GOD, WHATEVER WE UNDERSTOOD GOD TO BE, FOR HAVING HELPED US LIVE ANOTHER TWENTY-FOUR HOURS FREE FROM BOTTOM-LINE SEX AND LOVE ADDICTION.

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True surrender of our sex and love addiction meant not only being willing to take ourselves out of the painful situation at hand. It meant, most importantly, being ready to be free of our whole life strategy of obsession with and pursuit of love and sex.

©1986 Sex and Love Addicts Anonymous pg. 71

*Higher Power, let me be willing to surrender my disease to your loving care, that I may be a beacon of light to those who still suffer.*

©2019 A State of Grace Daily Meditations, pg. 654

**S.L.A.A. Service Forum** is a new way for people doing service in S.L.A.A. to connect with each other and share their struggles and solutions: • questions and answers • best practices • new ideas and suggestions • how to deal with problems The forum was created and is maintained by the S.L.A.A. Conference Intergroup Communications Committee (CICC) which has the mission to: • enable ongoing open communication between the existing and new groups and Intergroups of S.L.A.A. • share information and work together to make the Fellowship more accessible and effective.

The forum is divided into discussion categories: • Public information • Sponsorship • Websites • Anorexia • Conventions • Retreats • Literature • Procedures and Guidelines / By-Laws • Inspiration line • Meetings • Annual Business Meeting • Journals / Newsletters • Safety • Diversity • Finance • Steps, Traditions and Concepts • Translation and International Outreach • Service • Member Retention • Hospitals and Institutions • Healthy Relationships • Legal Issues • Intergroup Communications

## 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.



**MARCH 2021**

# ***S.L.A.A. Intergroup Virtual Forum***

**Our Intergroups are gathering Worldwide**

**Saturday March 20th 2021**

**8PM-9:30PM Eastern US Time**

*See the time in your country*

[bit.ly/IntergroupVirtualForum2021Session1](http://bit.ly/IntergroupVirtualForum2021Session1)

**Sunday March 28th 2021**

**Noon-1:30PM Eastern US Time**

*See the time in your country*

[bit.ly/IntergroupVirtualForum2021Session2](http://bit.ly/IntergroupVirtualForum2021Session2)

## **S.L.A.A. Intergroup Virtual Forum session two**

Sunday, March 28, 2021 **Presented By:** Conference Intergroup Communications Committee

**Location:** Zoom **For Inquiries Contact** [intergroupsmeeting@slaa.network](mailto:intergroupsmeeting@slaa.network)

<https://www.slaa.network/slaa-intergroup-virtual-forum>

## **Workshop on CODEPENDENCY & Our Recovery from Sex & Love Addiction**

Saturday, March 13, 2021

**Presented By:** Monterey Bay Intergroup

**Location:** Monterey, California

**For Inquiries Contact** [12stepfred@gmail.com](mailto:12stepfred@gmail.com)

### **INFO:**

<http://www.slaamonterey.com/meaningful--sustained-recovery-with-randy-b.html>

*To access the March 13<sup>th</sup> Workshop and subsequent sessions in the series, please PRE-REGISTER with your first name and email at:*

[https://us02web.zoom.us/meeting/register/tZAtduihqDMqG92MCqzL2rn-A\\_NABOH8Dre5](https://us02web.zoom.us/meeting/register/tZAtduihqDMqG92MCqzL2rn-A_NABOH8Dre5)

Meeting ID: **840 1196 8019** Passcode: **1212**

*If you are using a phone, enter the meeting by dialing +16699009128,,84011968019#,,1212#*

*Or find your local number here: <https://us02web.zoom.us/j/kcbPOWmdrX>*

*You will be able to use the same Zoom for the Tuesday follow-up meetings rather than the Zoom address which is customarily used for Tuesday. This meeting will be in place of the regular Tuesday Monterey co-ed meeting.*





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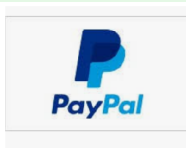


- Purchase SLAA Brochures from the Tampa Bay SLAA Intergroup:
- New *Step Questions Workbook* available: \$10
- *Anorexia 4,5,6,7: Working the Program and Not the Problem* \$4
- Pamphlets: \$1.25
- Booklets cost \$4.00
- NOW AVAILABLE – 18-Month Bronze Medallion
- Chips: \$1 and all medallions \$5
- [“A State of Grace Daily Meditations” Soft Cover Is Now Available for \\$13 from Intergroup!!](#) Order NOW via Intergroup Helpline: (727) 896-7522

### 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**.



### ANNOUNCEMENT

Next month’s Intergroup meeting will occur the second Saturday of the month, April 10th.

