



Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

APRIL 2021

Submissions: TBINLEditor@gmail.com

SLAA Helpline (727) 896-SLAA

Step Four: Fearless Moral Inventory

When we first saw the words “moral inventory,” we had recoiled in alarm. Surely such a task would be too massive or too unnerving! However, to our surprise we found that there came a point when we approached this task without fear, because we had come to terms with Step 3. As we surrendered to the God of our understanding, we found ourselves having “institutions”: stay away from here, call this friend, go here instead of there, and so on. We came to trust the guidance that was helping us navigate away from the old addictive patterns. If God was helping us manage our external lives, it was easier to become open to clearing out the inner debris, to trust God’s guidance for the inward journey.

©1986 Sex and Love Addicts Anonymous pg. 79

Step 4: Made a searching and fearless moral inventory of ourselves.

Tradition 4: Each group should be autonomous except in matters affecting other groups or S.L.A.A. as a whole.

Sign of Recovery 4: We learn to avoid situations that may put us at risk physically, morally, psychologically or spiritually.

Concept 4: The "Right of Participation" is maintained by allowing members the opportunity to cast one vote up to the level at which they are trusted servants.

Through the Fourth Step process, we realized that pride and willfulness had hidden the yearning of a lonely and fearful child, an emptiness that cried out to be filled. We did not cause it, and we could not control it. In this realization was the beginning of compassion, our first glimpse of self-forgiveness.

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The Fourth Characteristic *We confuse love with neediness, physical and sexual attraction, pity and/or the need to rescue or be rescued.* – S.L.A.A. Core Documents, “Characteristics of Sex and Love Addiction”

What is love? Of course I confused it with a bunch of other things before sobriety. Sex and love addiction twists many things including definitions. But not only sex and love addicts confuse love with other emotions. It's a story passed down through the generations: rescue someone and then marry them. We are taught to value physical and sexual attraction in society. We are taught that we need a partner in life to be whole. My neediness was about feeding my ego, needing attention. Physical and sexual attraction was about finding a way to numb out. Pity and the need to rescue made me feel better than the other person. Emotions that are about ego and fear cannot be love. With the help of S.L.A.A., I was able to put my needs aside and care about other people. I felt true love from my Higher Power and as a result was able to express that with another human being. Love is no longer about finding a way to break free from my painful isolation. It's about feeling genuine affection based on honesty and reality.

I never want to go back to the confusing fantasy.

I love openly and honestly today, releasing any expectations.

A State of Grace, Daily Meditations pg. 130



S.L.A.A. TWELVE AND TWELVE

Book Project

Be a part of our history and our future by writing for:

THE S.L.A.A. TWELVE STEPS AND
TWELVE TRADITIONS BOOK

The Conference Steps, Traditions, and Concepts Committee (CSTCC) is working on a new book:

“The 12 Steps and 12 Traditions of S.L.A.A.” The book will provide tools and support for S.L.A.A. members to get sober, stay sober, and live in recovery and will give S.L.A.A. meetings a basis for studying the Steps and Traditions as they apply in S.L.A.A. We need your written experience, strength, and hope. Our goal is to represent the full range of S.L.A.A. experience with the Steps and Traditions.

Your share is important.



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UNRESOLVED ANGER

I could no longer deny that I did have a huge amount of unresolved anger, very subtly hidden, and unless I got it out I would eventually be destroyed by it. *S.L.A.A. Basic Text, pg. 262*

Unresolved anger can manifest itself in more than one way. Sometimes, it is the result of not having control over a situation as a child. Other times, it is the result of not dealing with anger at the proper time in the proper manner. Either way, it amounts to an inability to properly express this difficult emotion. When we have never known the right way to deal with anger, we often express it inappropriately with verbal abuse, internalized resentment or even acting out. As we get sober and allow ourselves to feel our emotions, we may continue to make mistakes in how we handle them. To properly handle anger, we need to take baby steps. We may need to let the anger out through physical activity, or write about our feelings first. As we mature in recovery, we can move closer to a state in which we feel the anger and express it appropriately while we are still in the moment. When we do so, we can let go of anger quickly, and the destructive influence of unresolved anger need no longer wreak havoc in our lives.

Higher Power, help me acknowledge my feelings and express them in a healthy way. *A State of Grace, Daily Meditations pg. 136*

Resentment Prayer

Whenever we were troubled by things other people said or did...we needed to make a quick assessment of our own spirited condition...We found that one easy way to do this was to ask ourselves, "If I were doing to someone else what I think is being done to me, would it be a symptom of my own illness?"

- *S.L.A.A. Basic Text, pg 96*

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.

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**.



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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 | • Diversity |
| • Sponsorship | • Finance |
| • Websites | • Steps, Traditions and Concepts |
| • Anorexia | • Translation and International Outreach |
| • Conventions | • Service |
| • Retreats | • Member Retention |
| • Literature | • Hospitals and Institutions |
| • Procedures and Guidelines / By-Laws | • Healthy Relationships |
| • Inspiration line | • Legal Issues |
| • Meetings | • Intergroup Communications |
| • Annual Business Meeting | |
| • Journals / Newsletters | |
| • Safety | |

Instructions to access S.L.A.A. Service forum

To participate or even see any of the forum you will need to create an account.

Just go to <https://service.slaa.network>, or you can scan the QR Code below.

Go to the "Sign Up" button, and create an account with an anonymous username. So if you are Anton Petrowski, you might put your first name and initial and maybe some numbers (eg. anton85p). You will need to use a password with at least 8 characters (more secure passwords use letters, numbers and special characters, eg. 1up#*~@8). You will also be asked for the Intergroup (or group) you are associated with.

Please remember that use of this forum is limited to members of S.L.A.A., and we endeavor to treat the forum as a closed meeting. We welcome your contributions, as long as they are considerate, respectful and collaborative in nature.

If you have any issues, contact us at admin@sla-network

