



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

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FEBRUARY 2022

SLAA Helpline (727) 896-SLAA

The Second Step

Came to believe that a Power greater than ourselves could restore us to sanity.

S.L.A.A. Core Documents, "The Twelve Steps of S.L.A.A."

It was by a lake in a park when I had my moment of crisis. I realized that business trips and acting out were going to be synonymous. I had read spiritual books on dealing with sin and living the overcoming life. I tried every strategy I could think of. I prayed, wept and spent an entire vacation retreat studying what I hoped would be the victorious key. I even threatened myself with consequences, and yet here I was again. This time I had moved even further into an area that I had believed was morally off limits. What was I doing back here again? In my shroud of shame, I hadn't realized that this place of powerlessness was a good thing, providing I didn't give up in despair. My only choice was to embrace the possibility that my cycle of degeneration could be broken through the initiative of a benevolent power, distinct and separate myself. "I can't do it" really does mean "I can't do it." Yet, this isn't a place of despair but of hope. For when I come to the end of my hoarded resources, I find a Higher Power who is graciously willing to act.

I accept my powerlessness and see the door of hope that my Higher Power has provided.

A State of Grace: Daily Meditations, pg. 32

Part of moving from Step 1 to Step 2 was jumping in the ocean. I went to the coast, dove into the waves 3 times, and then heard a voice in my head say, "Welcome to your new life." I knew it was the voice of my God. This one simple moment has helped me stay on my recovery path ever since. —Justine C

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition 2: For our group purpose there is but one ultimate authority -- a loving God as this Power may be expressed through our group conscience. Our leaders are but trusted servants; they do not govern.

Sign of Recovery 2: We are willing to be vulnerable because the capacity to trust has been restored to us by our faith in a Higher Power.

Concept 2: The Annual Business Conference, by delegation, is the voice and conscience for our world services and of S.L.A.A. as a whole.





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We Are Not Alone

NEI Zoom Meeting & Fellowship

Monday, February 14, 2022 | 6:30-8:30pm



6:30-7:00pm Fellowship

7:00-8:00pm Open Meeting

8:00-8:30pm Fellowship

Valentine's Day can be a struggle for many people, so come for some extra support to help stay sober while socializing with others in recovery.

Family, friends, & significant others are welcome.

Other NEI Monday night meetings have been invited to share the time to be together in the spirit of unity & support.

Please join us to share your experience, strength, and hope and just enjoy a sober evening.

<https://us02web.zoom.us/j/86175397416?pwd=SVRtajJoLzlwZDZldFpRQThGNGsxdz09>

Zoom Meeting ID: 861 7539 7416 **Passcode:** 123123

URL: <https://us02web.zoom.us/j/86175397416?pwd=SVRtajJoLzlwZDZldFpRQThGNGsxdz09>

One tap mobile: +13017158592,,86175397416#,,, *123123# US (Washington DC)

LIFESAVER NEWS

The LifeSaver Program has raised over \$70,000 from member, group and intergroup contributions since it began back in April 2020, helping the Fellowship realize over \$140,000 in total revenue including the pledged matching funds. Seventh Tradition contributions were approximately equal to the amount of the revenue the Fellowship realized from the sale of literature and e-books in the 2021 fiscal year ending on September 30, 2021.

Thank you to
all who
contributed!

We will do our best to keep this List updated to reflect changes in SLAA In-Person locations or Online meetings. Please contact our Helpline to notify us of any Meeting Changes.

CLICK HERE FOR OUR CURRENT MEETING LIST: (it's updating regularly)

<https://tampabayslaa.org/find-a-meeting/>

IN NEED OF A PHONE MEETING? CLICK HERE: <https://slaafws.org/telephonemeetings>

PHONE: (727) 896-7522 (Helpline)



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to be
point of view.
Hope [hōp] n.
emotional state
a positive outlook
circumstances

SPONSORSHIP: A Return from Isolation

What is a sponsor? A sponsor is a person who gives us individual support in guidance in applying the SLAA 12 step program of recovery to our lives. A sponsor is neither a parent, a therapist nor a confessor. Accordingly, a sponsor is a person with whom we have no ulterior motive, whom we do not pay and from whom we seek neither absolution nor judgment. Our sponsor is, in fact, a fellow addict. As such, a sponsor does not counsel from a pretense of higher moral ground. Sponsors are not “perfect” people working “perfect” programs. Sponsors are human too, with struggles in confusion just as everyone else in the fellowship. Indeed, seeing the imperfections in our sponsors helps relieve us of our own compulsion to be perfect.

Pamphlet: Sponsorship, A Return from Isolation

More About Step Two

Nevertheless, the fact that we needed faith in some Power, since we could not trust ourselves to be consistent in either behavior or motive, left some of us feeling even more shaken. Where would we find even the rudiments of a faith that could carry us through this dissolving and reconstruction of our whole personality? If there WAS no Power greater than ourselves, it would be impossible!

The most elementary solution to this problem of faith was found through contact with sober people at our regular SLAA meetings who had surmounted the need-for-faith barrier themselves. As we listen to their stories of sickness in recovery, we could identify at depth with their patterns of addiction and diseased values. And we could clearly see that they were now leading more positive and healthy lives. As living examples, they offered us the hope that whatever sources of spiritual aid they credited as helping them might be available to us as well. We could not question the insanity of their past addictive histories which they shared with us. It was so apparent. Nor, when we contrasted the quality of the lives these people were now living with our own addiction rooted struggles and dilemmas, could we really doubt that they had been delivered over into a form of redemption.

The Augustine Fellowship, S.L.A.A. pg 75




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MY EVOLUTION WITH PRAYER

I had an appreciation for the benefits of prayer before I arrived in S.L.A.A. because of membership in another 12-Step program. I memorized and regularly recited the Serenity Prayer, and the Third, Seventh and Eleventh Step prayers. I also prayed each morning and thanked my Higher Power (H.P.) every evening for sobriety. I was very grateful because I had no hope when I first entered recovery and was thrilled that my life could be so much better.

This was a great introduction to prayer in recovery. However, when I hit bottom in this addiction, I was far more desperate and scared. I thought I had done everything right in recovery but I felt like the rug was pulled out from underneath me. I also had a lot to lose at this point sobriety in my other program, my health, and my freedom, if I let my anger take over. I had already lost my mind and knew it. I had to question all of my recovery practices. Praying changed for me in that when I asked for sobriety in the morning, I actually used the phrase, "I beg that you help me to stay sober today." I didn't know if it would help. Also, I said the Third Step prayer a lot, but with a new level of seriousness. At some point, I realized that I had not turned over my sex and relationship life to my H.P. (even though I did not know it), and was being taught that this particular shortcoming in my Third Step may cost me my life. My sobriety today is a true miracle of the program and praying is continuing to change for me. Although I say the Third and Seventh Step prayers, they're part of a bigger prayer, which is reciting and reviewing all of the Steps each day. Besides that practice, my attempts to maintain a conscious contact with my H.P. throughout the day are also a form of prayer. I'm learning from all of you that the more of a relationship I have with my H.P., the greater chance there is that I will not act out today. So, in addition to the prayers related to the Steps, the Steps themselves, begging H.P. for help and thanking H.P. at night for sobriety, and maintaining a conscious contact, I also talk to H.P. as I would a friend who is right in front of me. To me, all of the above are forms of prayer. And for today, I beg my H.P. that we all stay sober another day. —Chris



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