



## Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

Submissions: TBINLEditor@gmail.com

# MARCH 2022

SLAA Helpline (727) 896-SLAA

## Let Go and Let God

**Affirming our Spirituality —relying upon a Power greater than ourselves...Becoming open to accepting the unexpected turns in our life. Practicing acceptance when situations don't go our way. More easily sensing we are being guided by our Higher Power. Trusting that our Higher Power is using our personal struggles for a greater good.—from the “Measuring Progress” pamphlet**

In active addiction, we hold on to people or situations that aren't good for us because we don't know what will happen if we let go. Often, Higher Power has something better in store for us. It's difficult to trust that God will be there for us. It turns out Higher Power had a much better plan for my life than I ever had for myself. It just took the opening of the door to let him in. It's difficult to trust something we don't understand or have never believed in. Doing all the Steps in order helps us come to a place where we can start to believe. First, we surrender to the addiction, then we come to believe. We turn our lives over and clear out the wreckage of our past. If we truly let go, we are able to do this painful task willingly. God takes over for us when we are too weak to continue, if we let him.

**Today, I accept life's struggles and trust that my Higher Power will be there for me.**

*A State of Grace Daily Meditations  
May 3, pg 124*

**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.”



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### **An S.L.A.A. Poem**

Loneliness in the midst of a crowd...  
Weighing over me like a burial shroud...  
The fear coursed through my every cell...  
Convincing me that I could not tell...  
Tell of my abject terror of abandonment...  
Tell of my daily screams for authentic connection...  
Tell of my need to be held and told that I am enough...  
Tell of how all of those fears drove me to a secret life...  
That damaged me and all those around...  
I could not tell...for if I doubted my worth of the life I allowed people  
to see...  
How could I show them the man I was in the shadows...  
Surely no one would ever want me...  
For a husband... For a father... For a brother... For a son... For a  
friend...  
I heard that our secrets keep us sick...  
That in giving voice to all of those things it would bring a healing  
light into my darkness...  
My pain, insanity and self imposed isolation thrust me into the  
rooms...  
Wherein I borrowed from those who surrounded me...  
Experience Strength And Hope Acknowledging that their path was  
undoubtedly a power greater than myself...  
In following their footsteps...on a path they'd all walked them-  
selves...  
I found I was no longer borrowing...but sharing in...  
This new experience of living in honesty and integrity...  
This new strength of surrendering each and every day to my  
Higher Power...  
This new hope of living happy, joyous and free.  
—David M., Austin & Houston, TX

*The Journal, Issue #182, pg. 31*

### **DID YOU KNOW THAT THE FEL- LOWSHIP-WIDE SERVICES OFFICE**

...provides worldwide meeting information to [newcomers](#), to members moving or traveling to other locations, as well as to other interested parties via the [website](#), telephone, mail and email.

...maintains a database of worldwide Groups, Intergroups, group contacts, meeting times and dates via the F.W.S. website. In addition keeps separate databases for Conference members, Committee members and F.W.S. Newsletter subscribers.



**Made a decision to turn our will  
and our lives over to the care of  
God as we understood God.**

***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)**

**EMAIL: [Help@tampabayslaa.org](mailto:Help@tampabayslaa.org)**



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*I used to have rigid boundaries because I was so angry all the time. Today I have softened because Higher Power is all around me and protects me. I don't have to react. I'm not afraid. It's all going to be okay. I don't need to strengthen my boundaries today. My boundaries are all around me. They are defined by my Higher Power who is actively working in my life to navigate my protection on a daily basis. I just relax and go with the flow and trust my Higher Power. Everything works out for the good of those who love Him. —Anonymous*

The Journal #152

### S.L.A.A. Audio Book Survey

The Board Technology Committee is requesting feedback on Fellowship interest in creating Audio Books for S.L.A.A. literature. <https://slaafws.org/>



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)

.PDF of the above card is available on <https://slaafws.org/>

### **Step three: Made a decision to turn our will and our lives over to the care of God as we understood God.**

The situation was roughly this: if our sex and love addiction was such a fundamental part of our personality – if it had developed long ago and had shaped or deformed many of our other personality traits, our relationships, and our value system – then we had to ask whether all our prior ideas about who and what we were might be cor-

rect or ill-founded. This is not to say that on a practical level everything we thought we knew about ourselves was wrong. But if we really wanted to change ourselves and lead new and sane lives, we had to at least pose the question, if only on the abstract level. We had to admit to the possibility that anything, if not everything, we believed could be faulty.

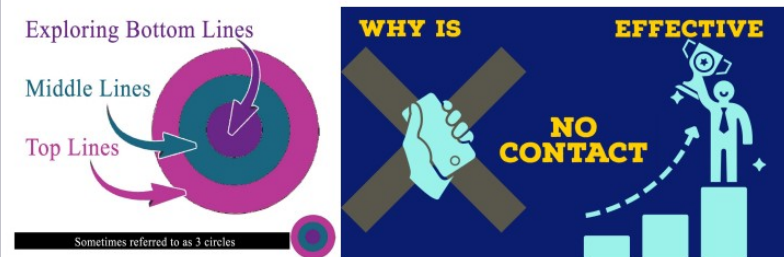
*The Augustine Fellowship, S.L.A.A., pg76*



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### GDVI Virtual Recovery Day:

Exploring Bottom, Middle and Top Lines and The Gift of No Contact



When: Saturday March 19, 2022

Time: 10am ET to 2pm ET

This session is intended to help bring clarity to a recovery "gray area." Over the course of 4 hours we will hear from speakers, share on topics, have a Q & A and opportunities to share. There are two ten minute breaks during the session.

\$10 to register. Scholarships available upon request. Literature is not required, however available for sale.

### Seeking Anorexia Recovery Stories for an update to the S.L.A.A. Basic Text

The Conference Anorexia Committee is partnering with the Conference Literature Committee to gather anorexia-specific content for potential inclusion in the updated Basic Text. If you have a good understanding of anorexia in S.L.A.A. and have some solid, long-term recovery in this area we are looking for stories that tell what it was like, what happened (how you got sober) and what it is like now (in recovery). Submit stories to:

[anorexiastoriesSLAA@gmail.com](mailto:anorexiastoriesSLAA@gmail.com)

### General Questions to Ask a Potential Sponsor

- 1. How long have they been sober from their bottom line(s)?** The prospective Sponsor should be sober, working the steps and ideally have a Sponsor or a Co-Sponsor of their own.
- 2. Do they work a strong program?** If they have a strong connection to program, they will likely be more informed and more balanced in their recovery.
- 3. Do they have a Sponsor?** Twelve Step programs work because we guide each other through it. A Sponsor is a recovering addict, just like you, and it is integral for their sustained recovery that they maintain a close relationship with the person who is guiding them.
- 4. How long have you known them?** It is best to get to know someone first before asking them to be your Sponsor. Give yourself the opportunity to see how they operate over a period of time and whether they are available to stay in contact with you on a regular basis.
- 5. Can you be honest with them?** It is very important to be able to speak freely with them about events past and present. Sharing can be intimate and vulnerable. A Sponsor should be trustworthy and OK with your vulnerability and help you feel safe.
- 6. Are they available?** Potential Sponsors may already have a number of Sponsees or other service commitments which would limit their time available for a new Sponsee. Bear in mind that their primary focus will be to help you work the Steps and they may have more time for you as a Sponsee rather than as a friend or acquaintance.

*(This document has been approved by the Conference Sponsorship Committee 2015)*