



Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

DECEMBER 2022

Submissions: TBINLEditor@gmail.com

SLAA Helpline (727) 896-SLAA

Living in sobriety is not about struggling against my will and desires, it is turning it over to a Higher Power, and receiving the grace of wanting peace.
The Journal, Issue 151

NEW
SLAA
MEETING

HERNANDO COUNTY A CLUB
 18922 TITUS RD, HUDSON, FL 34667

THURSDAYS 5 PM **A CLUB Phone: 727-861-7608**

**IN-PERSON MEETING AT
 BACK ROOM OF THE A CLUB**

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.

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>

EMAIL: Help@tampabayslaa.org

PHONE: (727) 896-7522 (Helpline)

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December 6 The Twelfth Step

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.—SLAA Core Documents, “The Twelve Steps of SLAA.”

A key here is the spiritual awakening as the result of the Steps. If my therapist had been able to cure my addiction, I probably would have made her my Higher Power, and eventually drifted away from the program. The Steps can bring about some kind of spiritual awakening, hopefully sufficient enough to help us stay sober, and want to give back to the program. Spiritual awakenings can vary from little “aha” moments to lightning-bolt experiences. Any variety can be enough to help us try to carry the message and practice the principles. No one wants to work for free. In early recovery, when I was asked to speak on the other side of town or to clean up after a meeting, my first thought was, ***I should be getting paid for this.*** I came to realize that my payment is sobriety. Carrying the message can sometimes be payment itself. When people express gratitude for our service, or when we see even hopeless cases recover, it can be self-gratifying, (as long as we stay humble). Practicing the principles in all areas of our lives can be a difficult task. Attempting this sometimes brings out my perfectionism. But if I’m doing a thorough Tenth step every night and practicing the Eleventh step, it is possible. ***It is my higher power’s will for me to be of service to others today.***

A State of Grace
Daily Meditations, pg 341



In the spiritual nature of the 7th Tradition
one person steps up to help another
Help F.W.S. now by joining the

LifeSaver Program

SIMPLE, AUTOMATIC MONTHLY GIVING

MONTHLY CONTRIBUTIONS MATCHED 100%
up to \$113,000 total because of the generosity of members like you

- ◆ Publish digital literature
- ◆ Build a new meeting finder
- ◆ Develop our website

Without your continued support,
these projects cannot happen.
Every dollar helps.

TOGETHER, WE MAKE ALL THIS POSSIBLE
S.L.A.A. members, Meetings, and Intergroups can join the LifeSaver Program.

thank you!

BE A LIFESAVER TODAY!
go.slaafws.org/lifesaver



S.L.A.A. Fellowship-Wide Services
<https://slaafws.org>
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The Augustine Fellowship, S.L.A.A., Fellowship-Wide Services is a registered 501(c)3 nonprofit organization. Contributions are tax deductible.

Our 7th Tradition states: “Every S.L.A.A. group ought to be fully self-supporting, declining outside contributions.” This means that only people who consider themselves members of S.L.A.A. can make a contribution.

Happy Sober Holidays





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Staying Sober

Through the Holidays

Staying sober during the holidays is usually no easier or harder for me than at any other time. My sobriety always depends on how “needy” or depressed I may be feeling, and that does not depend on the calendar. Speaking for myself, the triggers are emotional circuit breakers, such as family problems, my personal health, my fear that I will die all alone, and as celibate as the Pope... Sure, the holidays can aggravate loneliness, since the media always drag out their annual “Holiday Blues” story. But the longer that I’ve been in S.L.A.A., the more I realize that my triggers are fairly predictable, even when I get sidetracked by self-pity. Happy Holidays. Marsha Z.—Boston

The Journal, Issue 151

The holidays can be a tough time. One issue is the amount of food. Another issue is not being the center of attention. Taking interest in others helps; so do meetings & outreach calls.

— David G, Culver City

For me, the holidays have gotten a lot more realistic. I used to expect so much from these special days and be disappointed every year. My recovery teaches me that reality is okay and that adjusting my expectations to something more sane doesn’t mean I am settling, it just means I’m not setting myself up for anger and resentment. Thanks — Beth S.



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Live in Santa Cruz, California, in a small town on the Central Coast. When I was just two months sober, I learned of a New Year's retreat put on by the San Francisco/East Bay fellowship that was being held in my area. I decided to attend, as I had no other New Year's plans. It was culture shock as I had never been a part of such a large event, and I did not know anyone. However the workshops, speaker meetings, and fellowship were fantastic. Slowly but surely I got to know some people, and allowed myself to be immersed in the retreat. This was the best gift I could give myself for my recovery I am often in the Bay Area during the winter holidays to visit family; during this time I see if I can make it to one of their meetings now that I know a few people there. The one hour drive from my folk's place is totally worth it. My own family, though I love them, can be trying and difficult at times. Connecting with my recovery family helps keep me in balance, and this is a gift. — Dale B

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We know, as we continue to live out our recoveries in SLAA, that we are indeed, engaged in the great adventure of discovering true freedom of the human spirit. We have received and continue to receive, many blessings, we would not have known how to ask for. Life is open, ended, and wonderful. New chapters in well-being await us.

*The Augustine Fellowship, SLAA,
the Twelve Step Program pg 103*

The Eleventh and Twelfth steps brought with them an idea that was a breath of fresh air; it could be a more complete expression of love to both, give and receive. Each mood was the others complement. Neither, unto itself, was complete.

*The Augustine Fellowship, SLAA
Building Partnerships, pg 141*