



Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

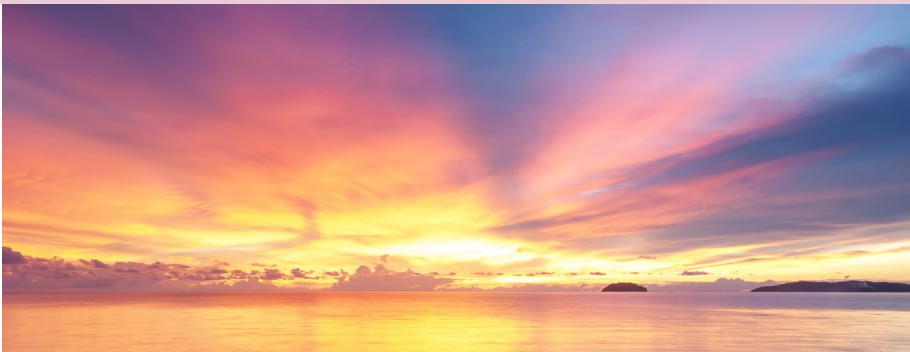
FEBRUARY 2023

Submissions: TBINLEditor@gmail.com

SLAA Helpline (727) 896-SLAA

IMPORTANT

To help keep our members informed, Intergroup is building a contact list that will be used exclusively for updates by the Intergroup. Please send us a contact person for your group and include that individual's first name, email address, and a phone number that can receive text messages. Send that to help@tampabayslaa.org or use our [contact form](#).



God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Thy will, not mine, be done.

I've learned to live in partnership with God, to practice humility in the fellowship of SLAA, to embrace dignity of self, and the value of wholeness and honesty in human relationships. I have learned to love, solitude, and two value companionship. I have learned to be watchful for the subtle addictive patterns that I can slip into so easily. I have come to feel part of the fellowship, part of humanity, part of the world, part of God.

*The Augustine Fellowship, SLAA
Release Unto Hope, pg. 167*

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.

God shot reminds me that when we want to reach for the stars, we need to aim for the heart. I believe that embodying, rather than disassociating, is a means of keeping the portal open to the divine. In other words, we can access the universal through the self, as long as we are willing to go through all-the-things that-we-are-not and to leave it all behind. — Louis, Brooklyn/the Journal #189



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PICNIC AND FELLOWSHIP



SATURDAY, APRIL 15, 2023

11:00 a.m. to 3:00 p.m. Rain or Shine

**LET'S GET TOGETHER
FOR FELLOWSHIP AND FUN**

Croquet, bean bag toss, and trails for walking and bike riding

Intergroup will provide
Hamburgers, hot dogs, veggie burgers and bottled water
Bring side dishes, salads and desserts to share



Suggested donation is \$10 and no one will be turned away.

Literature, chips, and brochures will be available for sale
for you and your meeting group.

Contact the Helpline at 727-896-SLAA (896-7522) or
help@tampabayslaa.org for the location and to RSVP

A service opportunity of the Conference Finance Committee (CFC)

The CFC is currently collecting tips and suggestions from our Members, Groups and Intergroups how to successfully fund-raise for S.L.A.A. within the spirit of all our Traditions. Please send your suggestions for inclusion via our Contact Form.

Project Development/Budgeting Work Group is looking for members willing to do service drafting the annual Budget Request to the Board of Trustees (BOT) and the Board Finance Committee (BFC). This Work Group also works on developing projects for the CFC during the Conference Year.

February 1 THE SECOND STEP

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

— SLAA, Core Documents, “the Twelve Steps of SLAA”

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, and 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 it 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 from 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, page 32



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March 7

THE SECOND CHARACTERISTIC

Fearing abandonment and loneliness, we stay in and return to painful, destructive relationships, concealing, our dependency needs from ourselves and others, growing more isolated and alienated from friends, and loved ones, ourselves, and God. —SLAA Core Documents, “Characteristics of Sex and Love Addiction”

I used to pride myself on being a “tough girl, just one of the guys.” I didn’t whine like other girlfriends when my boyfriend cheated on me—I got drunk and chased him with a bat, secretly, hoping I wouldn’t catch him. I stayed in abusive relationships for years, hoping something would change. But it never did. My friends all abandoned me because of the insanity of our volatile relationship. When I finally got sober in

SLAA, my new relationship and the intimacy of it scared me so much. I was convinced that the more he got to know the real me, the more likely he would abandon me. In the past, I concealed my dependency needs by finding a “back burner” guy, smoking, drinking and eating too much (cigarettes never abandon you until you die of lung cancer.) But in recovery, I had to give these up. Thank God, I found that a loving higher power was all I needed. The structure of SLAA made it impossible to isolate from friends and loved ones, myself, and God. It doesn’t seem possible to isolate from oneself, but speaking from experience, it can be done. When I got so lost in a fantasy world that I didn’t know what I truly wanted or believed, I was isolated from myself. SLAA broke me out of my delusion. I hope I stay.

I stand with dignity today, because I have SLAA and my Higher Power beside me.

The Beginning of the Sponsor/Sponsee Relationship

“Recovery rarely is accomplished in isolation. When we incorporate the experience of others into our lives, we begin to experience a broader view of life and recovery. With our S.L.A.A. sponsor, we learn to become honest and open, asking for love, support, and guidance in our lives. Through the patience and understanding of our sponsor, our fears of condemnation and shame slowly fade. Gradually we become more able to be vulnerable and open with our sponsor. This increase in trust allows us to more fully benefit from another’s help.”

“Sponsorship A Return from Isolation” 1990, The Augustine Fellowship, Sex and Love Addicts Anonymous, Fellowship-Wide Services, Inc.

**Thank you. God. for what you’ve given me
—for what you’ve taken away
—and what you’ve left behind.**

The Augustine Fellowship, SLAA
Thank you, God, for What You’ve Given Me, pg 195





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When I came to the program, I believed God was angry with me for being unfaithful in most of my longer relationships. Through working the Steps, getting reflexions from my sponsors and working on finding the love for myself that my Higher Power has always held for me, I have strengthened my recovery and successively removed the need for seeking alleviation of my suffering outside of myself.

— Fredrik L, Sweden/the Journal, Issue #189

In the stark recognition of our profound frailty, we experienced the *need* to find a Power greater than ourselves – something that would be at least one step ahead of our diseased intentions and give us the consistent guidance we could not provide for ourselves. The possibility of finding some form of faith, based not on any specific conception of “God” but rather on a *need* to find such a faith, was the beginning of spiritual healing.

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.

**The Augustine Fellowship, SLAA
The Twelve Step Program, page 75**

February 26

THE SECOND SIGN OF RECOVERY

We are willing to be vulnerable, because the capacity to trust has been restored to us by our faith and a Higher Power.— SLAA Core Documents, “SLAA Signs of Recovery”

Being vulnerable means allowing all of my defects, and all of my fears to be seen by another human being. It means taking a chance and getting hurt by trusting someone else with the reality of who I am. Six months into my recovery, I started dating a close friend. It was the first time I allowed myself to be myself with a potential love interest. In my active addiction, the name of the game was “obscure, deflect and withhold.” I was an expert at changing myself to conform to what they wanted. I didn’t realize that being myself was even a choice. In my first relationship in recovery, I opened myself up to my partner. I let her know when I was upset, even when I feared she might leave me. Instead of abandoning, she listened to me. Instead of anger, I received compassion and understanding. She was an excellent partner, with whom I was able to test the waters of honesty. I know that if someone is unwilling to listen to my concerns in feelings, we will not be able to have an honest and open relationship.

It is OK to be myself, I open myself up to the people I trust.

A State of Grace Daily Meditations, pg 57