



Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

APRIL 2023

Submissions: TBINLEditor@gmail.com

SLAA Helpline (727) 896-SLAA

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

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.

Set your "bottom-line" and don't "act out" on it "one day at a time."





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Tampa Bay Intergroup is accepting one-time and monthly recurring 7th Tradition contributions from individuals and meeting groups through PayPal.

Contribute Now

<https://tampabaysla.org/donate/>

What would often serve to break a spell of bad weather was getting a new insight into ourselves, through sharing at an SLAA meeting, or during a time of reflective solitude, or perhaps in a dream.

The Augustine Fellowship SLAA,
The Twelve Step Program, pg 78.

Pride is the basic breeder of most human difficulties, the chief block to true progress. Pride lures us into making demands upon ourselves, or upon others, which cannot be met without perverting or miss using our God-given instincts. When the satisfaction of our instincts for sex, security, and a place in society becomes the primary objective, our lives, then pride steps in to justify our excesses.

Twelve Steps and Twelve Traditions
Step 11, page 48-49
Alcoholics Anonymous

January 25

THIRTEENTH STEPPING

Each lonely addict, hungry for fellowship, and trapped in the compulsive mood for some specific indulgence that only increases the yawning void within, is in a kind of pain, which he, or she feels only someone who has similarly experienced it in his or her form of addiction can truly understand. -SLAA Basic Text, Preface, pg VII-VIII.

We need to have a boundary. We don't cross when it comes to making program friends. 12 step work, and fellowship are some of the best parts of the program. I know from experience the desperate need to find a partner in crime. I found that someone in the rooms of SLAA. Most people think of thirteenth stepping as some lurking predator who prays in any newcomer who walks through the door. But predatory behavior can be subtle. In my case, it was late night talks after the meeting (about God) and the fellowship "date" (they would even order my food for me.) Before they showed up, I felt like a kid again in fellowship get-togethers and connected to the program. But as soon as they showed up, my addiction was off and running. We are told to make outreach calls and go to meetings and work the steps. But when that person is the only one we want to talk with, the situation has crossed over into addiction. It's good to make program friends who can help you through withdrawal, but if that spark starts, it's better to shut it down, than to get stuck in the mud of thirteenth stepping.

I'll choose healthy program, friends and set appropriate boundaries. I know that I am worthy of real love.

A State of Grace DAILY MEDITATIONS, pg 25



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THE FOURTH SIGN OF RECOVERY

We learn to avoid situations that may put us at risk, physically, morally, psychologically, or spiritually. SLAA, Core Documents, "SLAA signs of recovery."

Avoid risk? Why would I want to do that? In my acting out days, I lived for the adrenaline rush of risk. That's why people jump out of airplanes, right? They don't know that their parachute will definitely open. When the situations involved reducing the risk with my intellect, I got the added bonus of an ego boost. It felt good to pat myself on the back for avoiding consequences with lies. But when the risk of physical death became a real consequence of my acting out, I had to admit I had a problem. It was only when I went to SLAA meetings that I realized the risky, moral, psychological, and spiritual situations could kill me too. Morality and spirituality seemed to go together, and I wasn't having any of that God stuff. I wanted to say I was a free, independent, Spirit. But in reality, I was lonely, miserable and beating myself up. The risky situations always involved the ones who (in my fantasies) were going to save me. SLAA taught me how to separate fantasy from reality, and to run the other direction if a situation would harm me. It took years of work and a lot of support, but I was finally able to put down the drug of adrenaline and ego and avoid risky situations.

Today, I look for healthy situation that feed my spirituality.

A State of Grace DAILY MEDITATIONS, pg 244

Our fear of facing pain or making commitments drove us into relationships with people we did not like, or to stay in destructive or empty relationships. Through the fourth step process, we realized that pride and willfulness had hidden the yearning of a lonely and cheerful child, and emptiness that cried out to be filled.

*The Augustine Fellowship SLAA,
The Twelve Step Program, pg 81*

There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life. Now and then we may be granted a glimpse of that ultimate reality, which is God's kingdom. And we will be comforted and assured that our own destiny in that realm will be secure for so long as we try, however falteringly, to find, and do the will of our own creator.

Twelve Steps and Twelve Traditions
Step 11, page 98
Alcoholics Anonymous

IMPORTANT

To help keep our members informed, Intergroup is building a contact list.

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](#).



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17 Words you Might Hear in an S.L.A.A. Meeting

Excerpted from the [Welcome Pamphlet](#)
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Abstinence *A [change](#) in our behavior that involves stopping the addictive pattern – one day, sometimes one minute, at a time. Abstinence is a beginning point in [sobriety](#).*

[Acting Out](#) *To engage in addictive behavior. Engaging in a behavior which is one's bottom line, is often referred to as having a slip.*

Anorexia *The compulsive avoidance of giving or receiving social, sexual, or emotional nourishment.*

Bottom-Line Behaviors

Generally, self-defined activities which we refrain from in order to experience our physical, mental, emotional, sexual, and spiritual wholeness.

[Boundaries](#) *Self-defined, self-protective limits we use for interaction with persons, places, things, or activities.*

Cross-talk *Sometimes known as “feedback”. To respond directly or indirectly to what someone has shared in a meeting; for example, to offer someone answers to his or her problems, or to engage in dialogue during the meeting.*

Group Conscience *A process of decision-making by the group. S.L.A.A. encourages all members to express their views.*

Inventory or “Moral” Inventory *A list of qualities within a person, both positive and negative, discovered through self-examination. Also to take someone else's inventory: to judge another person's life or sobriety.*

Isolation *To withdraw from the help and healing process of others, program support, or our Higher Power. Isolation often leads to or accompanies a slip. Isolation may also be a form of acting out for anorectic members.*

S.L.A.A. **[Member](#)** *Any S.L.A.A. participant who has a desire to stop living out a pattern of sex and love [addiction](#).*

Sobriety *Initially, a state of abstinence from addictive bottom-line behaviors; often accompanied by the return of sanity, choice, and personal dignity that comes from abstaining from bottom-line behaviors.*

Sobriety Date *Generally, the date we stop engaging in our bottom-line behaviors.*

Sponsor *A person who works closely with another member to provide individual support and guidance in applying the S.L.A.A. Twelve Step/Twelve Tradition program. A sponsor should be a person we are not in danger of acting out with, nor are likely to find [intrigue](#) with.*

Some Benefits of Working the Twelve Steps of Recovery

We are going to know a new freedom and a new happiness.

We will not regret the past nor wish to shut the door on it.

No matter how far we have gone, we will see how our experiences can benefit others.

That feeling of uselessness and self-pity will disappear.

We will lose interest in selfish things and gain interest in our fellows.

Our whole attitude and outlook on life will change.

Fear of people and of economic insecurity will leave us.

We will intuitively know how to handle situations which used to baffle us.

We will suddenly realize that God is doing for us what we could not do for ourselves.