



Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

Submissions: TBINLEditor@gmail.com

JUNE 2023

SLAA Helpline (727) 896-SLAA



SAVE THE DATE



Eatin' Meetin' 2023

Recovery through Service
Saturday, July 22nd
6 – 9 p.m.

Reach out at your Meetings or ask your
Intergroup Rep for location details

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

All SLAA members and your significant other (no personal histories will be shared) are invited to attend this special social event sponsored by the Tampa Bay Intergroup (TBI):

Dinner – Groups are asked to coordinate which type of food item (i.e., salads, Sides, drinks, etc.) they wish to bring to the meal. Or bring a “Covered Dish” (with food in it!)

Fund Raising Auction – all members are encouraged to donate sober items (new, slightly used, and appropriate for Recovering members of this Program)

Intergroup will provide rotisserie chicken. Bring a dish to share. There are service opportunities for set up, clean up, entertaining, helping at the door and more.

Volunteers willing to assist in preparing for the night's event are asked to arrive early. Please not sooner than 5:30 p.m.

Step 6: Were entirely ready to have God remove all these defects of character.

Tradition 6: An S.L.A.A. group or S.L.A.A. as a whole ought never endorse, finance, or lend the S.L.A.A. name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.

Sign of Recovery 6: We become willing to ask for help, allowing ourselves to be vulnerable and learning to trust and accept others.

Concept 6: The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the Board of Trus-



The F.W.S. Office Has Moved
The new mailing address of the F.W.S. Office is:
2411 NE Loop 410, Suite 122
San Antonio TX 78217

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STEP SIX

Our attitude toward our defects and underlying problems begin to change. With new eyes, we could see the serious consequences in the lives of others when they could not voluntarily surrender these difficulties.

With growing maturity, we realize that healthy relationships could only exist if we were human rather than super human. We came to understand that sex and love addiction appears to be a disease of actions when viewed from without, but is really a perversion of moral and ethical values as experienced from within. The spiritual dimensions of our disease were now clear.

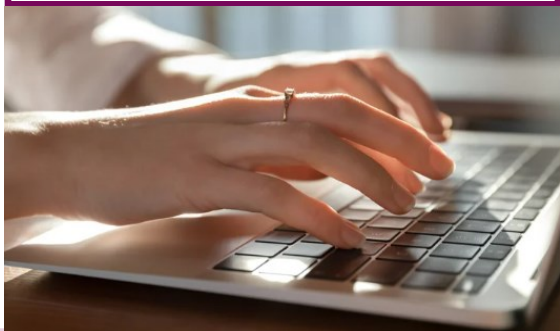
The Augustine Fellowship, SLAA

WRITE FOR THE JOURNAL

You may be saying to yourself that you like The Journal and would like to contribute some writing to it. It is good Twelfth Step work. Any time is a good time to sit down, write about your recovery experience, and send it to The Journal. Writing a story about S.L.A.A. recovery can be a healing experience for you, a meaningful experience for others in the Fellowship, and an attraction for suffering sex and love addicts to our program.

GUIDELINES - please read before continuing.

- * What is the sobriety requirement? - There is no sobriety requirement to write for The Journal. If you have one day, one month, or ten years away from your bottom line, The Journal welcomes your writing and encourages your contributions.
- * Is my writing good enough? - Your writing is good enough. You have a story that only you can tell.
- * What should I write about? - What you write about is up to you. However The Journal editors will probably be drawn to contributions that describe the symptoms of sex and love addiction and those which include a clear, strong message of recovery through the S.L.A.A. program. This model ensures readers will identify with the symptoms while seeing that recovery is possible. <https://slaafws.org/journalsubmit/>





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NEW PARTNERSHIPS

There were those of us who were ready to start developing partnership, but did not feel bound by a sense of “unfinished business” with a past partner or spouse. This readiness for the possibility of a new partnership was evident in an apparently contradictory absence of feeling, any particular urgency to enter a new relationship. With the rigors of withdrawal behind us, we had made our peace with the prospect of living within the behavioral limits necessary for our lives to be sober. Even without knowing what partnership would hold, or even what partnership is, we did know quite a few things about the way we had to live, if we were to be comfortable, and reliably sober. These things we could do to help insure our so-

briety and peace of mind would, we knew, have to be maintained in any new relationship.

It was also clear that if our new partners were indeed persons in their own, right, they could not let us get away with placing them in servitude, as “on tap” worshipers. Whatever novelty we held for our partners in the beginning, it had to wear thin, and then we are off. For those who were getting more involved with us, our ability to take a suddenly sick cat to the vet’s or pick up a bag of groceries on the way home, or come through with some real childcare help, was worth a lot more than a professional reputation, or romantic dinners by candlelight and extravagant restaurants, or magnanimous gifts or gestures.

The Augustine Fellowship, SLAA

WHAT AA SAYS ABOUT STEP SIX

So step six – “Were entirely ready to have God remove all these defects of character” – is a way of stating the best possible attitude one can take in order to make a beginning on this lifetime job. This does not mean that we expect all our character defects to be lifted out of us as the drive to drink was. A few of them may be, but with most of them we shall have to be content with patient improvement. The key words “entirely ready” underline the fact that we want to aim at the very best we know or can learn...

How many of us have this degree of readiness? In an absolute sense practically, nobody has it. The best we can do, with all the honesty that we can summon, is to try to have it. Even the best of us will discover to our dismay that there is always a sticking point, a point at which we say, “no, I can’t give this up yet.” And we shall often tread on even more dangerous ground when we cry, “this I will never give up!” Such is the power of our instincts to overreach themselves. No matter how far we have progressed, desires will always be found, which oppose the grace of God....What we must recognize now is that we exult in some of our defects. We really love them.

If we would gain any real advantage in the use of this step on problems, other than alcohol, we still need to make a brand new venture into open mindedness. We shall need to raise our eyes toward perfection, and be ready to walk in that direction.

Twelve Steps and Twelve Traditions- Alcoholics Anonymous

“Have you ever prayed for a character defect to be removed for a long time and found that it stuck around for you to learn a lesson or because it helped you or others in some way?”

Jealousy is a character defect that I am revisiting right now. I've prayed for it to go away, but it's come back in all my relationships (including friendships and work relationships). Sometimes it's easy to get over it, sometimes it's more complicated. I used to let people I was dating know that I could be jealous, and at first, it helped to be honest. Then, it became a way to control their behavior and not face my feelings of low self-esteem and mistrust. It also helped me realize that I needed to be cautious of who I trusted. Right now, I'm taking it one situation at a time. This character defect may never go away, but I get a chance to deal with them better every time they get triggered. — Kelly-Joy J., Montreal

★ ★ ★ ★ ★

I've found that as I work on the many layers of my recovery work, that several defects have lingered, which has helped me get closer to some of the root issues I've needed healing from since I was a child. It has also reminded me that it's my Higher Power's timing that matters, not mine. To keep working my program while relinquishing control over the timing of change helps me remember that my life is unmanageable, but that my Higher Power can be trusted. And, it's interesting to me to observe that by practicing such patience, defects of self criticism and impatience (with self and others), perfectionism and other related coping mechanisms are being slowly healed. I feel so blessed to have the 12 Steps in my life, and to have fellow travelers to help walk this journey with me. — Anonymous