



Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

Submissions: TBINLEditor@gmail.com

JULY 2023

SLAA Helpline (727) 896-SLAA

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

Go to tampabayslaa.org for more information

The chief activator of our defects has been self-centered fear—primarily fear that we would lose something we already possessed or would fail to get something we demanded.

Twelve Steps and Twelve Traditions, pg 76

Events Chairperson Opening

The Tampa Bay Intergroup seeks an events chairperson to oversee the events and planning of annual functions such as the Eating Meeting, Gratitude Dinner and Annual Picnic.

Interested parties may attend the intergroup business meeting on the first Saturday of the month at 3:00 pm.

<https://tampabayslaa.org/find-a-meeting/#monthly-jump>

Step 7: Humbly asked God to remove our shortcomings.

Tradition 7: Every S.L.A.A. group ought to be fully self-supporting, declining outside contributions.

Sign of Recovery 7: We allow ourselves to work through the pain of our low self-esteem and our fears of abandonment and responsibility. We learn to feel comfortable in solitude.

Concept 7: The Articles of Incorporation and the By-Laws of the Fellowship are legal instruments, empowering the trustees to manage and conduct world service affairs. Although the Conference Charter is a legal document; it also relies on tradition and the power of the S.L.A.A. purse for final effectiveness.



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The whole emphasis of Step Seven is on humility. It is really saying to us, that we now are to be willing to try humility in seeking the removal of our other shortcomings, just as we did, when we admitted that we were powerless...and came to believe that a power greater than ourselves could restore us to sanity.

Twelve Steps and Twelve Traditions, pg 76

January 22 Humility

In humility, we understood that we were only being asked to get out of God's way, so that, with our cooperation, God's work could be done in our lives.-SLAA, basic text, page 87.

I thought humility meant putting myself down in front of others even if I didn't really believe it. Fellows in the program said that it's an honest appraisal of oneself and our place in life – being a worker among workers – not being below the ground underneath everyone else, or high up in the sky above everyone. When we put ourselves down, we are saying, Higher Power made a mistake, and when we are grabbing for the brass ring, we are ignoring our purpose to be of service. Before my Twelve-Step-induced spiritual experience, I thought God was out to get me, or at least, just inept when it came to my life. He wasn't doing it right, so I had to take over. I couldn't get out of God's way. I wanted what I wanted, when I wanted it. All Twelve Steps, done in order, showed me how to cooperate and do God's work. I'm not always willing because my addict voices whisper to me that I am better than this. But when I go to a meeting, I'm reminded of where I could be, and that the steps are working in my life. I need to give back in order to keep it.

I pray for guidance, and the willing to do my Higher Power's will today.

A State of Grace Daily Meditations, Pg. 22



HUMILITY



FREEDOM FROM
PRIDE OR
ARROGANCE

[Merriam-Webster](#)



Hear others tell their story

FREE SLAA RECOVERY SPEAKERS

01:15

-02:29



HIT CTRL AND CLICK TO GO TO THE WEBSITE

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Building a healthier relationship with myself has allowed me to explore my creativity because I have less judgment against myself and less fear regarding others' opinions of me. I have always judged myself as not enough in all areas of my life, especially relating to my creativity and success. Putting myself "out there" in all aspects of my life is still scary, but I can do it when I am in a safe environment (such as S.L.A.A.). As my recovery continues, the world is becoming a safer environment for me. I can trust that I am going to be OK. I can be like a tree, still and present, without worrying too much about life. My worries come up automatically, but I notice them and turn them over to my Higher Power and I feel safe knowing that I am enough. — Anna Y.

the Journal, Issue 146



Carry the Message...

JOIN THE CONFERENCE HOSPITAL AND INSTITUTIONS SUBCOMMITTEE!!

Developing new ways Fellowship-wide to reach members who are incarcerated, in treatment centers, or otherwise unable to attend regular meetings

To join our Monthly meeting
slaafws.org/committee/cpic

January 18 THE SEVENTH TRADITION

Every SLAA group ought to be fully self-supporting, declining outside contributions. — SLAA, Core Documents, "The Twelve Traditions"

Being self-supporting can be a struggle for addicts. We wasted so much money and time on our addiction. I never got the college degree that would have given me my dream high-paying career. It can be a badge of honor to a sex and love addict when they ensnare the rich rescuer, who makes all their money fears disappear. Why struggle with dead-end jobs and dingy apartments when my addiction could give me worldwide, travel, and mansions? The one in charge of my checkbook has control. Being self-supporting brings self-esteem because we don't have to answer to anyone but God and ourselves. That goes for SLAA groups as well. This is the reason we decline outside contributions. We have a prudent reserve and running expenses from our own members, and we don't accept donations over \$20,000 per year from individuals. Following these principles helps SLAA focus on its primary purpose: to help the addict who still suffers.

I am grateful for the ability to support myself today. I am not alone.

A State of Grace Daily Meditations, pg. 18

**CELEBRATE
SOBRIETY!**



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Step 7:

Humbly ask God to remove our shortcomings.

The nature of humility – which had once been so elusive, complicated, or undesirable to us – was now clearly apparent. We no longer confused it with humiliation, being forced to swallow, unpalatable truths. We had come to see that our struggle with character defects, and underlying conflicts was a crucible in which our relationship with God was being further refined. A lot of what we thought we were, and thought we couldn't live without, was being boiled away. As this became clearer to us, our attitudes changed profoundly. We felt a deep desire to experience God's will, in all areas of our lives for its own sake, rather than for some limited, self-defined objective. We were becoming vessels more suited to God's purpose. Our capacity to experience fulfillment in our own lives was directly tied to being more available to God's will for us.

SLAA Basic text, pg. 87 SLAA

How to Find a Sponsor

A good way to find a sponsor is to attend S.L.A.A. face-to-face [meetings](#), conferences and workshops in your area, if there are any. You may also attend meetings, conferences and workshops outside your area. See information on your local S.L.A.A. [website](#) or at <https://slaafws.org/meetings> and <https://slaafws.org/events>. Listen as people share at meetings and [events](#) and see whom you relate to. A Sponsor and Sponsee work well together when they share a common history. Listen for people who have some time in the program and who have Sponsors of their own. Listen for someone who shares honestly, as [honesty](#) between a Sponsor and a Sponsee is critical. Questions to ask a potential Sponsor are described at <https://slaafws.org/questions-to-ask-a-potential-sponsor>.

We've found that people don't always raise their hand or announce at meetings that they're available to sponsor — but if approached individually, that person may be able to help you with Sponsorship or at least be available for [outreach](#) calls. The prospective Sponsor may be someone with whom you feel comfortable. However, this is not necessary for the sponsoring relationship to work. Comfort may not be present in the early stages of the relationship but may develop over time as the Sponsor and Sponsee get to know each other better.

Another way to find a Sponsor is to attend S.L.A.A. telephone meetings. Some phone meetings have a process for finding sponsors, temporary sponsors, co-sponsors, or recovery partners. Many phone meetings have "Fellowship Time" after meetings when you can spend time talking with and getting to know other members in recovery. Find information about phone meetings at <https://slaafws.org/meetings>, under Telephone Meetings.