



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

SEPTEMBER 2023

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SLAA Helpline (727) 896-SLAA

## Does Your Group Have an Intergroup Rep?

An Intergroup is an assembly of representatives from area S.L.A.A. Groups whose purpose is to provide information and [outreach](#) to those seeking help with sex and love [addiction](#).

The purpose of the Intergroup rep is to be a link in the chain connecting the individual member of an SLAA group to those who are elected to maintain the operation of the intergroup. This allows Intergroup to better serve its members.

Once each month, representatives and alternates participate in the Intergroup business meeting along with the officers and committee chairpersons. Each group representative attending has one vote.

What are the functions of an Intergroup?

- Maintain and provide a Local Meeting List to the Community
- Relay important S.L.A.A. information and news from F.W.S.
- Elect and send a Delegate to the Annual Business Meeting
- Hold Special [Events](#) for Fun or for Fund-raising

Determine How [Contributions](#) are Used

- Staff Help Lines or Call Centers
  - Get the word out to the Community about S.L.A.A. through Outreach
  - Publish Intergroup Newsletters
- Maintain an Intergroup [Website](#)

Elect Officers and Other [Service](#) Positions

- Maintain Archives/Records for the Intergroup
- Host the International Recovery Convention

**Step 9:** Made direct amends to such people wherever possible, except when to do so would injure them or others.

**Tradition 9:** S.L.A.A. as such ought never be organized; but we may create service boards or committees directly responsible to those they serve.

**Sign of Recovery 9:** We begin to substitute honesty for self-destructive ways of expressing emotions and feelings.

**Concept 9:** Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership must be assumed by the Board of Trustees.





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Obviously, we had to consider carefully whether we were justified at all, and gaining entrance to other people's lives after what was sometimes a long absence. We had to weigh the nature of our disclosures just as carefully. We could not put others at risk by revealing information to them, that might jeopardize their peace of mind, or their current circumstances. Our own progress could not be built on the new wounds of another. We had to keep in mind that very important difference between leveling with someone and simply "leveling" someone!

*The Augustine Fellowship SLAA, the Twelve Program, pg. 94*

### September 8 THE NINTH STEP

***Made direct amends to such people whenever possible, except when to do so, with injure them, or others. SLAA, core documents, "the 12 steps of SLAA"***

It can be a terrifying idea to think of contacting someone from the past and admitting to them that we behaved badly. The shame around our actions may have been brewing for years. It's painful to admit, face-to-face, that we were wrong. They might not believe us, or worse, they might try to get revenge and harm us in some way. But confronting shame that we tried to bury with numbing out, behaviors helps us to be humble and clear away the wreckage of the past. We have to confront ourselves when we listen to the person, we are making amends too. They may But confronting shame that we tried to bury with numbing out, behaviors helps us to be humble and clear away the wreckage of the past. We have to confront ourselves when we listen to the person, we are making amends to. They may lovingly understand, or they may tell us a list of grievances. We should hear them and consider where we can improve ourselves from their feedback. If they are wrong in their assessment, we can realize that we have changed. We don't argue with them. We quietly listen and later, take any resentments to our higher power and fellows. I used to take the "except when to do so would injure them or others" part of this step as an excuse not to contact people. So, I let my sponsor decide each case. For some, I had to just let go and write a letter to them that I would never send. I've had emotional miracles happen with a men's making, mending relationships that had been broken for years. Thank God I got over the fear and did the work.

***I am willing to make amends today, knowing that my higher power is there.***

*A State of Grace Daily Meditations, pg 252*

***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>**



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## DID YOU KNOW?

The pamphlet: ***Healthy Relationships: Romantic and Committed Partnerships*** is available through intergroup or at [slaafws.org](http://slaafws.org)



**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@tampabaysla.org](mailto:help@tampabaysla.org)



The Los Angeles Intergroup Presents:

Go to: [slaalosangeles.org](http://slaalosangeles.org)  
and click on Events

# Intimacy

"The Struggle to Know & Be Known"  
Hosted On-line via ZOOM

Saturday, September 16th, from 1:00 to 4:30 PM (PDT)\*

*We came to SLAA for a variety of reasons but most of us soon came to the same conclusion: we had real problems with intimacy with others. We were learning to be honest, open and trusting with ourselves and our Higher Power, but barriers to intimacy with others still existed. Problems with self-hatred, entitlement, fear of commitment, or the need for the ideal partner, or patterns of abuse/exploitation in prior partnerships kept us stuck.*

*This workshop will focus on three important topics: Anorexia, Enmeshment and Partnership. There'll be three speakers, one on each topic, followed by break out discussion groups.*

***This workshop is a fundraiser for the financially stressed Los Angeles Intergroup.***

***The suggested donation is \$10 but no one will be turned away due to lack of funds. Pay in advance, or on the day of the event, or make a donation.***



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In working Step 9 as best we could, we completed the cleanup of our past at our current level of understanding. We could never do an absolutely perfect job, nor was this expected of us. As our sobriety became longer, and our awareness continue to expand, we would periodically find more things to do, new, or better amends to make. In going through the first nine steps, we surrendered our illusion of power over our sex and love addiction, acquired, at least the rudiments of faith, decided to live a day at a time on the basis of this faith, explored ourselves, and fully shared what we found with another. We did our honest best to recognize our character defects and allow God to remove them, and we made what amends we could two people we had harmed.

*The Augustine Fellowship, SLAA, The Twelve Step Program, pg 95*

It took me two years after my first meeting to finally surrender and get the kind of sobriety I have now. My plan was to get my addiction 'fixed' and then confess (at least some of it) to my wife after one year of sobriety. Recovery didn't work that way for me. Some are able to surrender before they hit consequences - for me I had to get caught. Whether you think you have surrendered or not, I'd definitely recommend committing to the long road of recovery. Don't make the mistake of quitting thinking it doesn't work. It might take a lot longer than you think to know whether you've truly worked the program or not. Or, as we say, "Keep coming back - it works if you work at it!" — Anonymous

*The Journal, Issue 202*

### **"What advice or suggestions for recovery would you give a newcomer?"**

Top lines are everything. They keep you busy when all you want to do is shrivel up, obsess or feel dreadful. Even small things like some cosy socks, your favourite cup of tea, soundtracks to sing along to or an episode of your favourite TV show can help cheer you up. More ambitious top lines like trying something new solo like a brand new hobby or joining a meetup group can start to fill up your life with exciting new experiences and people. — Mira, UK

In the beginning, S.L.A.A. speaker tapes were really helpful to me as not many of the meetings have chairs each week so it fast forwarded the identification and brought me up to speed quicker. It also meant I could then Google words or ask in outreach if I was unsure of certain terms like avoidant, anorexia, qualifier and so on. Plus in withdrawal my head needed input and reading was hard. — Jodie, UK

*The Journal, Issue 202*

