



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

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SLAA Helpline (727) 896-SLAA

OCTOBER 2023

Happy Fall

Top Line Behaviors (positive actions to reinforce “no contact”)

- Praying for the willingness and strength to continue
- Making outreach calls
- Attending meetings, reading recovery literature, and doing step work
- Fellowship with sober program friends
- Starting or restarting hobbies
- Reading S.L.A.A. pamphlets on Withdrawal, Sponsorship, and Healthy Relationships
- Exercising and maintaining physical health

Make a commitment to try and not engage for 24 - 48 - 72 hours and if you get there...30 days no contact, texts, emails, drive-by, and talking for no more than three minutes about them.

Recovery Suggestion from the Journal — Patricia, LA

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

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

Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition 10: S.L.A.A. has no opinion on outside issues; hence the S.L.A.A. name ought never be drawn into public controversy.

Sign of Recovery 10: We become honest in expressing who we are, developing true intimacy in our relationships with ourselves and others.

Concept 10: Every service responsibility is matched by equal service authority – the scope of this authority is always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and by-laws.



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A State of Grace Daily Meditations
April 8
The Tenth Characteristic

We stay enslaved to emotional dependency, romantic, intrigue, or compulsive sexual activities. – SLAA court documents, characteristics of sex and love addiction.

Most people come to know that they are enslaved to their addiction at some point in their lives. Nicotine addict need to smoke, even when it's of inconvenient or killing them. Alcohol and drug addicts end up in the hospital or jail and go straight back to buying the substance when they get out. But enslaved to sex and love? You're supposed to be emotionally dependent on the one you love, right? Most of society believes that romantic, intrigue and sexual activities are the point of life. But I wasn't happy unless I was constantly making romantic, gestures or fantasizing. If I wasn't having sex, in some form, or another, six times a day, I was miserable and full of fear or plotting to get more. When these activities become self-destructive and consume us, we hopefully realize that we are enslaved to sex and love, addiction and find SLAA. The program helps is the need to be sickeningly, dependent on one person by teaching us how to be independent and self loving through higher power and the steps. We are able to stop spending all our money and time unromantic entry. Sex becomes a byproduct of sharing, commitment, and trust, instead of a voracious desire.

Today, I focus on the work that needs to be done and feed my soul instead of my disease. Pg 99



In all these situations we need self-restraint, honest analysis of what is involved, a willingness to admit, when the fault is ours, and an equal willingness to forgive, when the fault is elsewhere. We need not be discouraged. When we fall into the error of our old ways, for these disciplines are not easy. We shall look for progress, not perfection.

Twelve Steps and Twelve Traditions, Step 10, Pg. 91



we need you!

Fellowship-Wide Services is looking for a new **F.W.S. newsletter editor!**

If you're interested in this important service position, or have questions, please send a message via the website to: <https://slaafws.org/fwsnews-submit/>.

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>

PHONE: (727) 896-7522 (Helpline)

EMAIL: Help@tampabayslaa.org



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Now we were truly feeling some sense of deep release from the past! We were free of much guilt for our misdeeds, from the shame of having fallen short of our inner values. In many instances the values we had thought were ours had turned out to be someone else's, and we had to shed or change these to allow the seeds of our own personal wholeness to take route and grow.

We were indeed living new, positive, unfolding lives. Whether in partnership with others, or in solitude, we had truly been granted a spiritual release from our sex and love addiction. While vigilance was still important, the choices we now had to make seemed easier. We felt increasing confidence in our developing partnership with God and were full participants in the Fellowship of SLAA. We enjoyed solitude and were unafraid of honesty and openness with others. We could comprehend what it means to have dignity of self.

The Augustine Fellowship, SLAA pg 95-96

This thought brings us to step 10, which suggests we continue to take personal inventory and continue to set write any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. We should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and for your period when these crop up, we ask God at wants to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.

Alcoholics Anonymous, Into Action, pg 96-97

COMMENCING TO OUTGROW FEAR

Directing Our Attention to What God Would Have Us Be

Join The Chicago/Milwaukee Intergroup us for a day of leads, workshops, panel discussions, and fellowship at our annual Fall Gathering on Saturday, October 28th! This is an OPEN event, which means non-SLAA's friends and family are invited.

This year, our event will feature at talk by SLAA member, Hannah K. and a special outside speaker, Dr. Robert Weiss, who will be joining us live virtually. Dr. Weiss is the author of eleven books, an educator, podcaster, and licensed clinician. Take this opportunity to benefit from both the SLAA perspective and a professional one!

There is a virtual option available for \$5.

MORE INFORMATION:

<https://slaafws.org/events/fall-gathering/>



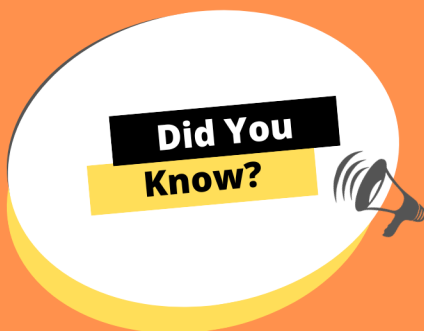
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... And in the Meantime
(story in the back of the book)

I finally have a way to explain why and how I have had such unsatisfactory relationships. Because I am an addict, I have looked for lovers and sexual partners to fill a void in me that cannot be filled by another person. The void was in part a spiritual void. I only knew how to experience love in a sexual context, and since my hunger was for a spiritual kind of love, sexual and romantic love was never quite enough. But the void was also a void of self. Unless I had a lover, I didn't know who I was. I didn't know how to structure my time, how to plan for the future, how to infuse meaning into my life, I always saw myself primarily as someone's lover, or unrequited lover. I didn't know how else to be. I grew to need relationships, real or imaginary, as much as I needed the air, I breathe, for without identity and meaning, in effect, I had no life.

But not today. Today I have a program and supportive and caring people, men and women, who have helped me to see that I can be whole without a lover. Today, with the help of SLAA, I can create a life born of my own needs by discovering my own self. I have a sense of direction today, a sense of internal meaning. I have energy for my relationship with my higher power, (always a struggle for me, coming from such an anti-spiritual home). I have energy for my friendships, for my family, relationships, sorely in need of repair, for my hobbies, for my work.

The Augustine Fellowship, pg 189-190



You can read, listen, download and print issues of the Journal for FREE!!

<https://slaafws.org/thejournal/>

From the Journal:

Has the program helped you learn to love and take care of yourself?

The answer is definitely! But, still a work in progress. Learning more and more layers-like making self-promises to do what's healthy for me and setting boundaries to take care of me, nothing to do with the other person (as it never does.) Focusing on what I need to do-loving and protecting my inner child. Plus, lots of acceptance of myself and compassion for me!

The Journal, Issue #183