



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

JUNE 2024

TampaBaySLAA.org

SLAA Helpline (727) 896-SLAA

2024 TAMPA BAY INTERGROUP **EATING MEETING**

**SATURDAY
AUGUST 24, 2024**

6-9:00 PM

Reach out at meetings for
location details or email:
help@tampabayslaa.org



\$10 Suggested Donation & no one will be turned away

Dinner: groups are asked to coordinate which type of food item (ie: 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. There are service opportunities for setup, clean up, entertaining, greeting, and more.

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 Trustees.

WILLINGNESS

As we continued to have to live with ourselves, however, we found the consequences of indulging in our character defects, increasingly, and uncomfortable to endure. Anger could see us as unexpectedly and fill us with murderous rage, or emotional binges would leave us despairing and suicidal, or depression would sap our will to go on, our hope for any future at all. We began to see the fallacy of that logic which said we could be guilt free since everything we had done was caused by our sex and love addiction. We saw the spiritual bankruptcy behind the cosmetic humility of not wanting to be perfect. It became a parent that it would not work for us to specify just exactly what God could and could not do with us. The Basic Text, pg 86



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STEP SIX: Since most of us are born within an abundance of natural desires, it isn't strange that we often let these far exceed their intended purpose when they drive. When they drive us blindly, or we willfully demand that they supply us with more satisfactions or pleasures than are possible or due us, that is the point at which we depart from the degree of perfection that God wishes for us here on earth. That is the measure of our character defects, or, if you wish, of our sins.

If we ask, God will certainly forgive our derelictions. But in no case does he render us white as snow and keep us that way without our cooperation. That is something we are supposed to be willing to work toward ourselves. He asked only

that we try is best we know how to make progress in the building of character.

So step six – "Were entirely ready to have God remove all these defects of character" – is AA's 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 keyword "entirely ready" underline the fact that we want to aim at the very best we know or can learn.

Twelve Steps and Twelve Traditions pg 65

Conference Anorexia Committee (CAC) Resources and Service Opportunities

Service Opportunities Available to Help with Anorexia Literature

Join us in our mission to help to raise awareness of anorexia across the fellowship by and sharing your stories, experience, strength and hope, so that we can create much needed anorexia recovery tools and literature.

To receive copies of the draft materials below; please contact:

<https://slaafws.org/committee/cac>

These are the current projects we are working on:

Anorexia Steps 8, 9, 10, 11, 12:

We are asking for stories about your anorexic experiences with Steps 8, 9, 10, 11 and 12. Also please send us your draft ideas, shares on steps, prayers, etc. for additional content. You are welcome to include difficult times, failures, or setbacks, as well as successes. Any member of the fellowship who is interested in this project can ask questions or sign up by submitting your first name, last initial and email address, at anorexia89.slaa@gmail.com, anorexia101112.slaa@gmail.com.

The Conference Journal Committee is requesting anorexia stories for inclusion in the Journal. You can submit your story to: <https://slaafws.org/committee/cjc>





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March 24

THE SIXTH SIGN OF RECOVERY

We become willing to ask for help, allowing ourselves to be vulnerable and learning to trust and except other others. SLAA Core Documents, "SLAA Signs of Recovery."

I was ashamed to ask my father for help when I was suffering financially. I would have rather incurred the overdraft fees than allow myself to be vulnerable with my father. The program taught me that it was OK to ask for help, so I swallowed my pride and approached my father for assistance. As is often the case, I found that my fears were unfounded. Asking for help in those instances has given me courage to ask for help in other situations. When I am tempted to act out, I can call on my sponsor or someone else in the program without fear of being judged. My fellows in the program are always willing to help me if I am brave enough to reach out and ask. I have even built relationships with some friends and loved ones in which I can tell them that I am triggered and need to remove myself from a situation. When I admit that I am struggling, my higher power acts through the people I care about and does for me when I cannot do for myself. We all need a little help now and then.

***The assistance I need is around me
and I ask for help.***

A State of Grace DAILY MEDITATIONS pg 84



TAMPA BAY INTERGROUP
WANTED FOR HILLSBOROUGH & PINELLAS

Intergroup
Reps at
Large

The Rep-at-Large
serves as
a literature
coordinator to
the member groups
of their county

**We have emphasized
willingness as being
indispensable**

ALCOHOLICS ANONYMOUS PG 76

**TAMPA BAY INTERGROUP IS
ACCEPTING ONE TIME AND
MONTHLY RECURRING 7TH
TRADITION CONTRIBUTIONS
THROUGH PAYPAL**

[HTTPS://TAMPABAYSLAA.ORG/DONATE/](https://tampabayslaa.org/donate/)

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://slaafivs.org/telephonemeetings>

PHONE: (727) 896-7522 (Helpline)

EMAIL: Help@tampabayslaa.org



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BUILDING PARTNERSHIPS

Our early experiences in renewed sexual activity were very strange, indeed. If we found ourselves overly caught up in pursuit of sexual bliss, we reacted dubiously to the way we had conducted ourselves. This led us to share our reservations about our behavior with our friends in SLAA, and perhaps more importantly, with our partner. If we were reticent more often the case, due to fear of selling ourselves down the river, should we become sexually enthralled, we needed to share this, too. Perhaps the common thread here is that, however we experienced our initial sexual contact with our prospective partner, whether this contact was one of heightened sexual

ecstasy, or lowered, detached participation, we were all bound to experience reactions of doubt, and for boating over the quality of our involvement. We felt bound to hold ourselves to an unusually high standard of purity of motive in getting sexually involved. yet we needed to know that motives are seldom “pure” in the sense of being unmixed. The most important aspect of all this was to keep our lives open by sharing, as rightly as we could whatever reservations we had. This was so regardless of whether we felt we had abandoned ourselves once again extracting a sexual return, or that sex had lost its spark and spontaneity, and might never again regain these qualities. The Basic Text, pg 157

TIPS TO SOBRIETY

Tip: Set your “bottom-line” and don’t “act out” on it “one day at a time.” In order to begin to recover from our sex and love addiction, each of us must come to an understanding of what specific form our addiction takes and how we can know if we are “sober” or not. S.L.A.A.’s Basic Text is invaluable in helping us do this. You will find specific help by reading the Preface, Chapter 4, “The Twelve Step Program: A Path to Sexual and Emotional Sobriety,” Chapter 5, “The Withdrawal Experience” and Chapter 8, “Building Partnerships.”

In the meantime, here are some helpful definitions: Once you begin to see the pattern that sex and love addiction takes in your life, you will want to set your own **bottom line**—the behavior(s) which make your life unmanageable (the pamphlet called *Setting Bottom Lines* is a must for helping to figure out what your bottom lines are). As long as you do not engage in these bottom line behaviors, you are **sober**. If you engage in a behavior that is on your bottom line, this is called **acting out**. Should you cross your bottom line by acting out, you are no longer sober.

Tip: Read or listen to S.L.A.A. literature on a daily basis—keep them with you or in your CD Player. In addition to the pamphlets you received in the “Newcomer’s Packet,” there is a CD of the chapter of the Audio Basic Text available on the Steps as well as many other Audio Selections featuring speakers who describe their experience, strength and hope about various topics.

Tip: Study S.L.A.A. literature to understand the process of recovery. The process of recovery begins with you but you are not alone. S.L.A.A. members have written literature to help you get and stay sober. A great place to begin is by reading the S.L.A.A. “Newcomer’s Packet” and our Basic Text, *Sex and Love Addicts Anonymous*, so that you can learn about the program of S.L.A.A. and how it works. <https://slaafws.org/no-meetings/>

