



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

**AUGUST 2024**

[TampaBaySLAA.org](http://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](mailto: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.

**SUBSCRIBE TO THE FWS NEWSLETTER**

**Text FWSNEWS to: 42828**  
**or visit: <https://slaafws.org/news/>**

The F.W.S. Newsletter contains articles, news, and reports from the Fellowship-Wide Services Office, Board of Trustees, and Conference of S.L.A.A.

**Step 8:** Made a list of all persons we had harmed, and became willing to make amends to them all.

**Tradition 8:** S.L.A.A. should remain forever nonprofessional, but our service centers may employ special workers.

**Sign of Recovery 8:** We begin to accept our imperfections and mistakes as part of being human, healing our shame and perfectionism while working on our character defects.

**Concept 8:** The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, including their ability to hire staff.





## AUGUST 2024

October 27

### THE EIGHTH SIGN OF RECOVERY

*We begin to accept our imperfections and mistakes as part of being human, healing our shame and perfectionism while working on our character defects. – SLAA Core Documents, “SLAA Signs of Recovery”*

A character of the typical addict has often been described as an “egomaniac with an inferiority complex.” Some of us grow up with a skewed perspective of our own personal worth, well, putting on a show for the people around us, trying to appear as though we have it all put together. In reality, we may hold ourselves to impossible standards, and then beat ourselves up when we fall short of our expectations. It is only a matter of time before the façade crumbles around us. With the Twelve Step process, our perspective can be realigned. Our fellows in the program can help us to take an objective view of ourselves and others. When we recognize that people are flawed, we can forgive our own imperfections and even come to love ourselves for them. This is where the healing process can begin. We no longer need to be ashamed of who we are. We can take pride in our imperfection, knowing we are exactly who we are supposed to be.

***Higher Power, help me recognize myself and others as perfectly imperfect.***

A State of Grace DAILY MEDITATIONS pg. 301

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

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

## 2024 **UPCOMING** EVENTS

**AUGUST 24  
6–9PM**

**EATIN’  
MEETING**

**OCTOBER 12  
4–8PM**

**SUNSET  
PICNIC**

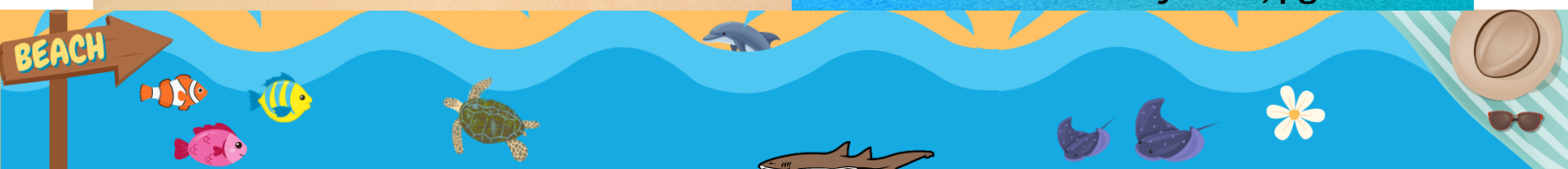
**DECEMBER 7  
6–9PM**

**GRATITUDE  
DINNER**

**TAMPA BAY INTERGROUP**  
[HTTPS://TAMPABAYSLAA.ORG/](https://tampabayslaa.org/)

We have a list of all persons we have harmed, and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to drastic self-appraisal. Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self will and run the show ourselves. If we haven’t the will to do this, we ask until it comes. Remember, it was agreed at the beginning, we would go to any length for victory.

Alcoholics Anonymous, pg 76





# Gentle Currents

## AUGUST 2024

### STEP EIGHT

When listing the people we have harmed, most of us hit another solid obstacle. We got a pretty severe shock when we realized that we were preparing to make a face-to-face admission of our wretched conduct to those we had hurt. It had been embarrassing enough when in confidence we had admitted these things to God, to ourselves, and to another human being. But the prospect of actually visiting or even writing the people concerned now overwhelmed us, especially when we remembered in what poor favor we stood with most of them. There were cases, too, where we had damaged others who were still happily unaware of being hurt. Why, we cried, shouldn't bygones be bygones? Why do we have to think of these people at all? These were some of the ways in which fear conspired with pride to hinder our making a list of all the people we had harmed.

*Twelve Steps and Twelve Traditions pg 78-79*

### 2024 GDVI All-Gender Steps Retreat

Fri-Sun, Sept. 6 to 8, 2024  
Daylesford Abbey, Paoli, PA

Non-Commuter  
Registration - \$395



★  
Commuter  
Registration - \$230

Financial Aid Available!

Limited to 25  
retreat  
participants!

REGISTER  
NOW!

<https://slaadvi.org/retreat>



SLAA GREATER DELAWARE VALLEY  
INTERGROUP OFFICIAL EVENT

## WILLINGNESS

The problem now was that we had to examine the nature of the harm we had done to others, and see if there was a way to make it right. It was not a simple willingness to apologize we needed, but the capacity to see exactly how we harmed others and how we could set the record straight. The prospect of going to those whose hands we had experienced humiliation, or admitting our own wrongdoings to those who had suffered, as a result of them, was intimidating, to say the least. But even if we could not see how we could find the courage to carry out these amends, the willingness to try to do so was vital to our progress. If fear and pride kept us from addressing this important step in our spiritual journey, we might go through life still trying to avoid the host of those with whom we had been involved in mutually destructive relationships. We sensed that there could be a little freedom of choice for us in future relationships if we were not willing to take full responsibility for the part we had played in the destructiveness of past relationships.

The Basic Text pg 90-91



# AUGUST 2024

April 19

## THE EIGHTH TRADITION

***SLAA should remain forever nonprofessional, but our service centers may employ special workers. – SLAA Core Documents, “The Twelve Traditions”***

Money and spirituality don't mix. One sex and love addict talking to another, freely giving what was given to them is the only way the Twelfth Step works. If the motive is money, the speaker or sponsor is compromised. Sex and love addicts stop listening and refuse to believe a paid Twelfth-Stepper. Special workers get paid to help SLAA function, but they never get paid to be speakers or sponsors. This tradition has helped me in my personal life because I used to see people in terms of their accomplishments and careers. I was often in a state of “compare and despair.” The Eighth Tradition tells me that there's actual value in identifying ourselves as who we are inside rather than what we do. A sober SLAA member who has a tiny apartment in the city is better situated to help another in 12th step work than a non-sober member who lives in a mansion on the hill.

***I keep my Twelfth-Step work nonprofessional and focus on deepening my spiritual connection with my Higher Power.***

State of Grace DAILY MEDITATIONS, pg 110



### CONFERENCE TRANSLATION AND INTERNATIONAL OUTREACH COMMITTEE



Are you a member of S.L.A.A. who speaks another language?  
Are you willing to translate S.L.A.A. Conference-approved literature?

We are looking for bilingual S.L.A.A. members who are fluent in the following languages:  
Hindi, Urdu, Chinese, Finnish, Japanese, Korean, Russian, Arabic, Romanian, Vietnamese,  
Thai, Greek, Turkish, Bengali, Persian, Mandarin, Indonesian etc...

If you are interested in carrying the message of recovery to the suffering sex  
and love addict in their own language, please contact the Conference Translation and  
International Outreach Committee at:

<https://slaafws.org/committee/ctioc>  
or e-mail [slaa.ctioc@gmail.com](mailto:slaa.ctioc@gmail.com)

### Building Partnerships

By monitoring the quality of motive behind our sexual participation, and by revealing our feelings about this to another, we were starting to become responsible as sexual partners, whether we knew it or not. Our shared fears, doubts and insecurities all lead to a deepening commitment. Sexual concerns, once they were articulated and shared, became emotional concerns to be worked through with our partner. The impossibility of maintaining a sexual oasis in the midst of an emotional desert was clearly confirmed.

*The Basic Text, pg. 157*

