



# Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

## DECEMBER 2024

Submissions: TBINLEditor@gmail.com

SLAA Helpline (727) 896-SLAA

### LifeSaver Program

SIMPLE, AUTOMATIC MONTHLY GIVING

In the spiritual nature of the 7th Tradition  
one person steps up to help another  
Help F.W.S. now by joining the

**MONTHLY CONTRIBUTIONS MATCHED 100%**

up to \$113,000 total because of the generosity of members like you

- ◆ Publish digital literature
- ◆ Build a new meeting finder
- ◆ Develop our website

Without your continued support,  
these projects cannot happen.  
Every dollar helps.

**TOGETHER, WE MAKE ALL THIS POSSIBLE**

S.L.A.A. members, Meetings, and Intergroups can join the LifeSaver Program.

thank you!

**BE A LIFESAVER TODAY!**

[go.slaafws.org/lifesaver](https://go.slaafws.org/lifesaver)



S.L.A.A. Fellowship-Wide Services

<https://slaafws.org>

+1.210.828.7900

The Augustine Fellowship, S.L.A.A., Fellowship-Wide Services is a registered 501(c)3 nonprofit organization. Contributions are tax deductible.

Our 7th Tradition states: "Every S.L.A.A. group ought to be fully self-supporting, declining outside contributions." This means that only people who consider themselves members of S.L.A.A. can make a contribution.

**Step 12:** Having had a spiritual awakening as the result of these steps, we tried to carry this message to sex and love addicts and to practice these principles in all areas of our lives.

**Tradition 12:** Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

**Sign of Recovery 12:** We are restored to sanity, on a daily basis, by participating in the process of recovery.

**Concept 12:** The Conference observes the spirit of S.L.A.A. Tradition, a. taking care that it never becomes the seat of perilous wealth or power; b. that sufficient operating funds and reserve be its prudent financial principle; c. that it place none of its members in a position of unqualified authority over others; d. that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; e. that its actions never be personally punitive nor an incitement to public controversy; f. that it never perform acts of government, and that, like the Fellowship it serves, it will always remain democratic in thought and action.

***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>**


**EMAIL: [Help@tampabayslaa.org](mailto:Help@tampabayslaa.org)**

**PHONE: (727) 896-7522 (Helpline)**



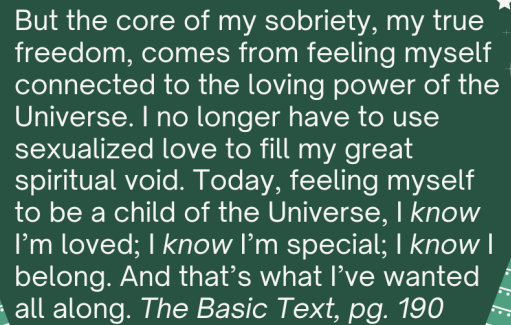
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Tampa Bay Intergroup is accepting one time & monthly recurring 7th tradition contributions through PayPal & Zelle


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



But the core of my sobriety, my true freedom, comes from feeling myself connected to the loving power of the Universe. I no longer have to use sexualized love to fill my great spiritual void. Today, feeling myself to be a child of the Universe, I *know* I'm loved; I *know* I'm special; I *know* I belong. And that's what I've wanted all along. *The Basic Text*, pg. 190

Your prospect may belong to a religious denomination. His religious education and training may be far superior to yours. In that case he is going to wonder how you can add anything to what he already knows. But he will be curious to learn why his own convictions have not worked and why yours seem to work so well. He may be an example of the truth that faith alone is insufficient. To be vital, faith must be accompanied by self sacrifice and unselfish, constructive action. Let him see that you are not there to instruct him in religion. Admit that he probably knows more about it than you do, but call to his attention the fact that however, deep his faith and knowledge, he could not have applied it or he would not drink. Perhaps your story will help him see where he has failed to practice the very precepts he knows so well. We represent no particular faith or denomination. We are only dealing with general principles common to most denominations.

*Alcoholics Anonymous*, pg 93



**We discovered that we could continue to affirm our recovery by working with other sex and love addicts. Minus the guilt, our experiences in addiction had been transformed into lessons for living of profound depth and durability. We shared our experiences freely and openly with others, establishing a healing bond through that language of the heart which could move others to recognize their own straits, and point them towards the source for their own healing. No experience in living was more meaningful for us than letting ourselves become channels through which healing and redeeming grace could flow.**


*The Basic Text for The Augustine Fellowship, Sex and Love Addicts Anonymous (pp. 174-175)*



### Finding, and, Working with, Other Addicts

What, then, could we do? First, we had to remember that, even if our sex and love, addiction stories fell on deaf ears, recounting them, continued to put us in touch with our own experience, which intern deepen our resolve. Second, the denial we saw in others was not necessarily Any different than the ignorance concerning this topic which we had ourselves maintained so painstakingly for so many years. Third, we needed to realize that we, ourselves, were only in the very early stages of our own recovery. Our pains of withdrawal were undoubtedly very evident to those with whom we shared, and hardly served as an inducement for them to follow in our footsteps. Fourth, our own recoveries depended, not so much on our success in finding others who would come into SLAA as on our efforts to find such people. Therefore, it was not important to promote our consciousness of these matters in any way, nor to try to “recruit” others into SLAA. Our fellowship’s tradition of “attraction rather than promotion” (from Tradition 11) had to be observed, never more so than on the one to one level. All we could do was share our experience. Finally, we needed to rely on guidance from a higher power that we would be shown how to find others, or that others who were in need of recovery and receptive to what we had to offer would be led, or attracted, to us.

*The Basic Text, pg. 118*



Like most people, we have found that we can take our big lumps as they come. But also like others, we often discover a greater challenge in the lesser and more continuous problems of life. Our answer is instill more spiritual development. Only by this means, can we improve our chances for really happy and useful living. And as we grow, spiritually, we find that our old attitudes toward our instincts need to undergo drastic revisions. Our desires for emotional security and wealth, for personal prestige and power, for romance, and for family satisfaction-all these have to be tempered and redirected. We have learned that the satisfaction of instincts cannot be the soul and aim of our lives. If we place instincts first, we have got the cart before the horse; we shall be pulled backward into disillusionment. But when we are willing to play spiritual growth, first-then and only then do we have a real chance.

*Twelve Steps and Twelve Traditions, pg 114*



March 18

THE TWELFTH TRADITION

*Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities. -SLAA core documents, "The Twelve Traditions"*

Perhaps the greatest roadblock to getting help for our addiction is the fear of being found out. How can we be sure, when we walk into a meeting, we won't see someone we know? We cannot be sure. But if we do run into the ghosts of our past, we can be confident that they are sitting in that meeting because they also want relief from the pain of addiction. Revealing the identity of an addict can do a great deal of damage to their personal, professional, and social life. For this reason, we respect the anonymity of our fellows and ask that they do the same for us. We must also maintain our anonymity for the sake of the fellowship. If we preach the wonders of SLAA at a public level, then suffer from a slip or relapse, the program itself may suffer. AA's 12 steps and 12 traditions states that anonymity is "humility at work." We seek recovery for our own sake, not for recognition. As we maintain the anonymity of ourselves and others, we ensure the integrity of SLAA so that it continues to exist for the addict who still suffers. *I maintain the anonymity of myself and my fellows, as they would do for me.* A State of Grace, DAILY MEDITATIONS, pg. 78



In domestic partnerships, we discovered a whole new experience of sexuality as a non-addictive medium. We discovered that sexuality could not be considered unto itself. Its realization was actually a byproduct of sharing and cooperation. In our addiction, we had leaned on sexuality and romantic or dependency strategies to yield nearly all of what we considered to be our identity. Now, however, in full possession of our own personal sense of dignity, and living our way into intimate partnership with another, we found that we no longer needed to rely solely on sexual expression to provide our sense of security and identity. Our growing ability to trust, to share, and to live openly in a partnership was already helping to provide these things. Freed from this burden, our sexuality was becoming more like a barometer—an expression of what was, already, in the new partnership. It could be no more, or less, than this. Discovering new freedom and joy in the experience of sexuality, however, was a potential which was realized only gradually. We had held so many illusions about the relationship between sex and "love," that we had to do much living in sobriety before these illusions became truly tempered. Gaining sober perspectives in the areas of trust, sex, and intimacy was difficult. True intimacy, we found, cannot exist independent of commitment.

*The Basic Text, pg 103*

