



Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

JANUARY 2025

Submissions: TBINLEditor@gmail.com

SLAA Helpline (727) 896-SLAA



Step 1: We admitted we were powerless over sex and love addiction - that our lives had become unmanageable.

Tradition 1: Our common welfare should come first; personal recovery depends upon S.L.A.A. unity.

Sign of Recovery 1: We seek to develop a daily relationship with a Higher Power, knowing that we are not alone in our efforts to heal ourselves from our addiction.

Concept 1: Ultimate responsibility and authority for S.L.A.A. world services always reside in the collective conscience of our whole Fellowship.

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>



JANUARY 2025

September 28

THE FIRST SIGN OF RECOVERY

We seek to develop a daily relationship with a Higher Power, knowing that we are not alone in our efforts to heal ourselves from our addiction -SLAA Core Documents, "SLAA Signs of Recovery"

Why would I want to develop a daily relationship with some-thing I didn't believe in? I came into the Rooms of SLAA, at the very least, agnostic. I went to meetings every day. I was also trying to quit smoking and drinking. That forced me to develop a relationship, because I had to say the prayers that everyone else was saying or risk looking stupid (horrible for a sex and love addict) or worse-to risk someone calling me out on it. So, I said, the prayers, not believing them, and sometimes screaming rebellion in my thoughts. But the day I started to heal was when I started wondering if maybe my prayers could be heard by some kind of presence in the universe. maybe all of these people holding hands and saying prayers together were a power that could heal. The person next to me was probably struggling with the God idea, too. I would talk to people after the prayer and get their methods of coming to believe in a power greater than themselves. When I stuck around long enough, I finally got a relationship with a higher power and some sobriety.

I am healing through attending meetings, prayer and meditation.

A State of Grace DAILY MEDITATIONS Page 272

To continue to live out our addictive patterns, or to be controlled by them, brought us in touch with the terror of irrevocably, losing sanity, of slipping over the edge of an abyss beyond which any stability and life purpose would be forever out of reach. We found this prospect to be more terrifying even than the thought of physical death. This loss of one's soul could only be all the more poignant if the body in which it lived, continued to exist, an animated spiritually from within, and monstrosly driven by imperious instinctual drives, which would now have become its masters. Yet for a few of us, the terror of being further devoured by our sex and love addiction brought us to the point of unconditional surrender. We decided we HAD to stop. Now we began to confront the second aspect of powerlessness: the paradox that surrender to the impossibility of control is the very beginning of recovery.

The Basic Text
Step One page 70.

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

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



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We earnestly hope that families and others suffering from the destruction caused by an active sex and love addict will stop blaming themselves after reading our experiences in this book. However, our primary concern is that the suffering, sex, and love addict may find the way, through the Twelve Step program, to turn from the self destruction of this disease, and lay the foundation for spiritual and emotional recovery. The Basic Text pg. 66

For practicing AA's remaining eleven Steps means the adoption of attitudes and actions that almost no alcoholic who is still drinking can dream of taking. Who wishes to be rigorously honest and intolerant? Who wants to confess his faults to another and make restitution for harm done? Who cares anything about a Higher Power, let alone, meditation and prayer? Who wants to sacrifice time and energy in trying to carry AA's message to the next suffer? No, the average alcoholic, self centered in the extreme, doesn't care for this prospect-unless he has to do these things in order to stay alive himself.

Under the lash of alcoholism, we are driven to AA, and there we discover the fatal nature of our situation. Then, and only then, do we become as open minded to conviction, and as willing to listen as the dying can be. We stand ready to do anything which will lift the merciless obsession from us.

Twelve Steps and Twelve Traditions
page 24

F19.76 Y19.76 £19.76 €19.76 \$19.76 F19.76 Y19.76 £19.76 €19.76 \$19.76



1976
Campaign



SLAA was founded in 1976 with our 50th Anniversary in 2026

**Costs are \$ 23,000* per month to keep
* SLAA alive ***

**Join your fellows and Sign Up for Monthly
Contributions of 19.76 in your currency**

F19.76 Y19.76 £19.76 €19.76 \$19.76 F19.76 Y19.76 £19.76 €19.76 \$19.76

*Average USD \$23,000 cost per month includes payroll for 3 full-time employees and 1 contractor; monthly lease payment, office equipment and security services, bookkeeper services, shipping costs, inventory orders for merchandise and literature, software services, utilities, and more. Visit SLAAFWS.org



How Else Can I Be of Service?



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Share this flyer:
meetings,
intergroup,
fellowship,
sponsors,
sponsees, etc.

Serve on a
conference
committee



Serve on a
board
committee
[6-mo sobriety]



Serve on the
Board of
Trustees
[3 yrs sobriety]



F19.76 Y19.76 £19.76 €19.76 \$19.76 F19.76 Y19.76 £19.76 €19.76 \$19.76

How Did I Get to S.L.A.A.?

After more than 15 years of chaotic romantic relationships, a disastrous marriage, and an inability to achieve stability in any area of my life, I encountered the fellowship of Alcoholics Anonymous. My self-esteem was not very bright at the time and the feeling of dignity was not very familiar to me. Once abstinent from alcohol, I left my dysfunctional romantic relationship, and my emotional and sexual addictions were more virulent than ever, especially embodied in romantic obsessions. Luckily, I quickly learned about DASA. A year later, one day at a time, I'm learning to live, not to survive... like a second birth! I am able to look inside myself with more honesty and explore my wounds, I go to meet my emotions and discover that I can build a rich and more serene life for myself. I cultivate new nurturing friendships, develop a spiritual life, which makes me say that I am no longer alone and that I have access to resources that I have never dreamed of before! New possibilities open up for me and I am inspired every day by friends who have come back from hitting bottom, who are recovering and giving me hope and confidence in the future. Sex Addiction I started my sex life accompanied by alcohol,

which didn't let me down for 18 years. Very early on, I was compulsively in multiple relationships, without being able to help myself. What seemed like fun to me during adolescence quickly turned into a shameful activity. Like a drug, I was always looking for partners, often interchangeable, who I didn't even like, as long as they wanted me. In search of a way to fill my feeling of inordinate emptiness and crumbs of affection, I found myself in situations of abuse, and in a permanent conflict of values. On the other hand, during my more stable romantic relationships, I quickly lost all libido. After quitting alcohol and when obsessions and sexual urges didn't give me a break, I joined the S.L.A.A. fellowship. Soon, these impulses disappeared and I was able to discover a healthier and more fulfilling way of life, refocusing my gaze on other important aspects of my life that I had neglected. I haven't had sex for a year and I now understand that it is possible to have fulfilling relationships within the framework of a stable relationship, in sharing and respecting everyone. — Anonymous

The Journal, Issue 207, pg 28

S.L.A.A. has helped me learn to love myself unconditionally, learn to reparent my inner younger selves and offer love, kindness, compassion and curiosity to myself. When I began to learn to truly love myself for where I am at, for the human I am, and not for what I do, I learned how to love others, My partner has three kids that are A LOT of work and it's not without its challenges - by staying in the day, taking it one moment at a time, I am able to be present with them and not overwhelmed, and have FUN! S.L.A.A. helped me prepare for parenthood by learning about my boundaries, how to say no, how to take good care of myself and know when I need to pause to connect with my HP. Now I can truly trust that each child has their own HP and to let go and let God. — Amanda A (NYC)