



Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

FEBRUARY 2025

Submissions: TBINLEditor@gmail.com

SLAA Helpline (727) 896-SLAA



Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition 2: For our group purpose there is but one ultimate authority -- a loving God as this Power may be expressed through our group conscience. Our leaders are but trusted servants; they do not govern.

Sign of Recovery 2: We are willing to be vulnerable because the capacity to trust has been restored to us by our faith in a Higher Power.

Concept 2: The Annual Business Conference, by delegation, is the voice and conscience for our world services and of S.L.A.A. as a whole.

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>



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May 3
LET GO AND LET GOD

Affirming our Spirituality-relying upon a power greater than ourselves... Becoming open to accepting the unexpected turns in our life. Practicing acceptance when situations don't go our way. More easily sensing we are being guided by our Higher Power. Trusting that our Higher Power is using our personal struggles for our greater good.—from the "Measuring Progress" pamphlet

In active addiction, we hold onto people or situations that aren't good for us because we don't know what will happen if we let go. Often, Higher Power has something better in store for us. It's difficult to trust that God will be there for us. It turns out Higher Power had a much better plan for my life than I ever had for myself. It just took the opening of the door to let him in. It's difficult to trust something we don't understand or have never believed in. Doing all the steps in order helps us come to a place where we can start to believe. We turn our lives over and clear out the wreckage of our past. If we truly let go, we are able to do this painful task willingly. God takes over for us when we are too weak to continue, if we let him.

Today, I accept life's struggles and trust that my higher power will be there for me.

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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/)



2025 Capital Region Intergroup
SLAA-A-THON

Theme: 12 Principles of AA

Sunday February 16

12:00 pm – 4:00 pm ET

New for '25 – The SLAA-A-THON will be a hybrid event.

In Person:

Capital District Recovery Center
45 Colvin Ave. (2nd Floor)
Albany, NY 12206

ZOOM ID: 839 5469 2644 Passcode: 412749



DID YOU KNOW?



You can listen to SLAA
Recovery Speakers for free
on the SLAAFWS.org
website!



Our need for faith could be answered with an affirming hope, a sense of the possibility for spiritual guidance that was already apparent in the experience of the SLAA members who preceded us.

Basic Text, pg 75



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STEP TWO

From the Basic Text, pg. 75

The most elementary solution to this problem of faith was found through contact with sober people at our SLAA meetings, who had surmounted the need-for-faith barrier themselves. As we listen to their stories of sickness and recovery, we could identify at depth with their patterns of addiction and diseased values. And we could clearly see that they were now leading more positive and healthy lives. As living examples, they offered us the hope that whatever sources of spir-

itual aid they credited as helping them might be available to us as well. We could not question the insanity of their past addictive histories which they shared with us. It was *so* apparent. Nor, when we contrasted the quality of the lives, these people were now living with our own addiction-rooted struggles and dilemmas, could we really doubt that they had been delivered over into some form of redemption.

When therefore we speak to you of God, we mean your own conception of God...

Do not let any prejudice you may have against spiritual terms deter you from honestly asking yourself what they mean to you. At the start, this was all we needed to commence spiritual growth, to effect our first conscious relation with God as we understood him.

Afterward, we found ourselves accepting many things which then seemed entirely out of reach. That was growth, but if we wished to grow we had to begin somewhere. So we used our own conception, however limited it was.

AA Big Book, "We Agnostics", pg 47

PHYSICAL ATTRACTION

Whenever I felt an attraction to someone, I would lie, cheat, and steal to be with them. If they looked good, and I hated their personality, I ignored that **red flag**. A lot of flaws can be overlooked when distracted by beauty. When I had a strong physical attraction, I thought it was a chemical reaction (our body cut chemistry matched, so it must have been a match made in Heaven.) I spent a lot of time and money searching for that spark. In sobriety, it's tough to find a balance between caring about my appearance to have healthy self-esteem and trying to attract someone inappropriate. Once, my qualifier started lurking around my meetings, and I started wearing more and more revealing clothing, rationalizing that it was "business attire." A fellow called me on it, saying that I was being predatory and trying to entice a spiritually sick, vulnerable person. I woke up, checked my motives and went back to normal "boring" business attire. I can dress up when it's appropriate and my motives are clean. Sexual charm is best left to those who can handle it.

I care about how I present myself today. I keep my thoughts about my appearance in perspective.

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Many members of the fellowship find it helpful to list behaviors that have a positive, personal element-behaviors that fulfill, nurture, bring healthy pleasure, growth, and improve quality of life. Committing to do them can fill the time that we used to spend acting out and can help us grow along spiritual lines:

- Pray and meditate
- Leave the house today
- Take care of myself today (for example: brushing teeth...)
- Talk to my sponsor before turning down an invitation to a social event
- Show up for my commitments dates, meetings, etc.
- Playing a musical instrument
- Taking a class
- Exercising
- Communing with nature
- Expressing creativity
- Asking for help and support from friends
- Scheduling a time for social interaction, partnership, and intimacy
- Saying affirmations each day
- Calling as many people as needed to actually talk with someone, not just leaving voicemails
- Playing games or sports with others

Pamphlet: Setting Bottom-Lines

A VALUABLE SUPPORT NETWORK

It was through reading a book about women who love too much that I discovered the program. I was 20 years old, and I was already suffering from my desperate need for love. I kept replaying the same scenarios with different men. I was living to be in love and maybe that was the problem. With S.L.A.A., I found people who faced the same difficulties as me, women, but also men (although at first I only attended women's meetings). And this identification allowed me to get out of shame and guilt, and to get to know myself. I gained awareness about what was really at play in my relationships. I found a valuable support network, new friends, and an unconditional welcome for who I was. This benevolence, this absence of any judgment, this compassion healed me from the hatred of myself and my mechanisms of self-destruction in love.

What allowed me to continue my personal evolution in S.L.A.A. is that there is no dogma, everyone is free to come to meetings or not, to make their own experiences, and that's what is wonderful. I'm still learning about myself after 10 years of 12-Step program. Today I have the chance to live a healthy relationship in which I feel fulfilled and I thank S.L.A.A. infinitely without whom it would not have been possible. Nothing is fixed. Hope is everywhere! Give yourself this chance!

Julie

The Journal, Issue #193, pg 31