



# Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

APRIL 2025

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SLAA Helpline (727) 896-SLAA

## WANTED FOR HILLSBOROUGH & PINELLAS TAMPA BAY INTERGROUP



### Intergroup Reps at Large

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

When we first heard the words “moral inventory,” we had recoiled in alarm. Surely such a task would be too massive or too unnerving! However, to our surprise, we found that there came a point when we approached this task without fear, because we had come to terms with step 3. As we surrendered to the God of our understanding, we found ourselves having “intuitions”: stay away from here, call this friend, go here instead of there, and so on. We came to trust the guidance that was helping us navigate away from the old addictive patterns. If God was helping us manage our external lives, it was easier to become open to clearing out the inner debris, to trust God’s guidance for the inward journey...

Most of us found that writing down our inventory was very helpful. Looking at what we had done in black and white was a valuable aid to honesty and objectivity.

*The Basic Text, pg. 79*

**Step 4:** Made a searching and fearless moral inventory of ourselves.

**Tradition 4:** Each group should be autonomous except in matters affecting other groups or S.L.A.A. as a whole.

**Sign of Recovery 4:** We learn to avoid situations that may put us at risk physically, morally, psychologically or spiritually.

**Concept 4:** The “Right of Participation” is maintained by allowing members the opportunity to cast one vote up to the level at which they are trusted servants.

### **Guideline for Dealing with Media/ Public Relations 4:**

Any unilateral action, by any SLAA member acting on his/her own, to place SLAA before the public media at any level is expressly discouraged. (Basic Text, pg. 137)



# *Gentle Currents*

## APRIL 2025

***Have you found that  
Higher Power has shown  
you the truth about  
something important grad-  
ually rather than immedi-  
ately upon your demands?***

In my experience, my desire for instant certainty is a huge liability in the pursuit of sobriety and serenity. Wanting perfect knowledge, comprehensive understanding and immediate truth all end up being a way of trying to control things I am not supposed to be trying to control and is therefore a hallmark addictive trait for me. I know enough to change myself, and to get to a meeting, admit my part, make a phone call, pray and seek God's will for me and the power to carry that out. Anything I need to know will be revealed when I need to act on it.

— Anonymous

*the Journal Issue #194*

## ANOREXIA 123

Many of the sources of love and support in our formative years were unreliable, unstable, absent, or destructive. It often takes years of suffering before we decide that help is needed or desirable. Yet, in time, what we come to understand within the loving fellowship of SLAA is that life is a "we" program, and that we can, in fact, choose something other than deprivation. We find hope by meeting others who have been where we are, and who now have the kind of recovery we would like for ourselves. To our surprise, we discovered that others do care for us, support us and love us. Page 4

Finally I create a specific action plan:

- share with my recovery partner one quality that makes me lovable every day.
- call one person in my professional field each week just to connect. Number three spend a certain amount of money on clothes that I love, feel comfortable in and that enhance self-worth.
- do service in SLAA, knowing that I can only keep that which I give away. Page 5

***Working the Problem and Not the Program*** booklet

**Attention: The Tampa Bay Intergroup is seeking a delegate  
to attend the virtual Annual Business Meeting**

**Thu Aug 7 – Sun Aug 10, 2025**

The Annual Business Conference/Meeting (ABC/M) is the once a year event at which Conference Delegates participate in discussing Items (IFDs) and voting on Motions to provide consensus and direction to Fellowship-Wide Services. More importantly, the ABC/M is dedicated to forming community-wide group conscience and supporting service and recovery within the S.L.A.A. program.



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## APRIL 2025

December 21

### SELF FORGIVENESS

*Through the Fourth Step process, we realized that pride and willfulness had hidden the yearning of a lonely and fearful child, an emptiness that cried out to be filled. We did not cause it, and we could not control it. In this realization was the beginning of compassion, our first glimpse of self forgiveness. —SLAA Basic Text, Page 81.*

Before the program, I couldn't deal with the shame that I felt over my acting out behaviors. I tried to numb it out and blame it on alcohol. But in my heart, I knew I was broken. I thought I could deal with the yearning, loneliness, and fear with my search for "the one" in, of all places, bars and nightclubs. But as most of us know, that's usually not a good strategy. It created more shame and emptiness, a feeling that there was no hope in the world. One-night stands and public liaisons with married men do not create good self-esteem opportunities. Hearing people share their experience in SLAA gave me hope. I brought all the shameful acts out in my Fourth Step and my sponsor said they had gone through the same experiences. I realized I was not alone. I didn't have to be that fearful child lashing out at the world anymore. I could be kind to myself and forgive my actions instead of engaging in self-destructive acts. SLAA gave me a new freedom and joy in fellowship and newly found respect of myself and from others.

*I forgive my past self and give myself the time to heal.*

A State of Grace, DAILY MEDITATIONS page 356

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

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

### MEMBERSHIP SURVEY 2025

The last S.L.A.A. membership survey was in 2018 when 841 members, across the globe, responded to a range of questions. The survey results guided policies and services to help S.L.A.A. become more accessible and relevant to members and potential members.

The 2025 Membership Survey asks a range of questions:

- demographic
- your experience of the program
- sobriety
- sponsorship
- the impact of S.L.A.A. on your life

All questions are voluntary. You can withdraw from the survey at any time by closing the web browser.

- Allow about 10 minutes to complete the survey.

[www.surveymonkey.com/r/SLAA2025](https://www.surveymonkey.com/r/SLAA2025)



## APRIL 2025

### Drafts of New Personal Recovery Stories Are Ready for Fellowship Review & Feedback Now -August 8, 2025

Personal stories of addiction and recovery can be invaluable to newcomers as they seek to “see themselves” in the rooms of S.L.A.A. Recognizing the importance of including updated stories in the proposed Second Edition of the Basic Text, the 50th Anniversary Basic Text Subcommittee (50BTS) asked members to write new stories for consideration. There are now drafts of 19 new stories, along with eight retained from the First Edition, ready for Fellowship review and comment.

Many of the new stories cover manifestations of our disease not included in the First Edition, such as anorexia, addictive fantasy, and recovery in the digital world. Some discuss long-term sobriety and how to work the program successfully. Others convey messages of hope about dating and building healthy relationships in sobriety. The stories represent diversity in terms of nationality, race, gender identity, and sexual expression.

The 50BTS needs your help to read these stories and give feedback to ensure the stories convey experience, strength, and hope to today's readers. Here's how to help!

- 1) You can request online access to all 27 stories and read them at your own pace by emailing [tmwg50bts@gmail.com](mailto:tmwg50bts@gmail.com).
- 2) You can attend a meeting in which a new story is read aloud. More info on this at <https://slaafws.org/news/> on the fourth page of the FWS Newsletter.

### SEEKING APPLICANT



### FWS BOARD OF TRUSTEES RECORDKEEPER/ MINUTE TAKER

Email: [BOTChair@slaafws.org](mailto:BOTChair@slaafws.org)

#### ROLES AND RESPONSIBILITIES

- TRANSCRIBE FROM RECORDING AND CAPTIONS
- APPLICATION AND CONFIDENTIALITY AGREEMENT REQUIRED



**AA Big Book on RESENTMENT**  
“We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, ‘This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done.’”  
**Alcoholics Anonymous Pg. 67**

