



Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

JULY 2025

NEW

SLAA Helpline:
(813) 400-3863

TampaBaySLAA.org

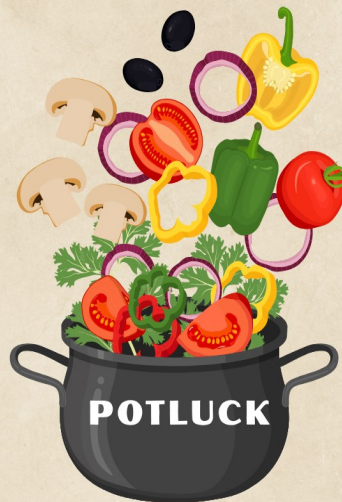
2025 TAMPA BAY INTERGROUP

EATING MEETING

**SATURDAY
AUGUST 23, 2025**

6-8:00 PM

Reach out at meetings for
location details or email:
help@tampabayslaa.org



\$10 Suggested Donation & no one will be turned away.
Significant others welcome!

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 the protein. There are service opportunities for setup, clean up, entertaining, greeting, and more.

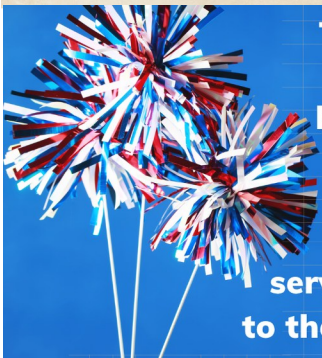
Step 7: Humbly asked God to remove our shortcomings.

Tradition 7: Every S.L.A.A. group ought to be fully self-supporting, declining outside contributions.

Sign of Recovery 7: We allow ourselves to work through the pain of our low self-esteem and our fears of abandonment and responsibility. We learn to feel comfortable in solitude.

Concept 7: The Articles of Incorporation and the By-Laws of the Fellowship are legal instruments, empowering the trustees to manage and conduct world service affairs.

Although the Conference Charter is a legal document; it also relies on tradition and the power of the S.L.A.A. purse for final effectiveness.



TAMPA BAY INTERGROUP NEEDED FOR HILLSBOROUGH & PINELLAS:

Intergroup Reps-at-Large

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



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Can I ever expect to have sex and love again?



Love and sex within a true partnership does not seem to feed the addiction.

This kind of relationship seems to embody much of what was sought so desperately and futilely elsewhere. The road to such partnership requires much self – undoing before building can commence.

First a sense of wholeness and dignity is developed through maintaining sobriety on a daily basis from working the 12 steps. Personal wholeness is a natural result of willingness to trust God, clean house, and help others.

STEP SEVEN: This new partnership with God, in which we accepted direction about just what part of our spiritual being needed exercise, had amazing results. We might have asked to have the shortcoming of impatience removed, only to find that we did not need to practice patients. Instead, we had to get honest about our self-centered willfulness. As we practice thoughtfulness toward others, really giving without holding onto the expectation of reward, impatience slipped away. The quick temper, we asked God to remove, was checked momentarily; we could suddenly feel the defensive fear that was hidden

behind the anger, and find the courage to act on faith, rather than fear. We asked to have our longing for a person or a particular sexual hunting ground removed, and found ourselves given a choice. When we voluntarily chose to avoid those places and those people, the longing eased. The feelings of inferiority and insecurity, which we petitioned God to replace with confidence, were openly admitted, and as we accepted the support or the confessions of similar insecurity from others, we felt comforted.

The Basic Text page 88–89

I really had no choice but to get sober. Nothing was allowing me to escape any longer. I needed stronger and stronger doses of sex to get high. I had developed tolerance and was left each time looking at myself in miserable shape. I was either going to eventually kill myself or go crazy. I knew that SLAA could help me, but that I was going to have to do the work of getting sober for myself. ***The Basic Text: Free at Last!*** Page 205.

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/)



HUMILITY

FREEDOM FROM
PRIDE OR
ARROGANCE

Merriam-Webster



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An Invitation For You

Enlarge your recovery by allowing others to get the same benefit that you get from reading *the Journal*. It is a great way to carry S.L.A.A.'s message of hope and practice the Twelfth Step. The fellowship needs volunteers of all skills and levels of availability. Here's what you can do: • Become a Journal Representative for your intergroup or home group, encouraging the use of *the Journal* as a source of topics, letting people know that there are Journals for sale, and ensuring that plenty of Journal subscription cards are always on the literature table. • Visit a local organization that deals with sex and love addicts in your area, bringing copies of *the Journal* along with a few pamphlets. Contact info: <http://www.slaafws.org/contact/journaleditor>

"Don't beat yourself up." It's so easy for me to dive into shame when I do things differently (e.g., don't check-in about something, don't follow my dating plan to a T, decide not to date when I'm emotionally available). My sponsor reminds me that I'm not supposed to be perfect, and that life isn't perfect, but if I breathe (that's another one), I stay present to my Higher Power and come from a place of connection rather than fear and shame. — Kelly-Joy J., Montreal

the Journal, Issue 196, page 10

The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on humility. It is really saying to us that we now ought to be willing to try humility in seeking the removal of our other shortcomings just as we did when we admitted that we were powerless over alcohol, and came to believe that a Power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have. *Twelve Steps and Twelve Traditions, Step Seven, page 76*

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>

PHONE: (813) 400-3863 (NEW Helpline Number)



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February 22
NOT ENOUGH

The feelings of inferiority and insecurity, which we petitioned God to replace with confidence, were openly admitted, and as we accepted the support or the confessions of similar insecurity from others, we felt comforted. -SLAA Basic Text, Page 89.

When I was told to “humbly” ask God to remove my shortcomings, it became clear to me that my two most damaging defects of character were arrogance and shame. After a while, I discovered that the defective arrogance was only a cover-up for my shame. It was a false sense of pride and superiority that was behind my acting arrogantly. My low self-esteem and need to be accepted, fed my belief that I knew best, that my way was the only way and that I was smarter than others. Acting out my phony self importance was demonstrated by undesirable, shameful behavior, which just led me back to the core belief that I am truly unlovable and if anyone gets to know me, they will surely find out what an awful person I am and will leave me. Underneath that false power of control was shame and intense self-loathing. Without realizing it, I would disrespect myself by acting out in shameful, self-denigrating ways. It seemed that I always thought I was better than or less than others, never equal to my fellows. Now, when I find myself falling back into that kind of black and white thinking I can affectionately remind myself that I’m not better than/less than and I can ask God to restore me to a state of humility.

Today, I heal my shame with the tools of the program, reminding myself that I am enough.

A State of Grace DAILY MEDITATIONS, Page 53

ACTING “AS IF” The fact that we needed faith in some Power, since we could not trust ourselves to be consistent in either behavior or motive, left some of us feeling even more shaken. Where would we find even the rudiments of a faith that could carry us through this dissolving and reconstruction of our whole personality? – S.L.A.A. Basic Text, Page 75. It used to concern me that agnostics and atheists might have a hard time in a Twelve Step program. The phrase “act as if” seemed like a denial of a person’s right to their own beliefs. But when the time came that I needed recovery for myself, I had to suspend my disbelief. Though I was still skeptical about putting my trust in something I didn’t understand, I came to believe that a Twelve Step program could restore me to sanity. When I worked the second and third steps, I put “act as if” into action. I started praying, even though I didn’t know who or what I was praying to. By practicing the methods of a spiritual faith, my belief in a Higher Power grew with time. I found myself relying on my Higher Power more and more. I put faith before understanding, trusting that if I followed through with the actions, it would make sense as I went along. There is still much work to be done in my spiritual journey, but I know now that if I simply “act as if,” my Higher Power will do great work in my life. By practicing the Twelve Steps, my belief in my Higher Power grows.

The Augustine Fellowship. “A State Of Grace : Daily Meditations.” The Augustine Fellowship, S.L.A.A. Fellowship Wide Services, Inc. pg. 14