



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

AUGUST 2025

TampaBaySLAA.org

SLAA Helpline:
(813) 400-3863

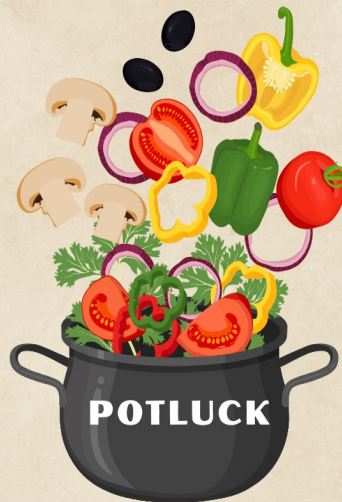
2025 TAMPA BAY INTERGROUP

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.

**NEEDED FOR
HILLSBOROUGH & PINELLAS:
Intergroup Reps-at-Large**

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



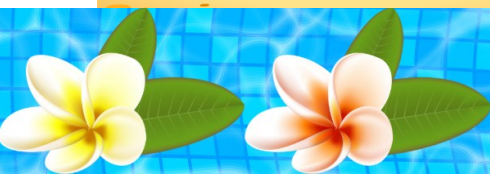
Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

Tradition 8: S.L.A.A. should remain forever nonprofessional, but our service centers may employ special workers.

Sign of Recovery 8: We begin to accept our imperfections and mistakes as part of being human, healing our shame and perfectionism while working on our character defects.

Concept 8: The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, including their ability to hire staff.

WILLINGNESS





AUGUST 2025

**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/)

Building Partnerships

...if our frustration level was up due to difficult circumstances in our work or our relationships, with other people, these situations needed to be flagged. Flagging them meant disclosure of them and our frustration about them to our partner. We found that without trying to do this, true mutuality in sexual matters, was not to be found. Without mutuality each person could only be “into it” for unacknowledged, private reasons. The other person would thereby be cast as a “function,” the purpose of which was to supply relief. A residue of this kind of relief was a growing sense of loneliness and isolation. We are not saying that disclosing to our partners the anxiety and frustrations stemming from non-sexual areas would thereby resolve these problems or that all external difficulties had to be resolved to before having sex. We are saying that we needed always to find a basis of mutuality, of sharing and respect, which could form a channel for authentic expression between us, and that needed to be accomplished prior to love-making.

The Basic Text, page 157

October 13

THE EIGHTH CHARACTERISTIC

We become immobilized or seriously distracted by romantic or sexual obsessions or fantasies. – SLAA Core Documents, “Characteristics of Sex and Love Addiction”

I felt like I was paralyzed. I remember staring at my computer screen at work, on the phone with my qualifier, unable to leave my desk. He kept me on the phone for an hour. The plan was to visit my sister for the weekend, but he didn’t want me to go. I knew it was his disease, making him unable to breathe without me, without his “fix.” He was a sex addict in the program also. My disease told me to stay with him in town. I had enough for recovery to leave for my sister’s. I was so distracted, that when I backed out of my parking space, I got into a car accident. “She came out of nowhere and was going too fast” didn’t cut it with the insurance company. Later, when my qualifier and I broke up, I got in another car accident because I thought I saw him standing on the street. When I ran into him at a meeting years later, I was proud of myself for not talking to him, but as soon as I left the meeting, I got a traffic ticket For not paying attention to the road signs. Recovery has helped my concentration. As long as I don’t swing the door open for obsessions and fantasies, I can lead a fairly responsible, happy life.

I live my life one day at a time.

A State of Grace, DAILY MEDITATIONS, page 287





AUGUST 2025

March 30 FAMILY OF ORIGIN

Humbly, we turned to God. "I am not responsible for the conditions which created me, but I am willing to try to be responsible for myself," we prayed. "Help me to be willing to make right what I have done to each and every person in my life." – SLAA Basic Text, page 92

"I am not responsible for the conditions which created me, my parents are," was my mantra before sobriety. I harbored resentment against my parents for most of my life. They weren't the caretakers they were supposed to be. Maybe if they had taken better care of me or if my sister hadn't been such a bully, I wouldn't have so many addictions. But I hear people in SLAA share all the time that their home life was normal growing up, and they still suffer from the addiction. Regardless of what happened in my family of origin, I need to be willing today to be responsible for myself. I need to focus on my actions and make amends for what I have done instead of blaming my upbringing. I need to rely on God to help me let go of resentment. Blame allows me to stay lazy and avoid working the Steps around my past. If I use the excuse that my childhood was messed up, I don't have to change. Once I could put those thoughts aside, I could take action to heal.

I am responsible for myself today and make amends for any harm. I have done in the past.

A State of Grace DAILY MEDITATIONS, page 90.

The 50th Anniversary Basic Text Subcommittee needs your help to review new stories and give feedback to ensure the stories convey experience, strength, and hope to today's readers. The following are meetings that will read each story:

NEW BEGINNINGS MEETING

(all-gender meeting)

Every Sunday

3pm ET / 2pm CT / Noon PT

Phone meeting

Dial-in: (805) 706-4017 (no password required)

WESTVIEW PA

TUESDAY NIGHT MEETING

(all-gender meeting)

Read a new story the second Tuesday of each month

7:30pm ET / 6:30pm CT / 4:30pm PT

Zoom Meeting ID: 272 979 763

Password: 085639

Dial-in: (646) 558-8656

PERSONAL STORIES MEETING

(all-gender meeting)

Every Tuesday

1:30pm ET / 12:30pm CT / 10:30am PT

Zoom Meeting ID: 874 1967 1188

Password: 311 933

Please be sure to share your feedback on the stories you read:

[tpinyurl.com /50BTstoryfeedback](https://tpinyurl.com/50BTstoryfeedback)

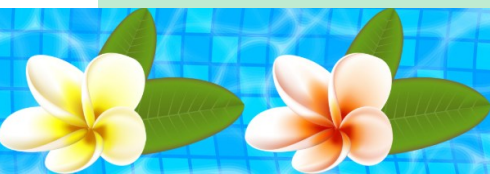
We will do our best to keep this List updated to reflect changes in SLAA In-Person locations or Online meetings. Please contact our Helpline to notify us of any Meeting Changes.

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)





AUGUST 2025

StepEight

... the steps we had already taken, had brought about an important changing attitude. The inventory had helped us see that the root of our problem was in our own self centered motives and uncontrolled passions. Whether we were victims or victimizers, (and most of us were both), we had used the disturbed relationships about us for our own purposes, for obtaining the addictive payoff. Regardless of what others had done or failed to do, our own part in these relationships was riddled with dishonesty and manipulation of others, with willfulness and pride. We realized that we needed to forgive others for essentially the same qualities and deeds for which we ourselves were also seeking forgiveness. For our own sake, we had to extend to those we thought we hated the compassionate understanding we needed in order to experience forgiveness ourselves. We could not make our forgiveness of others conditional on their having redeemed themselves, or righted their wrongs. We had to forgive them because, like us, they were sick and afflicted, and presumably had not set out in life to be so.

The Basic Text, Step Eight, page 90.

Greater Delaware Valley SLAA Inspiration Line

24-hour Inspiration Line: 215-574-2120

The GDVI S.L.A.A. Inspiration Line is available 24-hours a day. S.L.A.A. members offer voice messages of their experience, strength and hope. At the end of the tape, callers may leave feedback about the message and/or "get current" (share what's going on for them today). This recovery tool supports both recorders and listeners.

Inspirational messages are intended to change daily. Members doing this service commit to recording one message, one evening per week and listening to all calls received by the next evening.

Good News: You need not be local to the Delaware Valley Area to participate in this service or to use this line! There are currently openings for members to record a daily outgoing message.

<https://slaadvi.org/inspiration-line-slaa-greater-delaware-valley-sex-and-love-addiction-recovery/>

