



Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

SEPTEMBER 2025

Submissions: TBINLEditor@gmail.com

NEW SLAA Helpline (813) 400-3863



SERVICE OPPORTUNITY:

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

Step 9: However, the most important amends were those which we needed to make face-to-face, requiring considerable courage, humility, and preparation. It was important to be accountable for the effect our amends could create, as well as for the wrongs which made them necessary. Especially in these cases we found that it was wise to consult with other sober members of SLAA about exactly when and what kinds of amends would be made, and under what conditions. More than one of us went off with good intent, only to find ourselves in situations of seductive solitude, being solicited once again by a person who seemed determined to misunderstand our purpose. We came to expect that in amends making, as in all areas of our lives, God would give us willingness and the intuition to know what settings and words would be appropriate for our purpose. But it was also true that, in these matters, God often spoke most clearly through the very human voices of experienced SLAA members!

The Basic Text, Step 9, pg. 93.

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition 9: S.L.A.A. as such ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Sign of Recovery 9: We begin to substitute honesty for self-destructive ways of expressing emotions and feelings.

Concept 9: Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership must be assumed by the Board of Trustees.



My sponsor told me to close my eyes and imagine myself sitting at the base of a tree. She told me to imagine my character defects written on the leaves of the tree. Then she said to imagine each of those character defects and leaves floating away with the wind. —ANONYMOUS

the Journal Issue #213



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CSPC Sponsorship Workshop Recording

The Conference Sponsorship Committee presented an eight-session workshop via Zoom in 2023. The workshop was audio recorded and produced as videos by the Conference Public Information Committee. They are available to view by [clicking here.](#)

CLICK BELOW (control + click) FOR
OUR [CURRENT MEETING LIST](#)
OR HERE FOR A [PHONE MEETING](#)

NEW HELPLINE PHONE: (813) 400-3863

Prayer for Letting Go of a Qualifier

“Higher Power/God, whatever it is I think I received from _____, please show me how to receive it from you and within myself”.

“Dear God, please release me from my obsession with _____ and my compulsion to create contact with them. I trust you love us both, please continue to take care of them and me and help me accept whatever you have planned for the highest good for both of us. Thy will, not mine be done. AMEN”.

The Journal Issue 200

Tampa Bay Intergroup
is accepting 7th tradition
contributions through PayPal
& Zelle (preferred)

**Consider setting your autopay to
a recurring \$5 monthly donation**

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

**Above all, we should try to be
absolutely sure that we are not
delaying because we are afraid. For
the readiness to take the full
consequences of our past acts, and
to take responsibility for the well-
being of others at the same time, is
the very spirit of Step Nine.**

Twelve Steps and Twelve Traditions Pg 87



SEPTEMBER 2025

TAMPA BAY INTERGROUP

*Gratitude
Dinner*

NOVEMBER 8, 2025 @ 6-8 PM

Reach out at meetings for location details or
Email: Help@TampaBaySLAA.org

Significant others are welcome

**INTERGROUP WILL PROVIDE
THE PROTEIN: PLEASE BRING A SIDE
DISH TO SHARE**

**\$10 SUGGESTED DONATION
(NO ONE WILL BE TURNED AWAY)**



SEPTEMBER 2025

July 18

THE NINTH TRADITION

SLAA as such, ought never to be organized; but we may create service boards or committees directly responsible to those they serve. – SLAA Core Documents, “The Twelve Traditions”

Fellowship-wide services, Conference committees, intergroup, and the ABM were all foreign words to me when I joined SLAA. Even though I didn't care what they meant, these boards and committees were diligently working to make sure SLAA was there for me and for future newcomers. They weren't just going about their business doing with our money as they saw fit. They were having conference calls and meetings that anyone could attend. They also took votes to the fellowship at the Annual Business Meeting and through intergroup reps and the FWS Newsletter. Being “directly responsible to those they serve” helps to keep people honest and humble. If someone brings up the idea that someone has overstepped the bounds of their service commitment, there can be a discussion and vote. If that person is replaced, they can move on to other service work without retribution. This Tradition makes everyone involved more humble and aware. Asking what another person wants and really listening is a spiritual experience. But with all of this, how can we say we are never organized? We go with the group conscience over set rules and regulations. This can make changes in committees or service positions occur quite often and confuse things for a while. But we need the freedom that voting and communicating ideas brings.

I seek patience and understanding when working with others, remembering that I am responsible to the addict who still suffers. Pg. 200.

A State of Grace DAILY MEDITATIONS

Staying Sober and Safe Online

Tips that those of us who have been caught up in patterns of sex and love addiction online have sometimes found helpful.

1. Replace a smart phone with a reduced function phone.
2. Delete any erotic or pornographic material from computers, mobile phones, and external devices, such as thumb drives, external hard discs, and cloud accounts.
3. Delete any apps, online accounts and subscriptions, bookmarks, and browser history we used in our addiction.
4. Delete pictures of ex-partners, letters, emails, videos, and messages; block phone numbers of ex-partners to remove the temptation to renew contact.
5. Call other SLAA members before and after using the Internet. Before going online, state why we need to use the Internet, then report back afterwards. This practice is known as “book ending.”
6. In places like coffee, shops and public libraries, use the Internet only in full view of others.
7. Arrange computer screens so that family members, colleagues, or others can always see what we are doing.
8. Limit online time to the minimum necessary for work or social context.
9. Be wary of social media. Do not spend time alone at bedtime with a smart phone, tablet, or computer. Instead, put the smart phone in another room to charge, so it is not within reach.

Pamphlet: Sex, and Love Addiction in
The Digital Age
Staying Sober and Safe Online



MAKING A LIST OF MY CHARACTER ASSETS

The one assignment that my sponsor gave me that I almost refused to do was when he asked me to write a list of good things about myself. I had little problem recounting my failures, poor decisions, and selfish acts. But what I liked about myself? Is this Oprah or something?

It was the sense of “less than” that drove my addiction. No successful “top percentile” person in their right mind would want a relationship with me, let alone sex. My only option was to sneak around the system (the rules don’t apply to me) to get what I wanted and needed. This added to my already significant sense of shame.

I could heartily relate to the Romans quote, “All have sinned and fall short of the glory of God.” I had no argument and could provide all of the supporting documentation to validate this Bible verse. But what is good about me? Now that is just ridiculous! Or maybe it’s not ridiculous and I’m just scared of the prospect that I might be a good and worthy person.

I didn’t have an epiphany by making just one list of character assets. Rather, by observations and encouragement from my sponsor, I had to admit the hard truth that I actually had some good. I never had a bad review at my job. People actually respected me, gave me responsibility, and believed my contribution mattered.

I worked a program of strong recovery over a long period of time – how many others never get out of denial and work on their life? Many people have, unsolicited, praised my writing and speaking skills. I haven’t spoken in a certain religious context for years but I still get the comment, “I always enjoyed it when you shared! I wish you would do it again!”

Over time, I realized that I became a reconciler at work – pulling together meetings when inter-departmental confusion arose and initiating conversation towards positive solutions. I’ve lost a lot of my black-and-white judgmental attitudes having come to understand from personal experience what it is like to not be able to lower my personal

moral standards fast enough to keep up with my ever degenerating behavior. As a result, I’ve become a better listener and am less prone to give easy fix-it bromides, but only advice born out of my experience, strength and hope. I still cringe at graduation “You are awesome because you’re you! You can be anything!” speeches. They still feel a bit over-the-top with prideful naiveté. On the other hand, I’m not a useless worm with no contribution to the dirt pile either. God has given me gifts, skills, good character qualities, with a humble gratitude and desire to serve others. Recovery helped me see it, unearth these treasures, and cultivate it to use it effectively in life.

—Anonymous, Boone, NC

Unfortunately, character defects are a bigger topic in the S.L.A.A. culture. However, as you get outside of yourself – and simultaneously discover yourself – through step work, you grow a deeper self-appreciation, and let go of shame.

—**Madeline S., Los Angeles**
the Journal, Issue #156





SEPTEMBER 2025



YOU'RE INVITED TO

SLAA ANOREXIA

12 Step Workshop

SUNDAYS
STARTING SEPTEMBER 7

11:00 AM - 12.30PM EST

To join contact:
anorexiaworkshopslaa@gmail.com

We complete the 12 Steps together in 18 weeks as a weekly workshop using SLAA Literature.
By donation. Free to all who need us.

