



Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

OCTOBER 2025

Submissions: TBINLEditor@gmail.com

NEW SLAA Helpline (813) 400-3863

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
Please bring items for the auction

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

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

Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition 10: S.L.A.A. has no opinion on outside issues; hence the S.L.A.A. name ought never be drawn into public controversy.

Sign of Recovery 10: We become honest in expressing who we are, developing true intimacy in our relationships with ourselves and others.

Concept 10: Every service responsibility is matched by equal service authority – the scope of this authority is always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and by-laws.

Reminder
Take the 2025 SLAA
Membership Survey
[CTRL+click here](#)

Global participation results will be
REPORTED IN FWS NEWSLETTER



OCTOBER 2025

October 11

RIGHT SIZED

We often found ourselves feeling entitled to being treated in a particular way and trying to coerce others to meet our own exalted standards. Or we were aroused by what seemed to be the machinations of others, feeling that we were being victimized. The simple truth was that when our own spiritual condition was less than solid, everyone around us seemed to be “sick“ with a malaise, which upon reflection was remarkably like our own! SLAA Basic Text page 97.

I spent a lot of time before recovery trying to get “adoring fans,” but knowing in my heart that I didn’t deserve them. Whenever things didn’t go my way, I walled in my victimhood. SLAA taught me how to be right sized. People would laugh at my insane ideas when I shared at a meeting. I would get flustered and angry and feel like the meetings weren’t for me. But, overtime, I realized I was being delusional and that others were identifying. When I took my ego out of it, I gained a level of humility. Trying to coerce others to meet our own exalted standards takes a lot of time in mental energy, and it’s not real anyway. Today, I let the chips fall where they may. This is saying that I have trust and faith in God’s will above my own. When I concentrate on finding God’s will, instead of my paranoid perception of the machinations of others, I stay right sized according to reality, rather than the drama going on in my head.

*With humility, I remain right sized in
body, mind and spirit.*

A State of Grace

DAILY MEDITATIONS, page 285.



STEP 10

... We continued to learn about how the defects we had already identified could emerge in milder, but still troublesome forms. Sometimes a new defect in our character was discovered, such as selfishness that had been lurking under dependence or the fear of intimacy that hid behind absorption in solitary activity and geographical restlessness.

Many of us found that both daily and on a periodic basis, we needed to set assigned times for solitude and reflection. These times of self overhaul provided an opportunity to touch base with ourselves and our progress, and keep perspective on our spiritual development. We often sought out people who could help us with this perspective: friends in SLAA, or perhaps spiritual advisor or therapist. The portion of SLAA meetings set aside for “getting current” was another place where we could process our emotional reactions to situations in our lives and our relationships as they occurred.

The Basic Text, page 97–98.



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STEP TEN

Although all inventories are alike in principle, the time factor does distinguish one from another. There's the spotcheck inventory, taken at any time of the day, whenever we find ourselves getting tangled up. There's the one we take at day's end, when we review the happenings of the hours just past. Here we cast up a balance sheet, crediting ourselves with things well done, and chalking up debits where due. Then there are those occasions when alone, or in the company of our sponsor or spiritual adviser, we make a careful review of our progress since the last time. Many A.A.'s go in for annual or semi-annual house cleanings. Many of us also like the experience of an occasional retreat from the outside world where we can quiet down for an undisturbed day or so of self-overhaul and meditation.

Twelve Steps and Twelve Traditions,

PAGE 89

BECOME AN INTERGROUP REP-AT-LARGE

THE REP-AT-LARGE SERVES AS A
LITERATURE COORDINATOR
FOR THE MEMBER GROUPS OF THEIR COUNTY

NEEDED FOR HILLSBOROUGH & PINELLAS
Come to the Intergroup Business Meeting
for more information

CONFERENCE HEALTHY RELATIONSHIPS COMMITTEE What is a Healthy Relationship?

The Conference Healthy Relationship Committee (CHRC) has asked our members to define their personal stories and understanding of "What is a Healthy Relationship?" for purposes of introduction to new members of our committee, for the creation of a future "Journal" edition, and to provide influence and understanding for those in our fellowship, as a whole. Submissions came from meetings, workshops (zoom and in-person), as well as from our Committee.

<https://slaafws.org/committee/chrc-2/>

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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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/)

We feel "safe and protected" and are no longer driven by fear or arrogance.

Alcoholics Anonymous pg 84-85
10th Step Promises

MY JOB IS TO GET OUT OF MY HIGHER POWER'S WAY

There are a few things that have made sponsoring work for me. Firstly, my job is to get out of Higher Power's way to keep emphasizing ours is a spiritual program. That applies to me too as a sponsor so regular prayer and meditation around sponsoring is required together with outreach. If I get really stuck then I can always find the answer in the A.A. Big Book chapter on "Working With Others."

Setting healthy boundaries for myself, such as how long calls are and how long I'll wait if they are late is critical for my well-being. Being receptive to the lessons I can learn from my sponsees has also made sponsorship work for me. I've learned so much about relationships, honesty, meditation and inner child work from my sponsees.

Passing on only what I have been given through the readings, outreach and of course my sponsors is important in my experience.

It never works out well if I pretend to know all the answers. It's a real strength to encourage my sponsees to talk to others and to God. The main challenge I faced at the beginning was a belief that I didn't know enough to be able to pass on to another.

Underneath that were some core feelings of not being enough, perfectionism and grandiosity that I was somehow responsible for another's sobriety.

I'm grateful to my sponsor for encouraging me to just be available to sponsor who ever wants what I have and then let Higher Power do the rest. There have been plenty of other challenges since then which I can now see as learning opportunities for acting as if my defects have been removed and for practicing healthy relationships.

I've sometimes had to work hard to maintain my boundaries about how long I wait if a call is missed. I've had to deal with envy about sponsees sex lives and their excitement about dating. There has also been loss when a relationship with a sponsee ends and I've learned to accept and sit with that.

Dealing with sponsees and dating has been consistently challenging and I have needed to remind myself that it is their dating plan, that I'm not in a relationship with their partners so my reactions aren't relevant and are probably my projections. Most importantly I've learned that my sponsees have their own higher power and it's not me. — Gary H., London

The Journal, Issue #215 Sponsorship