



Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

FEBRUARY 2026

TampaBaySLAA.org

Submissions: TBINLEditor@gmail.com

NEW SLAA Helpline (813) 400-3863

WE HAVE SERVICE POSITIONS AVAILABLE!



REP-AT-LARGE



NEWSLETTER EDITOR



Attend the virtual intergroup meeting the first Saturday of the month to learn more and get involved!

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition 2: For our group purpose there is but one ultimate authority -- a loving God as this Power may be expressed through our group conscience. Our leaders are but trusted servants; they do not govern.

Sign of Recovery 2: We are willing to be vulnerable because the capacity to trust has been restored to us by our faith in a Higher Power.

Concept 2: The Annual Business Conference, by delegation, is the voice and conscience for our world services and of S.L.A.A. as a whole.

PICNIC

IN THE PARK

RELAX AND ENJOY THE OUTDOORS!

Family and guests welcome
Protein provided by Intergroup
Please bring a dish to share
Playground & restrooms close by

March 21 | 11-2 p.m.

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

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 (Helpline)

EMAIL: Help@tampabayslaa.org

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NEW YEAR'S RESOLUTIONS

- Donate
- _____
- _____
- _____
- _____

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://tampabaysla.org/donate/)

Volunteer needed NEWSLETTER

TAMPA BAY
INTERGROUP

The newsletter *editor* is responsible for the planning, creation, and overall oversight of a newsletter, ensuring content is engaging, accurate, and delivered on schedule using SLAA approved literature.

Growing Forward Together

Recover • Connect • Celebrate

Join us for a 3-hour virtual event featuring a variety of interactive recovery workshops led by the S.L.A.A. Fellowship-Wide Services Board of Trustees, including:

- "Finding Your Path to Recovery"
- "Letting Go and Letting In"
- "Long Term Sobriety"
- "Three Lists: Bottom, Middle, Top Lines"
- "Overcoming Avoidant Behaviors"
- "Shame and the Addictive Loop"
- "Working the 12 Steps from my Heart vs. my Head"

 **Date/Time:** Sunday, 1 March 2026 from 3-6pm EST
(see worldtimebuddy.com for your time zone)

 **Registration Fee:** \$19.76 USD
(Financial Aid Available)

 **Register:** <https://fifty.slaafws.org>

Schedule of Events

All workshops will include writing and sharing. Please have a journal and something to write with.

- **Welcoming:** Introduction from each Board of Trustees member
- **Session 1:** Choose from up to 4 workshop topics (75 mins)
- **Session 2:** Choose from up to 3 workshop topics (75 mins)
- **Closing:** 45-minute group sharing

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
FOR INFO. COME TO THE [INTERGROUP BUSINESS MEETING](#)



Control + Click to
go to website

Visit the 50th Anniversary Store

S.L.A.A.'s Online Store is offering various commemorative items and special pricing for S.L.A.A.'s 50th Anniversary.

If a mere code of morals or a better philosophy of life were sufficient to overcome alcoholism, many of us would have recovered long ago. But we found that such codes and philosophies did not save us, no matter how much we tried. We could wish to be moral, we could wish to be philosophically comforted, in fact, we could Will these things with all our mite, but they needed power wasn't there. Our human resources, as martialled by the Will, were not sufficient; they failed us entirely. Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a power greater than ourselves. *Alcoholics Anonymous page 44-45*



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June 1

INSANITY

We re-affirmed our undying intensity, both sexual and emotional – another brick of “quick fix” on the wall of growing insanity. – SLAA basic text, page 13

I heard once that true insanity is not doing the same thing over and over expecting different results, but doing the same thing knowing you'll get the same results in doing it anyway. In this quote, rich, kept going back to his affair, even though he wanted a better relationship with his wife in the affair was destroying him emotionally. That's the way it was with all of my compulsive behaviors. I needed to feel the high of that quick fix even if it would destroy my life. I used to believe that the undying intensity was the point of life. It's the goal for everyone, right? But the reality is that the level of intensity I needed to feel okay burns out and takes me along with it. Each episode in my acting out is a brick in that wall of insanity which is my disease. That's why they say in meetings that God needs to demolish the house in order to build a better foundation. I need to fire my brick layer (me) and let higher power build a better wall. Those bricks will be filled with self-esteem instead of insanity.

I search for and follow my Higher Power's guidance to help keep me sane.

Page 153 STATE OF GRACE Daily Meditations

We came to realize that this disease of sex and love addiction, so subtly and thoroughly permeated our best intention and most fervid plans to reform ourselves, that even our ability to think was undermined. There could be no such thing as a self powered cure. Too many of us had tried this and had failed repeatedly. It was not that our logic, motives or intense or wrong. Rather, our very ability to see the problem clearly, and our wishes to change our ourselves, with themselves systematically, distorted by the addiction. That part of our mind which at least intermittently recognized our sickness, was itself, not immune, and could not be solely relied upon to guide us to health.

The Augustine Fellowship, Step Two, page 74.

SPONSORSHIP

WORKSHOP

Tips and Traps Workshop

Saturday, February 21, 2026

1:00 - 3:30PM (ET) 6:00 - 7:30PM (UTC)

www.worldtimebuddy.com to find your time zone

Are you struggling with getting a sponsor?

Is your sponsor-sponsee relationship not working?

Are you lacking confidence in your role as a sponsor or in becoming a sponsor?

You are not alone.

We are in this together.

All are welcome to join us in helping to identify and address the obstacles and struggles that we are all facing.

Join the Sponsorship Committee (CSPC) to expand your knowledge on sponsorship, and hear from sponsor and sponsee speakers share their own experience, strength and hope in their ongoing relationships.

Register here - <https://forms.gle/jXCK6JvsJpJX8q5T8>

Your Zoom info will be emailed 48 hours in advance.

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Intense (and I mean intense)! Online stalking of crushes and ex-partners has been a regular part of my behaviour from a young age. Checking a qualifier's spotify account used to be a daily habit for me, and I would look at their past listening history to formulate theories about what they may or may not be thinking or doing. It was torture. It was insanity. I lost hours and hours doing this. When it came time to define bottom lines with my sponsor, I was nervous to put direct and indirect contact with qualifiers on my list because I knew I would have to give up my habitual daily online stalking and I was really scared I would not be able to do so. To my surprise, I am now over two months free of this bottom line and am so very grateful for the gift of ability I have been given to surrender this behaviour. Sometimes when I am on my computer I get the urge to check an ex-partner's account, but then I am reminded that it has never and will never provide me with what I am actually seeking- a sense of security and relief in alignment my HP. Anonymous, Montreal The Journal, #217

I believe I have played both roles at points in my relationship & addiction journey. I have pursued unavailable people beyond the limits of their expressed & unexpressed boundaries. Only after coming into the fellowship did I get introduced to something I should have known in the first place, which is respecting myself and other people's boundaries. But more recently, I have experienced being pursued (which is a better way to describe this). The pursuit I experienced is difficult for a people-pleaser wanting to help. In the process of "helping", the pressure/feeling of the stalking/pursuit experience provided me quite a bit of clarity over my part in how my overindulgence in the past may have felt to another individual. It's a feeling of suffocation and boundary crossing that is unlike any other I have experienced. I now step away more quickly from situations which are presented to me. When someone says they are taking a pause or unwilling/unable to pursue a relationship, I respect that. I no longer pursue beyond the request to separate, but it's still difficult, I must admit. With the experience fresh in my mind, I am much more empathetic to other people's journey given that I have some perspective on it, as well. Joel S (San Francisco, CA) The Journal, #217

Few indeed are the practicing alcoholics who have any idea how irrational they are, or seeing their irrationality, can bear to face it. Some will be willing to turn themselves “problem drinkers,” but cannot endure the suggestion that they are in fact, mentally ill. They are embedded in this blindness by a world which does not understand the difference between saying drinking and alcohol alcoholism. “Sanity” is defined as “soundness of mine.” Yeah, no alcoholic, soberly analyzing his destructive behavior, whether the destruction fell on the dining room furniture or his own moral fiber, can claim “sadness of mind” for himself. Therefore, Therefore, step two is the rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together on this step. True humility, and an open mind can lead us to faith, and every AA meeting is an assurance that God will restore us to sanity if we rightly relate our ourselves to him. 12 steps and 12 traditions page 33.