



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

MARCH 2026

TampaBaySLAA.org

Submissions: TBINLEditor@gmail.com

NEW SLAA Helpline (813) 400-3863



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.

SUGGESTED DONATION: \$10
(NO ONE TURNED AWAY)

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

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood God.

Tradition 3: The only requirement for S.L.A.A. membership is a desire to stop living out a pattern of sex and love addiction. Any two or more persons gathered together for mutual aid in recovering from sex and love addiction may call themselves an S.L.A.A. group, provided that as a group they have no other affiliation.

Sign of Recovery 3: We surrender, one day at a time, our whole life strategy of, and our obsession with the pursuit of romantic and sexual intrigue and emotional dependency.

Concept 3: To insure effective leadership, each element of S.L.A.A. - the Conference, the Board of Trustees, staff, and committees - all possess the "Right of Decision."

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

Gentle Currents

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Step three calls for affirmative action, for it is only by action that we can cut away the self Will, which has always blocked the entry of God – or, if you like, a higher power – into our lives. Faith, to be sure, is necessary, but faith alone can avail nothing. We can have faith, yet keep God out of our lives. Therefore, our problem now becomes just how and by what specific means shall we be able to let him in? Step three represents our first attempt to do this.

Twelve Steps and Twelve Traditions page 34



50 Years of S.L.A.A.

Hosted by the Ireland Intergroup of S.L.A.A. and the Greater Delaware Valley Intergroup of S.L.A.A.

21-23 August 2026

Three Participation Options

Baltimore, Maryland, USA

Castletown, Laois, Ireland

Hybrid Livestream



<https://irc.slaafws.org>

IRC Steering Committee Approved - 02 Feb 2026

WE HAVE SERVICE POSITIONS AVAILABLE!



- REP AT LARGE
- SECRETARY
- EVENTS CHAIR
- NEWSLETTER EDITOR

Attend the virtual intergroup meeting the first Saturday of the month for more information!



Sitting Still

There are times when all the expressions of gratitude just don't work. The immediate response is an overwhelming sense of doom and darkness. And I can actually believe there is no end in sight. The trick for me is to stop fighting the negativity and just sit still. This process has two redeeming benefits: the first is the spinning wheel of negativity slows its pace – it still spews out all the crap, but with less intensity; and the second is eventually the bad feeling and panic subside. As with everything in the world, nothing ever lasts forever. And the crazy-making, self destructive thoughts settle down. It is so important to remember that the bad feelings will dissipate – I just have to give time to the process and have a little faith.

The Journal, #217, pg. 26

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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://tampabayslaa.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.

December 9

THE THIRD CHARACTERISTIC

Fearing emotional and or sexual deprivation, we compulsively pursue and involve ourselves in one relationship after another, sometimes having more than one sexual or emotional liaison at a time. – SLAA Core Documents, “Characteristics of Sex and Love Addiction.”

Before joining SLAA, I would get into relationship after relationship. Sometimes, I would have a partner who assumed I was monogamous with them, and then have someone on the side. I did this compulsively, repetitively, and without any self-awareness. Inside, I had such a deep feeling of loneliness and deprivation. After going to outside resources for help, talking to people in SLAA, and talking with my sponsor, I realized it came from experiences in childhood in which I felt deprived. As an adult I was still carrying those feelings with me, even though I wasn't experiencing deprivation in my life. I was self medicating by getting into one sexual liaison after another. Even emotional and romantic liaisons that were non-sexual that were somehow intriguing or thrilling kept me from my feelings. It was a way to escape not unlike how an alcoholic or drug addict would escape using alcohol or drug drugs. Since I joined SLAA, I can acknowledge and accept that sometimes I have feelings of deprivation and loneliness, but I don't have to act on them. I can just have my feelings. ***I am active in my recovery program and fully accept where I am today.*** *A State of Grace, DAILY MEDITATIONS, page 344.*



Having made this decision, how could we now commence our new relationship with God? The answer, like all good answers, was simple. We had already been staying clear of addictive entanglements and episodes day by day for sometime. What we added to this outward change in behavior was prayer. We now began each day in communication with the God of our understanding by asking for help that day and staying free of addictive behavior. We asked also that God help us in the immense undertaking on which we had embarked, that of undergoing the death of our former, addiction - riddled, self, and the rebirth of a redeemed, affirming person. The Basic Text, page 77



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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 Journal, #200, pg. 18

GET INVOLVED IN SERVICE

[The Conference Literature Committee \(CLC\)](#)

fosters quality literature in support of S.L.A.A. recovery; guides the planning, writing, and editing of literature from writers, writing groups or service bodies within S.L.A.A.; and approves draft literature prior to submission for full Conference approval.

Meets via Zoom on the 4th Saturday of every month, from 9-10:30 AM Pacific Time, 5-6:30 PM UTC

Three Ways You Can Help...

- **REVIEW** Draft Literature
- **WRITE** New Literature
- **ATTEND** Our Monthly Meetings

Drafts Under Development

- Disclosure
- Emotional Sobriety
- Virtual Meetings in S.L.A.A.

[Conference Member Retention Committee](#)

Fantasy Legacy Group – To gather, review, edit, and rewrite currently-available literature on the "fantasy" aspects of sex and love addiction and make it readily available to the Fellowship including: **1.** Review and Ranking of the Journal articles on Fantasy **2.** Study Questions for Fantasy Addicts: The Steps **3.** The Characteristics of Negative Fantasies **4.** Review and respond: The Study Questions for the Characteristics of Fantasy Addiction **5.** Review and respond: The Study Questions for Signs of Recovery from Fantasy Addiction **6.** Strategies for Fantasy Addicts – first draft now under construction **7.** Rewrite: The Questions for Self-Diagnosis for Fantasy Addiction **8.** Top and Bottom Lines for Fantasy Addicts **9.** Withdrawal for Fantasy Addicts **10.** Draft Literature on Fantasy Addiction.