



Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

APRIL 2026

TampaBaySLAA.org

Submissions: TBINLEditor@gmail.com

NEW SLAA Helpline (813) 400-3863



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

TAMPA BAY INTERGROUP IS
ACCEPTING ONE TIME AND
MONTHLY RECURRING 7TH
TRADITION CONTRIBUTIONS
THROUGH PAYPAL

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



Step 4: Made a searching and fearless moral inventory of ourselves.

Tradition 4: Each group should be autonomous except in matters affecting other groups or S.L.A.A. as a whole.

Sign of Recovery 4: We learn to avoid situations that may put us at risk physically, morally, psychologically or spiritually.

Concept 4: The "Right of Participation" is maintained by allowing members the opportunity to cast one vote up to the level at which they are trusted servants.

Guideline for Dealing with Media/

Public Relations 4:

Any unilateral action, by any SLAA member acting on his/her own, to place SLAA before the public media at any level is expressly discouraged. (Basic Text, pg. 137)

Gentle Currents

APRIL 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!

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.

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



NEW MEETING

Lakewood Ranch
Women's Group

MEETING PLACE:
LIVING LORD
LUTHERAN CHURCH

8:00-9:00 PM

11107 PALMBRUSH TRAIL,
LAKEWOOD RANCH 34202
(MEETS IN THE SANCTUARY,
WHICH IS THE FIRST ROOM
AFTER THE MAIN
ENTRANCE)

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

APRIL 2026



Yet even as we realized how dishonest and self-centered we were, and had been, we also saw that we ourselves had often been done in. We had not consciously chosen to be sex and love addicts. Often our normal, right-sized human needs had somehow never been met during the formative period of our lives. We realized that there was a basic loneliness which had made us afraid to be alone. So we had made lovers feel guilty over leaving us, or we had slept with strangers. The fear that we were not or could not be deserving of real love led us to make excessive sacrifices to parents or lovers, to flirt with everyone to prove we were attractive, and to lie to impress others. Our fear of facing pain or making commitments drove us into relationships with people we did not like, or to stay in destructive or empty relationships. Through the Fourth Step process, we realized that pride and willfulness had hidden the yearning of a lonely and fearful child, an emptiness that cried out to be filled. We did not cause it, and we could not control it. In this realization was the beginning of compassion, our first glimpse of self-forgiveness. The Basic Text, pg 81

April 25

RESENTMENT PRAYER

Whenever we were troubled by things other people said or did...we needed to make a quick assessment of our own spiritual condition...We found that one easy way to do this was to ask ourselves, "If I were doing to someone else what I think is being done to me, would it be a symptom of my own illness?"— SLAA basic text, pg. 96

Resentment is a burden on my emotions, my thinking, and my soul. It is one of the biggest obstacles freeing myself from obsession and anxiety, fear and regret. When I first got in the program, I was paralyzed with resentment and was told to pray. I was given a resentment prayer which instructed me to shower this person with love, but I could not see beyond my rage and indignation. So, my sponsor gave me his emergency resentment prayer: just say, "prayer." It helped me so much. I liked recognizing that the person was spiritually sick and I could identify with that myself. It helped me become right – sized when facing the person every day. I liked taking contrary action in praying for them and wishing the best for them. What I especially liked, was asking my Higher Power for help with giving up the resentment. This is a tool I use throughout my recovery, which is basically the recognition that I am powerless even over my own ability to turn stuff over.

I pray to be relieved of obsession and anger when I feel resentment.

*A State of Grace,
DAILY MEDITATIONS, pg. 116.*

Gentle Currents

APRIL 2026

EXPLORING HIGHER POWER

I'm glad it's okay to explore and discover a Higher Power (HP) that can help us stay sober. My ideas about HP have always been so fuzzy, and undefined, and since I got here my beliefs have been all over the place. What I've learned in these rooms is that many folks come here with one idea of HP (that's been working for them, or not as the case may be), and they stick with it. Others, (like me), have a shift in their concept of HP. For some, perhaps there's a back and forth for a bit. I was earnestly seeking Him, though. I was trying to figure out which direction to go to find my "Him" because I knew that apart from this divine Power, nothing was going to be able to stop me from utter destruction. My HP had to be powerful enough to withstand my strong will, and my recurring doubts. My HP needed to remain a steady, dependable source of Divine strength, no matter what the heck I was doing. At times, I simply believed in HP as HP knew Himself to be, whatever that was; this worked for a season; but my concept of HP was so mysterious and elusive.

It seemed to be just smoke and mirrors when I hit worst bottom (the one that nearly killed me). Through the years of earnestly seeking Him since, His image has become clearer, and dearer. My concept of HP will no doubt keep evolving as I draw closer to Him. Here are some of the basic ways I seek Him now:

- reading spiritual literature
- talking to my recovery partners
- talking to my sponsor
- listening for His voice (in meetings- through the voices of brave souls who are attending)
- journaling
- taking a walk in nature
- talking to HP
- listening to HP
- meditating on what He says about Himself

These things have been working! It's pretty simple, if I keep doing the do! I love this program- I'm so glad we're on this journey together. -Anonymous

the Journal, Issue 179, pg 19

We found that the most healing antidote to the gnawing pain of our struggles and doubts was to turn over any questions concerning the outcome of our withdrawal to God, or to whatever Power we felt was helping us to abstain from our old patterns.
Withdrawal Pamphlet, pg 3

Before tackling the **INVENTORY** problem in detail, let's have a closer look at what the basic problem is. Simple examples like the following take on a world of meaning when we think about them. Suppose a person places **sex desire** ahead of everything else. In such a case, this **imperious urge** can destroy his chances for material and emotional security as well as his standing in the community. Another may develop such an **obsession** for financial security that he wants to do nothing but hoard money. Going to the extreme, he can become a miser, or even a recluse who denies himself both family and friends.

Twelve Steps and Twelve Traditions, pg 43

