



# Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

## MAY 2026

TampaBaySLAA.org

Submissions: TBINLEditor@gmail.com

NEW SLAA Helpline (813) 400-3863

## WE HAVE SERVICE POSITIONS AVAILABLE!

- REP AT LARGE (Pinellas)
- EVENTS CHAIR
- NEWSLETTER EDITOR

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

## TAMPA BAY INTERGROUP IS ACCEPTING 7TH TRADITION CONTRIBUTIONS THROUGH PAYPAL & ZELLE (PREFERRED)

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

**Step 5:** Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

**Tradition 5:** Each group has but one primary purpose -- to carry its message to the sex and love addict who still suffers.

**Sign of Recovery 5:** We learn to accept and love ourselves, to take responsibility for our own lives, and to take care of our own needs before involving ourselves with others.

**Concept 5:** The "Right of Appeal" prevails so that minority opinion is heard and personal grievances receive careful consideration.

*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: **NEW** SLAA Helpline (813) 400-3863

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**MAY 2026**



# NEW MEETING

**Lakewood Ranch  
WOMEN'S Group**

**MEETING PLACE:  
LIVING LORD  
LUTHERAN CHURCH**

**SUNDAY  
8:00-9:00 PM**

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



**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>**



# Fifty Years of S.L.A.A.

Sex and Love Addicts Anonymous was Founded in 1976 and  
is celebrating 50 years of supporting sex and love addicts.

[fifty.slaafws.org](http://fifty.slaafws.org)



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Admitted to God, to ourselves and to another human being the exact nature of our wrongs.—S.L.A.A. Core Documents, “The Twelve Steps of S.L.A.A.”

Why is it so important to unburden oneself, to let the unflattering truths of who we are be exposed to another individual? Some of us can remember a time when we shared deeply personal information with people we barely knew out of an incessant need to release the pressure valve of guilt or pain. Others felt that the need early on in recovery to inform all people we loved that we had this thing called sex and love addiction, and that was shy we'd behaved so poorly. But the Steps are in an order for a reason. We must admit our problem, give our will over to a Higher Power and take our inventory before we are truly ready to share ourselves completely with someone else. Through the humbling relief of taking a Fifth Step with a sponsor (or another trusted individual), we learn how to be vulnerable. We learn how to be honest with another human being. This is practice for every encounter we will have in the future. To present ourselves honestly is a foreign experience, but with the Fifth Step, we move closer to rigorous personal honesty in every aspect of our lives.

I admit my shortcomings to the people trust.

State of Grace May 1 pg., 122

## A Framework for Living

The Twelve Steps, Twelve Traditions,  
and Twelve Concepts for Service

Attention! →  
New Literature!

Most of our lives, we were in hiding. We created masks to camouflage who we truly were. We were frightened that someone might see us directly. We were ashamed of who we were, therefore, we built up a curtain, an illusion, to keep our real lives secret. We hid behind this curtain. Eventually, we became so hardened and inflexible that we had difficulty seeing our true self. Stripping away, the disguises was painful. After all, our ego had created them to keep us safe. Nevertheless, in order to be free, we needed to reveal our secrets. We needed to overcome our shame, our guilt, our false self. **Step Five** let us break through these guises. Once we had the courage and humility to ask for— from our Higher Power and from another human being— we began to reveal our human self. This is the purpose of Step Five. *A FRAMEWORK FOR LIVING The Twelve Steps, Twelve Traditions, and Twelve Concepts*



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### STEP FIVE

Here, as everywhere else on this road to wholeness, we had to be willing to take a risk. In the steps that had already become a part of our lives, we had learned to trust God at least a little. We were now quite aware that the God of our understanding had known all along what we were doing, and seemed to care about us regardless. Now we had to risk revealing those terrible truths about our ourselves to another human being, to face the exact nature of the difficulties that now filled us with such shame, guilt, and remorse. Well, this prospect seemed quite terrifying, we had to do this if we were to make a sincere commitment to turn away, at depth, from our past pattern of addictive behavior and the underlying motives, which drove it.

The Basic Text page 82.

SLAA's service structure is democratic in thought and action. In accordance with Tradition Two, we are guided by the principal that a majority vote can represent our group conscience. But we realize that simply following the majority vote may be insufficient when searching for the right decision, action, or proposal. A majority vote may even be predicated on misinformation, lack of information, or emotional reaction. We benefit greatly by encouraging and listening carefully to minority opinions. Thus, we have the right of appeal. **Concept Five**  
***A FRAMEWORK FOR LIVING The Twelve Steps, Twelve Traditions, and Twelve Concepts for Service, pg 165***

Each group has but one purpose, and that is to carry the message of recovery to the next addict. **Tradition Five** is the expression of our unified purpose. This tradition is essential in leading us to a contented, useful, and happy life as individuals and as a fellowship. **Tradition Five** is our mission statement. It distinguishes our meetings from therapy, from self-help, from social or political groups, and from religious communities. **Tradition Five** keeps our groups on track by focusing on our one primary purpose, we carry our message of hope. That message— of humility, honesty, tolerance, generosity, and love—is found throughout the steps, the traditions, and our literature. We carry the message of recovery. This is our primary purpose.

***A FRAMEWORK FOR LIVING  
The Twelve Steps, Twelve Traditions, and Twelve Concepts for Service, pg 108***