



# Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

## JUNE 2026

TampaBaySLAA.org

NEW SLAA Helpline (813) 400-3863

2026 TAMPA BAY INTERGROUP

# EATING MEETING



**SATURDAY**  
**AUGUST 29, 2026**



**6-8:00 PM**



Reach out at meetings for location details or email:  
[help@tampabayslaa.org](mailto:help@tampabayslaa.org)



**\$10 SUGGESTED DONATION**  
*& no one will be turned away*



SIGNIFICANT OTHERS WELCOME!



DINNER: GROUPS ARE ASKED TO COORDINATE (SALADS, SIDES, DRINKS, ETC.)



FUND RAISING AUCTION: DONATE SOBER ITEMS (NEW, SLIGHTLY USED, OR THEMATIC)



INTERGROUP WILL PROVIDE THE PROTEIN. THERE ARE SERVICE OPPORTUNITIES FOR SETUP, CLEAN UP, ENTERTAINING, GREETING, AND MORE.



**Step 6:** Were entirely ready to have God remove all these defects of character.

**Tradition 6:** An S.L.A.A. group or S.L.A.A. as a whole ought never endorse, finance, or lend the S.L.A.A. name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.

**Sign of Recovery 6:** We become willing to ask for help, allowing ourselves to be vulnerable and learning to trust and accept others.

**Concept 6:** The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the Board of Trustees.

*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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### 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)



TRADITION SIX builds on Tradition Five. We have a singular purpose—to carry the message to the sex and love addict or anorexic who still suffers. We do this through our meetings, our service structure, our retreats and events, our websites, and our publications.

*A Framework For Living: The Twelve Steps, Twelve Traditions, and Twelve Concepts*

### 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!



## *A Framework for Living*

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



[Available on SLAAFWS.ORG](http://SLAAFWS.ORG)



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### STEP SIX

As the result of working Steps Four and Five, we saw our character defects clearly. For some of us, the defects were many— starting with selfishness, dishonesty, and a lack of consideration for others. Our defects, regardless of their specifics or their number, all blossom from the same fertile soil: fear.

Fear that we were unworthy and unlovable, fear that we would never get what we needed, fear that we were unacceptable, broken, incapable of receiving, or giving real love. Fear had run our lives during our addictive, acting out or acting in, but, paradoxically, it was fear that brought us to the rooms of SLAA. We feared that our addictive actions would continue their fatal downward spiral. We feared the repercussions from the harms we had done to others and to ourselves. Our greatest fear was that our defects of character would make tomorrow worse than today. At least now, fear had become a positive force by bringing us to the program that would change our lives for the better.

*A Framework For Living: The Twelve Steps, Twelve Traditions, and Twelve Concepts*  
Chapter 6



### 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

The Tampa Bay Intergroup has TONS of available literature for sale locally. If you need any items, contact us by email: [help@tampabayslaa.org](mailto:help@tampabayslaa.org) to purchase directly from TBI. This supports your intergroup and eliminates shipping charges.



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## JUNE 2026



### CALL FOR TRUSTED SERVICE

# ABM 2026 Record Keeper

## AUGUST 6-9, 2026

The Board ABM Planning Committee (BABMPC) wants to hear from members who wish to be considered for the Recordkeeper role at the 2026 Virtual ABC/M. The recordkeeper must:

1. Attend **all** General Assembly sessions held during the four-day event (August 6th to 9th).
  2. Write and submit a first draft of Minutes in Word format as outlined in the attached "ABM Minutes Review Timeline".
  3. Have some knowledge of our service structure and of the process used at the ABM.
  4. Be willing to follow the recommended style and format as outlined in the attached "ABM Minutes – How to Write Them and the Template".
  5. **One year sobriety required.**
- Cannot serve in **any** other role at ABM.

### Words from *the Journal (issue 218)*:

S.L.A.A. helped me IMMENSELY in my BDSM addiction by giving me a room to share openly about my sexual orientation, which is BDSM, and my struggles with that. Sharing with and listening to fellow addicts who are seeking freedom from BDSM addiction helped me overcome the fear and shame that separated me from my Higher Power, myself and others. I came to accept my sexuality, instead of hating and refusing it. S.L.A.A. also gave me a caring and inspired (non-kink) sponsor who guided me in this process and helped me to define bottom lines and top lines around my sexual orientation. She encourages me to explore what is healthy sexuality for me. I feel a lot of gratitude! — Christiane, Germany 🌸

I was ashamed of my submissiveness as a male. So I ran from it, got stuck in a toxic relationship where I confused the toxicity (a lot of emotional violence, controlling and manipulative behaviour by her) of my partner with the dominance I craved and I overstayed in this relationship. Healthy BDSM and being true to myself can in fact be a topline for me. I have to be true to who I am and not run away from it. — Julien, Stuttgart (Germany)

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