



Gentle Currents



July 2026

THE NEWSLETTER FOR PEOPLE RECOVERING
FROM SEX AND LOVE ADDICTION

Help Line:
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



\$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.



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



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

Step 7: Humbly asked God to remove our shortcomings.

Tradition 7: Every S.L.A.A. group ought to be fully self-supporting, declining outside contributions.

Sign of Recovery 7: We allow ourselves to work through the pain of our low self-esteem and our fears of abandonment and responsibility. We learn to feel comfortable in solitude.

Concept 7: The Articles of Incorporation and the By-Laws of the Fellowship are legal instruments, empowering the trustees to manage and conduct world service affairs. Although the Conference Charter is a legal document; it also relies on tradition and the power of the S.L.A.A. purse for final effectiveness.



Humility

In S.L.A.A. (Sex and Love Addicts Anonymous), **humility** is defined as having an accurate, "right-sized" view of yourself—letting go of both grandiosity and self-pity. It is the willingness to surrender control to a Higher Power, admit your limitations, and ask for help to stop addictive acting-out behaviors.

The SLAA definition of humility centers around a few key concepts:

Accurate Self-Appraisal:

Acknowledging both your strengths and your deep-seated weaknesses without pretense.

Willingness to Surrender: Giving up the illusion that you can conquer your addiction through willpower alone, and instead accepting guidance from a Higher Power and the program.

The Opposite of Arrogance: Stepping out of "terminally unique" thinking and understanding you share the same struggles, faults, and humanity as everyone else.

Anonymity & Service: As outlined in the Twelve Traditions, anonymity acts as the spiritual foundation of humility, reminding you to prioritize principles over your own ego or desire for recognition.

Highlighted Member

When I came to SLAA, my life was in shambles. I was willing to do anything to change how I felt inside because I couldn't keep living with the darkness that followed me around men, relationships, and my past trauma. I didn't know up from down. Looking back now, I can see I had no self-worth, no self-love, and I had completely abandoned myself. I was so disconnected from who I truly was. At my very first meeting, I remember thinking, "I'm not the only one." For the first time in my life, I heard people share thoughts, feelings, and stories that sounded just like mine. I now had a name to describe the insanity. I knew recovery wasn't going to be easy, but for the first time, I had hope. I was willing to do whatever it took.

Today, my life looks completely different. SLAA gave me something I never thought I would have...peace. I have sanity instead of chaos, freedom instead of obsession, and relationships built on honesty instead of fear. My relationship with God is stronger than it's ever been. My relationships with my family and friends have been restored, and today I'm in a healthy, loving relationship that I honestly never believed was possible. But the greatest gift this program has given me is the relationship I have with myself. I no longer have to abandon who I am to feel loved. Today, I know my worth, I trust myself, and I finally feel like I'm living as the person God created me to be.

-Kristen G.

WHEN READY, WE SAY SOMETHING LIKE THIS: "MY CREATOR, I AM NOW WILLING THAT YOU SHOULD HAVE ALL OF ME, GOOD AND BAD. I PRAY THAT YOU NOW REMOVE FROM ME EVERY SINGLE DEFECT OF CHARACTER WHICH STANDS IN THE WAY OF MY USEFULNESS TO YOU AND MY FELLOWS. GRANT ME STRENGTH, AS I GO OUT FROM HERE, TO DO YOUR BIDDING. AMEN." WE HAVE THEN COMPLETED STEP SEVEN. AA BIG BOOK, PG. 76





August 2026

Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

Tradition 8: S.L.A.A. should remain forever nonprofessional, but our service centers may employ special workers.

Sign of Recovery 8: We begin to accept our imperfections and mistakes as part of being human, healing our shame and perfectionism while working on our character defects.

Concept 8: The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, including their ability to hire staff.

We have a list of all persons we have harmed, and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to drastic self-appraisal. Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember, it was agreed at the beginning, we would go to any length for victory.

Alcoholics Anonymous. pg 76

Highlighted Member

How SLAA Has Affected Me and My Life

SLAA has given me the awareness and courage to address my compulsive sexual behavior. Before SLAA, all of my sexual acting out was a secret. Those secrets kept me sick. The meetings and fellowship have given me a safe place to openly share my struggles. That sharing has been the starting point in breaking down the wall of shame I carried for so long.

I've been attending SLAA meetings throughout the Tampa Bay area for nearly a year now. My life is calmer and more peaceful, and I genuinely like who I am today. I still struggle daily with longing and desire, but the accountability, honesty, and support I've found in SLAA help me stay sober. Having that choice and knowing I don't have to do it alone has been truly life-changing.

Elliott K.

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

April 19 - THE EIGHTH TRADITION

SLAA should remain forever nonprofessional, but our service centers may employ special workers. – SLAA Core Documents, "The Twelve Traditions"

Money and spirituality don't mix. One sex and love addict talking to another, freely giving what was given to them is the only way the Twelfth Step works. If the motive is money, the speaker or sponsor is compromised. Sex and love addicts stop listening and refuse to believe a paid Twelfth-Stepper. Special workers get paid to help SLAA function, but they never get paid to be speakers or sponsors. This tradition has helped me in my personal life because I used to see people in terms of their accomplishments and careers. I was often in a state of "compare and despair." The Eighth Tradition tells me that there's actual value in identifying ourselves as who we are inside rather than what we do. A sober SLAA member who has a tiny apartment in the city is better situated to help another in 12th step work than a non-sober member who lives in a mansion on the hill.

I keep my Twelfth-Step work nonprofessional and focus on deepening my spiritual connection with my Higher Power.

State of Grace DAILY MEDITATIONS, pg 110

WILLINGNESS

The problem now was that we had to examine the nature of the harm we had done to others, and see if there was a way to make it right. It was not a simple willingness to apologize we needed, but the capacity to see exactly how we harmed others and how we could set the record straight. The prospect of going to those whose hands we had experienced humiliation, or admitting our own wrongdoings to those who had suffered, as a result of them, was intimidating, to say the least. But even if we could not see how we could find the courage to carry out these amends, the willingness to try to do so was vital to our progress. If fear and pride kept us from addressing this important step in our spiritual journey, we might go through life still trying to avoid the host of those with whom we had been involved in mutually destructive relationships. We sensed that there could be a little freedom of choice for us in future relationships if we were not willing to take full responsibility for the part we had played in the destructiveness of past relationships.

The Basic Text pg 90-91

STEP EIGHT

When listing the people we have harmed, most of us hit another solid obstacle. We got a pretty severe shock when we realized that we were preparing to make a face-to-face admission of our wretched conduct to those we had hurt. It had been embarrassing enough when in confidence we had admitted these things to God, to ourselves, and to another human being. But the prospect of actually visiting or even writing the people concerned now overwhelmed us, especially when we remembered in what poor favor we stood with most of them. There were cases, too, where we had damaged others who were still happily unaware of being hurt. Why, we cried, shouldn't bygones be bygones? Why do we have to think of these people at all? These were some of the ways in which fear conspired with pride to hinder our making a list of all the people we had harmed.

Twelve Steps and Twelve Traditions pg 78-79