

OCTOBER 2026

Step 10

Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition 10

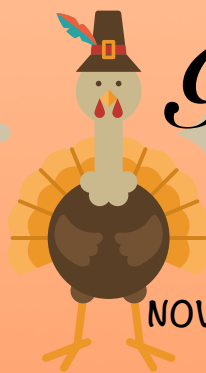
S.L.A.A. has no opinion on outside issues; hence the S.L.A.A. name ought never be drawn into public controversy.

Sign of Recovery 10

We become honest in expressing who we are, developing true intimacy in our relationships with ourselves and others.

Concept 10

Every service responsibility is matched by equal service authority - the scope of this authority is always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and by-laws.



Gratitude Dinner

NOVEMBER 14, 2025 @ 6-8 PM

Get ready for the annual Intergroup Gratitude Dinner. Intergroup will provide the protein, please bring your favorite side dish or dessert to share. \$10 suggested donation, no one will be turned away. Significant others are welcome.

Reach out to the helpline for meetings location or Email:
help@TampaBaySLAA.org

Gods Grace

We found ourselves increasingly praying for God's guidance in all matters, both major and minor, spiritual and mundane. As we did so on a daily basis, we made a number of discoveries. The first was that God's grace was, indeed, available to us in all matters, whether critically important or trivially common place. Apparently, we could experience a sense of being connected with God, even in such detailed, routine matters as planning our day, carrying out our daily chores and responsibilities, we're taking part in our everyday feelings with others.

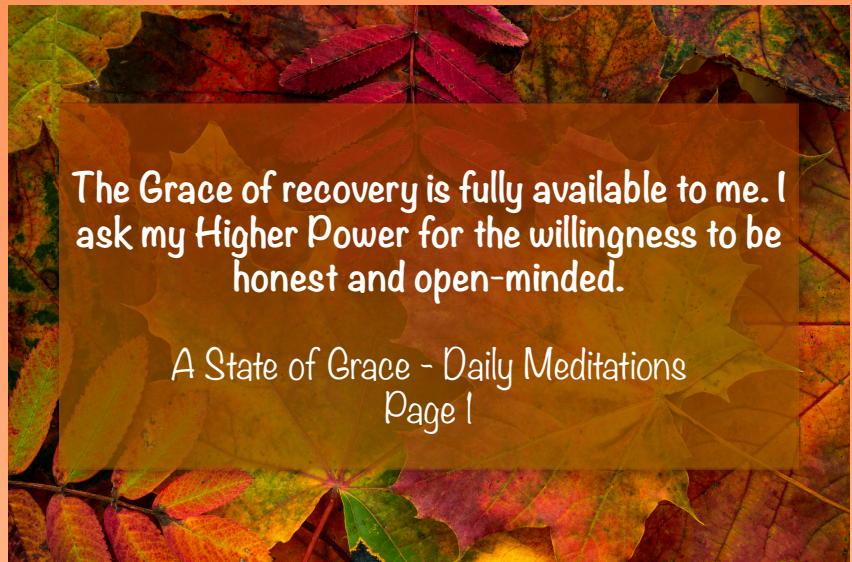
The Basic Text, page 10

You can write for the Gentle Current!

You may be saying to yourself that you like Gentle Currents and would like to contribute some writing to it. It is good Twelfth Step work. Any time is a good time to sit down, write about your recovery experience, and send it to us.

Writing a story about S.L.A.A. recovery can be a healing experience for you, a meaningful experience for others in the Fellowship, and an attraction for suffering sex and love addicts to our program.

Email: help@tampabayslaa.org

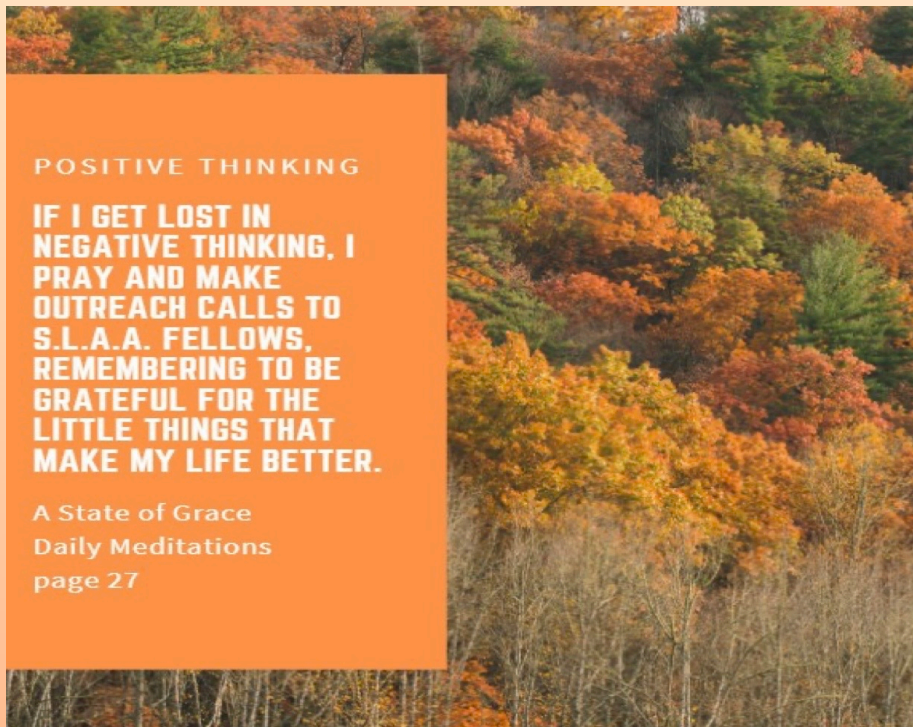


Is it more difficult to stay sober around the Holidays? What special problems have you encountered and what tools of the program did you use to stay sober?

Staying sober during the holidays is usually no easier or harder for me than at any other time. My sobriety always depends on how "needy" or depressed I may be feeling, and that does not depend on the calendar. Speaking for myself, the triggers are emotional circuit breakers, such as family problems, my personal health, my fear that I Will die all alone, and as celibate as the Pope... Sure, the holidays can aggravate loneliness since the media always drag out their annual "Holiday Blues" story. But the longer that I've been in S.L.A.A., the more I realize that my triggers are fairly predictable, even when I get sidetracked by self pity. Happy Holidays. Marsha Z.

The holidays can be a tough time. One issue is the amount of food. Another issue is not being the center of attention. Taking interest in others helps; so do meetings & outreach calls. David G.

For me, the holidays have gotten a lot more realistic. I used to expect so much from these special days and be disappointed every year. My recovery teaches me that reality is okay and that adjusting my expectations to something more sane doesn't mean I am settling, it just means I'm not setting myself up for anger and resentment. Thanks, Beth S.



Top Line Behaviors

1. Praying for the willingness and strength to continue
2. Making outreach calls
3. Attending meetings, reading recovery literature, and doing step work
4. Fellowship with sober program friends.
5. Starting or restarting hobbies
6. Reading S.L.A.A. Literature,
7. Sponsorship.
8. Exercising and maintaining physical health

What are your top line behaviors and do you celebrate them in your life?

Make a commitment to try and not engage for 24 - 48 - 72 hours and if you get there...30 days no contact, texts, emails, drive-by, and talking for no more than three minutes about them.

Recovery Suggestion from the Journal - Patricia, LA



Have a suggestion? Want to add something or account an event, send it over to us. We are always open for new and fresh ideas and would love too hear from you. Email us at: help@tampabayslaa.org