



Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

JANUARY 2021

TampaBaySLAA.org

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Step One: Powerlessness & Unmanageability

“I had reached the point which is the prelude to change for most addicts:

I was at my bottom.”

©1986 *Sex and Love Addicts Anonymous* pg. 217

Obsession and compulsion, now our masters, meant that control over our sexual and emotional lives no longer resides with us, or within us. We had lost control, regardless of whether we admitted it to ourselves or not.

My intellectual recognition of my need for contact with my qualifier, despite the consequences, was baffling to me. I was intelligent, educated, and psychologically aware. Why would I repeatedly return to interact with a person when afterward I would feel demoralized, abandoned and worthless? It was only through working the Twelve Steps that I could understand the addictive nature of this compulsion and with my Higher Power’s help, cease listening to the relentless lies my addiction whispers to me. “Call him, you’ll feel better. See him, and it will all be good.” My addiction is cunning, baffling, powerful and very convincing. On my own I am unable to resist its seductive voice. I can recover, one day at a time, with help from my Higher Power, honesty and regular contact with others in S.L.A.A. who have learned to reject the lies their addiction tells them. **Truthful and honest, I claim my recovery today.**

A State of Grace, Daily Meditations, pg 52

Step 1: We admitted we were powerless over sex and love addiction - that our lives had become unmanageable.

Tradition 1: Our common welfare should come first; personal recovery depends upon S.L.A.A. unity.

Sign of Recovery 1: We seek to develop a daily relationship with a Higher Power, knowing that we are not alone in our efforts to heal ourselves from our addiction.

Concept 1: Ultimate responsibility and authority for S.L.A.A. world services always reside in the collective conscience of our whole Fellowship.

Happy
New
Year

from your intergroup!

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"If our sex and love addiction was such a fundamental part of our personality...then we had to ask whether all our prior ideas about who and what we were might be incorrect or ill-founded. We had to admit the possibility that anything, if not everything, we believed could be faulty."

S.L.A.A. Basic Text, Pg 76

WHERE MONEY AND SPIRITUALITY MIX

Online meeting spaces make it difficult to "pass the basket." Some groups have set up digital contribution accounts with services like **Venmo, PayPal, Google Pay**, etc. to deal with this new format.

While groups may currently have limited expenses, **Intergroup** still needs funds to be present for groups, the newcomer and **Fellowship-Wide Services**.

Houston SLAA Winter Workshop

"Love Will Be A Choice..."

Saturday, February 13, 2021

Presented By:

SLAA Houston Intergroup

Location: Zoom

For Inquiries Contact:

augustinefellowship@yahoo.com

NEWCOMERS

Each of Us in (S.L.A.A.) knows the confusion and difficulty of walking into the first few meetings, feeling like a newcomer in new surroundings. Whether we took this courageous step out of pain and hopelessness, sought relief from longing and emptiness or were directed to attend, we move toward recovery by being here.

-from the "Welcome" pamphlet.

What is it like to enter a meeting for the first time? Some people are scared. Others are angry. There are also those who walk into a meeting simply to please someone else. There are even a happy few who are able to walk into a meeting proud and relieved to be there. It is important to remember those feelings. When someone new walks into a meeting, we can put ourselves in that spot again. What would be important to hear from the group as a newcomer? What will keep them coming back? It has been said that the newcomer is the most important person in the room. It is our primary purpose to carry our message to the sex and love addict who still suffers. When that person walks in the door and we hear them tell their sad story, we see ourselves the way we were not so long ago. Nothing puts our recovery in perspective like hearing the fresh pains of addiction. We are reminded of how far we've come. Further, we have the responsibility and the privilege to share our experience, strength and hope. We do it for them because someone did it for us.

Old-timers are the backbone of the program and newcomers are its lifeblood. Today, I take responsibility to welcome the newcomer.

***A State of Grace Daily Meditations, Page 23
(January 23)***

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Have you listened to a *Journal* audiobook on mp3? We'd love to hear what you think!



go to
www.slaafws.org/contact/jeditor
to submit your comment.

SLAAFWS.ORG

Has a fresh
look...

CHECK IT OUT!



Download MP3 files
of past *Journal* issues

Read by members of
S.L.A.A., Purchased files are in
MP3 format and can be loaded
onto any digital music device or
burned to a CD.

Single issues: \$2.50

Get involved in service with the:
Conference Journal Committee today!

Managing Editor

Description: 2-year commitment. Oversees production of each issue of the *Journal*. Chairs discussions among the Production Team. Per S.L.A.A. By-Laws, expenses paid by F.W.S. to attend ABC/M as a voting member. Requirements: 1-year sobriety, CJC attendance
Election term cycle: January 1st every odd-numbered year

Layout Editor

Description: 2-year commitment. Works with the Managing Editor and the Art Director to provide the layout for each issue of the *Journal*.
Requirements: 6 months sobriety
Election term cycle: January 1st every odd-numbered year

Proofreaders (2)

Description: 1-year commitment. Proofreads each issue of the *Journal* within a given time frame. Requirements: None

Outreach Director

Description: 2-year commitment. Raises awareness of the *Journal* via flyers and announcements encouraging service, creative contributions, and new subscriptions.
Requirements: 6 months sobriety, CJC attendance
Election term cycle: January 1st every even-numbered year
Currently vacant - election for partial (1-year) term

Editorial Assistants

Description: 1-year commitment. Assists the Managing Editor with production efforts.
Requirements: None
Election term cycle: January 1st every year
Election term cycle: January 1st every year

You can contact the committee via the form on their webpage. <https://slaafws.org/committee/cjc>

Support Tampa Bay SLAA

paypal.me/tampabayslaa



Tampa Bay Intergroup is taking 7th Tradition Donations through PayPal.

No S.L.A.A. affiliation to any of these services is implied.

Thank you for your 7th Tradition Donations!

We have a journal!

I Struggled to Define Myself as an Addict

(Journal Recovery Outreach Edition)

Step One states, "We admitted we were powerless over sex and love addiction - that our lives had become unmanageable."

I have struggled with admitting that I am a sex and love addict. Mostly, I have struggled with the word, "addict." It had, or I gave it, some pretty negative connotations.

To me, an addict is someone who is out of control, untrustworthy, and causes pain, lots of pain. So, why on earth would I want to identify myself as someone like that? My ego resisted.

Eventually, Higher Power introduced a particular definition of addiction along my path. I then realized that I could take a loving position toward myself while still identifying myself as an addict. I'd like to share that definition in the hope that it may help someone else.

Addiction: Fear; running from self; not knowing how to love one's self.

That pretty well described me; I had fear, I ran from myself, and I didn't know how to love myself. I used people, places, and things to avoid being present to myself.

This definition provided me with a loving, objective perspective, a perspective that I hadn't been able to find or give myself. Today, whenever I feel uncomfortable with identifying as an addict, I turn to this definition once more to ground myself and open my heart.

I remind myself that in any given situation, I've done and still do the best I can with what I have, depending on where I am in my recovery. As much as my ego might want me to believe that I am my dis-ease, I am much more. Slowly, with time, patience, willingness, working the Twelve Steps, going to meetings, meditating, praying, trusting, and doing service, I am better able to love and accept myself - addiction and all - and that has made all the difference. Thank you S.L.A.A. for the new ways I'm learning and practicing to behave and think towards myself and others.

Thank you, Higher Power, for my recovery. — Anonymous, Canada (Issue #121)