



Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

AUGUST 2021

Submissions: TBINLEditor@gmail.com

SLAA Helpline (727) 896-SLAA

Willing to make amends

“In Step 8, we returned to a process of self-examination and housecleaning similar to that in Step 4. This time we were dealing with the more difficult and emotionally charged problems of our relationships with others. The list we made was often a long one, since we now realized that our defects had affected virtually every relationship we had ever had.”

The Augustine Fellowship, S.L.A.A. pg 89

“We stopped looking only at the harm that had been done to us. While it was human to want justice and equity—to be “even” with the world, neither a ravisher nor a victim—in practice we had generally concentrated on what we felt was owed to us rather than on what we owed to others.”

The Augustine Fellowship, S.L.A.A. pg 91

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 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://slaafvs.org/telephonemeetings>

PHONE: (727) 896-7522 (Helpline)



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I am responsible for myself...

After blaming my long deceased father for having sexually abused me.

After blaming everyone who ever took advantage of that hurt little girl who never got enough attention from her mother, her girlfriend, her boyfriend, and the world in general.

After blaming everyone but myself for acting out all my years of pain and anger, the truth is that I am, in fact, responsible for myself.

What I finally began realize, after pointing the finger of blame everywhere but at my own image in the mirror, is that the freedom of recovery only comes when I take responsibility.

That does not deny other people's part; rather it illuminates my own. More importantly, I am able to reclaim my power, after all this time wasted moaning and kvetching like a spoiled little kid.

TAKE THIS LARGE, LOUD FONT SIZE, FOR EXAMPLE. My sponsor always tells me upper case letters may be construed as rude online. Not my intention, I am merely trying to make myself clear, while at the same time easing my eyes, which have seen enough acting out in my own family to last a lifetime.

Marsha Z., Jamaica Plain, MA [The original article appeared in all caps.]

The Journal, Issue #157

WITHDRAWAL SURVIVAL KIT

The following list of tools, slogans and suggestions may be helpful if you are feeling the discomfort of withdrawal from sex and love addiction. Note: these are suggestions only; they may not necessarily be appropriate for each situation. Find what works for you, and use it!

- Just for Today
- This Too Shall Pass
- God is doing for us what we could not do for ourselves
- Don't act out, no matter what
- Maintain a simple, structured daily schedule
- Don't isolate. Call safe program members.
- Call your sponsor. Get phone numbers of other safe program members; keep the list handy, and make the calls.
- Stay away from people, places or activities that trigger you.
- Ask safe program people to call you. If you slip, don't give up. Start over.
- Attend 30 meetings in 30 days.
- Seek help from a therapist.
- Throw out whatever will tempt you to act out: magazines, videos, "contact" names, photos, letters, etc. If you can't throw it away, entrust it to your sponsor or another program member to hold onto it for you.
- Go for a walk or bike ride—in a safe place.
- Change your energy—calm down, or get moving.
- Write in your journal. Prepare a written first step.
- Get to a meeting. If an SLAA meeting is not available, consider AA, Al-anon, or OA.

*Pocket Toolkit-
You Are Not Alone*

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**.

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*Who Can Do
Service?
You Can!*

<https://slaafws.org/conference-committees/>

The Blessings

(Excerpts from SLAA text)

- ◆ We came to find intimacy with ourselves, intimacy with God, and then intimacy with others.
- ◆ In domestic partnerships we discovered a whole new experience of sexuality as a non-addictive medium.
- ◆ In relationships with others we let go of self-serving power and prestige as driving motives.
- ◆ Careers that had been exploited mainly for material security at the expense of self-fulfillment no longer appealed to us.
- ◆ Our usefulness as channels for healing was a direct result of our experiences in sickness, as well as in recovery.
- ◆ We discovered that we could continue to affirm our recovery by working with other sex and love addicts.

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.



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GET INVOLVED!

CSPC – **Conference Sponsorship Committee** is to support and strengthen all forms of S.L.A.A. Sponsorship. For more info and call-in number contact: <https://slaafws.org/committee/cspc> Meeting: 1hr 3rd Thursday @ 6:00pm EST, 5:00pm CT, 3:00pm PT

Seeking Anorexia Recovery Stories for an update to the S.L.A.A. Basic Text

The Conference Anorexia Committee is partnering with the Conference Literature Committee to gather anorexia-specific content for potential inclusion in the updated Basic Text. If you have a good understanding of anorexia in S.L.A.A. and have some solid, long-term recovery in this area we are looking for stories that tell what it was like, what happened (how you got sober) and what it is like now (in recovery). Submit stories to anorexiastoriesSLAA@gmail.com

Help Write and Edit S.L.A.A. Literature Submissions

The Conference Literature Committee needs people to help as assistant writers. An assistant writer can help clarify drafts from a non-native English speaker, help an English speaker with limited vocabulary and grammar, or help improve a draft with concise, clear, standard English.

To help, please contact the Conference Literature Committee @ <https://slaafws.org/committee/clc/>

Sober Dating Event

SLAAvirtual Intergroup, Inc.

KHALIL

SOUTH AFRICA



SUNDAY 29 AUGUST

7 PM Cape Town

6 PM London

1 PM East Coast USA

10AM West Coast USA

Meeting ID: 894 4035 6731

Passcode: 418691

S.L.A.A. Greater Delaware Valley Intergroup Thursday Night Phone Meeting

New Call in #:(605) 313-5111

Access code 148378#

Every Thursday Night

7:30pm to 8:30pm ET

(With time for Fellowship after the meeting)