



Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

JULY 2021

TampaBaySLAA.org

Submissions: TBINLEditor@gmail.com

SLAA Helpline (727) 896-SLAA

Principle: Humility

GET LITERATURE

Gift of No Contact

STATE OF GRACE

S.L.A.A. BASIC TEXT

For literature, call the Helpline, talk to your Intergroup rep or e-mail the newsletter editor.

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.

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: (727) 896-7522 (Helpline)

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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**.



In humility, we understood that we were only being asked to get out of God’s way, so that, with our co-operation, God’s work could be done in our lives.

I pray for guidance and the willingness to do my Higher Power’s will today.

A State of Grace, Daily Meditations pg. 22

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Word scramble answers: abstinence, boundaries, sobriety, spiritual, inventory, behaviors, traditions, recovery, relationship, anonymity

Why is the religious figure Saint Augustine used in the S.L.A.A. name?

In the early days of S.L.A.A., the founders were met with resistance from their first prospective meeting locale over the name, “Sex and Love Addicts Anonymous”. The leader of the church felt that the name was too provocative and that the church board might reject the idea because of it. After realizing that this would likely be a problem everywhere, they began discussing solutions, and came to the alternative, The Augustine Fellowship, named after Augustine of Hippo.

As pages 130 and 131 of the Basic Text explain: *Augustine of Hippo-as those who have read his autobiography, Confessions, know-was probably one of us. The fact that a church body later canonized him as a saint was not a formal concern for us, because as a fellowship we have “ ... no opinion on outside issues ... ” (Tenth Tradition). However, the dynamics of Augustine’s story, the inner workings and struggles of the person himself, left us with little doubt that he would have understood, and felt welcome among us.*

S.L.A.A. is not affiliated with any religion, sect, or denomination. The program is spiritual in nature, and all members are free to determine what that means for them. Many non-religious members choose the collective support of the group or a concept of the universe as their Higher Power. Your Higher Power is personal to you, and you are not required to believe in god(s) to attend meetings.

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Step 7 excerpts: *The Augustine Fellowship, S.L.A.A.* pg. 87-88

This...willingness to allow a Power outside ourselves to continue to do what we could not do for ourselves, WAS humility.

When we continued to ask God daily to remove the shortcomings that were all too apparent in every area of our lives, we began exercising spiritual muscles that had been very flabby indeed. It was easier to accept God's help with the defects that had already caused us to suffer extreme consequences. It was far more difficult to come to terms with patterns which were still giving us short-term payoffs, even though they might be costing us longer-term peace.

...With time, we began to take a wider view of our predicament. We had been expecting God to remove these defects of character by skirting them out a side exit so that we would not really have to confront them!

...Rather than taking us off the hook with minimal effort on our part, our higher Power seemed to require our active participation.

This new partnership with God, in which we accepted direction about just what part of our spiritual being needed exercise, had amazing results. We might have asked to have the short-coming of impatience removed, only to find that we did not need to practice patience. Instead, we had to get honest about our self-centered willfulness. As we practiced thoughtfulness toward others, really giving without holding onto the expectation of reward, impatience slipped away. The quick temper we asked God to remove was checked momentarily; we could suddenly feel the defensive fear that was hidden behind the anger, and find the courage to act on faith, rather than fear. We asked to have our longing for a person or a particular sexual hunting ground removed, and found ourselves given a choice. When we voluntarily chose to avoid those places and those people, the longing eased. The feelings of inferiority and insecurity, which we petitioned God to replace with confidence, were openly admitted, and as we accepted the support or the confessions of similar insecurity from others, we felt comforted.

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

Support Tampa Bay SLAA

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Tampa Bay Intergroup is taking 7th Tradition Donations through PayPal.
No S.L.A.A. affiliation to any of these services is implied.

Disease Plays Tricks With My Heart

I have had several crushes on people in meetings. The first time was 17 years ago when I first got into the program.

I had a major crush on a guy who was a full-blown sex addict. I had just gotten out of an abusive marriage with a sex addict. In my marriage, sex was the only thing that was going well. I believed that if I could have amazing sex with a man that he would fall in love with me and take care of me the rest of his life. I got so excited going to meetings and thought that I was going to make my crush fall for me in a big way. I believed I was going to have an amazing partner in my life because I knew that if he had sex with me he would fall madly in love with me. We ended up having sex and he ignored me in a big way and rarely came to meetings anymore. I was very hurt. That was a tough lesson to learn.

But my addiction was still leading the way and convincing me that the way to a man's heart was through incredible sex. I knew in my logical mind this was not the case. But the patterns of my disease played tricks with my heart, convincing me that I knew best and that this time it would be different...I learned that if I acted on my feelings with any of them that I would get hurt. So, I laid low and stayed out of danger by not getting involved. Awareness was the first key for me to change the behavior. I realized that it was not the crush itself that was wrong. It was the acting out and giving into the power of the disease that could lead me down the road to no return. The second thing that helps me is to talk to someone in the meeting about it. I have gone to

someone I felt safe with and told them about the crush. Telling someone helps to diffuse the urge because it is no longer a dirty little secret. I still had feelings for the person but they lessened because of my total honesty.

Another thing that has helped, is having discussion topics about meeting crushes. This allows a person to be able to be totally honest about feelings without revealing too much about the person. I have done this in meetings that do not include the crush interest and it felt good to share about it. This made me feel safer in the meeting where the crush exists because I am not holding it inside any longer. I also write about it in a journal and figure out why I have the crush and why I get triggered by this person. Being honest and open with myself about it allows me to get real with whatever is going on with me that is feeling triggered. And it helps me work through it.

I still have crushes on people in meetings from time to time but I allow myself to feel the feelings and yet be gentle with myself about it. It is common to have crushes on people in meetings because we become very intimate and familiar with people as they share from the depths of their being, day after day or week after week. The thing about it is to do what you need to do in order to diffuse the situation. I have even had to leave meetings where I have experienced a crush on someone, for my own good...protect yourself in the safest way possible. Sometimes feelings get intense so talking about them can help in so many ways.