



# Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

## DECEMBER 2021

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SLAA Helpline (727) 896-SLAA

## Step 12 Spiritual Principle: Service

“...we recognized its experientially based wisdom: the effectiveness of our efforts to help others would be directly related to the level of our own “spiritual awakening“ which preceded these efforts. This spiritual awakening was it self the product of having hit bottom and surrendered, having acquired a faith, having accomplished a practical examination of our past and our character, having developed a deepening relationship with God, having accepted responsibility for the impact of our sexual and love addiction had on others, becoming aware of problem areas in our lives and resolving to deal with these constructively, making amends, and reaching into the spiritual domain through regular prayer and meditation to place ourselves in closer communion with the source of guidance and grace.” *The Augustine fellowship, S.L.A.A. page 102*

**Step 12:** Having had a spiritual awakening as the result of these steps, we tried to carry this message to sex and love addicts and to practice these principles in all areas of our lives.

**Tradition 12:** Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

**Sign of Recovery 12:** We are restored to sanity, on a daily basis, by participating in the process of recovery.



*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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### BELOVED

***Our wealth of common experience, our deepening knowledge and understanding of each other, began to fulfill that promise of unfolding love which is what we had always been truly seeking in a relationship. We were now capable of loving and of being immensely loved, redeemed, and filled with grace, and we knew this. Our appreciation of this new found wealth continues to grow to this day. — S.L.A.A. Basic Text, page 153***

It's impossible to feel beloved when being abused or ignored. I could not reach that point of intimacy with a partner because of my alternating sex addiction and anorexia. Both are blocks to deepening knowledge and understanding of each other. I was too self-centered to bother trying to understand someone else (a fact that was revealed in stark reality in my fourth and fifth steps). I kept choosing abusive or unavailable partners to continue the cycle of running away from scary intimacy. If someone really knew me, they would hate me, so why even start the process of really getting to know each other? S.L.A.A. restored my self-esteem and helped me find a Higher Power that I could slowly learn to trust more and more. I first felt beloved by my sponsor and fellows in S.L.A.A., then by my Higher Power and then myself. Only after I was given these gifts was I able to embark on sober dating and feel beloved by a partner.

***Today, I am beloved to my higher power, myself and others.***

A State of Grace, Daily Meditations, pg. 339

### "GIFTS" of S.L.A.A. Sobriety

- 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 experience 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.
- We discovered that the source of love, which was of God, had begun to flow from within us.



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### 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](mailto:anorexiastoriesSLAA@gmail.com)

JOIN OR FORM A WRITING GROUP OR SUGGEST A NEW PIECE OF LITERATURE

THE CONFERENCE LITERATURE COMMITTEE HAS SEVERAL WRITING PROJECTS IN VARIOUS STAGES. IF YOU WOULD LIKE TO JOIN OR FORM A WRITING TEAM, OR IF YOU HAVE AN IDEA FOR A NEW PIECE OF LITERATURE, CONTACT THE CLC AT [WWW.SLAAFWS.ORG/CLC](http://WWW.SLAAFWS.ORG/CLC).

### 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.

## *Gentle Currents*

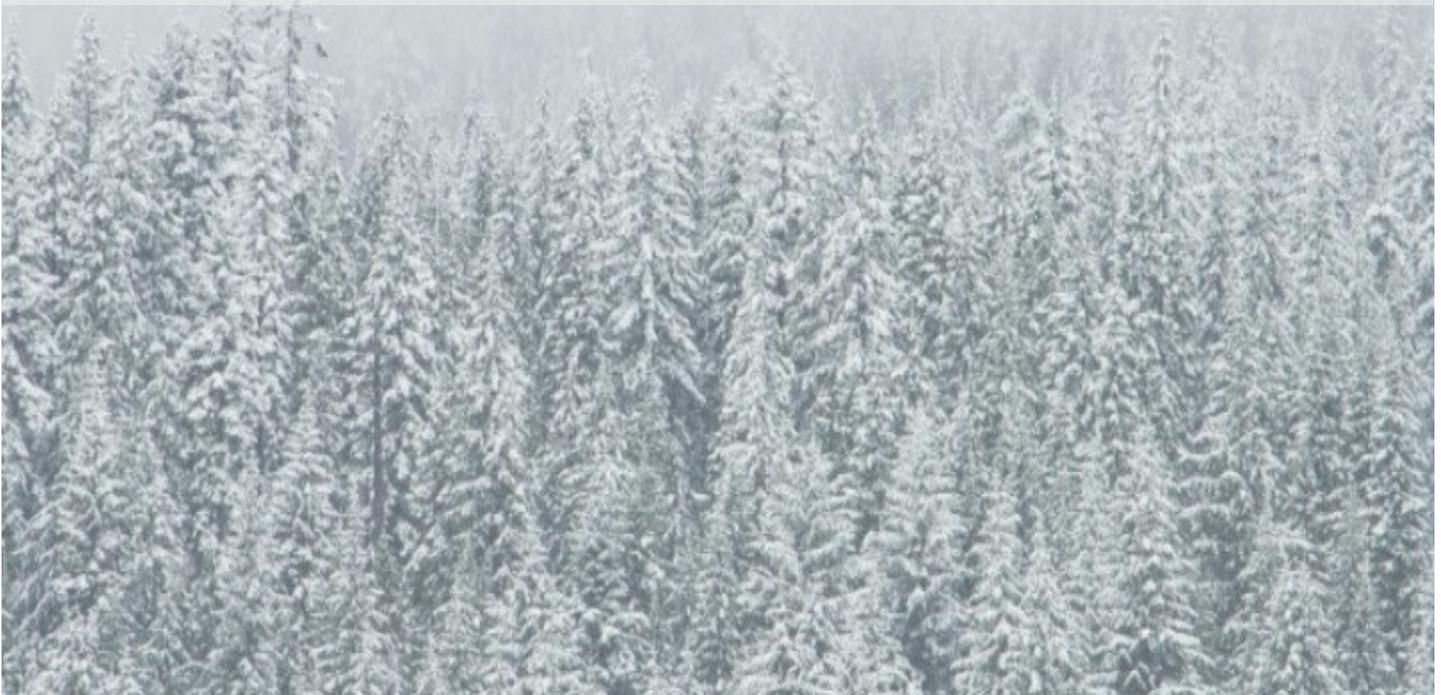
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# Do you ever read the stories in the back of the Basic Text?

### **Free At Last!**

*(Excerpt)*

“The 12 steps of this program offer a way of life we all deserve. My life has shown me how powerless I am in the face of this addiction. I have come to believe that a Power greater than myself can restore me to sanity. On a daily basis I make the best attempt I can to turn my life and will over to that Power. I have made peace with my past and amends to those I have hurt, and the process goes on. I love my God and the Fellowship of S.L.A.A. that has made it all possible. My prayer is that I have communicated to you the pain that went before, and the way I have been given to overcome it. Today I don't have to lie in the gutters of the Combat Zone. I can breathe fresh air, walk with dignity in my world, and thank God for my sobriety! Free at last!” S.L.A.A. Basic Text, Pg. 206



### **SERVICE is the principle of Step 12. What is service?**

**Service in the Fellowship of S.L.A.A. means giving of your time and talents to help with projects in your areas of interest.**

Last updated December 18, 2020 by The Augustine Fellowship, S.L.A.A.