



Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

NOVEMBER 2021

Submissions: TBINLEditor@gmail.com

SLAA Helpline (727) 896-SLAA

"In new sobriety we tried to alleviate our thirst by busying ourselves with SLAA and with emotional nourishment, something like eating oranges. But in order for our real thirst to be satisfied fully, eventually we would need pure water.

We found that this thirst – the need for love – was a spiritual thirst, and the water was the God of our understanding. Although some of us did not believe in or had turned away from God when we came into SLAA, we came to find a different way of life that involves a loving partnership with that power. As we as we developed that closeness with God, we found that our need for love was mysteriously satisfied. It had been love that we needed all along. And love was of God. Most wonderful of all, when we walked through each day with the sense of being hand-in-hand with God, as a spring of love seemed to flow from within, available to help us quench the thirst for love of ourselves and others. Thus we came to find intimacy with ourselves, intimacy with God, and the intimacy with others."

The Augustine Fellowship, S.L.A.A. Pg 101



Step 11: Sought through prayer and meditation to improve our conscious contact with a Power greater than ourselves, praying only for knowledge of God's will for us and the power to carry that out.

Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, film, and other public media. We need guard with special care the anonymity of all fellow S.L.A.A. members.

Sign of Recovery 11: We learn to value sex as a by-product of sharing, commitment, trust and cooperation in a partnership.

Concept 11: The trustees need the best possible committees, staff, and consultants. Composition, qualifications, induction procedures, systems of rotation, and rights and duties are always matters of serious concern.

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)



NOVEMBER 2021

**GRATITUDE EVENT
FRIDAY, DEC 10**

Fellowship on ZOOM
7:30 p.m. to 8:30 p.m.
Zoom Meeting ID: 868049597
Password: 121976

**LET'S GET
TOGETHER
FOR SHARING
ON GRATITUDE**



Agenda

Brief Check – In
Introduction by Intergroup
Reading from The State of Grace
Sharing about Gratitude
Announcements, Chips, Signs of Recovery
Serenity Prayer

**Use the following information to
join this event:**

Topic: TBI Gratitude Zoom Event

**Time: Dec 10, 2021 07:30 PM Eastern Time (US
and Canada)**

Join Zoom Meeting
[https://us02web.zoom.us/j/87672084168?](https://us02web.zoom.us/j/87672084168?pwd=Vkhyb1I0cmxnZXZvb0I5cG1raTdsdz09)
[pwd=Vkhyb1I0cmxnZXZvb0I5cG1raTdsdz09](https://us02web.zoom.us/j/87672084168?pwd=Vkhyb1I0cmxnZXZvb0I5cG1raTdsdz09)

Meeting ID: 876 7208 4168
Passcode: 302263
One tap mobile
+13017158592,,87672084168# US (Washington
DC)
+13126266799,,87672084168# US (Chicago)

Dial by your location
+1 301 715 8592 US (Washington DC)
+1 312 626 6799 US (Chicago)
+1 929 205 6099 US (New York)
+1 253 215 8782 US (Tacoma)
+1 346 248 7799 US (Houston)
+1 669 900 6833 US (San Jose)
Meeting ID: 876 7208 4168

Find your local number:
[https://us02web.zoom.us/j/87672084168?](https://us02web.zoom.us/j/87672084168?pwd=Vkhyb1I0cmxnZXZvb0I5cG1raTdsdz09)
[pwd=Vkhyb1I0cmxnZXZvb0I5cG1raTdsdz09](https://us02web.zoom.us/j/87672084168?pwd=Vkhyb1I0cmxnZXZvb0I5cG1raTdsdz09)

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November 1 THE ELEVENTH STEP

Sought through prayer and meditation to improve our conscious contact with a Power greater than ourselves, praying only for knowledge of God's will for us and the power to carry that out. —S.L.A.A. Core Documents, “The Twelve Steps of S.L.A.A.”

Prayer and meditation were difficult for me. I said the prayers that others in the program told me to say. But I didn't believe them. I must have said the serenity prayer a thousand times before I even thought any part of it could come true for me. Meditation was less about asking God then it was about asking myself what I was going to do later that day. But with practice in faith, I was able to gain a conscious contact with a power greater than myself. It wasn't so conscious at first. It was more like a kid asking Santa Claus for presents. But the more I read about the 11th step and listened in meetings, the more I knew that it had to be about humility. What does God want for me? If I discover that, what can I do to help it happen? At first I resisted, fearing that a higher power would take away my fun or that I wouldn't have the strength to maintain a sober life-style. But constant prayer and meditation give me the strength and insight to handle whatever comes.

Higher power, give me the strength to carry out your will.

A State of Grace DAILY MEDITATIONS pg 306

Tips for getting thorough the holidays

- Easy Does It
- Keep It Simple
- Let Go, Let God
- One Day at a Time
- This Too Shall Pass
- Don't act out, no matter what!
- Call your sponsor (Get phone numbers of other safe program members ahead of time. Keep the list handy, and make the calls.)
- Don't be afraid to say “No.” Remember, you have the right to set boundaries in the interest of your own recovery.
- Pray, meditate (tip: if at a holiday gathering, duck into the bathroom for a few minutes.)
- Remember that feelings aren't facts—you won't die from them.

These are actually “Withdrawal Tips” from the S.L.A.A. Pamphlet: Withdrawal—Gateway to Freedom, Hope and Joy (but they double as holiday tips too!)



*Thank you, God, for what you've given me
—for what you've taken away
—and what you've left behind*

The Augustine Fellowship, S.L.A.A. Pg 196



NOVEMBER 2021

GDVI Overcoming Obstacles Virtual Recovery Day

Sponsorship and Working the Steps

When: Sunday November 21, 2021

Time: 10: 00 AM to 3:00 PM (Eastern U.S./Canada Time) – Details Below

Where: This event will be held via Zoom.

Cost: \$10 donation includes your access to the Overcoming Obstacles Virtual Recovery Day. You can stay for one or both sessions – [scholarships available](#)

How to register: Pre-Registration for the event is required – [register here for the event](#)

Zoom information will be sent 48-72 hours prior to the event to the email address you use to register. Please check your spam folder at that time.

Details:

Each 2 hour session will include a presentation by GDVI, 3 speakers on the topic and open sharing. Each session allows an opportunity for fellowship and exchanging contact information before and after.

- All who identify or think they have a problem with Sex and Love Addiction are welcome to attend all or some of the recovery day

Practice Gratitude

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**.