

OA Desert Recovery

Step 12 Principle: SERVICE

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By Becki B

There are three parts to Step Twelve: spiritual awakening, carry the message, practice the principals. How is service a principle of each of these?

Spiritual Awakening & Service

I learned that if I cannot do it in love, do not do it. Because, if I do not love doing it, I will become a martyr. And, that state is poison. In recovery, I love helping others, and doing this service in love is healing.

Carry the Message & Service

An arriving newcomer is often greeted by the person setting up the meeting. In the midst of program talk, the newcomer jumps in to help, thereby becoming a part of the group. This is the magic of service.

Practice the Principles & Service

Each day, which of my behaviors was I pleased with? Or, what behavior needs to be changed? My thinking can be so full of fantasy and selfish motivations, that relying on my thinking to change me is yet another fantasy. Better to practice the behavior I want until it becomes habit.

“Leadership is about being a servant first.” -Robert K. Greenleaf

By Jenny R

Service in my program is a complete joy. I find it a blessing that I can be helpful to others. I do practice many forms of service at my “in person” Saturday meeting. I put out the chairs, set up the literature table, and greet people as they come in, especially newcomers. I give them the *Where Do I Start* pamphlet and introduce them to others.

I have done other forms of service; I've been asked to speak at Zoom meetings to share my experience, strength, and hope, and I love to sponsor people. I've always sponsored throughout my 38 years in OA. I have seven sponsees. I love taking them through the Steps and watching as they find their own concept of a Higher Power, and serenity, security, and peace. Then they go on to share with others what they have been given.

I'm so grateful for this God-given life-saving abstinent way of life. My purpose is to be of maximum service to God and my fellows. Every time I do service, I feel closer to my beloved God.

By Jody M

To me, the spiritual principle for Step Twelve is that service goes hand in hand with representing Love. I am so grateful to be of service today! There are only two meetings I have to go to: the ones I want to go to and the ones I don't! So, in keeping spiritually fit, I just go every day I can for my "check-up from the neck up" and to gratefully give back what I have so freely received...

I chair meetings, sponsor women, and help people whenever I can. Sharing my experience, strength, and hope is service. Being a good listener and praying for others is service. Making outreach calls, sending texts or emails is service. Giving rides to meetings is also service, as is the setting up or tearing down of meeting materials. Sticking to my food plan and being a good example of abstinence in recovery –whether I goof up or not – is service, along with "doing the next right thing," "remaining teachable," and to "keep coming back, no matter what."

The Solutions are in the **Steps**:

Solution
To
Every
Problem =
Serenity

And if you're **Nuts**, it's because you're:

Not
Using
The
Steps

Remember that this is a "WE" Program, and we all serve each other.

By Janet R

Service Messages: IF you want to stay abstinent (DO you?) Read the AA Big Book like your life depends upon it...because it does! ~ Hold On! Pain Ends!! ~ Don't get attached to the outcome. Experience the journey! ~ I was eating when I did not want to eat. ~ HOPE: Being around others who share their experience, strength, and hope. ~ I'm staying, and I'm praying.

As 2023 is drawing to a close, we would like to accept a suggestion that was submitted by one of our dear members for the 2024 newsletter focus topics: The first nine months we will focus on the tools, and then the last three months we will focus on one of the OA slogans each month. So...January's topic will be "**A Plan of Eating.**" We look forward to receiving your submissions about how a solid plan of eating has helped you achieve abstinence. Your submissions will be gratefully received when you send an email to Judy G at newsletter@oasouthernaz.org by January 12th. ~Judy