

Why Do Service?

Service is an interesting phenomenon. How many of us have done so much service in the past, as our nurturing, care-giving, over-extended and people-pleasing selves (addicting out of our addictions??)? And then we hit program, learned to let go and let God, and start to take care of ourselves – which in many instances involves saying “no,” instead of “yes.”

The astonishing thing about the fellowship, however, is how freeing it is to now say “yes.” What a rejuvenation – and it has to do with letting go of expectations, and of **having** to pay back. Now I WANT to pay back! I have received so much from OA, starting with the “freedom from obsession” over food. I was able to totally give over the issue to my Higher Power – what a gift! - and there is no question about whether or not to do service – if my calendar is not already booked I say “yes.”

I am a sponsor – that was first on MY sponsor’s list of things to do! – and literature person (I bounce in and out of that one still) and now the treasurer for my home meeting, and now a sporadic, dragged-in-kicking-and-screaming Intergroup rep (I don’t understand my mission here yet, so hence the kicking-and-screaming). This service is imperfect so far – I have made 2 meetings out of 4, but one meeting I got to worked out perfectly. There were too many things happening at the same time, and all of a sudden my whole schedule rearranged itself so I could get to all, including the NHI meeting, with no overlaps! And that’s the blessing of service in OA – the serendipity of my Higher Power, who arranges things if they are supposed to happen that way. All I have to do is say, “yes, please,” and relinquish the control, and things happen. And that why I need to do service!

Janice W.