

SUPERSIZE YOUR RECOVERY WITH MINDFUL SERVICE

OK - now that I have your attention - let's talk about service. (I really don't have to expound on SUPERSIZE do I?) We all want more recovery - we all want deeper recovery, and we are always told service is the way. I believe service on all levels is the fast track to recovery.

But are you feeling perhaps you are missing something? Experiencing a few pounds, not enough serenity, a little fear? Well, let's talk about MINDFUL service. You will get the PRESENT of recovery if you stay in the PRESENT. How does that work when we talk about service? Here a just a few examples!

If you set up chairs at the last minute, more focused on checking out who is taking to who rather than gracefully providing everyone a place to sit and share - that is NOT mindful. If you sneak a peek at your email while talking to your sponsees rather than completely focusing on their story - that is not mindful (guilty!). If you promote your outside business while giving an OA workshop instead of referring to OA approved literature and events - that is not mindful. If you agree to serve as a delegate and text your friend during the business portion of the meeting rather than being full engaged in Inter Group business - that is not mindful.

But recovery is the journey - not the destination and we all do the best we can. My PERSONAL opinion is that in SERVICE "half measures availed us something!" I have set up chairs with tons of gossip and judgment running through my head (and sometimes out my mouth - OPPS!) I have not listened to my fellows when chatting after a meeting - I just concentrated on what I wanted to say! BUT - I did set up the chairs, serve on a committee, and interacted with my fellows. And even if I was not perfect - my recovery began to grow.

I personally let my ego get involved far too often in my service - but I keep trying. A sponsee just busted me for typing while she spoke - or did a few dishes - or was distracted. So I will try to do better - not for her - that is just a wonderful side effect of my mindfulness. The one that really recovers is ME as I stay in the present. That way I can hear HP talk through me and learn my lessons for the day.

No matter HOW you do it - service is a clear path to recovery. AH - but MINDFUL service allows a deeper, more serene recovery. Isn't that why we are all here - to "SUPERSIZE OUR RECOVERY"?

Where have I done mindful service?
