

Service with Sanity workshop, R9 Assembly 2018, London UK.

Goal: To help Reps continue to do service for the fellowship in a way that serves both them personally and the fellowship, maintaining healthy boundaries regarding time, control, rotation, expectations.

Total **time** required - 50-60 min

Preparation and requirements

- Computer with projected screen (preferred). Alternatively, print and hang Service quotes on wall, and prepare white board/flip chart.
- Print forms for answers and time management tips on paper ahead of time (not essential).
- Assuming that participants will have writing implements.

Procedure:

1. Read out Step 12 and Tradition 5 (2 min)
2. Hand out page with 4 questions to everyone. (1 min)
3. Show on screen list of "Why Carry the Message" (taken from https://oa.org/files/pdf/carrying_the_message.pdf) (Or list from below).
4. Option to split here into 2 or more groups to do the following section.
5. Workshop leader reads out 1st question and asks members to write down 3 things. (2 min)
6. Workshop leaders continues with the other questions. (8 min - total 10 min for 4 questions)
7. Ask for volunteer to help write/table results either on white board/flip chart, or directly onto spreadsheet ("writer").
8. Starting with Q1, ask the room for a few volunteers to read out their answers; "writer" to add them to list, and count as we go to find out the main answers overall.
9. There will be some discussion here to clarify if "what I wrote is the same as what she wrote, or slightly different". This discussion will be encouraged, simply to get out more ideas. See "**Discussion Points**", below.
10. After a few volunteers have read out their choices, find out the 3 most important things overall. "How many people wrote down health? How many people wrote down financial security?", etc.
11. Continue steps 7 - 9 for the other 3 questions. (10 min for each - total 30min)
12. Show top results as graphs in excel (maybe)
13. Summary (5 min)

Summary

We have seen today that there is no lack of good reasons why we want to remain abstinent and do service beyond the group level in this fellowship. We have also see that there are sometimes very valid reasons why we may need to step down, or simply say No. One aspect of this that I haven't gone into here, is "How to say No." Please tune in to the follow-up workshop to this one, next year in Italy, to find out "How to say No."

Thank you.

Q1. Other than abstinence, what are the 3 most important things in my life?

1. _____ 2. _____ 3. _____

Q2. List the 3 most important benefits FOR ME, when I do service beyond the group level:

1. _____ 2. _____ 3. _____

Q3. List the 3 most important benefits FOR THE FELLOWSHIP, when I do service beyond the group level:

1. _____ 2. _____ 3. _____

Q4. Name 3 obstacles that prevent me from doing service..

1. _____ 2. _____ 3. _____

Discussion points:

- Emphasize the “why” I do service - to maintain my abstinence.
- Where is the “insanity” when giving service? Too much time? Not enough perceived help?
- Using the tool of Action Plan.
- Acceptance and understanding - accepting myself for who I am - no need to be perfect.
- Identifying what is really important, and what is not - you’ll never be able to do everything.
- Things that are urgent are rarely important, and things that are important are rarely urgent.
- Getting others to help with part of the service that I do - breaking it down into smaller tasks.
- Service and people-pleasing - why am I doing this particular service?
- Control with service - am I trying to keep control? Am I letting others give service too?
- Delegate and let it go.
- Balance in all aspects of life - including in service. Need to find the right balance
- Just like my food is weighed and measured, service must be the same.
- In the past, I neglected my family and other responsibilities because of compulsive eating. I need to make sure that I’m not doing the same with compulsive service.

Why Carry the Message

It's gratitude in action. It's the 12th step.

“Service is its own reward.” (OA 12&12, p.175)

“When I give service, I receive more than I could ever give.” [VOR, p.328]

“I don't have to wait until I am perfect to do service.”
[VOR, p.252]

“Service gives me practice at freeing myself from the bondage of self.” [VOR, p.284]

“Only by working with those who are not yet free [from the disease] do I fully realize that freedom.” (For Today, 9/8)

“We now have a message of hope to carry to other compulsive overeaters.” (OA 12&12, p 99)

“Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics.” (Alcoholics Anonymous, 4th ed., p.89)

“Those of us who live this program don't simply carry the message; *we are the message.*” (OA 12&12, p 106)