



Service Work is for Everyone

A member shares about the Service as a Tool for Sobriety

Immediate Service Needs:

Nashville to host 2009 International Conference!

Please consider serving in the
following ways:

All positions require 1 year sobriety except Treasurer

- Secretary for Steering Committee
- Treasurer for Conference - 2 years sobriety and ideally a background in accounting or finance
- Subcommittee Chair people for
 - Publicity
 - Computer/Website
 - Registration

We don't often speak much about service work in our fellowship, except in passing announcements of something that is going on, or perhaps a service position that is open within a group or in Intergroup. But it is important for all of us to know that service work is vitally important to the fellowship and to the individual most of all.

Just so you don't get the wrong idea about what I am saying here, let me share this bit of my experience with you. Service work, on its own, will not keep me sober, nor help me recover. I have to work the Steps with a sponsor. I had to learn this lesson the hard way. Being deeply involved with service work at both the group and Intergroup levels, sponsoring guys, and doing whatever I could to participate in the fellowship, without working the Steps almost got me killed. This is absolutely a matter of life and death for me today, and I hope I never forget that.

Service work is there for all of us. It takes place on many different levels, but I want to focus on the begin-

ning level if I may. Many members do not get involved because they seem to believe that you have to be sober for years in order to help others. This is simply not true. That is why there are Intergroup positions that only require 90 days of continuous sobriety. It takes a short time to realize, if you listen in meetings, that a big part of recovery is very simple.

And anyone can tell the newcomer:

- * Go to regular meetings regularly.
- * Get a sponsor and work the steps.
- * Get phone numbers, make and take phone calls.
- * Get honest about what goes on in your head.
- * Make friends in the fellowship.
- * Get involved in service work. (For example; Chair a meeting, give someone a ride, call on someone with a problem and listen to them, join the Outreach Committee and visit a meeting you don't normally go to, go share your story at an H&I meeting.)

While some service positions require six months or more of sobriety, you can go to an outreach event if you acted out this morning. There are many ways of being of service to your fellowship. Maybe being a sponsor is not for you, maybe it is. Only God and time will determine that. The basic service work that keeps the doors of SA open are just as vitally important, because if there is nowhere to meet, and no one to meet with, none of us stands a chance. Get involved; carry the message wherever you can, even if that means just making sure the door is open to the newcomer. But remember, all levels of service work are of vital importance to the fellowship, but most important to your own recovery.

"Our primary purpose is to be of maximum service to God and the people about us."

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~ Jon B.

(Cont'd on other side)



Editor's Corner

I'm writing this on a strangely snowy March night and since Service seems to be the theme of this newsletter, I'll share my bit too. When I recently picked up a bit of "heavy metal" (my 2 year chip), I heard the question asked, "How'd you do it?" While I've said and heard the common response "One day at a time", this time I had a new answer. Service. I've been serving as the newsletter chair for the better part of a year now, as well as helping take a meeting out to the women of DC-4, not to mention sponsoring people and watching them come to life again. I LOVE doing those things. I love being a part of something bigger than myself. To have the momentary high of acting out isn't worth it any more. What I'd have to give up if I chose to give away my sobriety is too precious to waste on a fleeting moment of pleasure. As a newcomer, I thought I was too raw, too broken, or too needy to give something to someone else, but seeing that I didn't have to have it all together to serve someone else was the first step on a path of continuous sobriety for me. When the urge to lust and act out comes, I think of the faces of the women who I'll have to wait 6 months to see again if I choose this. In it's in that moment, service keeps me sober. I hope you'll consider serving your fellowship, not just for them, but for you. You are worth it!

~ Ariana E.

Your Intergroup Newsletter Chair

Service and Announcements Bulletin Board:

There are lots of opportunities to serve in Nashville! Here are just a few:

PUBLICITY SUBCOMMITTEE CHAIR NEEDED!

Do you have:

- 1 year continuous sobriety?
- Graphic Design Skills?

THE CONFERENCE NEEDS YOU!

**Help coordinate your skills along with other
artists and designers to**

**Design and create a logo to go with the
conference theme**

Immediate Need!

intergroup service!

**No sobriety requirement to come
and see what we are all about!**

**Intergroup meets
the 2nd Saturday of Every month
@ 10:15 am, just after the Satur-
day morning meeting.**

***Willing to Serve?
Don't know who to ask?
Conference Chairperson: Jon B.
Conference Vice-Chair: Marla H.***

Wednesday Women

**6 pm every Wednesday
pm @**

Belmont UMC

**See schedule online for
directions and contact #**

SA Nashville Intergroup meets the 2nd Saturday of each month at the West End Church of Christ. Please join us!
Please send any comments or submissions to Ariana E. at newsletter@sanashville.org