



A Call to Serve

Building Self-Esteem with Esteeming Acts

BY SIMONE T.

Early in recovery, my sponsor encouraged me to take on service positions — and it's made all the difference. I remember my first set up service position. Preparing the meeting gave me a sense of purpose and accountability. Later, I heard the saying, "If you want to build self-esteem, do esteeming things," and it made so much sense. My next service position was meeting secretary. With this position, I hesitated, because I didn't think I was worthy of so much responsibility. Fortunately, others in the program assured me otherwise. And once again, I was amazed at how such a simple act of service could make me feel so good. So when my first sponsee approached me, you might think I was ready. But once again, I balked. Certainly, I wasn't prepared for such a massive undertaking! I was still working on my Second and Third steps. What could I offer another addict? My sponsor helped me see this was an opportunity to truly work the Third Step — to turn my will and life over to the care of my Higher Power and trust that God would do for me what I couldn't do for myself. I still look back at that first sponsor/sponsee relationship with amazement at how much more I felt I was getting than giving. From there, I never looked back. Today, I have multiple sponsees along with local and international service positions. Just as it was in the beginning, service continues to play a vital role in my ongoing recovery journey.

Our Ohio Valley Intergroup has identified several service positions that we need to fill in the very near future. The following opportunities are available:

1. Presenters for the Fall Retreat
2. Delegate from OVIG to the ISO Conference – **The ISO Conference is in Houston, Texas, October 12-13, 2018. Our intergroup will provide \$400 financial support to its delegate. Please contact your intergroup representative, or one of the officers of the intergroup, if you are interested in this position. We will decide who our intergroup delegate is at the August 11, 2018, meeting.**
3. Literature Chair for the OVIG
4. Penpals for the Prison Outreach Committee

Please consider volunteering. Most of these require only a small time commitment.

Please respond to ohiovalleysaa@gmail.com if you are interested in helping with any of these items.