

## TRUSTING YOUR HIGHER POWER IN SERVICE

Hi Everyone,

My name is Jen K. and I am an alcoholic, so privileged to have been your Panel 65 Delegate.

I have been asked to share on trusting your Higher Power in service, what a great topic!

I wish I could say that I trusted my Higher Power throughout my journey in service and all is smooth, enjoyable...just perfect, unfortunately that has not been my experience!

Through service I have grown to know more about my defects of character. Somehow my personality defects such as pride, ego, resentments, fears, and anger just to name a few seemed to get in the way and this would happen when I would stop communicating with my Higher power. Having said this it has allowed me to grow deeper in my journey of self-discovery.

Through the spiritual principles the Twelve Steps, Twelve Traditions and the Twelve Concepts, I have found some solutions, of course after I have endured pain by doing it Jens way!

I believe my Higher Power wants me to be sober so I can keep trying to be the best person I can be. I believe my Higher Power works through people. I believe My Higher Power gives me the courage and strength to participate and take action.

I simply could not stay sober until I decided to make changes and start participating in my own recovery. So I got a sponsor, worked on the Steps and Traditions and started talking to members instead of running out of the room. I helped set up and clean up, served as secretary and chair at meetings, helped out at events. All of this helped me feel a part of and also helped me feel better about myself. I don't know about you but when I don't feel good about myself it doesn't bring out the best in me, in fact it brings out the worst! With feeling good, I then had the courage to welcome newcomers and began sponsoring women.

One day I told my sponsor that I felt like I was missing something. Right away she suggested that my group needed an alternate GSR and why don't you try that! I did and soon after the GSR stepped down and I was asked to step up and fill the position. Scared, I phoned my sponsor. She laughed and then told me what was required of me as GSR. Remember I said I believe my Higher Power works through people.

With reluctance, I went to my first pre-conference assembly. My name tag said I was part of the Literature Committee and that is truly when I got the service bug. I saw how it works and that little ol me did have a voice. How the group conscience prevails and the third legacy in action. I felt the energy and love in the room especially when we said the Responsibility Declaration and the Serenity Prayer. Again it was proven to me that left to me I would have missed out on this fabulous weekend.

I went back home and worked hard on a report for my group. Guess what, when it was my turn at our business meeting to do my report most of my group members weren't interested. I was devastated. Going to my first assembly was a big deal for me. Didn't they realize I was so scared to go and now that I made it through and wrote a great report this is the thanks I get! Thank goodness for my sponsor to help me get back to "right thinking"

I went on to be DCM, making sure I had a service sponsor was so important along with gaining more understanding of the Traditions and the Concepts. Having a Pre-Conference in our District and to see others get the service bug was so exciting along with being part of a District that pulled together to allow a successful Assembly.

When I began my term as DCM, I somehow got the notion and decided by myself, you know where that is going, that I needed to know everything concerning A.A. and I needed to give members of my district answers. Talk about pressure! For me with pressure comes control. So you can imagine how that turned out! Thankfully between my sponsor and service sponsor they straightened me out before I inflicted more pain on myself. It is really where I learned about an informed group conscience, which is trusting in my Higher Power.

At the end of my term as DCM, I was "encouraged" to continue my service journey to the Area level. With more than just a little fear and reluctance, I put my name forward and was elected. I soon discovered what an honor and privilege it is to be a part of a wonderful fellowship, which offers, continued personal growth. What I didn't tell you is that I came out of the hat and I was again devastated. Now, where is the trust? I thought even though throughout the ballots I was in the lead and just missing a few votes, that I was a failure, until I spoke to the delegate who said it was the best thing that could have happened because coming out of the hat cuts out all controversy.

While being a member of the general service committee for four terms first as a registrar and treatment chair, alt chair and Grapevine chair, chair and delegate, has enriched my understanding of Alcoholics Anonymous greatly. It seems the more I learn the less I know, it just keeps growing! I now see it is not so much what I have to share but how many members I can have participating. Through phone conversations, emails and conversations with members, I have seen how they are deeply motivated by their passion for AA.

I do believe I have grown to trust my Higher Power in service because I don't go to those self induced painful places as often and I don't stay there as long. I also have never lost enthusiasm for Alcoholics Anonymous. Definition of enthusiasm- *The word **enthusiasm** indicates intense excitement. The noun **enthusiasm** comes from the Greek word enthousiasmos, from enthous, meaning "possessed by a god, inspired."*

I believe I have learned some spiritual principles that have enriched and changed my life. I also believe that it is a process and that I still "blow it" but all I have to do is keep trying to be the best person I can be.

To lead by example, listen to others, compromise when necessary, try to engage my mind before opening my mouth and stick with our spiritual principles. Not to act out in anger but always in the spirit of love and mutual respect. When I ask someone to take on a task to allow them room to decide how best to do that job. When decisions have to be made to have discussion and see if we can come to a decision that is substantially unanimous considering the voices who are most affected. Communicating effectively allows me to be more helpful to others.

So you see, trusting my Higher Power, getting active in the fellowship that saved my life, has allowed me to grow and know myself and, best of all, given me the opportunity to meet and make new friends. What a gift.

Thank you for allowing me to be of service,  
Jen K.