

**Delegate's Corner: August 2023**

“Service is what prayer looks like when it gets up off its knees and walks around in the world.”

Very early on in my recovery, I got involved in service work – my first commitment was picking up cigarette butts outside my meeting. But I didn't do service for noble reasons. I wanted desperately to fit in, and since I didn't know how to talk to people, a service commitment would let me be around people without having to actually talk to people.

I stayed involved in service because it felt good. Sometimes, it was noble. I actually was able to help people, make meaningful connections, become a part of the group. I even got invited to the lunch that all the cool kids went to (well, everyone went to, and I just wanted so desperately to fit in).

Service eventually took on new meaning for me. It shifted gradually from what I could get out of service (connection, a sense of ownership, self-esteem) to what I could put into service. Not to say that I don't still get ego-driven rewards from service. But I at least now try to be more humble about it.

Recently, I've been thinking about service outside of AA. My parents are getting older, and I've noticed that they sometimes need extra help with things. It's honestly a bit terrifying. But I am finally able to be of service to the people who took me in when I destroyed my world and helped me rebuild it by making me go to AA. For so long, I wanted to give back to my parents what they had done for me. And now, through service, I get to.

Yours in service,  
Eric L. Panel 73 Delegate