

—*Sarah Ban Breathnach*

Being of Service

November 26

Very early one morning the telephone rang. As a member of a recovery hotline, it was my week to receive calls. On the other end of the line was a soft, feeble voice, someone reaching out for help.

Being of service, any kind of service, is the reminder of why I am alive. Examples abound in the big book of *Alcoholics Anonymous* that reminds us our most important purpose, besides maintaining sobriety, is to help others.

When I'm helping you, I forget problems looming over me. The simple act of talking to another connects me to the rest of my world, much like a lightning rod discharging a jolt of electricity, rendering it harmless.

It is not a coincidence that service is not only our Twelfth Step but it is also one of our three treasured legacies. Without service to others, there can be little recovery.

Over seventy-five years ago, one alcoholic talking to another became the backbone of service and our fellowship. As a result, *Alcoholics Anonymous* was born.

Even now, this scene is repeated day-after-day, hour after hour, for it is through helping others that *we* stay sober. Each time our voice proclaims hope to another, each time we share our experience, our strength, our hope with resolve, we are graced beyond measure.

We work the twelfth step and intercede to help another sick and suffering person who is just like us.

TODAY'S MEDITATION

Recovery is the miracle that happens because I have come to believe in my own worth which in turn encourages me to help others. Today I am a gentler, kinder person because of helping others.

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"The best way to find yourself, is to lose yourself in service to others."
—Mahatma Gandhi