

### **DA Tool #3 — Preparatory meditation and writing for conference registrants:**

Please review the opportunities for service below, then spend several minutes meditating on how you might be of service to your fellow DA and BDA members right now. (The service opportunities listed below plus many, many more can be found in a flyer called “50 Ways to Be of Service” available for free download at <https://www.bdahelpfordebtors.org/da-and-bda-service-literature>.) If you are feeling an immediate objection to being of service too soon in your recovery, please do some writing. No long essays are necessary, just a paragraph or two in direct answer to the question: “Why am I so darned unwilling to give service?”

*DA Tool #3: “Service — We perform service at every level: personal, meeting, Intergroup, and World Service. Service is vital to our recovery. Only through service can we give to others what so generously has been given to us.”*

It’s no secret that the solution to the lonely and isolated lives many of us have lived is to leap into service. Service connects us with newcomers who need our help and stories, and it connects us to people like us who understand who we are and what we are trying to change in our lives. And, unless there’s something fundamentally wrong with those people, they honor our right to be who we are, with tolerance and without judgment. There are so many ways to be of service in DA that there is absolutely no way that one or more of them will not be a perfect fit for each of us, exactly where we are in our recovery right now.

#### **DA Personal Service**

Introduce yourself to a newcomer; get a sponsor; put your number on the phone list; don’t debt today; celebrate your recovery with your home group; ask someone new to be on a PRG with you; record your numbers every day; leave DA pamphlets at a bus stop.

#### **DA Meeting Service**

Set up chairs; be the literature person; be the greeter; update the meeting phone list; attend business meetings; give generously in the spirit of the 7<sup>th</sup> Tradition; help clean up after the meeting; let go of a service position when your term has ended.

#### **DA Intergroup Service**

Attend Intergroup meetings; read *The Debtors Anonymous Manual for Service*; monitor the Intergroup phone line; volunteer for Intergroup events; take public outreach training.

#### **DA World Service**

Attend the World Service Conference as a GSR or ISR; apply for an Appointed Committee Member position; be the message of DA wherever you go.