

Suppers Facilitator Theme Card

Service

How to use this card:

Pass this card around. Each person please state your name and read a small section of the content on Service:

BOUNDARY 12: Service

We orient ourselves to service in the wider world by modeling behaviors of nonjudgment and healthy living, as we understand it.

Carley's Story: Service

I am not sure which gift of Suppers has more meaning for me: learning to be less judgmental or learning to prepare healthy food. In a way, both are about nourishment. The food part is obvious. But learning to not judge feeds me just as much as food because it has changed how people relate to me. The less fault finding I am in my relationships, the more people respond to me with acceptance, love, and understanding.

An important service I can provide to my group and my community is modeling healthy behaviors and attitudes. OK, to be honest there is a slight gloating feeling that goes along with having people get jealous that my children eat well and behave well, but that's only human. My behaviors reflect my pure intentions. And my intention and behaviors make people understand that I care.

I am always happy to teach people what I know, invite them to learn for themselves at Suppers, cook with their children to provide another adult role model, or listen when they need to talk about how frustrating it is to live in our society's food culture. Sometimes just listening is the greatest service I can provide.

The Suppers model of "nutritional harm reduction" is very gentle. It takes a colossal task like cleaning up the family diet and breaks it down into manageable steps that can be accomplished in no particular order. It gives people many choices about how to proceed that are doable, if not exactly easy to do. It helps people focus their energies where there is the most possibility of success instead of spinning their wheels doing the same things over and over with bad results.

Nobody rushed me along when I arrived at Suppers. Long before I acquired a taste for purifying green foods, I had to dump a load of toxic waste in the form of criticism and judgment. They kept me on a ladder looking up at some and down on others but never sharing the same space. Having received so much, it is a joyful experience for me to go forth into my community knowing there are two kinds of service I am well equipped to provide: quietly modeling nonjudgment and actively teaching others how to prepare and develop a palate for real food.

Continue around the table by briefly sharing how you relate to the Suppers boundary about Service.

Describe a service that has been provided to you in Suppers. Describe a service you can provide to Suppers or your community.

Discussion Prompts (Each person select a prompt that works for you.)

- Share about someone who provides a lifestyle role model for you.
- Share about someone for whom you would like to provide a good lifestyle role model.
- Describe how it feels to provide service in your community.
- Describe a time you caught yourself before you did something critical or judgmental.
- Describe other forms of service you can provide at Suppers or in the wider community.

Ideas for Next Steps:

Experiments and Observations:

- Do a thought experiment: Imagine you have already decided to model nonjudgment. Describe a scenario in which you will practice declining the opportunity to judge.
- Do a thought experiment: Imagine you are modeling healthy living as you understand it. Whom are you helping?
- Do the experiment: Provide the service to your community of modeling nonjudgment or health living as you understand it. Select an activity – listening when your inclination is to criticize, teaching someone a cooking skill, or maybe getting your friends moving – and make observations in your journal.

Between Meetings:

- Serve.
 - Go to the Suppers website and learn how to get involved.
<https://www.thesuppersprograms.org/get-involved>
 - Reach out to someone who needs a therapeutic friend.
- Read how other members experienced the healing power of service.
 - Read [Barbara's story](#) about how cooks will save the world, page 297 in the 2nd edition of Logical Miracles and on the Suppers website.
 - Read [Lina's story](#) about love and soul food, page 298 in the 2nd edition of Logical Miracles and on the Suppers website.
 - Read [Kiki's story](#) about emerging from isolation, page 301 in the 2nd edition of Logical Miracles and on the Suppers website.