Being of service

In addition to finding a spiritual way of life, recovery is about transforming negative aspects of our personalities into positive ones. Many of us came into the program with inflated egos but very little self-esteem. We often felt superior to others, yet deeply “less than” at the same time. We had a pattern of taking from others, misusing relationships, and rarely doing anything without expecting something in return.

Through the grace of our Higher Power, we begin to unlearn these behaviors. One powerful way to do this is by being of service - whether in person or through online meetings. We discover that serving others helps us grow spiritually, builds humility, and replaces self-centeredness with an attitude of contribution. Service becomes an expression of gratitude and a way to strengthen both our recovery and the recovery of others.

Why be of service?

- To give back what was so freely given to us;
- To make a commitment as a symbolic way of making amends;
- To connect with other recovering addicts - locally and globally;
- To learn teamwork and cooperation;
- To practice humility through selfless action;
- To share our skills or learn new ones;
- To develop responsibility and consistency in our recovery.

Ways to Be of Service (Including Online Opportunities)

Service can happen anywhere-especially in today’s connected world. Online meetings have opened new ways to stay involved and help others.

Service in any form - especially through online meetings allows us to reach people we may never meet otherwise. It reminds us that recovery is not just about staying clean, but about showing up for others. Through service, we build connection, purpose, and a deeper sense of belonging.

For the full CA approved pamphlet see below:

Being of Service