

# STEPWISE RECOVERY

## Step Twelve: Service Ideas

Carrying the Message and Practising Principles

*Service is not about grand gestures — it is about showing up consistently and contributing what you can. Start where you are. Even small acts of service strengthen your recovery and help others find hope.*

*This resource is produced by Stepwise Recovery and is not affiliated with any Twelve Step fellowship.*

### Service in Meetings

#### Meeting-Level Service

Service Opportunity	Commitment	My Interest
Making tea or coffee before meetings	<i>Weekly</i>	
Setting up or clearing away chairs	<i>Weekly</i>	
Greeting newcomers at the door	<i>Weekly</i>	
Sharing your story when asked	<i>As needed</i>	
Chairing or leading a meeting	<i>Monthly</i>	
Taking on a group secretary role	<i>6–12 months</i>	
Becoming a group treasurer	<i>6–12 months</i>	
Helping with literature distribution	<i>Ongoing</i>	

## One-to-One Service

### Supporting Individuals

Service Opportunity	Commitment	My Interest
Sponsoring another person	<i>Ongoing</i>	
Being available by phone for someone struggling	<i>As needed</i>	
Accompanying someone to their first meeting	<i>As needed</i>	
Sharing your experience over coffee	<i>Informal</i>	
Helping someone work through the Steps	<i>Ongoing</i>	
Listening without judgement	<i>Always</i>	

## Beyond the Fellowship

### Wider Community Service

Service Opportunity	Commitment	My Interest
Volunteering with a local charity	<i>Regular</i>	
Mentoring young people	<i>Ongoing</i>	
Supporting a recovery housing project	<i>Variable</i>	
Participating in community events	<i>Occasional</i>	
Sharing recovery awareness (anonymously)	<i>As comfortable</i>	
Fundraising for addiction services	<i>Project-based</i>	

# Living the Principles

## Daily Practice

Service Opportunity	Commitment	My Interest
Practising honesty in relationships	<i>Daily</i>	
Being patient with yourself and others	<i>Daily</i>	
Showing up reliably for commitments	<i>Daily</i>	
Admitting mistakes promptly	<i>As needed</i>	
Treating others with kindness	<i>Always</i>	
Taking care of your physical health	<i>Daily</i>	
Maintaining a gratitude practice	<i>Daily</i>	

## My Service Plan

Use this space to note the service commitments you would like to explore:

What I Will Do	When I Will Start	Who Can Help Me

*You do not have to do everything at once. Choose one or two things that feel right, and build from there. Service is a practice, not a performance.*

**UK Crisis Support**  
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