

# The Role of Service in Recovery

By Chris Christensen, MS

As we see by the success of Alcoholics Anonymous over the last 78 years, helping others is a vital part of the recovery process. The weekly meetings and the role of the sponsor all play an important part in helping someone in recovery. I have also noticed, over the years at Turn-About Ranch, service plays a vital role for teens to be able to make the changes in their life necessary to become a healthy, productive member of society. As the parable in Matthew states, "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me." (Matthew 25:40) When we seek to help others, our problems become smaller and we are able to forget ourselves and look to the greater good.

When we focus more on others, we are more apt to find the solutions and answers needed to work on our own problems. If our thoughts are constantly on "what I need" and "what I want," we only focus on ourselves and our own selfish ways. I love how it is put in James 1:27, "Pure religion and undefiled before God and the Father is this, to visit the fatherless and widows in their affliction, and to keep himself unspotted from the world." When we turn our lives over to God and become one with Christ, we then find our true selves and the answers needed to solve our personal issues in order to start on the road to recovery.

A big part of the program at Turn-About Ranch is to teach our students to work hard and to serve others. We do this through community service and through our leadership program. This is a vital component of the program because we have found that our students, who truly serve others, make big strides in their lives and become whole again. "For whosoever will save his life shall lose it; but whosoever shall lose his life for my sake and the gospel's the same shall save it." (Mark 8:35)



Turn-About Ranch is a residential facility located on a working cattle ranch in Escalante, Utah. This program takes concepts like leadership, teamwork, accountability and responsibility and puts them into practice in a real-world environment for our residents. A Christian track is available for families who are interested. For more information about these services for teen boys, call 800-842-1165 or visit [www.turnaboutranch.crchealth.com](http://www.turnaboutranch.crchealth.com).