

LifeRing Regional Representative Report

2017-2018

Submitted by Lisa Swing-Corney

Introduction

Information requests to Regional Representatives (RRs) were made using the Regional Representative Google Groups. Recently submitted information has been combined into this report. Frontier reps submit periodic information and updates on existing and potential new meetings via google forms. Frontier region information was gathered from the submitted forms. The developed regions submitted completed reports. Some of the original information has been reformatted and edited while keeping the basic content intact. Contact LisaS@LifeRing.org with any questions.

Regional Representative System

Structure

There are 9 geographic regions (Canada, Europe and 7 in the US) and two electronic regions (Digital and Chat). Canada, California, Colorado, are considered Developed regions – there is regional structure already in place. The Northwest, Southwest, South, Central, Northeast, and Europe are considered Frontier Regions. Frontier regions do not have regional structure already in place. Some areas have their own local structure. A map of US regions can be found at < http://lifering.org/wp-content/uploads/Convenor_Resources/Regional-Rep-Map.pdf>. Europe, California and the Digital region are further broken down into areas. The Central Region briefly had an area rep for MI; unfortunately, he had to step down due to other obligations.

Frontier Regional Representatives

The frontier RR system has allowed for greater support of current meetings and potential new meetings. Meeting and convenor info is updated in a timelier manner. It can be very difficult to maintain contact with meetings in the frontier regions. Information submitted via google forms is sent to spreadsheets which allows for a quick overview of the region's meetings and addressing concerns in a timely manner. As an example, of the eight meetings that have closed in the central region during the last year, we were only notified about one of them. The other meetings were confirmed closed by contacting the convenor or the locations where the meetings had been held.

CENTRAL REGION Regional Representative Lisa S

OHIO

AKRON, OH Firestone Park Community Center

Tuesday and Thursday – Thursday started in January

Attendance 6-8 average, core group 8, range 4-11

Finances- Donations collected; Donated --\$100 to LifeRing this year. No required rent but we make periodic donation of supplies to facility. Other expenses include LifeRing buttons and wristbands and brochures.

Convening 2 convenors possibly a third soon. An additional member who could fill in.

Literature Brochures and books on display / Books for sale. Lending library - old copy of keepers; lending library including LR and other recovery books

Promo Welcome & Day 1 Brochures in facility display rack (community center)

local website, FB page, and twitter account

tabled at multiple events and several presentations done by Lisa

Lisa and 2 other members have attended local opiate task force meetings.

Congress The meetings are aware of congress and have delegates

Other Buttons are given to members when participating in an event

Regular members sometimes call in to the meeting when they are unable to attend in person. LifeRing wrist bands are given to newcomers

Medina, OH Recovery center of Medina County First meeting May 20th

The meeting does have books and brochures.

Dayton Ohio New meeting

This meeting is in a VA facility and is for open only to current and past patients and any veterans in the surrounding communities. The meeting does not want to be listed on the schedule.,

Attendance 10 - 20 weekly. last contact was 5/12/18

MINNESOTA

Rochester MN New Meeting

Attendance max 10

Convening I have a few people that are available to back me up if needed.

Finances donations requested/ expenses met

Literature - "We have a copy of each book and I've printed extra brochures."

Last contact 4/30/18 – convenor provided better email and a phone #

CENTRAL REGION (continued)

WISCONSIN

Hartland WI New Meeting

This is a combination LifeRing/ SOS meeting which has just been listed. I have not connected with the convenor yet.

MICHIGAN

Alpena, MI Sunrise Center

Tom M Attended meeting in Alpena. 12 people in attendance. Meeting was energized and meaningful. Attendees mostly from facility - some community members. meeting more accepted by recovery community after initial push back. Meeting is poor - will give back when can'

Petoskey MI Red Sky Stage

Attendance 10 -15
Convening there is a co-convenor or someone who can fill in
Finances Donations are collected. "I donate \$50 (out of pocket) a month for room rental, the collected money goes to supplies and contribute to LifeRing."
Literature Brochures are available. EYSS, RBC and HWYW on display

Petoskey MI Harbor Hall Treatment Center,

Attendance 20 -25
Convening there is a co-convenor or someone who can fill in
Finances Donations are not collected – meeting in treatment center
Literature Brochures are available. EYSS, RBC and HWYW on display

Sturgis, MI Hope House Women's meeting

No available information on this meeting. Last response from convenor was in October. I will be following up with the facility where the meeting is located. The convenor of the other Sturgis meeting did confirm this meetings existence in January.

Sturgis, MI Meeting started in spring of 2017.

Attendance 9
Convening someone who can fill in
Literature Brochures are available and books on display. Took brochures to a recent event.

CENTRAL REGION (continued)

INDIANA

Indiana – new meeting

Tom M who was the MI area rep for a few months was in touch with the convenor, Mike, in March. At that time, Mike said the meeting had 6-10 in attendance. The meeting is not registered and we have no info other than an email for the convenor. The convenor has not responded to several attempts to contact.

Iron Mountain Michigan unofficial meeting

This is a small unofficial meeting but I have not been in recent contact with the convenor.

Closed meetings Central

Grand Rapids MI LifeRing LGBT & Allies

Meeting started in the summer of 2016, moved locations once and closed “before holidays 2017” due to lack of attendance. confirmed by former convenor during January check in. **Convenor comment - “...there is such an immense need to help the populous understand that recovery and wellness can have NOTHING to do with AA. “**

Manistee MI 2 meetings

Morgantown WV meeting removed from schedule due to convenor illness

Ann Arbor, MI TUE 9:00am meeting taken off schedule assumed closed - convenors email bouncing and facility where meeting held did not return call

Ann Arbor, MI Friday noon Meeting started spring of 2016. Original convenor moved and convenor who took over did not stay in touch. Meeting was confirmed as closed in January 2018 by calling the facility where it had been held.

Bloomfield Hills, MI Meeting started in September of 2017 and closed a few weeks later when the convenor died.

Columbus, OH Non-Public meeting assumed closed. Convenor email bouncing and phone number not valid.

Constantine, MI started in June 2017. meeting closed – confirmed by church where meeting was held.

Potential Meetings/Convenors Central

Bay City Mi

Hebron, IL

Appleton, WI

Sikeston MO

Cleveland, OH

Possibly 2 more meetings in the Akron Area

NORTHWEST REGION Regional Representative Tim K

Washington

Sequim, WA Dual-diagnosis meeting First meeting 5/1/2018

Attendance 2
Convening there is an alternate convenor
Finances Donations are collected
Literature Brochures are available and EYSS, HWYW on display and for sale
Congress the meeting is aware of the annual congress and byLaws

SEATTLE, WA

Attendance 6
Convening There is a co-convenor or someone who can fill in
Finances Donations are not collected. – “The meeting has no expenses”
Literature None available – The convenor has been contacted about obtaining literature
Other Meeting has website

WALLA WALLA, WA

Attendance 4
Convening There is a co-convenor or someone who can fill in
Finances Donations are not collected –“The meeting has no expenses”
Literature Brochures available - EYSS, HWYW on display and for sale
Congress Meeting aware of bylaws, and congress – no delegate

Port Angeles, WA New this year

Attendance average 5
Finances We "pass the hat" at every meeting. So far, there have been no expenses so I'll be contributing to the Service Center
Literature Brochures available - EYSS, HWYW on display and for sale
Convening There is a back-up in in theory. Yet to be tested.
Congress the meeting is aware of the annual congress and is aware of the LR Bylaws

Spokane, WA 1st meeting April 9th

Attendance 2-14 14 -lg group from a court mandated recovery program
Convening No back up convener. In order to find one will require another resident of the Delaney to attend, since it's a secure building.
Finances We haven't yet passed the hat due to the extreme impoverishment of attendees, —but intend to do so starting soon
Literature Brochures are available - EYSS, RBC on display & for sale

NORTHWEST REGION (continued)

Alaska

Fairbanks New Meeting

Just started. RR has been in touch.

Potential Meetings/Convenors Northwest

US Military base in Japan_ a meeting was started and stopped after a few months due to lack of attendance. There is a possibility of it restarting.

Closed Meetings Northwest

PORTLAND, OR – 2 meetings

Coeur d'Alene, ID

SOUTH REGION **Regional Representative** **Tim K**

FLORIDA

Pinellas Park, FL and Clearwater, FL

Attendance 8-10

Same convenor. Most recent contact 5/18,

TEXAS

Cedar Park, TX

Attendance 4-5

Finances Donations not collected

Convening There is someone who can fill in for the convenor

Potential Meetings/Convenors South

Huntsville AL

Asheville, NC

Tulsa, OK

Closed meetings South

Austin, TX Seton Shoal Creek Hospital closed November 2017 the meeting had good attendance so, presumably it closed due to lack of a convenor

Lubbock TX

NORTHEAST REGION

Regional Representative

Ewa C

Connecticut

Greenwich Hospital 5 meetings

- Attendance** 7-25
- Convening** Several group members make themselves available to fill in if necessary.
- Finances** "Hat" is passed on Sundays
- Literature** brochures available EYSS, HWYW on display
- Other** Meeting has a website www.liferingct.org

Massachusetts

New Bedford, MA New Meeting

- Attendance** 2-5
- Convening** There is a co-convenor or someone who can fill in
- Finances** Donations are not collected
- Literature** Brochures are available. EYSS, RBC and HWYW on display and for sale
- Congress** The meeting is aware of the annual congress and does not have a delegate
The meeting is not aware of the LR Bylaws

Pennsylvania

Lebanon PA

- Attendance** 2-4
- Convening** There is not a co-convenor or someone who can fill in
- Finances** Donations are not collected
- Congress** The meeting is aware of the bylaws and annual congress. They have no delegate
- Other** Convenor feels that books are too expensive for people

Williamsport PA New Meeting

RR has been in touch.

New York

Harrison, NY two meetings - one is a Nonpublic meeting

- Attendance** 3-8
- Convening** There is a co-convenor or someone who can fill in
- Finances** Donations are not collected
- Literature** Brochures are available EYSS, and HWYW are on display **Promo**
- Congress** The meeting is aware of the annual Congress and does not have a delegate
The meeting is aware of the LR Bylaws
- Other** The convenor has found the lifering.org website helpful

Closed meetings Northeast

Voorhees NJ, Wilton CT

Potential New meetings Northeast

Pocasset MA, RI

Southwest Region john@liferingutah.org

Utah

All meeting and convenor information correct at lifering.org

Attendance

Sunday & Wednesday Noon - 4;

Wednesday 6:30 p.m. - 5;

Thursday & Friday - 3,

Saturday - 6

Convening There is a backup convenor or someone who can fill in for all meetings

Finances All meetings "pass the hat" No expenses other than replacing books as they are sold. We pass them along at our cost.

Literature All meetings have brochures and books on display and books for sale

Congress All meetings have delegates

Other Weekly yoga, and dog walks in the park on the 1st & 3rd Sunday of each month.

New Mexico

Our new Southwest RR has recently reestablished contact with the New Mexico meetings. Meeting and convenor info is now correct on lifering.org. No meeting details are available at this time.

Los Alamos

Albuquerque Fri

Albuquerque Wed

Closed meetings Southwest

Albuquerque - Sat

Potential New meetings

SL valley, UT

California Regional Rep Robert Stump

The LifeRing California currently consists of meetings in the following geographical areas:

- San Francisco/Bay Area – 47 Meetings
- Sacramento Area – 14 Meetings
- San Diego Area – 5 Meetings
- Santa Rosa Area - 11 Meetings
- Fresno Area – 3 Meetings
- LA Area - 2 Meetings

Total: 82 meetings

Currently, we have reps for most of these areas.

For 2017-2018 new meetings were started up in LA, San Diego, Santa Rosa, and the SF/Bay Area.

In 2018, a major, devastating fire in the Santa Rosa area temporary closed several LifeRing meetings in the area. As of June 2018, most of these meeting have started back up or relocated to new locations.

Meetings generally have 4 to 8 people in a meeting through some of the LifeRing meetings at some Kaiser locations will have 20 or more people at a typical meeting. Usually, these meetings get divided up into two smaller meetings when the meeting count goes too high.

Book sales vary at each meeting. Meetings are encouraged to display the “Empower Your Sober Self” and “Recovery by Choice” books, brochures, and meeting schedules and to make these books available for sale at each of the meeting.

The San Francisco/Bay Area meetings have traditionally sent in meeting money on a monthly basis totaling close to \$10,000.00 a year over the last couple of years. Other regions in California sent in meeting money when they can.

Colorado Region

Curtis Drew

Total Meetings: 35

- Denver Area: 15
- Northern CO: 16
- Mountain & other: 4

Meeting attendance varies greatly, ranging from ~4-20+. We have seen steady growth with 6-8 new meetings started in the the past year. There are facilities within the Colorado region that would welcome other new meetings. The challenge is finding enough convenors to start up these meetings. In additional to our regular meetings, we also have an informal “Coffee Group” that meets at various locations on Saturday mornings.

Two Google groups are also available to members:

➤ **Information & Announcements**

LifeRing Colorado announcements and forum are done in the Google Group LifeRingInfoColorado. Postings for this group will include information about new meetings, cancellations, speakers and other more “official” LifeRing Colorado news.

➤ **Sober Social Activities**

In addition we have a group of people interested in activities with other sober people – activities that might have nothing to do with recovery. Common posting are for local nature walks and a bit more vigorous hikes at nearby parks. In the future, I would like to include potlucks, dinner out or game night for those less physically inclined.

We also offer a separate Google group designated for convenors. Here we discuss issues specific to convenors such as information regarding our quarterly convenor meetings or a convenor is in need of meeting coverage.

LifeRing Secular Recovery Society Canada

Regional Representative: Jamie Itterman itterman@me.com

Vancouver Hub: Jamie Itterman

Victoria Hub: Calla Raglan

LifeRing Canada continues to run smoothly and with good positive ambitions. The first four months of 2018 continues to see regular meeting attendance increasing and getting more attention from substance use agents, facilities and services. Our Conveners, other members and attendees are keeping efforts and attitudes toward the growth of LifeRing as an importance in our success.

We were invited to meet with the B.C. Humanist Society who are interested in Secular Substance Recovery and are making recommendations to the government to provide funding for evidence based recovery.

LifeRing was also invited to attend a round table discussion in Victoria with Judy Darcy, our Minister of Mental Health and Substance Use. We were represented by Hendrika V. who discussed ways that the government can help to improve and support those needing help in the community.

Our fundraiser has ended and we were only able to raise \$1000 of our \$5000 target. Still it is something that makes a difference and we have learned better execution ideas for the next one.

We are interested in making contact with other Conveners or Representatives in the Eastern part of the U.S. that borders Manitoba and Ontario in the hopes that they may have some better cross border connectivity as a way for us to access Eastern Canada.

Both Hubs continue to struggle to find Conveners, which means some Conveners are doing multiple meetings and this is preventing us from opening new locations.

Our Vancouver Hub has closed one of our meetings. The Surrey meeting location was difficult to access and those that did try to attend were being turned away by locked doors. We have turned our Wednesday night meeting in Port Coquitlam to a dual F2F and on-line. It has worked out well with more folks on line then in actual attendance.

The Victoria Hub now has 7 open and 2 closed meetings. A new location opened at the Salvation Army early April with attendees from the facility and from the street. The William Head Institution now also allows inmates to attend certain LifeRing meetings out in the community which includes the Salvation Army which serves as a halfway house. Some meeting numbers are up dramatically with up to 25 people at two of their groups.

Jamie Itterman and Natasha Craig

LifeRing Regional Representative Report- Canada (continued)

Vancouver Hub

Day and Time	Location and Address	Convener and Contact	Average Attendance
Sunday-2pm Closed	Maple Ridge Treatment Centre 22269 Callaghan Avenue Maple Ridge BC	Jamie Itterman itterman@me.com	9
Sunday-8pm Closed	Pacifica Treatment Centre 1755 E.11 th Avenue Vancouver BC	Denis Power Denispower66@yahoo.ca	18
Wednesday 7pm Open	Port Coquitlam-Vancity C.U. #7100-2850 Shaughnessy St. Port Coquitlam BC	George Gidora ggidora@telus.net	8
Thursday- 7pm Closed	Burnaby Centre 4 Mental Health 3405 Willingdon Avenue Burnaby BC	George Gidora ggidora@telus.net	14
Thursday- 7pm Open	Three Bridges Health Centre 1290 Hornsby Street Vancouver BC (Downtown)	Peter O'neal Pajonew@hotmail.com	6
Friday-7pm Open	Maple Ridge Ceed Centre 11739 223 rd Street Maple Ridge BC	Jamie Itterman itterman@me.com	9
Friday-7pm Open	Aboriginal Training Centre 10757 138 th Street Surrey BC	Karen Longmuir	Closed
Saturday-4pm Open	Vancouver Daytox Centre 377 E. 2 nd Avenue Vancouver BC (Downtown)	Jamie Itterman itterman@me.com	7

LifeRing Regional Representative Report- Canada (continued)

Victoria Hub

Day and Time	Location and Address	Convener and Contact	Average Attendance
Monday-7pm Open	Royal Jubilee Hospital RM. 169 1952 Bay Street Victoria BC	Calla Raglan Callaraglan@gmail.com	10
Tuesday-7pm Closed	Royal Jubilee Hospital Detox- 1952 Bay Street Victoria BC	Calla Raglan Callaraglan@gmail.com	8
Wednesday 7:30pm Open	St. Matthias Church 600 Richmond Street Victoria BC	Natasha	10
Thursday 7:30pm Open	James Bay Comm. Centre 547 Michigan Street Victoria BC	Barb	12
Friday-7pm Open	Saanich Neighborhood Pl. 3100 Tillicom Road Victoria BC	Gord	5
Friday-7pm Closed	William Head Institute 6000 William Head Road Victoria BC	Volunteers	8
Saturday 7:30pm Open	St. Matthias Church 600 Richmond Road Victoria BC	Gord	8
Tuesday-7pm Open	Salvation Army 2695 Quadra Street Victoria BC		10
Alberta			
Thursday 7pm Open	FCSS Community Services 5002 51 st Avenue St. Paul Alberta	Jo S.	3

European Region

Lisa S is temporarily taking on the role of European representative. Except for England, which does not have a current website, the lifering.org website provides a link to local websites for international meeting listings.

England

Currently no Area rep but there are two convenors who provide info when asked

Most recent Information provided in mid-June 2018. Meeting listings were updated.

From my contact: "The numbers were growing when i checked in January. I am hoping this is still the case. Brochures and literature were available when i handed over my thursday meeting. And the new convenors were emailed copies in order to keep replenished." More info was promised after an upcoming convenors meeting.

Sweden Area Rep Lars

"Seems that our community of LifeRing meetings are stable. Six groups in three cities from the north to the south.

We have around 2-8 attendees, no problems so far.

Stable convenors with backups in three of the groups.

We have two brochures and the books translated, and one of Brochure of our own making.

We had around 4 persons during the year who may want to start meetings. I consider these persons in need of a more stable sobriety, they have not been heard of since then. Newcomers arrive now and then, and some stay for good but many disappear after a while. Its a slow growth.

So we have a little reaching out via facebook and other media.

Done some informationwork with a treatmentcenter and another community service."

The books are translated in whole, the workbook is translated as a shortened to a compendium of 70 pages."

European Region (continued)

Ireland Area Rep James McShane

Minutes

Annual General Meeting Lifering

Purpose: The purpose of this meeting of Lifering convenors is to review the performance of Lifering since the last AGM in September 2016 and to make plans for the future.

Present:

James McShane, SPUH, Abbey St, Stanhope

Fergus Cantwell, SPUH, SJOG

Tim Kyne, SPUH

Tony Hickey, Blanchardstown and Mullingar

Pat Murphy, Blanchardstown and Mullingar

Brid Barrett, SPUH

Olwyn ?, Ait Linn

Mick Malone, DCU

Ger McCabe, SJOG

Mike McDonnell, SPUH

Donal Breen, SJOG

Kevin Quinn, Ait Linn

Mona Slogan, Blanchardstown and Mullingar

Max ?, Ait Linn

Apologies: Tralee, Dingle, Navan and DCU.

Time & Venue: 2pm on Sunday 20th May 2018 in St Patrick's University Hospital.

Two dear members of Lifering, Bernie Faulkner and Damien Molloy, have sadly passed away since the last AGM, may they rest in peace. It was decided to dedicate the meeting to their memory.

Financial Statement:

James presented details of the income and expenditure of Lifering for the period from September 1st 2016 to April 30th 2018.

*Expenditure was for Room Hire, Insurance, Books, Printing, Advertising, Website Development, Delegate Attendance at LR Congress in Denver, Bank Charges, Flowers.

Branch Reports:

Every week, Lifering holds fifteen meeting in eleven different locations around the country:

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Stanhope SJOG	Abbey St.	SJOG (W) Tralee Mullingar Navan	SPUH (3) Dingle	Ait Linn DCU SJOG	Blanch	No Meetings

SJOG: The three weekly meetings in SJOG have been running for a number of years. Meetings are all well attended and well run by a panel of convenors.

Blanchardstown: This meeting has been running for a number of years and is well attended and well run by a panel of convenors. Members were recently invited to join a WhatsApp Group, and this has proven to be of great benefit and support to members who are unable to attend a meeting in person.

Ireland (continued)

Mullingar: This meeting was established in March 2017. There are currently about four regular local members, three of whom convene. The “Dublin Convenors” (Mona, Pat and Tony) have decided to step down from the rota at the end of June 2018 and leave the running of the meeting in the hands of the local convenors. Tim and Mick kindly offered to convene in Mullingar once in every six weeks.

Ait Linn: This meeting was established in April 2017. Meetings are all well attended and well run by a panel of convenors.

Stanhope: Meetings are all well attended and well run by a panel of convenors.

Abbey Street: Meetings are all well attended and well run by a panel of convenors.

SPUH: Three meetings take place simultaneously involving up to 45 members. Meetings are all well attended and well run by a panel of convenors.

Navan, Tralee: Dingle:DCU: not present

Sligo: This meeting has closed due to falling numbers. Belfast: This meeting has closed.

Convenors:

The members agreed with the importance of continually recruiting new convenors. A copy of Chapter 3 of “How Was Your Week” by Martin Nicolaus should be given to each new convenor.

Committee:

All members present agreed that a committee of convenors should be formed to run Lifering. Seven members (Mike, James, Pat, Ger, Donal, Fergus and Tony) indicated their willingness to serve on the committee.

The following tasks were identified:

- Tony will contact the branches not represented at today’s meeting (Tralee, Dingle, Navan and DCU) to canvas their views in relation to forming/ joining a committee.
- Ger and Donal will talk to other convenors in SJOG to get their views about forming/ joining a committee.
- James will set out all of the various tasks involved in running Lifering.
- Tony will translate these tasks into roles with the help of the other committee members.
- The committee will meet and assign roles to committee members.

AOB:

1. James is currently preparing a submission which if successful will result in Lifering being assigned charitable status.
2. Changes are required to the website (www.lifering.ie) to ensure that it pops up more frequently during searches. A short press release will be added for use by convenors.
3. James will arrange another meeting of Lifering Convenors in about three months time to review progress on establishing the committee.

Report on LifeRing email groups, 2018

In general, LifeRing's email groups are not thriving. Of the 5 active groups, one is all but inactive, 3 are holding their own, barely, and one is doing well.

LSRbody. A group dealing with health issues faced by LifeRing members. It seems to be moribund. New members join now and then and are greeted by the convenor and one or two other members, but conversation rarely develops. It generates an average of about 7 posts a month. It costs nothing so the only harm would be new people joining and gaining a bad impression of LifeRing.

LSRmail. The original sobriety support group for LifeRing. It's holding steady at about 30-50 posts a month and does seem to perk up when new members join or a member raises an issue. But it's a pale shadow of its heyday when one or two thousand posts a month would be carried.

LifeRing Secular Dual Recovery. Convenor Jason G. reports:

Activity level: Overall level of activity was up slightly (~10%) from the year before, but down from its all-time high of 2014.

New members: 18 new members in the past year; four members left

Total members: 84

Satisfaction: I haven't seen the issues with LifeRingSDR on Yahoo that seem to occasionally plague LSRSafe, although I suppose given the fate of Yahoo it seems inevitable that some sort of migration is coming, but so far so good.

Needed from LifeRing: Nothing at the time; I've been thinking about how LifeRing can better attract and support dual diagnosis members, but as yet I don't have any formulated plans

Donations: I always forget about this as well

Need for more groups: Given the activity on the SDR group, I don't know that I perceive a need for a larger variety of groups.

LifeRing Sober Living. This group has always had fluctuating activity. Generally lately it has run from 20 to 60 posts a month, or so. It has been particularly slow recently, but that may be temporary.

LSRsafe. This is by far the most active email group LifeRing offers, generating 500-900 posts a month. Many members of the other email groups are also members of LSRsafe. The presence of a number of long-time members with substantial sober time who continue to monitor and respond to posts plays an important role, both in maintaining their own recovery and in supporting newcomers.

All of the groups use the Yahoogroups.com platform. Yahoo is not a healthy company and their service, always a bit spotty, has been worse lately. Changing to a new platform might be desirable but prying people away from their familiar system and helping them to adjust to a new one might be difficult. Email groups in general are very "old school" and perhaps unappealing to younger people. I'm "old school" myself, so I have no suggestions for possible alternatives. Email group participation may be weakening, but it continues to play a vital role for many.

LifeRing Forum. The Forum, a “Bulletin Board” carried on a platform (Delphi Forums) even more old school than Yahoo, is structured differently from an email group, but there are many similarities -- people can write as much as they want, responses may arrive hours, days or weeks later. One of the convenors, Mary A., reports:

The Delphi forum has always been smaller and quieter, most of the time. But if you look at the visitors logged at the bottom of the landing page, there's a fairly steady stream of people popping by. Older members pop back in on anniversaries or when they're in trouble: Mike (Entropy) was posting last week, he hasn't been on the boards since 2009 or so. Bob O comes by as does Stevie, and I see Mondotuna (AA troll) doesn't post but watches the forum regularly. I think he still can't work out how LifeRing does it!

The regulars are myself, Brian, Rex, Margit, Elsie/Louise and most of us have been active here for at least a decade. Rae (KateR) posts every now and again and I know Karma (Mary D) reads the forum. Some posters use both the Delphi forum and the SafeList: Gord and Nancy (although she hasn't been here for a long while). We get newcomers once or twice every other month, most just post once or twice and then drift off.

What has changed is that many of us also connect on FB: Rex, Brian, Louise, Kate R, Mary D, and other LifeRingers from elsewhere are all 'Friends' and post there too. I think this has some effect on the use of forums because social media is ubiquitous and preferred by many. Old concerns about anonymity seem to have fallen away.

We haven't had any controversies or conflict for a while and that's good. I don't see the forum getting busier but it isn't in decline. If someone posts on Delphi and seems to need more support or diversity of opinion, I recommend the SafeList and see if that is helpful for them. My feeling is that recovery modalities these days are more likely to happen with private blogs (like Mrs D Gets Sober from Australia with Lotte, a friend of mine), closed or open FB groups (LifeRing) and vlogs or websites offering workshops, podcasts and videos. I think forums may be less popular and Delphi has always been unwieldy, no way to post images, a great many tangential or nested threads. The moderation is light and that seems to work.

The LifeRing Forum costs a couple hundred dollars a year (if I remember correctly). A concerted effort could be made to collect donations from Forum members, but someone has to take on the task of publicizing the need and following through. None of the email group convenors have been at all consistent in their efforts in fundraising and the Chat groups don't produce money either. Passing the hat at a f2f meeting is pretty painless compared to collecting from people scattered around the globe. I would point out that our various online resources have produced two members of the BOD, plus the LifeRing Secretary, the author of the LifeRing blog, and the chief Fundraiser, among others.

(aka/online moniker "Bobbi C.")

Contact Information: bcampbell@lifering.org

Lifering Main Facebook Page*

URL: <https://www.facebook.com/LifeRingWorldWide>

	<u>TOTAL PAGE LIKES</u>	<u>NEW LIKES THIS YEAR</u>	<u>TOTAL FOLLOWERS</u>	<u>NEW FOLLOWERS THIS YEAR</u>	<u>HIGHEST TOTAL REACH</u>
Facebook	<u>1,378</u>	<u>261</u>	<u>1,396</u>	<u>347</u>	<u>Number of people who had</u>
					<u>our content on their screens</u>
					<u>10/23/2017: 695</u>

TWITTER

URL/Twitter handle: [@LifeRing](https://twitter.com/LifeRing)

- Account Management

Our twitter account needs a permanent administrator or a few more occasional tweeters. Lisa S, Bobbi C and Jason G all tweet occasionally.

Twitter	TOTAL FOLLOWERS	NEW FOLLOWERS THIS YEAR	HIGHEST NUMBER OF TWEET IMPRESSIONS
	465	67	October 2017: 5,240

NING Administrated by Steve S

NING	TOTAL MEMBERS	NEW MEMBERS THIS YEAR	AVERAGE POSTS PER WEEK
	<u>2,410</u>	<u>70</u>	<u>10-Jul</u>