



Opening Statement

This is a regular open meeting of LifeRing Secular Recovery. LifeRing is a self-help support group for all people who want to get and stay clean and sober.

We feel that in order to remain in recovery, we have to make sobriety the top priority in our lives. By sobriety, we mean complete abstinence from alcohol and other addictive drugs.

Out of respect for people of all faiths and none, we conduct our meetings in a secular way, which means that, during this hour, we do not use prayer or talk about religion. We rely in our recovery on our own efforts and on the help of the group members and other friends.

Everything that we share at this meeting is completely confidential and stays in this room. If you are under the influence of alcohol or drugs now, we ask that you maintain silence at this meeting. You may speak with members afterward.

The meeting format is flexible. We generally begin by checking in and talking about the highlights and heartaches of our past week in recovery, and what we plan to do to stay clean and sober in the coming week.

We encourage cross-talk throughout the meeting. By cross-talk we mean questions and positive, supportive feedback. Positive experiences from your own recovery are welcome. Please allow enough time for everyone to participate by limiting your speaking time if necessary.

If this is your first time at this meeting of LifeRing -- Welcome. Please introduce yourself by your first name. If you would like, tell us how long you have been in recovery and then tell us about your past week and your coming week in recovery. If you would like to know more about the LifeRing approach, we have LifeRing books and handouts available here.

Thank you.