



# LifeRing Secular Recovery

A network of positive support groups for living free of alcohol and other drugs

Spring 2013

## Newsletter

### LifeRing Absentee Ballot Information

Dear LifeRing Member,

A Proposal will be brought to the June 2013 LifeRing Congress. The intention of this Proposal is to modify the LifeRing Bylaws in order to permit and structure absentee voting. If passed at Congress, this Proposal will result in a significant change in the way elections and proposals will be voted upon, and immediate implementation will require a number of details to be organized well in advance of Congress. We ask all LifeRing members to spend a few moments to read the following important information.

This Proposal was discussed in our Winter 2012 newsletter (*Absentee Voting – Bylaws changes in progress*):

<http://lifering.org/2012/12/liferings-winter-newsletter-just-published/>

Full details are posted on the LifeRing website:

<http://lifering.org/absentee-voting-plan-to-be-considered-at-2013-annual-meeting/>

For your convenience, these website details are shown here as well:

#### Convenors

Public Meetings that have been in place for 45 or more days prior to Congress may select a Voting Delegate. A meeting is defined as two or more people who come together for the purpose of abstinence, secularity and self-help using the LifeRing name, in a physical or internet location accessible to the public with location, day and time posted in a manner likely to give public notice. The Delegate should be selected democratically by the people who attend the meeting. If there is no preference or election then the Convenor may serve as the Delegate. In order to vote in any subsequent absentee election, the Delegate must provide his or her name, contact information, and basis for eligibility (which meeting) to the Registrar at the LifeRing Service Center *no less than 30 days prior to Congress*.

#### Delegates

If you wish to submit an Absentee Proposal for consideration at Congress, or if you wish to make an Absentee Nomination for a candidate for Board of Director elections, you need to submit this in writing to the Registrar at the LifeRing Service Center *no less than 30 days prior to Congress*.

#### Nominees for Board of Director Seats

If you are nominated by a Delegate to run for an open seat, and if you wish to run for that seat, you will need to agree to the following expectations and provide the following information to the Registrar before the close of Congress. If you will not attend Congress, you need to do this in writing:

As a Board Member you will be expected to participate in monthly board meetings. These meetings are usually held by conference call and last about ninety minutes. Other expectations and time commitments will be detailed in a letter you will receive as a Nominee, either at Congress or by mail if you are an Absentee Nominee.

Unless there is a compelling reason agreed to by the rest of the Board to the contrary, your name and email address will be published on the LifeRing website, and your name and short biography may be included in grant applications. Your personal attendance is required at the Annual Meeting, which is held in major cities in North America at the conclusion of the annual Congress. You must be at least 21 years of age. You must have abstained from alcohol and illicit or non-medically indicated drugs continuously for at least two years prior to commencing service.

We look forward to hearing from you and strongly encourage you to participate in this year's Congress.

Yours truly,  
Tim Reith  
Board Secretary

## Absentee Voting

by Jeff K. and Byron Kerr

The by-laws committee is putting the finishing touches on the absentee voting proposal for the upcoming LifeRing congress' approval. The committee worked diligently for nine months to craft the proposal as carefully as it could. The amount of effort, research, debate, and deliberation was huge.

The proposal will be adopted immediately upon approval at this year's LifeRing congress. If approved, this will be the first time in LifeRing's history that delegates from around the world will be able to vote on board seats and directives without having to physically attend Congress.

Actively contributing to the committee were Jeff K. (chair), Joe Mott, Becca J., and Byron Kerr, with early contributions by Andy R. In spite of the hard work and diligence that the committee put into this proposal, there is a possibility that flaws will become apparent, and we will learn as we go. The bottom line is that LifeRing is reaching out to include voices of members around the globe by not requiring physical attendance at the LifeRing Congress to vote. If we need to change the system as we go along, we now know that we have the skill and perseverance to accomplish necessary changes.

Welcome to all Lifering members from around the world. Watch for upcoming information on the website in the coming weeks explaining how you can participate in this important process.

## Open seat on LifeRing's Board of Directors

by Kathleen Gargan

Having served 2 terms on LifeRing's Board of Directors, I've decided to step down from that position as of June 2, 2013, when my seat comes up for re-election. I will not be stepping away from involvement with LifeRing, but hope to focus on a couple of projects more specifically.

Any LifeRing member who is interested in serving on our Board is encouraged to contact us as soon as possible so that we can share information about you with our meeting representatives who will be voting at the election on June 2 in Denver. There are a couple of requirements for Board membership, which can be found at <http://lifering.org/the-organization/>.

Editor's note: The [LifeRing Bylaws](#) require a minimum of two years clean and sober to serve on the Board of Directors and a minimum of one year clean and sober to serve as an officer. Directors and officers must be people in recovery from a substance addiction. The board meets face-to-face at the Annual Meeting and monthly in an online chat room or via telephone conference call. Except during discussion of personnel matters, the board meetings are open to all LifeRing members. Notices of upcoming board meetings are posted on the [liferingconvenors](#) mailing list.

## From the Chair of the Board

I may be retired from the book-selling business, but I spend many hours at the LifeRing office in Oakland, often dealing with books. As an organization, we pride ourselves on being able to do a lot with a little, but know we could also do a lot more – reach more people, start new initiatives, and provide more support to our existing meetings and outreach efforts – with just a little bit more in the way of resources.

I'm personally grateful – and the board as a whole joins me in this – for your support of LifeRing. We hope the giving and volunteer opportunities you'll read about in this issue will encourage you to give more to help LifeRing to do not just a little bit more, but exponentially more.

In many ways, of course, your continued support of your own sober self is the most important gift any of us in LifeRing could ask for. Because when all is said and done, you *are* LifeRing.

For all the ways you contribute to the success of LifeRing today and tomorrow, we thank and applaud you!

As always, please don't hesitate to contact me or any of the board members with your questions, ideas, or suggestions for LifeRing.

Craig Whalley

Chair, LifeRing Board of Directors

## Mark your calendar:

### **LifeRing Annual Meeting May 31 – June 2, 2013 in Denver, Colorado with Guest Speaker Gabor Maté, Author of *In the Realm of Hungry Ghosts***

We are preparing our Annual Meeting 2013 in Denver. Our guest speaker will be Gabor Maté, whose book *In the Realm of Hungry Ghosts* provides a valuable insight into addictions. Here's what is planned for Saturday June 1<sup>st</sup>:

9:00 - 10:30 am Gabor Maté

11:00 - 12:30 Presentation by the Love and Trauma center about trauma therapy method, which works along the lines of Gabor Maté's theories about stress and body, a unique therapeutic method that is being taught in treatment centers.

2:00 - 3:15 pm Presentations by non 12 step recovery organizations: Lifering, Smart Recovery, Women for Sobriety

or  
3:30 - 4:45 pm Candice Shelby on her new book *Addiction; Beyond Choice or Disease*

For more information about the entire event, go to our website: <http://lifering.org/lifering-annual-meeting-2013/>.

## **Congress has the ultimate power**

*by Carola Ziermann, editor*

What if someone is drunk? Should he/she cast a vote? Two people close to me on whom I counted as fellow LifeRing volunteers relapsed. Are they qualified as delegates? Another one is constantly giving negative criticism but not willing to step up to the plate to take on some action. Is this the kind of person we want to make decisions for the organization's future?

Our Annual Meeting is coming up on May 31<sup>st</sup> and with it the decision before congress to implement absentee voting. This has been in discussion for quite some time with the idea that members in our online community may feel somewhat disenfranchised. Our bylaws state that "the meetings of LifeRing, through their delegates, shall assemble face-to-face on a regular annual basis as the LifeRing Congress" giving it the ultimate power. I don't see the need to change them. I may stand alone with this opinion. It's not the distance one might have to travel that's keeping people from casting their vote, it's the fact that our membership is not much engaged and interested in leading our organization. This was made very clear last year when we had our congress in San Francisco. While we have about 50 meetings in the Bay Area which could have translated into 50 delegates, we had maybe 12 people, besides the board members, at the Sunday delegates' meeting, and some of them weren't even delegates eligible to vote. I don't expect the absentee voting option will change the situation.

There is a reason we ask convenors to have at least six months of sobriety before they can convene a LifeRing meeting. "We feel that in order to remain in recovery, we have to make sobriety the top priority in our lives." For me, this proved especially true in my early months and years after I joined LifeRing. So I took attending a meeting once a week very seriously, hardly ever missed one, and after six months started a new group to better fit my schedule. Another six months later, I helped out as CFO. That was the time I truly felt I would like to be part of this growing organization and make sure it will be there for years to come. I went to the next LifeRing Congress to connect to others who were interested in the organization as a whole and to become involved in its decision making process.

As a member on day one in your sobriety, you can be elected by your meeting to represent it at the congress. However, you have to attend the congress in person to vote on issues. And that requires a certain level of engagement. This is the least LifeRing should expect from people who want to be actively involved in its future. Why would we want to change that?

I don't know of any other volunteer organization that allows absentee voting. Political parties require their delegates to come to their conventions to nominate a presidential candidate. Let's not forget we are a group of

people in recovery and our state of mind can be very fragile. You cannot afford to go out of state or out of the country to attend the Annual Meeting? Vote for someone in your meeting who can, and make sure your delegate knows your position so he/she can represent the group's vote accordingly. Are you planning to put in a new window in your house in the next three months and therefore will have to miss the congress? Do it a week earlier or postpone it for a week or two, so you are free to attend. Remember, put your sobriety first.

The discussion about the need for sponsorship in LifeRing comes up every once in a while. Do we want that for LifeRing? My answer is a clear No. No one tells me what to do and I'm with LifeRing for almost 10 years now. In fact, that's what attracted me to LifeRing in the first place. However, I understand some newcomers have a different point of view. We cannot please everybody and we cannot make it as easy as possible for everyone to vote on our issues – the least a person needs to do is to show sincerity and commitment by showing up in person to vote. I do not want LifeRing's integrity to be compromised. It works just fine as it is. Congress has the ultimate power. Let's keep it that way.

## **Letters to the Editor**

### **Democracy requires accountability**

LifeRing members will have a new participation experience this year if the Absentee Voting Proposal that was developed by the Bylaws Committee passes as expected. Delegates will vote in a special Absentee Election, on ballots sent to registered delegates, following the annual Congress in Denver. The Board of Directors narrowly chose to use a multi-seat variant of instant runoff voting (IRV) for elected seats in this Absentee Election, and so ballots may look unfamiliar in that delegates will be asked to rank all candidates in order of preference, rather than "vote for no more than N candidates for the N elected seats" that may be more familiar. A multiple-pass count/transfer/count system will then be used to determine the winners.

Is this the best system? The answer depends on who you ask, because there is no single best vote-counting system, and election results depend on how you organize and count the ballot markings. If there were a single best system, everyone would be happy all the time, and obviously that is not possible.

However in my opinion, the IRV system has a distinct disadvantage of a lack of transparency in the ballot manipulation process, so that it may be impossible for most people to understand how the winners were determined. This opens the system up to criticism for being secretive and understandable only by a few experts, which is a common criticism in the few places in the world that use

IRV for elections. As Barack Obama, who was elected in a simple highest-plurality-wins system, has said, "A democracy requires accountability, and accountability requires transparency".

Does this matter? We as members should participate in the election process and see for ourselves. If we like the system, we should keep it, and if we don't like the system then we should force a democratic change, but we won't know if we don't participate. LifeRing is nothing without members, and it is strengthened by our passion and participation.

*Jeff K.*

## **Nothing so needs reforming as other people's habits**

In the December 2012 LifeRing newsletter, Marty B. suggests redefining alcoholism as "a persistent desire to alter one's state of consciousness by drinking alcohol." He argues that its solution can come more readily if we focus on eliminating the "persistent desire to drink, rather than stopping at successful alcohol avoidance."

I completely concur and write this to enlarge and broaden his point. First, to include all destructive addictions in his formula, what is an addict? My dictionary states an addict is someone "devoted or given up to a practice or habit, especially a bad habit." Where do bad habits come from? We are conditioned by our culture, our society, to act and believe in achieving success as producers and consumers in ways that benefit the culture – but not necessarily any of us or even humanity. So we learn bad habits, some people are considered failures, often due to cultural lag. This happens when one aspect of a cultural complex fails to keep up with some other related aspect; for example traditional social practices with machine technology. In 1945 the political philosopher Harold Laski said "It would be madness to let the purposes or methods of private enterprise to set the habits of the age of atomic energy." Our dynamic and discordant culture has created much more addiction than freedom.

This being our present state, how can we possibly be clear and free? First, we must realize that habit is the enormous flywheel of society, necessary for stability and context. Present economic, military, and competitive cultural values are making us addictive lemmings. "Nothing so needs reforming as other people's habits," Mark Twain meant it as a joke but now it contains a higher truth. We need to take a systematic detour from most of present cultural values and take the path to caring. We can alter our consciousness by adopting the persistent desire to help others with their bad habits. What could be more satisfying than volunteering and make the LifeRing method and philosophy the center of your life? Compassion is the answer. So much needs to be done and you can help.

Yours in truth,  
*Sam Adams*

### **Volunteers needed!**

We are always looking for volunteers. Right now, we need help with contacting treatment providers, by phone or email, to find out whether they would like to be on our Preferred Providers list. This can be done from home or at the LifeRing Service Center in Oakland. Please call 1-800-811-4142 or email [service@lifering.org](mailto:service@lifering.org).

## **LifeRing News**

### **Empowering Your Sober Self: The LifeRing Approach to Addiction Recovery by Martin Nicolaus**

The following article on LifeRing was written by Marty end of 2011 and published 9/25/12 in the Journal of Groups in Addiction & Recovery. This is addressed to an addiction treatment professional audience and may be helpful to convenors looking to educate their local treatment providers.

<http://xa.yimg.com/kq/groups/21297257/2005827770/name/Empowering-Groups-article.pdf>

### **Convenor Workshop March 23, 2013**

On Saturday, March 23th from 10:00 AM to 2:00 PM, the San Francisco Convenors will be hosting a general meeting for all Bay Area convenors in San Francisco. The purpose of this meeting is to get together, exchange ideas and share our meeting experiences. In the morning we will be exploring the creation of a governing body to run and manage the day to day operations of the San Francisco/Bay Area LifeRing community. In the afternoon there will be a discussion about the preparations needed to deal with emergency events that could arise in a LifeRing meeting.

The first 15 convenors to email Robert at [service@lifering.org](mailto:service@lifering.org) will get a free lunch, provided by the San Francisco Convenors.

Address: St. Luke's Hospital, 3555 Cesar Chavez St., San Francisco, CA 94110, Tel: (415) 600-6000  
Room is on the 12 floor. From the elevator, push the button labeled "Solarium".

### **LifeRing in Colorado Springs**

Following is a link to an article published in the Colorado Springs Independent on January 30, 2013.

<http://www.csindy.com/coloradosprings/no-god-is-no-problem-for-lifering/Content?oid=2619114>

## Dual diagnosis group

For the past several months, some of us have been experimenting with an email group devoted to "dual diagnosis" members. We're now ready to list the group publicly. Heather W. is the Convenor. The primary focus, of course, will remain sobriety support. For those interested or wanting more information, here is the link:

<http://forums.delphiforums.com/lifering/messages/?msg=3124.1>

## Unforced praise

Great to see some support for LifeRing that comes unsolicited, from an online forum at [soberrecovery.com](http://soberrecovery.com). The discussion started a couple of years ago and then came back to life last month. See it at:

[http://www.soberrecovery.com/forums/secular-connections/285790-can-anyone-briefly-describe-difference-between-lifering-sos-smart-rr.html?utm\\_source=feedburner&utm\\_medium=feed&utm\\_campaign=Feed%3A+AlcoholAndDrugAddictionHelp+%28Alcohol+And+Drug+Addiction+Help%29](http://www.soberrecovery.com/forums/secular-connections/285790-can-anyone-briefly-describe-difference-between-lifering-sos-smart-rr.html?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+AlcoholAndDrugAddictionHelp+%28Alcohol+And+Drug+Addiction+Help%29).

## Kathleen's LifeRing Travel Adventure!

Early last fall, LifeRing board member Kathleen Gargan set off from Denver, CO. to spend 4 1/2 months in Europe, partially to stay in Paris for an extended period, where she could practice her French, which had atrophied considerably since she quit teaching it 20 years ago. Her other goal was to visit all the LifeRing meetings in Europe.

So she went on a travel adventure that first brought her to Ireland. After visiting Dublin, Belfast, Cork and the very small town of Kilorglin, she went on to Copenhagen, Stockholm and Paris. Read her full story here:

<http://lifering.org/8314-2/>

## New LifeRing meeting in Colorado

Longmont, Colorado, due north of Denver and northeast of Boulder, will be the home of a new LifeRing meeting beginning Sunday, March 17. The meeting will be at 1:30 p.m. at Brewing Market Coffee, 1520 S Hover St #A, Longmont, CO. 80501. The convenor will be Kathleen G., a veteran convenor and member of the LifeRing board of directors. The theme of the meeting will be "How We Get and Stay Clean and Sober," a reformulation of our more common theme wording "How Was Your Week."

This will be at least the 16th LifeRing meeting in Colorado, second only to the number of meetings in California.

## LifeRing in Copenhagen

LifeRing getting some airtime in Denmark. Convenor Pernille F. wrote a blog entry for a site about her use of LifeRing and the internet in staying sober, in an effort to get some attention for LifeRing in Denmark. She reports that this "has really increased traffic on our facebook page. More 'likes' and some more interaction. I am really pleased that the blog seems to be popular - good news for LifeRing!" She also set up a chat meeting to boost LifeRing in Denmark.

Click here for the blog (in Danish):

<http://www.misbrugsportalen.dk/internettet-har-holdt-mig-%C3%A6dru-i-ti-%C3%A5r>

## LifeRing Ireland

Ireland continues its growth of LifeRing meetings, with its first Women Only meeting at St. John of God Hospital, Stillorgan Road, County Dublin. The meeting will be open to all women who want to live free of alcohol and other addictive drugs. Convenors, all women, will rotate. The meeting will take place beginning March 20th on Wednesdays at 7:30 p.m. in Group Room 3 on the 1st floor of the hospital. This brings to 6 the number of LifeRing meetings in the Dublin area, with others in Cork and Belfast, Northern Ireland.

## Book Review

### Gabor Maté, M.D.: *In the Realm of Hungry Ghosts: Close Encounters with Addiction*

by Mahala Kephart

The mandala, the Buddhist wheel of life, revolves through six realms. Each realm is populated by characters representing aspects of human existence — our various ways of being ... the hungry ghost realm ... is the domain of addiction, where we constantly seek something outside ourselves to curb an insatiable yearning for relief or fulfillment. The aching emptiness is perpetual because the substances, objects, or pursuits we hope will soothe it are not what we really need. We don't know what we need, and so long as we stay in the hungry ghost mode, we'll never know. We haunt our lives without being fully present.

It's been years since I've written a book report, and whatever formulas I learned about writing them have long been banished to the realm of information once known, but now forgotten. So I hope you'll bear with me as I

occasionally had to bear with Dr. Maté while I was reading *In the Realm of Hungry Ghosts*.

For me, his portrayal of his patients — addicts in Vancouver, B.C. — was totally riveting. Their portraits were sensitive but candid, caring but wary, beautiful and horrific. Simultaneously. In that regard, those sections of the book reminded me of some of David Foster Wallace's best writing about addiction, but because the characters are infinitely more real, the writing moves with a different kind of immediacy and urgency. An urgency that simply propels one through some very dark territory.

That said, I found Maté's reflections on his own life and the descriptions of his own addictive nature (which seemed, to me, rather silly parallels to draw in comparison to the life-threatening addictions of his patients) far less compelling. Even less compelling were his references to and reflections on traditional 12-step programs, but that is my bias and may be totally unfair, so take that with a salt lick sized grain of salt.

But in the balance, Maté's portraits of his clients, his clear but not condescending writing style, his handling of process addictions in addition to chemical addictions, his lucid presentation of research findings, and his thoughts on public policy related to drugs and the treatment of addicted individuals makes this a read that is worth your time. Especially if you're planning to attend the LifeRing Congress in Denver, where you will have an opportunity to hear Dr. Maté speak, and he will have the opportunity to entertain your questions!

## Meet a LifeRinger

Who are these people in LifeRing? Here's another story - excerpt from *Empowering Your Sober Self - The LifeRing Approach to Addiction Recovery* by Martin Nicolaus.

### This Isn't Me

In 1978 I was in a major car accident and was not expected to live. Alcohol became the tool I used to cope, but what began as a tool slowly became a physical need. I began sneaking drinks whenever I could: sneaking downstairs late at night to quickly drink a tumbler of wine then sneaking back to bed; sneaking extra drinks at parties when no one was looking; sneaking wine in the house and breaking my right hand tripping on a coffee table; sneaking extra booze in drinks I poured; sneaking drinks at a friend's house and breaking my arm and shoulder when I fell down a landing I didn't see. Sneaking, sneaking, sneaking. I knew my drinking was out of control but had no idea what to do about it.

The fact is, I didn't think there was anything I could do about it — as far as I knew the only way to cure alcoholism was to go to AA and there was no way I was going to do

that. I had been to a couple of meetings years before and there was something about the concept of "powerlessness" that felt terribly wrong to me.

One day I happened to glance at myself in the bathroom mirror. There was a stranger looking back at me. She was lifting a bottle of codeine-laced cough syrup to her mouth, ready to top off the 100-proof vodka she had guzzled straight from the bottle just moments before. I paused with the bottle half to my lips and thought, "This isn't me." My mind was made up in that instant. I was not drinking again, ever. But how?

I remembered LifeRing and went quickly to my computer. I spent days reading posts, searching the archives, absorbing all the ways other people had achieved and maintained sobriety. One of the most amazing things I discovered through LifeRing was that I wasn't alone. That other people *understood* the unbelievably huge physical and mental effort involved in giving up drinking. People who wanted to share this struggle for sobriety and who didn't judge me. Their support came from one side of the country to the other and from overseas, at any hours of the night or day.

LifeRing and the power of my own made-up mind have enabled me to put my life back together again. Today there is not a day that goes by that some small thing doesn't happen that reminds me of the horror of the twenty-plus years I spent addicted to alcohol — and of the absolute joy of sobriety.

-Alceon, Fresno, California

## What is a convenor?

A convenor is a LifeRing member who leads a regular meeting of other LifeRing members. The word 'convenor' means "people who bring people together."

If you want to start your own meeting, you are about to become a convenor and the essence of your effort is to bring people together in recovery.

When you have made a solid start on your recovery from drinking/drugging, you will probably find that you can see more clearly where you have come from and where you are going. You may see that the support you have received from your LifeRing meetings has profoundly changed your life for the better. It is normal for people at this point to feel grateful, and to look for a way to give something back.

You can, of course, give money. LifeRing operates on a shoestring and donations are always needed and welcome. But you can also give something more precious than money: your time and your abilities.

When the LifeRing Service Center [surveyed LifeRing participants](#) in early 2005 for their ideas on how to improve LifeRing, the Number One request was: more meetings. People love LifeRing and they want more of it — more meetings in more places, more times, and more different flavors.

The key to more meetings is **you**. Meetings don't grow on trees. Someone has to start them. Someone who sees the need for recovering people to have choices. Someone who can say "LifeRing works for me." Someone who has found a new energy and purpose. Someone who knows that helping others is a great way to help yourself. Someone who wants to give something back. You.

### Who can be a LifeRing convenor?

Anyone with a personal history of recovery from addictive substances who has at least six months continuous clean and sober time can be a LifeRing convenor. In some situations, people become convenors earlier. Occasionally, treatment professionals with no personal recovery history start LifeRing meetings, but the aim is to turn the meeting over to a person in recovery as soon as possible.

The LifeRing convenor's main reward is the satisfaction of being useful in other people's recovery. For many, the convenor role also solidifies their own recovery and gives

them a much deeper insight into life. For a person whose past life may have been isolated and centered on drugs or alcohol, the experience of being a LifeRing convenor is like living in a whole new world.

Convenors are connected. Convenors matter. Convenors are midwives to seeming miracles of healing and recovery. Convenors can hold up their heads and look people in the eye. Convenors become walking storehouses of collected wisdom. Convenors earn appreciation and respect. Convenors are important.

Convenors make no money; in fact, they may dig in their pockets to meet incidental expenses. But the warm feeling that comes from helping others —priceless.

If becoming a convenor is your way to give something back, contact the [LifeRing Service Center](http://www.lifering.org).

Convenors, we'd like to hear from you!  
Please email us at [service@lifering.org](mailto:service@lifering.org).

### What's in YOUR penny jar?

I live with a brilliant, but absent-minded, professor. It is not an uncommon occurrence for his pockets to be still quite full when his trousers or jeans go into the washer. So in addition to finding bits of wet, crumpled receipts and notes in the filter of the dryer, we often find quarters, dimes, nickels, and the occasional rand or euro coin, languishing in the machine at the end of the drying cycle. On a recent and really, really boring winter day, I decided to do a sort-like-things-together project and spent several hours counting the laundered money that had accumulated in the jar we keep in the laundry room; it amounted to something like \$140 in quarters, alone! What could I do with this windfall?

Yup. You guessed it. I took the rolls of coins to the bank, deposited it in my account, and then wrote a check (rounded up a little bit) to LifeRing. It's important to me to help LifeRing support new face-to-face and on-line meetings; increase marketing efforts to health care providers and funders; and accomplish the administrative work of the LifeRing Service Center – all work that increases, exponentially, as we grow as an organization.

So whether you're looking at what's in your penny jar or calculating what you might have spent the past few months had you not been practicing abstinence ... please take this opportunity to consider making a gift in that amount to your recovery support organization of choice, LifeRing. Thank you!

*Mahala Kephart*

*chair, resource development committee*

To make a gift using a credit card, please visit our website [www.lifering.org](http://www.lifering.org) and click on the LifeRing Store.

To make a gift by personal check, please mail it to LifeRing Service Center, 1440 Broadway, Suite 312, Oakland, CA 94612-2023



LifeRing Secular Recovery  
1440 Broadway, Suite 312,  
Oakland, CA 94612-2023

[www.lifering.org](http://www.lifering.org)

Questions? Call us toll-free at 800.811.4142

We are a non-profit corporation 501(c)(3)

Executive Director: Robert Stump

Board Members:

Craig Whalley, Chairman

Dru Boyd, Kathleen Gargan, Joseph Mott,

Tim Reith, Steve Snyder, Troy Spears,

Njon Weinroth, Carola Ziermann