



# LifeRing Secular Recovery

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

May 2014

## Newsletter

### **LifeRing Annual Meeting and Conference is fast approaching! May 30 – June 1 in Santa Rosa, CA**

LifeRing board member Byron Kerr has taken on the task of preparing our Annual Meeting this year: May 30, 31, & June 1 to be held in Santa Rosa, CA which is the county seat, economic hub, and cultural center of Sonoma County.

On Friday, the schedule contains a convenor workshop, a discussion of growing LifeRing, and a "LifeRing Selfie Festival" at the end of the day. It will take place at the Arlene Francis Center, 99 Sixth Street and Wilson Street.

Saturday's events, the heart of the annual gathering, will be held at the Glaser Center, 547 Mendocino Ave in Santa Rosa. Saturday will feature a roster of interesting speakers.

Sunday events, again at the Arlene Francis Center, include the annual LifeRing Congress of Delegates, a Board workshop and a Board meeting. All LifeRing members are invited to attend.

For detailed information about how to register and complete listing of events, go to our website at <http://lifering.org/2014-annual-meeting/>

### **Send us your "selfie"**

It is understandable that you may not be able to attend our conference. In lieu of your attendance, if you wish, please send us a "selfie" photo or video greeting. You may choose any level of anonymity you wish. Have as much fun or sincerity as you wish. We intend to project the greetings from all over the world during breaks and meals.

We already have received video greetings from quite literally all over the world. It is thrilling to see the various folks in LifeRing. If you have not done so already, please send in your "selfie" greeting from yourself or your group. So far we have received a variety of sincere and silly.

Greetings will be shared throughout the 2014 LifeRing Conference. Please send yours to [service@lifering.org](mailto:service@lifering.org).

### **Change on LSR's Board of Directors**

Each year we vote on three seats on our nine member Board of Directors plus filling any vacancies. This year, there are four seats open. Seats currently filled by Steve Snyder, Njon Weinroth and Byron Kerr are to be voted on. In addition, the seat held by Jeff Koch will be vacant as he announced he was stepping down early.

You'll find information about candidates who are running in the election at [lifering.org](http://lifering.org) or click on this link: <http://lifering.org/nominees-for-bod/>

The LifeRing Bylaws require a minimum of two years clean and sober to serve on the Board of Directors. Directors must be people in recovery from a substance addiction. The board meets face-to-face at the Annual Meeting and monthly usually 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](http://lifering.org) mailing list.

### **Getting ready for Congress**

If you haven't already done so...

#### **Convenors and Delegates**

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.

#### **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 participate in monthly board meetings. These meetings are usually held by conference call and last about ninety minutes. Other duties and time commitments will be detailed in a letter you will receive as a Nominee prior to election.

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.

## 2013 Member Survey Results

Last year's survey within our membership had as many as 380 people participating and it shows some interesting facts. In short, we have about equal female and male participation, most of our members are 45 years or older, are in recovery and want to stay with LifeRing indefinitely. More than a third of our members are with LifeRing for more than five years and more than half of our members have either an undergraduate or graduate degree.

Interesting is also that almost half of our participants found us through the internet, only about 20% found out about LifeRing through a counselor or therapist.

You can find the entire results of this survey on our website in the **For Members** tab under **Documents**, or click on this link: [http://lifering.org/wp-content/uploads/Public\\_Documents/Surveys/2013-Survey.pdf](http://lifering.org/wp-content/uploads/Public_Documents/Surveys/2013-Survey.pdf)

This view of the survey results provides a great overview which will be used to inform the strategic planning process and to address other issues raised by members in the survey.

Thanks to all who participated, with a special shout-out to Lee N. for his help in comparing the 2013 results to those recorded in the 2005 survey.

## LifeRing and AA Agnostica

LifeRing founder Martin Nicolaus was approached last year about writing a piece for the AA Agnostica website. The piece, written by Mahala Kephart, wove together an overview of LifeRing based on the convenor handbook authored by Marty, *How Was Your Week?* The piece has subsequently been published in *Don't Tell: Stories and Essays by Agnostics & Atheists in AA*.

To learn more, please visit <http://aaagnostica.org/>

## LifeRing in the News in Michigan

An article in a Petoskey, MI, newspaper demonstrates well how to make use of news media in spreading word about LifeRing meetings, especially in new areas:

**LifeRing self-help sobriety group offers peer support**  
LifeRing meetings begin with the question, "How was your week," David Sawchuck said. Sawchuck is a convener for the new self-help sobriety group meeting 10-11:30 a.m. every Sunday at the Emmet County Friendship Center in Petoskey. Sawchuck attended a LifeRing meeting in Gaylord in January and said he decided to facilitate meetings in his hometown. He convened a meeting in Petoskey in February.

Read the entire article here: [LifeRing self-help sobriety group offers peer support](#)

## LifeRing Leader In the News

Byron Kerr, LifeRing Board member and chief organizer of this year's Annual Meeting and Congress in Santa Rosa, California, is featured in Sonoma, California's *The Press Democrat*:

**A recovery alternative to Alcoholics Anonymous**  
For nearly 80 years, Alcoholics Anonymous has been considered by many the only effective way to get "clean and sober."

But a growing number of people uncomfortable with AA's nearly 80-year-old "12 steps" model, its strict program, ritual prayers and conviction that overcoming addiction is all in the hands of God or a "higher power," are calling for more secular alternatives. They insist that when it comes to recovery, one size doesn't fit all.

"I'd like to see where alternatives are represented as a clear and equal choice," said Byron Kerr, a recovering alcoholic and promoter of LifeRing, a 13-year-old independent, nonprofit, peer-support network for alcoholics and drug abusers with no spiritual or religious underpinnings.

Read the entire article here:

<http://www.pressdemocrat.com/article/20140518/photofestyle/140519593>

## Alternatives available for addicts

A great way to spread awareness. LifeRing was mentioned in an advice column in The Clinton Herald, a small town newspaper in Iowa.

"DEAR ANNIE: I enjoy reading your column and agree with most of your advice, including your recommendations when it comes to handling alcohol addiction..."

Read the entire column here:

<http://www.clintonherald.com/lifestyles/x1445042387/Alternatives-available-for-addicts>

## **We're growing!**

There is quite a bit of exciting news about new LifeRing meetings around the world and on the web. Very positive signs of growth are abundant. Below are just a few mentions of new meetings and new possibilities.

LifeRing is growing in Europe. Since the beginning of the year there are four new LifeRing meetings in Europe. Three of the new meetings are in Sweden. One new European meeting is in Belfast, Northern Ireland, UK.

Our Canadian friends continue to grow their base in British Columbia with meetings in Victoria, Vancouver, and nearby.

There is a new LifeRing meeting in Florida on the "Space Coast," Florida's eastern coast.

The San Diego, California area now has four LifeRing meetings per week, with new meetings in Oceanside and Carlsbad. Fontana, California has a new LifeRing meeting. Southern California appears eager for LifeRing.

Our first LifeRing meeting in Michigan has started in Petoskey, Michigan.

Seattle, Washington is the home of a new LifeRing meeting.

There are new meetings in Colorado, New Mexico, and California.

One of the most exciting new online meetings is a "Reading Group" meeting hosted by "Becca & Blau" on Saturday evenings at 6:00PM PT. There is an article posted ahead of the meeting each week and discussion centers on the topic of the article. Glowing reviews have been heard.

New voice/chat meetings are thriving. The attendance in all of our chat-rooms is greatly increased due to the acceptance of online meeting attendance by Orange County, California.

We receive new contacts on a regular basis regarding starting new meetings. Recent contacts have been from Beaverton, Oregon; New Jersey; Incline Village (North Lake Tahoe), California; Chico, California. The VA clinic in Santa Rosa has decided to begin a new meeting no later than July of this year.

We're growing! Look for more.

## **Local Advisory Boards – a good way to promote LifeRing**

In promoting the 2014 LifeRing Conference, board member Byron Kerr has been contacting the Behavioral Health Departments of many of the local governments. In addition to the government agencies, he contacted many local advisory boards to government on alcohol & drugs. Most counties have advisory boards. Most, if not all of the folks contacted have been very receptive. One advisory board member specifically invited LifeRing members to address their monthly meeting.

Advisory boards are local entities whose meetings are typically open to the public. They are an excellent way to get to know folks in the local recovery scene. You may meet

many folks from local government as well as many 12-Step activists.

Byron's experience with advisory boards is that there is a good amount of intrigue about LifeRing. They are very curious and will listen if approached.

Try attending just one local meeting of your county's advisory board on alcohol and drugs. Folks there will get to know us better.

## **A Sobriety Support Organization – that's what we are**

The use of any political term or orientation in a negative or offensive connotation is always inappropriate in any LifeRing forum. It is a clear violation of all of our terms of use agreements. It should be common courtesy to respect beliefs we do not agree with.

Labeling anything a "libertarian cesspool" is no less offensive than a "conservative cesspool," or a "liberal cesspool."

We are a sobriety support organization. Political orientation has nothing to do with sobriety. Political insults, derision, advocacy for or against, or any other potentially offensive discussions have no place in our organization.

We all have our own political beliefs and we welcome folks of all political beliefs. This approach is much the same as our acceptance of people of "all faiths or none." People are free to have any belief they wish so long as others are not insulted in any way. Advocacy for, or derision of any political orientation is uncalled for, always.

## **This newsletter is dedicated to Joe B.**

Ten years ago, Joe B. convened the Tuesday meeting in Walnut Creek, California and founded the Thursday one. I attended both meetings. Joe had to go away but he has been in my thoughts ever since. He should be back to the Bay Area soon. Both meetings are still going strong.

Joe, I hope you're aware of what you started and how important it was and still is for so many people. And when you get back, please stop by the service center. I'd love to reconnect with you!

*Carola Ziermann, editor*

## **Volunteers needed**

We are always looking for volunteers. You don't have to live in California or be retired to join our fun group of volunteers. In particular, we need help with building a preferred provider list; reviewing our brochures; online support; and light data base maintenance, and more. This can be done from your home or at our Service Center in Oakland. Please call 1-800-811-4142 or email [service@Lifering.org](mailto:service@Lifering.org).

## Looking for ePal volunteers

LifeRing offers a program for new people who don't feel ready to join a group, either online or face-to-face. Since I managed to get a little box on our website's front page, demand for ePals has risen sharply. It can be a frustrating job because the people are being very tentative in their approach and have a tendency to just disappear early on. But it sometimes works as intended and the person develops a good relationship with the volunteer and/or gets more heavily involved with LifeRing.

The volunteer's job is to reach out to the person offering support and information about LifeRing. Generally, it has to be done very carefully, especially at first, with a high personal warmth to information ratio. Usually, you'll start out knowing nothing at all, or extremely little, about the person - sometimes there is not even a name or a city mentioned. So there's very little to draw on to make the person comfortable. A little bit of your own story can help, especially those things you have in common with the person (and we all have things in common). Obviously, if there's a shortage of info, you'll want to ask some questions - sometimes that works, but sometimes I think they are uneasy about giving much personal information, in which case you can maybe talk a little about your own fears leading to tackling your own problem. The idea is to allow the person to feel safe and cared about.

So it may be a frustrating task, but every so often you'll be literally saving someone's life. This seems like a pretty good payoff. If you'd like to volunteer, send me an email at [cswhalley@yahoo.com](mailto:cswhalley@yahoo.com). Try to use the word 'volunteer' in there somewhere so I don't confuse you with people trying to find an ePal. There's no minimum sobriety time, although of course you should feel secure in your sobriety.

*Craig Whalley*

## Want to be a teacher?

The BOD briefly discussed the possibility of offering a Continuing Education session about LifeRing aimed at local therapists. The major stumbling block we ran into right away was: Who would do it? It does require considerable preparation. On the other hand, it would be an excellent way of getting the word out. Therapists are required to get some Continuing Education credits every year and we offer something that we wish they knew about (and they will, too, one hopes).

Here's a site that explains some requirements from the East Bay chapter of the California Association of Marriage and Family Therapists:

<http://www.eastbaytherapist.org/ceupresenteragreement>

The person who takes this on gets paid, if that makes a difference. Interested? Please contact Craig Whalley at [service@Lifering.org](mailto:service@Lifering.org)

## New LifeRing meeting in Seattle

Jeremy K. reports that he convenes a young group in Seattle, Washington for about two months now. They have a core of five regulars and he is starting to think about ways to branch out and attract more people.

Jeremy will be going to Santa Rosa where he wants to connect with other convenors to hear what has worked for other folks in other places. He also says he really wants to work on promoting LifeRing in Seattle.

## New LifeRing meeting in Florida

Space Coast LifeRing is up & running! The new meeting is in Rockledge, Florida and meets every Tuesday from 7:30 to 8:30 pm. Convenor Dale B. reports that they have had two meetings now and actually had their first walk-in at the second meeting - a referral from a therapist based on Dale's outreach to local professionals. Dale is working on getting more detoxes and treatment pros on board.

We certainly hope this meeting will rocket to success! For more information go to: [SpaceCoastLifeRing.org](http://SpaceCoastLifeRing.org)

## Welcome to "Sober Together!" –

*Sober Together* is an online web-survey about recovery from alcohol use through peer support involvement. They are currently in the process of contacting new participants as well as returning participants who participated in *Sober Together* last summer (May, 2013). We welcome all individuals who are currently attending, or have formerly attended, peer-support groups for alcohol use! Responses to the survey are kept confidential, and data are analyzed anonymously by researchers. This project has been reviewed and approved by the University of Victoria Human Research Ethics Board.

If you are interested in helping researchers from the University of Victoria better understand the role of peer-support groups in recovery from alcohol use, please use the following information:

URL: <http://www.uvic.ca/wellbeing/sobertogether/>

Invitation Code: SOBER2DAY

## Giving Now, Giving Later

Our gifts to LifeRing help make a difference in people's lives. Our support helps pay for the nuts and bolts of LifeRing's on-going daily operations, and while it may not feel terribly exciting to help pay for office space, telephone lines, internet access and web hosting, LifeRing simply could not be there for folks who need us without such essentials.

If you haven't already made a gift to LifeRing this year, please do – and if you have already done so, please consider adding to your already generous support. Your support is

important in making sure that LifeRing survives and continues to grow.

Should you happen to find yourself in the process of updating your will and related documents you should know that you can also add LifeRing as a named beneficiary, and bequeath a set dollar amount or a specific percentage of your estate to LifeRing following your death. Even if your estate is small, a single gift of that kind is likely to be larger than any single gift you might make during your lifetime.

It's something to think about. I know I am!

*Mahala Kephart*

*Board Member, Member, Convenor, Donor*

## **Grief beyond Belief**

In February of this year, I participated in a panel called "When You Need a Hand and Not a Prayer, The State of the Secular Support Movement". Present were:

Rebecca Hensler, Founder of *Grief Beyond Belief.org* and Host. Grief beyond Belief provides online space for peer-to-peer connections for those seeking support in dealing with grief, without the religious and spiritual language and dogma that can seem overwhelming from well-meaning friends, family and strangers.

Sarah Moorhead from *Recovering From Religion*. Recovery from Religion offers support to those who are either questioning or leaving their current religious practice and dealing with any number of external problems in addition to any fears or feelings of guilt and/or abandonment. She is working on creating a volunteer, national hotline for those seeking secular support and resources to accommodate individuals' transition from a religious lifestyle.

Andy Cheadle-Ford, President of *Secular Safe Zone*. Modeled after LGBT student organizations, Secular Safe Zone empowers high school and college level students and allies seeking resources for major life difficulties facing teens including coming out as queer, agnostic, atheist, etc.

Patricia Guzikowski, of *Secular Therapist's Project*. Clients across the nation seek secular therapists as many had been informed that their "spiritual" or religious health was a major contributor to their mental health. The organization matches clients with a variety of issues to secular-based therapists either in their area or via distance counseling.

I think these are all projects and organizations that could be extremely beneficial to our members and to our organization as a whole.

The grieving process can be a much easier one to navigate, knowing that there will be services and support that will be either consistent with the beliefs of either our loved one or for those left-behind, free of proselytizing.

A lot of us had tried for years to assimilate and fit in and accept faith-based support with varied amounts of success. As much of our membership identifies as either atheist or agnostic, a list of resources to help transition from one style of support network to another would be a great tool to offer

those either questioning their beliefs or seeing like-minded support sources.

We can, most of us, relate to teens, dealing with accepting secularity into their lives, who may feel scared or threatened by external, family or community influences.

Many of us have sought individual therapy and depending on our geographical location, may or may not have succeeded in finding a therapist that accepts our individual belief system.

My hope is that you or someone you may know could benefit from one or more of these organizations. Better still, you may benefit from them AND volunteer your support!!

You can find a rebroadcast of the panel discussion here: <https://www.youtube.com/watch?v=C5IZ4yfFAFI>

*Njon Weinroth*

## **Overcoming an old taboo – let's talk about Suicide**

Many recovering alcoholics or addicts may have a suicide attempt in their pasts, either while clean and sober, or else while under the influence. In years past, it was considered taboo to have survivors talk about their attempts, for fear this might be a trigger. In fact, aside from talking, survivors often were shunned.

Now, the nation's leading organization of counselors, the American Academy of Suicidology, thinks it's time to change all of this. Other organizations are thinking the same, it seems:

"We as a field need to hear these stories," said John Draper, director of the National Suicide Prevention Lifeline, "and not just to study them but to ask how they found a way to cope and connect: What did family and friends and doctors do that helped, and what did not?"

Lifering is a volunteer-based organization, above all in its convenors of its meetings. We are not professional counselors. However, if you are in recovery, and have a suicide attempt as part of your past, we encourage you to work with a counselor who is aware of the latest professional discussion on counseling in this area. And, as always, we encourage you to do whatever works best for you to maintain and strengthen your sobriety.

*Steve Snyder*

## **Suicide prevention and help for those left behind**

Here are some thoughts on changing our conception of suicide. Suicide is the outcome of neurobiological breakdown. The process begins in severe stress and pain generated by a serious life crisis. These increase as the crisis, or the individual's perception of it, worsens. Feelings of control and self-esteem deteriorate.

Suicidality occurs when the stress induces pain so

unbearable that death is seen as the only relief.

Suicidality entails changes in brain chemistry and physiology. Suicidal individuals manifest various chemical imbalances.

As one becomes suicidal he or she is no longer capable of choice. Suicidality is a state of total pain which, coupled with neurological impairment, limits the perceived options to either enduring or ending utter agony.

As convenors or participants, we might come across a person at a meeting who appears to be under a lot of emotional stress. Following is a general sequence we all can follow when encountering someone who expresses suicidal thoughts.

#### Assess Risk

How serious is the person about wanting to take their life? If they have the means and strong intent, refer them to their own therapist if they have one or to the Emergency Department of a local hospital.

#### Resources Reminder

If their discussion seems to be more about ideation than serious threat, remind them of their resources. People they might talk with: A family member who has been warm and caring in the past, a friend, clergy or a counselor.

#### Spirituality

Are there spiritual materials they enjoy reading? Could they begin a habit of reading these again? Is there a church, temple or spiritually-oriented gathering they might attend?

#### What are their reasons for wanting to live?

A paradoxical question, yet people do respond. Answers to this question can be deceptive in their simplicity:

Wanting to live because of their love and bonding with a pet, with family, with friends; because of an aspect of their work or hobby they may be passionate about; some form of service they may still want to give, etc.

During previous times of crisis, what forms of support were available to them?

Inquire about external and internal resources.

Ask if they are drinking or using.

Note: Their presence at LifeRing may not imply sobriety. The mixture of alcohol or drugs with depression can bring additional darkness, chaos and a feeling of helplessness to their life situation.

#### Therapy Referrals

Refer the person to their local Suicide Prevention Hotline. People often follow through to a referral more readily if they walk away from a conversation holding a phone number in their hand. Write down the number for them of Suicide Prevention Hotline: 800-273-TALK (8255).

Once they call, they will be transferred directly to their local suicide intervention center, where they may request therapy referrals.

#### For Survivors after Suicide

Suicide has a significant osmotic affect among family and friends of a loved one who has taken their life. It is a shattering experience, the memory of which can affect generations in a family.

Refer survivors to Suicide Prevention Hotline: 800-273-TALK (8255). Once they call, they will be transferred directly to their local suicide intervention center and can request information about ongoing group support for survivors after suicide in their area, as well as referrals to grief-and-loss counselors.

For convenors and anyone interested in this topic, we also have a crisis resource list published on our website at [http://lifering.org/wp-content/uploads/Convenor\\_Resources/Documents/Crisis-Resources.pdf](http://lifering.org/wp-content/uploads/Convenor_Resources/Documents/Crisis-Resources.pdf)

## A quick word on “I” Statements

Following one of the groups I attend, we have a coffee/brunch “meeting”. There, we continue the discussion in more general terms. Today, we discussed starting meetings with a short review of crosstalk, or “dialogue” as I have become fond of calling it. The subject then turned to “I” statements.

In meetings, members want to give whoever is talking constructive feedback. The mechanism to do this is not always evident. I feel like most of us have at one point or another just wanted to tell someone “I see what you’re saying, but you need to...” As tempting and accurate that may be, telling someone who is opening up and in a vulnerable place may have a few undesired effects.

- It could push them into a defensive stance where they are unable to hear the concern. It’s easy to see this as telling them that they are stupid or making a huge error.
- It could also put them in an implied position of powerlessness. LifeRing fights to replace this destructive internalization with self-empowerment.

An “I” statement like “That’s how I felt when that happened to me” or “I found that it helped me a lot to...” personalizes the message. It describes a potential solution, experienced by the person offering support. This is much easier to hear than telling someone how he or she “should” act or react.

In *How Was Your Week*, Marty Nicolaus writes: ““I” statements have many virtues in self-help meetings. They are based in personal knowledge or belief, and this tends to keep the talk grounded in reality – at least someone’s reality. More important, “I” statements are modest; they respect other people’s boundaries and their freedom of choice.”

I couldn’t agree more with this. The use of the “I” statement is not unique to LifeRing but I enjoy seeing it used prominently in meetings.

I’ve begun to incorporate it into my daily life. I hope you find it as useful a tool as I have (you see what I just did there?)

*Njon Weinroth*

## 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.

### I like the Format

The interactive meeting format in LifeRing allows me to get immediate feedback and support from my peers when I have an issue that threatens my sobriety, challenges my emotional health, or is an obstacle to living a happy life. I have a high degree of trust in the regular LifeRing attendees and know from experience that their suggestions are well-meaning and wise.

I also like the idea of getting support from a group, rather than a single person. I have experienced instances where a

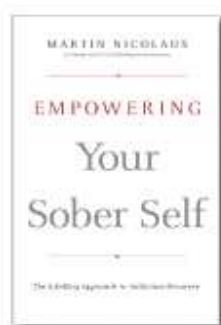
single "sponsor" gave bad advice. I find this risky, especially to someone early in recovery who is more apt to follow this advice blindly. I find the wisdom of my peers to be more helpful than that of a single person.

I also appreciate the absence of long speeches that you get at other types of meetings. There are usually plenty of short tales and pained looks from new members early in recovery. That is sufficient to remind me of the perils of relapse. I don't need tawdry details of people's drinking history; sometimes romanticizes the old behavior as much as it serves as a deterrent.

*-John B., San Francisco, California*

**If you'd like to find out more about the people in LifeRing, please read "*Empowering Your Sober Self*" by Martin Nicolaus.**

## Empowering Your Sober Self



by Martin Nicolaus

**This life-changing work  
is now also available as an**

**\* audiobook, read by the author**

**\* e-book, Kindle edition**



**"The best feeling I've felt in a long time." - a reader in recovery**  
**"Sophisticated, insightful, well-documented" - Carlo DiClemente**

# 2014 LifeRing Conference

**Santa Rosa, California May 30 – June 1, 2014**

**LifeRing Secular Recovery is a world wide network of  
abstinence-based, self-help groups for people seeking support in  
recovery from alcohol or non-medically indicated drug use.  
We are Sober, Secular, & Self-Empowered !**

**Friday May 30**

**Arlene Francis Center**

**4:00-9:00 PM**

**99 6th Street @ Wilson, Santa Rosa  
Convenor Workshop, LifeRing Growth**

**Saturday May 31**

**The Glaser Center**

**9:30 AM - 5:30 PM Conference**

**547 Mendocino Ave. Santa Rosa**

**Greeting by Martin Nicolaus**

**Topics surrounding addiction recovery science, support, and law.**

**Dee Dee Stout, Dr. Wayne Thurston, Lee & ThompsonHamilton,**

**Dr. Meenakshi Subbaraman, Dr. Candice Shelby, John Heller**

**\$30 requested donation, \$10 students**

**6:30 PM LifeRing Banquet \$25**

**Sunday June 1**

**Arlene Francis Center**

**9:00 AM - 1:00 PM**

**99 6th Street @ Wilson, Santa Rosa  
LifeRing Congress, LifeRing Board meeting**

**Details at [www.lifering.org.org/2014-annual-meeting/](http://www.lifering.org.org/2014-annual-meeting/)**

To make a monetary gift to LifeRing 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:

Joseph Mott, Chairman

Mahala Kephart, Byron Kerr, Jeff Koch,

Tim Reith, Steve Snyder, Njon Weinroth,

Craig Whalley, Carola Ziermann