



## The State of LifeRing is Good!

### The “New” Newsletter

*Welcome to the latest edition of our newsletter! Our longtime newsletter editor, LifeRing Board of Directors (BOD) member Carola Ziermann, stepped down from publishing it last Fall to concentrate on other organizational projects, so we'd like to start off by giving our heartfelt thanks to her for all of the time, effort, and tender loving care she put into previous volumes - thank you, Carola!*



Byron Kerr, LifeRing BOD Chair

LifeRing Board of Directors Chair Byron Kerr opened this year's Annual Conference in San Diego, CA on June 3 by presenting "The State of LifeRing" over the course of the past year, in all areas of the organization. Here are the highlights...

### New Meetings

The future is looking very, very bright. We've grown exponentially in all support platforms over the past

year. New face-to-face meetings have started all over the U.S. and abroad over the past year.

To wit, in the U.S. alone, meetings are now offered in the following states (cities/areas within some states are unspecified):

Napa, San Francisco, Sacramento, and San Jose, CA  
 Florida  
 Kansas  
 Massachusetts  
 Brighton, MI  
 Voorhees, NJ  
 Hermiston, OR  
 Lebanon, PA  
 Texas  
 Vermont  
 Walla Walla, WA

In Michigan, thanks to the tireless efforts of Petoskey, MI LifeRing meeting convenor and recovery advocate Tom McHale, we are looking to expand up to possibly 15 new meetings throughout the state within the next year, beginning in the Grand Rapids area.

LifeRing Colorado and Utah continue to be strong operations and inspirations to us all in their support communities, as does LifeRing Arizona.

Internationally, new LifeRing meetings have started in Dublin, Ireland, which has strong peer support both in person and online, and in the Bromley and Lewisham boroughs of London, UK

thanks to the ongoing expansion efforts of dynamo convenor Lee C.

LifeRing Canada is still going strong as a support community, particularly in the Vancouver Island/Greater Vancouver, BC area with several face-to-face meetings.

## Online Support and Information

Our online support forums continue to thrive, including our e-mail groups, web forum, chat and online meetings rooms, and ePal Program.

Thanks to Byron Kerr's contacts made with the founders of "In the Rooms" at a recovery conference in New York City in Fall of 2015, we hope to test a online video meeting format via their platform in the very near future. We'll let you know when it's up and running.

Lee C. in the UK has created LifeRing London's own blog page! You can find it at: [liferinglondon.wordpress.com](http://liferinglondon.wordpress.com).

## Social Media Platforms



LifeRing's now on Twitter [@lifering](https://twitter.com/lifering) Thanks to Annie S., who volunteered to manage our Feed back in April 2016, and has already started making it fly!

LifeRing London is also on Twitter [@liferinglondon](https://twitter.com/liferinglondon)



In addition to [LifeRing's main page](#), there are several other international and regional Facebook pages, as well. Type in "lifering" in Facebook's search box and you'll find pages for LifeRing Akron (Ohio), Canada, Cork (Ireland), Danmark (Denmark), Goteborg (Gothenburg, Sweden), Ireland, London, Madison (Wisconsin), and Sverige (Sweden).

## Works and Letters

LifeRing's principle text, "Empowering Your Sober Self" by Martin Nicolaus, has recently been translated into Swedish, thanks to a grant LifeRing Sverige received to pay for the translation from English, publication, etc.

They will also get a translation of "How Was Your Week?" completed and out in the near future, as well.

BOD member Tim Reith from LifeRing Arizona has pioneered correctional facility outreach via a prisoner/LifeRing volunteer "pen pals" program. Several ePal volunteers have also been corresponding with inmates in their states' prisons, and another long time LifeRinger, Jack P., has done the same thing on his own via the Albion State Correctional Facility in the Update New York area.

## More Growth Needed!

When asked what is most needed to help us grow further, LifeRing participants far and wide have stated emphatically, "More Meetings!" Indeed, which is why as an organization we've already started several ways to facilitate that growth.

Specifically, we need more convenors, both to start new meetings and to help take over for other convenors to keep the meetings flowing from week to week, month to month, and year to year.

Towards those ends, we have created a "Regional Representative" program to help manage and support all areas of LifeRing outreach, from face-to-face meetings to social media. Lead by Lisa Swing-Corney, the U.S. Northeast Rep. from the Akron, Ohio area, we've already begun to see the dividends of having someone new and potential convenors can contact to help them get started in and/or grow their meetings wherever they are, and we plan to expand areas and representatives as needed.

BOD member Craig Whalley has created a "New Meeting Starter Kit" with all the basic materials anyone needs to start a meeting, including tips and other information, signage, books, and so

forth to make getting a meeting up and running as easy as possible.

We've also begun trying a new system of putting the word out to find out if there are any potential convenors willing to start a meeting in a specific area and/or if we already have one, if there are any interested people in an area who would like to attend a LifeRing meeting – as in this example via the LifeRing Blog and Facebook page last month: [lifering.org/apb-all-new-yorkers-out-there-looking-for-a-lifering-meeting](http://lifering.org/apb-all-new-yorkers-out-there-looking-for-a-lifering-meeting)

We also need to continue to expand organizationally in order support our growth to date, and to encourage further growth in the future. We're looking at various and sundry additional outreach initiatives such as through hospitals and rehabilitation facilities, as fundraising opportunities and resources, as well.

Have questions? Need more information? No problem! Feel free to contact us at [service@lifering.org](mailto:service@lifering.org) and we'll be happy to help!

## Conferences, Networking, and Events

Byron Kerr has attended several conferences throughout the past year and made several important contacts with other people in the greater recovery community, such as Peter G. Dodge of the Peter G. Dodge Foundation, and Ken Pomerance and Ron Tannenbaum of "In the Rooms".

This May, Byron and BOD member Njon Weinroth attended the Multiple Pathways to Recovery Conference in Groton, Connecticut, with Njon acting as a keynote speaker presenting LifeRing!

In June, our Regional Representative Head from Akron, Ohio, Lisa Swing-Corney, attended the Ohio Recovery Conference Columbus, Ohio, and reports:

"I talked to a lot of people and handed out a lot of business cards and LifeRing info. packets. I'm still

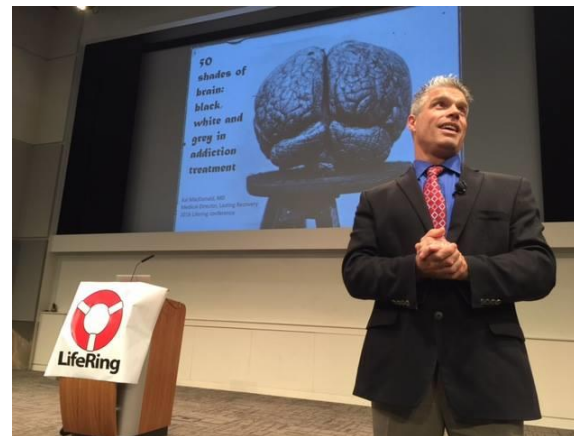
doing some follow-up. I learned some things about the 'recovery establishment' in Ohio.

Most people had never heard of LSR but seemed interested. I tried to target groups/organizations with some connection to peer supporters because they are more open to 'multiple pathways'. I think attending was worthwhile."



*Team LifeRing Vancouver, BC's Sun Run*

Vancouver, British Columbia's Melody H. gathered a group of her fellow LifeRingers and lead them as Team Captain at this year's Sun Run on April 17th in Vancouver, BC. Canada's largest 10K road race, The Sun Run promotes health and fitness, and it was great to see LifeRing was there!



Lasting Recovery's Medical Director, and neuroscience expert, Dr. Kai McDonald presents "50 Shades of Brain" at the 2016 Annual Conference in San Diego, CA  
LifeRing's 2016 Annual Conference

Our Annual Conference and Congress, held in San Diego, California on June 3 – 5th, went very well, and we thank all the participants, speakers, and guests who attended. Special thanks goes out to the Lasting Recovery Rehabilitation Facility in San Diego, who provided meeting spaces as well as several speakers who made fantastic presentations, as well as to our San Diego meetings convenor Rob Mullally for all of his help with getting LifeRing, as well as the conference, off the ground in Southern California!

Videos of all of our speakers' presentations are available for viewing on LifeRing's YouTube Channel at:

[youtube.com/user/LifeRingVideos/videos](https://youtube.com/user/LifeRingVideos/videos)

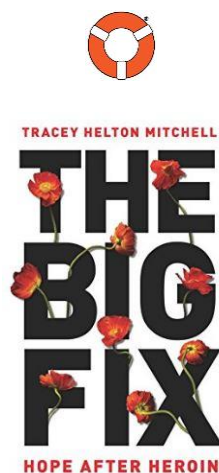
And for more copious conference details, [see our June 23 post on the LifeRing Blog!](#)

## 2016 Elections

Voting on by-law changes and new Board of Directors seats via general election is still pending.

Our 3 excellent new BOD candidates this year are George Gidora from LifeRing Canada, Harold Marquez from LifeRing Sacramento, and Rob Mullally from San Diego. We expect to see them inducted - as well as all the election results – soon.

In the meantime, please check out the Congress page on our website for more information: [lifering.org/congress](http://lifering.org/congress)



## Book Review

A self-described “recovery unicorn”, Tracey Helton Mitchell spoke at our Annual Conference this year about her personal journey through addiction and recovery and the ways in which she’s dedicated herself to helping others now more than ever. Most importantly, she understands the vital need to offer others trapped in opiate addiction hope for effective treatment and recovery support options.

Helton Mitchell used her own experiences to inform her well-written book, “The Big Fix: Hope After Heroin”, and she talks about all of them in the most elegant and yet practical terms. It’s a must-read not just for fans of “recovery memoirs” but for anyone struggling with opiate addiction, or with friends or family members struggling with it, to learn they don’t have to live and die “a junkie” – that recovery is possible for them!

“The Big Fix” is available on our [website book store](#) and [on Amazon](#).



## What Are We Missing?

After reading this edition...

Is there any incorrect information in it?

Is there anything we left out?

Do you have any thoughts, opinions, or stories you’d like to share about this issue or in future issues?

What else would you like to see in future Newsletters?

Please let us know! eMail the Editor at: [bcampbell@lifering.org](mailto:bcampbell@lifering.org)

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