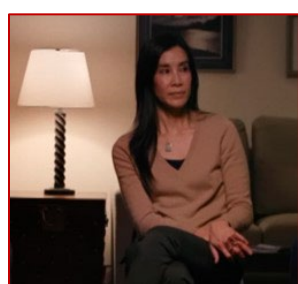


## We've Been Busy and We're Getting Busier!

LifeRing now supports over 1,800 members seeking recovery from substance misuse. That's almost **2 times more people** than this time last year! In-person meetings are on the rise and we're closing the gap with over 80 weekly local and national online meetings. But these expanding numbers are just the front end of the house. We've been building a lot of good behind the scenes.

## HIGHLIGHTS



### LifeRing On CNN

LifeRing has a cameo appearance during Episode 5 of **This is Life with Lisa Ling** on CNN this season. Lisa joins LifeRingers in Denver, Colorado for crosstalk about alcohol misuse in America. *We Have a Drinking Problem* airs on CNN Sunday, December 18<sup>th</sup> at 9:00pm ET/PT. You better believe LifeRing will

be hosting watch parties across the world! Stay tuned for details ...

This is Life(Ring)



### Thanksgiving Gathering

**Pull up a chair at our table!** LifeRing Secular Recovery is hosting our **2<sup>nd</sup> Annual Thanksgiving Gathering!** Last year was such a success we wanted to do it again. Join us online anytime on Thanksgiving Day between 6:00am and midnight Pacific. We're here when you need a break from the chaos.

Social Gathering

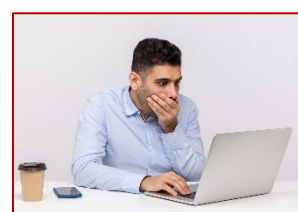


### New Focus Meetings

LifeRing introduces **two new online focus meetings** to support specific needs in our recovery community. **Warriors Workshop for Vets** is hosted by retired US Paratrooper Jose and is held on Tuesdays at 4:00pm Pacific. **Sober After Sixty-Something** embraces the recovery challenges of LifeRing

Boomers. This focus meeting starts hella early on Sundays at 6:00am Pacific.

Focus Meetings



### New LifeRing eGroup

LifeRing launched our newest eGroup in August. This email-based social community is a space for LifeRingers to share about themselves and "just talk" with other LifeRing Community Members. This is an informal, **opt-on message board** for

anyone who's got something to say. Current topics include pets, holiday recipes, and camping mishaps. Join in today!

LSRLife



### 2022 Fall LifeRing RingUnion

The latest LifeRing RingUnion was a great success! This is the fourth RingUnion for LifeRing members to gather together and be together – virtually even! The hybrid meetup was held in the

Sierra foothills at Resort de Kemper. The next RingUnion is scheduled for January 21<sup>st</sup>.

RingUnion



### Ingredients for Holiday Sobriety

Throughout the Holiday Season, we'll be showcasing a series of tips and tricks to help the LifeRing Community enjoy a Sober Holiday. Keep an eye out on the LifeRing Social Media platforms for "Ingredients for a Sober Holiday."

Seasonal Series



### Team LifeRing

It's been scientifically proven that doing good is good for you! LifeRing is looking for volunteers to join our team. We are always looking for interested convenors, committee contributors and, of course, LifeRing donors. **You can help others in search of recovery support by donating money or an hour of your time.** Both are invaluable gifts to our Little Recovery Network That Could!

Engagement

Gold  
Transparency  
2022

Candid.

LifeRing is awarded a **Gold Seal of Transparency** from Candid (formerly GuideStar). If you want to help others in recovery, please consider a [one-time or monthly donation](#) to LifeRing this holiday season.

LRS Gold Seal