CLOSING MESSAGE
FOR VIDEO MEETINGS

The outside world little understands or appreciates our recovery journey. They tend to believe that we can “Just Say No” and be done with it. But we who fight this battle every day know the inner struggles we go through and the step-by-step work that’s involved in rebuilding our lives.

If someone among us has tripped or fallen, we appreciate the incredible strength and courage it takes to come back. We applaud them in hope that we will make the same decision if we are in the same position.

We know the sweetness of the victory that each sober day signifies. Let’s applaud ourselves for our success in being here clean and sober today.

Optional Statements

• Please keep everything that is shared at this meeting completely confidential. Any questions or concerns about chat, please contact the chat room coordinator:
  chat@lifering.org

• Please donate today! Help support LifeRing chat as we continue to grow. Head to the ‘Donation’ link at the very top of the page. Any donation will be greatly appreciated.

• Please consider becoming a convener, help others while nurturing your own recovery plan. If you are interested or would like to find out more, then please contact me chat@lifering.org