



Opening Statement

This is a regular open meeting of LifeRing. LifeRing is a self-help support group for people who want to live their lives free of alcohol and other addictive drugs. We feel that in order to remain in recovery, we have to make complete abstinence from these substances a top priority in our lives.

This is intended to be a place in which people can feel comfortable discussing their personal experiences and their concerns related to recovery, and in which they can benefit from the support offered by others. For that reason, everything that is said here is confidential and should not be communicated outside this room. Members frequently incorporate spirituality in their personal recovery programs but how this is done can vary considerably. For that reason, and out of respect for people of all faiths, we do not use prayer or talk about religion during the meeting.

We generally begin by checking in and talking about our past week in recovery, challenges that may be facing us and what we plan to do to stay clean and sober in the coming week. We encourage cross-talk during the meeting. By cross-talk we mean questions and positive, supportive feedback. Positive experiences from your own recovery are also welcome.

(In view of the number of people in attendance today, please allow enough time for everyone to participate. If you are facing issues that are of particular concern to you, please let us know so that we will have enough time to talk about them.)

(If you are under the influence of alcohol or drugs now, we ask that you maintain silence during the meeting. You are welcome to speak with members afterward.)

If this is your first time at a LifeRing meeting -- welcome. Please introduce yourself by your first name and tell us whatever you feel inclined to share about yourself and your recovery. If you are interested in knowing more about LifeRing, others here can probably answer your questions. Additionally, LifeRing books and handouts are available.

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