



## OPENING STATEMENT

[www.LifeRingCanada.org](http://www.LifeRingCanada.org)

LifeRing Welcomes all people struggling with substance abuse and addiction, as well as those involved in relationships with them. We do not support or condone 'using or moderation approaches. In order to recover, we have to make sobriety the top priority in our lives. By sobriety, we mean 100% abstinence.

LifeRing meetings include persons of all faiths and none. We support scientifically based recovery methods that rely on human effort and we do not use prayer or discuss theology, pro or con. What is important is that each person takes responsibility for their own recovery and is available to give support to others.

Our meeting format is flexible. We begin the meeting with the question How was your Week? We then talk about the successes and challenges of our past Week and anything that might be coming up next Week. We discuss recovery topics and encourage dialogue, questions and supportive feedback.

LifeRing believes that successful recovery is achievable through one's own motivation and initiative. In our meetings, there is a diversity of approaches to sober living; it is up to each person to decide what does and does not work for them. The main purpose of the group is to reinforce each other's choices to stay clean and sober. LifeRing is an ongoing "Workshop" where individuals build their own recovery plan. If this is your first time at this meeting of LifeRing -- Welcome.

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