



## Opening Statement

Hello, my name is [ ], and welcome to the [day of the week] “open” meeting of LifeRing Secular Recovery.

LifeRing is a network of self-help support groups for people who desire to live completely free from the use of alcohol and non- medically-indicated drugs. If you have come here for a different reason, you are free to stay and quietly observe the meeting.

LifeRing meetings are intended to help us develop and maintain our own individual plans for staying sober by providing positive input and support from others who share the same goal.

During the meeting, we take turns talking about our week in sobriety and our plans for staying sober. You may “pass” if you do not feel like talking, or if you are here simply to observe.

If you do choose to talk, please feel free to mention any recent accomplishments, as well as any recent challenges, whether large or small. You are not required to describe yourself as an alcoholic or as an addict during this meeting; the only requirement for participation in LifeRing is a desire to abstain completely and permanently from alcohol and illicit or non-medically indicated drugs.

During the meeting, we try to avoid discussion of religion or politics, as well as criticism of any group or individual, focusing instead on practical and positive ways to stay clean and sober.

Don’t be afraid to interrupt somebody briefly if you have a question for them or if you simply want to offer words of praise or encouragement.

After everyone has had a chance to speak, the remaining time is usually spent in free discussion.

If this is your first time at this meeting of LifeRing—Welcome, and please feel free to speak. We would love to hear from you. You may introduce yourself by your first name only, if you wish. If you would like to know more about the LifeRing approach, we have LifeRing flyers available here, and there is a website at [lifering.org](http://lifering.org).

These meetings are confidential. After you leave here, you are encouraged to pass on anything you have learned, but please do not say or do anything that could reveal who was present here.



If you are under the influence of alcohol or drugs, we ask that you remain silent during the meeting. If you have brought somebody here who is under the influence, you are responsible for that person during the meeting.

Meetings are self-supporting. A basket will be passed later if you wish to make a donation. If you need me to, I can verify your attendance here at the end of the meeting.

Please mute cell phones and limit the use of electronic devices to note-taking and communications that cannot wait until after the meeting. Please keep an eye on the clock and allow enough time for everyone to speak.

At the end of the meeting we usually have a group round of applause for all of our efforts to stay clean and sober.

Thank you.

Marty B., Modesto, March 21, 2013

06 Opening Statement