



Opening Statement

Welcome to LifeRing Secular Recovery. LifeRing is a network of self-help support groups for all people who want to get and stay clean-and sober. Our meetings are intended to help us develop and maintain our own Personal Recovery Program by providing positive input and support from others who share the same goal.

Tonight, we take turns answering the question: “How was your week?” That is, “How was your week in recovery?” What were the highlights and heartaches of the past week? Then we talk about the coming week. What is coming up next week that threatens your sober self? What is in your Personal Recovery Plan for next week that will help you to remain clean and sober?

During our discussion, everyone is encouraged to engage in ‘cross talk’ by asking questions, offer positive, supportive feedback. We recognize accomplishments. We don’t give advice; we do share what works for us in our personal program.

Ground Rules:

1. Confidentiality. We maintain the confidentiality of what is discussed here and by whom.
2. Labels. We are not required to introduce ourselves as “addict” or “alcoholic.”
3. Secularity. We do not use prayer or talk about religion.
4. Criticism. We avoid criticizing ANY person, group or institution.
5. War stories. We focus on a narrow and forward-looking period and avoid war stories from things in the past.

If this is your first time at a LifeRing meeting – welcome! Literature is available, and you can always visit www.lifering.org

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