



Opening Statement

LifeRing is a self-help support group for all people who want to get and stay clean and sober. We have to make abstinence from alcohol and drugs the top priority in our lives. There are no quick cures or fixes.

Out of respect for people of all faiths and none, we conduct our meetings in a secular way; which mean that during our meetings we do not use prayer or talk about religion. We rely in our recovery on our own efforts and on the help of the group members and other friends.

Some of our members also attend AA and NA meetings; some do not. The only requirement for membership is a desire to stop drinking/drugging. Meetings are completely confidential. We are self-supporting through our own voluntary contributions.

The meeting format is flexible. We generally begin by talking about the highlights and heartaches of our past week in recovery, and what we plan to do to stay sober in the coming week.

We encourage questions and positive, supportive feedback between members in the circle. Positive experiences from your own recovery are welcome.

If you would like to know more about the LifeRing approach, come to a meeting. LifeRing books and handouts will be available.

Tom M.

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