



Opening Statement

This is a meeting of LifeRing Secular Recovery. LifeRing is a sober support organization for people in recovery from substance addiction. Out of respect for people of all faiths and none, we conduct our meetings in a secular (or non-religious) way.

Our philosophy is simple. We rely upon ourselves and the support of our peers to help us each to create and maintain a personal recovery plan. In our meetings, we encourage a dialog. Supportive feedback, free of advice, is welcome. Everything that is shared within LifeRing is confidential and does not leave the group.

If this is your first time at this meeting, welcome! Our topic is "How Was Your Week?" As we go around the circle, please introduce yourself by your first name and tell us about the recovery-related successes and challenges of your past week and any you anticipate in the coming week.

For up-to-date news, publications and access to our online meetings, groups and forums, please visit us at LifeRing.org.

So, How Was Your Week?

Njon W.

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