



Opening Statement

This is a regular, open meeting of LifeRing Secular Recovery. LifeRing is an abstinence-based network of face-to-face and online support groups for people seeking to reclaim and enjoy life, ending their cycles of alcohol and drug addiction. The LifeRing philosophy is based on the following three principles or as we like to say "the 3-S's"; Sobriety, Secularity, and Self-help.

Optional if time allows

[Sobriety

We feel that in order to remain in recovery, we have to make sobriety the top priority in our lives. By sobriety, we mean complete abstinence from alcohol and other addictive drugs.

Secularity

Members frequently incorporate spirituality in their recovery but how they do this can vary considerably. For this reason, and out of respect for people who believe in a secular lifestyle, we do not use prayer or talk about religion during this meeting.

Self-help

LifeRing supports the concept of self-help in designing a personal recovery program. You need a plan to stay sober. This plan will vary for each individual. Some will go it alone on a journey of self-discovery, some will find recovery in a group setting like LifeRing or AA, and others will seek out professional counselling. Most people will use a combination of these ideas to develop a personal recovery program that can grow and change as necessary. LifeRing encourages you to "Empower Your Sober Self" and find a lifestyle that will bring sobriety, meaning and joy back into your life.]

This meeting is intended to be a place where people can feel comfortable discussing their personal experiences and their concerns related to recovery, and to benefit from the support offered by others in this group. Everything that is said in this room is completely confidential and should not be communicated with others outside this meeting.



If this is your first time at a LifeRing meeting -- welcome. If you are interested in knowing more about LifeRing, we can probably answer your questions. Additionally, LifeRing books and handouts are available.

We generally begin by checking in and talking about our past week in recovery and what we plan to do to stay clean and sober in the coming week. We encourage cross-talk in the meeting. By crosstalk, we mean questions and positive supportive feedback. Positive experiences from your own recovery are welcome.

Please introduce yourself by your first name, indicate your last drug of choice, and tell us how long you've been clean from that drug.

Optional Announcements

(In view of the number of people in attendance today, please allow enough time for everyone to participate. If you are facing issues that are of particular concern to you, please let us know so that we will have enough time to talk about them.)

(Please turn off or set to vibrate all electronic devices. Do not text or view these devices during this meeting)

(If you are under the influence of alcohol or drugs now, we ask that you maintain silence during the meeting. You are welcome to speak with members afterward.)

Robert S.

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