

# Empower Your Sober Self

Come Join the **LifeRing** Community!

Live drug and alcohol free.

We succeed when we make sobriety our #1 priority.

## ***We call our philosophy the 3-S's***

### **Sobriety**

We feel that in order to remain in recovery, we must make sobriety the top priority in our lives. We strive to maintain complete abstinence from alcohol and non-medically indicated addictive drugs.

### **Secularity**

Out of respect for people of all faiths or none, LifeRing conducts meetings in a secular way, which means we do not use prayer or talk about religion.

### **Self-Help**

Your recovery is based on self-direction, your motivation and your efforts. You decide what works for you. LifeRing encourages you to Empower Your Sober Self and find a lifestyle that will bring sobriety, meaning, and joy back into your life.



## WE'RE ALL IN THIS TOGETHER!

**Meeting Format:** In LifeRing meetings we break down isolation by interacting and sharing solutions with others like ourselves. LifeRing promotes crosstalk in our meetings. Crosstalk is a nonjudgemental conversational exchange of experiences and methods for maintaining a sober life. In How Was Your Week meetings, we focus on the present and the future. Meetings are confidential.

**Guiding Principles:** We believe that each individual should design and direct their own recovery pathway. The fundamentals of LifeRing - sobriety, secularity and self-help -- make LifeRing Secular Recovery a healthy and accessible option for a wide variety of people. All meetings, publications and peer support activities focus on personal recovery.



[lifering.org/welcome](http://lifering.org/welcome)

**About LifeRing:** Founded in 1997, LifeRing Secular Recovery is an abstinence-based, worldwide network of individuals seeking to live in recovery from substance use disorder. Online and in-person meetings are available to support your recovery and empower your sober self. LIFERING.ORG IS NON-PROFIT 501(C)3