

ePals

Not sure where to start? Let one of our volunteer ePals help you navigate LifeRing's array of online, face-to-face, and print resources. We understand that the decision to forge a new life free of alcohol is a big deal. Asking for an ePal, on the other hand, couldn't be easier.

We'll match you with one of our volunteer ePals who can help answer any questions you have about LifeRing's sober, secular, and self-directed approach to building a life recovery plan that is uniquely yours. Your ePal correspondent will email you directly, to introduce themselves and answer your questions about LifeRing. That's it.

While we hope your interaction with your ePal will convince you to give LifeRing a try, you may decide that abstinence and/or self-directed recovery isn't what you're looking for right now. That's okay. We understand, we won't be offended, and we won't try to change your mind.

Note: Your first ePals communication can take a day or two to arrange, depending on volunteer availability. ePals is not a hotline or crisis center service. If you are in need of urgent assistance, please immediately contact your local emergency or mental health service providers. For thoughts of suicide, go here: https://www.iasp.info/resources/Crisis_Centres/
To request an ePal, please contact: epal@lifering.org.

Books

Humanly Possible: Stories of Secular Recovery, 1st Edition (2019). A collection of stories from members of LifeRing Secular Recovery, SMART Recovery, and AA Freethinkers, organizations that seek to help people free themselves from **substance use disorder** without pressuring them to believe things that are foreign to their world-views.

Empowering Your Sober Self, 2nd Edition. An introduction to LifeRing. Written for the person who wants to get free of alcohol/ drugs, for their friends and relations, and for the professionals who treat them.

Recovery By Choice: Living and Enjoying Life Free of Alcohol and Drugs, A Workbook, 4th Edition. A self-help workbook that helps you build your personal recovery program.

How Was Your Week: 2nd Edition. A book for people who want to convene a LifeRing meeting . Essential reading for new convenors and a must for experiences convenor, who want a deeper understanding of how a LifeRing meeting works.

Buy these books at LifeRing meetings or online at www.lifering.org.

You can find a LifeRing meeting at:



Online Support

Welcome!

We cordially invite you to consider participating in one or more of LifeRing's on-line support communities. These communities offer you an extraordinary opportunity to connect and converse with LifeRing members around the world, wherever you are, whenever you want. All you need is an internet connection.

LifeRing's online communities (we currently support sober conversations in chat, bulletin board, and email groups) are as varied as the individuals who participate in them. Wherever you happen to be on your own recovery journey, you're sure to find present and future focused tools, insights, and support that reinforce a sober, secular, and self-directed recovery plan.

LifeRing Secular Recovery
www.lifering.org
service@lifering.org
1-800-811-4142



E-Mail Groups

We offer several private email lists maintained by Groups.io. These groups may be a fit for you if you are looking for:

- **Privacy.**

Your posts are available only to other members of the specific community to which you have subscribed. LifeRing's two largest email communities are LSRmail and LSRsafe.

Posts to LSRsafe are moderated by an experienced LifeRing volunteer who immediately steps in if they feel a post or conversational thread is inappropriate for recovery-oriented communication

- **Flexibility.**

Your posts can be written and sent (and you can access the posts of other members) at any time of the day or night.

- **Specialized support.**

In addition to LSRmail and LSRsafe, there are several other private email groups available to individuals who are looking for tools and insight to help deal with specific physical and emotional issues associated with recovery from addiction to alcohol and other drugs.

For additional information, please visit: <https://www.lifering.org/email-groups>

LifeRing Forum

The overall tone of posts to the LifeRing Forum is supportive and respectful of individuals who are grappling with the challenges of early sobriety. The LifeRing Forum might be a fit for you if you are looking for:

- **A bulletin-board web community.**

Messages posted to the LifeRing Forum are maintained on an open website, and are available for public viewing and comment. Most LifeRing Forum members choose to avoid including personally-identifiable information in their posts to the Forum.

- **Messages sorted by topic.**

Unlike email group messages, posts to the LifeRing Forum are sorted by topic.

- **Archived information and posts.**

Years of posts to the LifeRing Forum, sorted by topic, are available for reading and reference.

For additional information, please visit: <http://forums.delphiforums.com/lifering>

LifeRing Chat Room

Regularly scheduled virtual LifeRing meetings, structured in much the same way as LifeRing's face-to-face meetings, are hosted by experienced meeting convenors in the LifeRing Chat Room.

The convenor facilitates conversation among sober friends, ensures that everyone, including the convenor, has an opportunity to participate in the discussion. The LifeRing Chat Room may be a fit for you if you are looking to:

- **Engage with others in real time.**

Whether you're conversing by typing on your keyboard or if you're using audio equipment to chat by voice, you are in instant communication with other LifeRing virtual meeting participants.

- **A virtual LifeRing meeting.**

In addition to meetings convened in the How Was Your Week? format, you'll find other meetings convened around other recovery-oriented topics.

- **Find spontaneous conversation.**

In addition to scheduled meetings, the LifeRing Chat Room is open around the clock for sober conversation among friends who are also looking for real time support and connection.

For additional information, please visit: www.lifering.org