



### 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 experienced convenor, who want a deeper understanding of how a LifeRing meeting works.

Buy these books at LifeRing meetings or online at [www.lifering.org](http://www.lifering.org).

**LifeRing Secular Recovery** is an abstinence-based, worldwide network of individuals seeking to live in recovery from substance use disorder to alcohol or to other non-medically indicated drugs.

In LifeRing, we offer each other peer-to-peer support in ways that encourage personal growth and continued learning through personal empowerment.

Our approach is based on developing, refining, and sharing our own personal strategies for continued abstinence and crafting a rewarding life in recovery. In short, we are sober, secular, and self-directed.

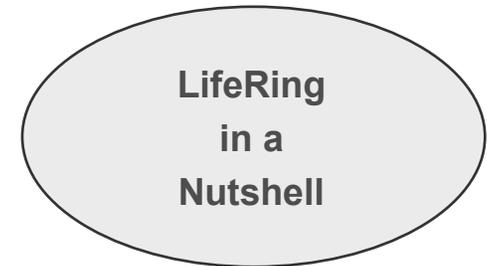
There are as many ways to live free of drugs and alcohol as there are stories of successful sober people.

LifeRing respectfully embraces what works for each individual.

To find out more about LifeRing:  
Browse [www.lifering.org](http://www.lifering.org), the Internet voice of LifeRing Secular Recovery. Join LifeRing's email groups and chat meetings.



# Welcome to LifeRing



You can find a LifeRing meeting at:

**LifeRing Secular Recovery**  
[www.lifering.org](http://www.lifering.org)  
[service@lifering.org](mailto:service@lifering.org)  
**1-800-811-4142**



**LifeRing Secular Recovery** is a self-help recovery network for individuals who seek group support to achieve abstinence from alcohol and other addictive drugs, or who are in relationships where chemical dependency is a problem. LifeRing is a poly-abstinence group that welcomes everyone without distinction based on “drug of choice.” LifeRing includes people of all religious faiths and none. Meetings are free of religious observances. LifeRing supports participants in working out their own personal recovery programs, and requires no particular steps other than abstinence from alcohol and “drugs.”

### The Usual Meeting Format

At most LifeRing meetings, people sit in a circle. The meeting is small enough so that everyone can participate. After a short opening statement, the meeting facilitator (we call them “convenors”) asks “How Was Your Week?” People take turns talking about what has been going on in their recoveries since the last meeting, and what lies ahead for them in the coming week. The focus will be on current events in the participants' lives.

You are not required to label yourself as an “alcoholic” or “addict” to participate. A desire to live a sober life is the only requirement for being there. You do need to be abstinent at the time of the meeting in order to speak.

LifeRing meetings encourage questions, comments, and other feedback throughout the hour. If you have a question, feel free to ask the person right then. If you have something to say, say it while it's fresh in your mind. As people become comfortable with one another, the meeting atmosphere becomes like a living room filled with sober friends having a relaxed, free conversation. Laughter is a common ingredient.

There are some limits. Please, no extended “war stories” about your drinking/using past. No attack therapy or confrontation. Please avoid giving unsolicited advice. No religion or politics. No trashing of other recovery approaches. Keep it civil and keep it positive.

Meetings are confidential. You may disclose to your friends that you participated, but you may not disclose who else was present or what they said.

Participation is free. A basket may be passed to defray expenses, but contributions are voluntary. The convenor will sign your attendance sheet on request. Most courts and most treatment programs credit LifeRing attendance on a par with other support groups.

The meeting convenor is a person in recovery like yourself. No professional training is required. If you stay clean and sober and want to be useful to others doing the same, in a few months you could become a LifeRing meeting convenor yourself.

### The Basic Philosophy

The basic LifeRing philosophy is summarized in three words: **Sobriety, Secularity, and Self Directed.**

**Sobriety** means abstinence from alcohol and other medically non-indicated addictive drugs. In LifeRing, people struggling with a variety of drugs – alcohol, marijuana, methamphetamines, cocaine, heroin, prescription drugs, to name a few – work side by side as members of one family. It is OK to still use tobacco in LifeRing, but you will get warm support from the group when you quit. LifeRing respects the doctor-patient relationship. If you have been honest with your doctor and your doctor is knowledgeable about substance use disorders, we will support you in taking your medications as prescribed.

**Secularity** means that your religion or lack of it remains your private business in LifeRing. Our recovery process relies on sober connections with other human beings. Whether you believe in a Supreme Being is not important in LifeRing. Meetings do not use prayer or discuss theology, pro or con.

What is important is that each person takes responsibility for their own recovery and is available to give support to others. Meetings usually end with a mutual round of applause for staying clean and sober.

**Self Directed** means that we each develop a personal recovery program tailored to our particular background and needs.

Other than “Don't Drink or Use,” LifeRing does not believe in a prescribed set of steps that everyone needs to follow. In our meetings you may hear a diversity of approaches to sober living. It is up to you to pick and choose what works for you. Because we do not use a prescribed program, you do not need a special sponsor to guide you. We all sponsor one another.

The **Recovery By Choice** workbook provides a structured framework for building your personal recovery program. You can use the workbook on your own or in a group, or not at all, as you choose. Self-help also means that meetings are led by peers, not by professionals; as soon as you have the requisite sober time, you can take a turn at convening.

All LifeRing meetings are based on these three points. On this common foundation you may see a considerable variety of formats and approaches. If you have an idea for a LifeRing meeting or activity, by all means put it forward. LifeRing grows because people like yourself see the value in it and take the initiative to make it available to others.

### The Organization and History

LifeRing is a free-standing, self-supporting, democratically run organization. We are not affiliated with any other group. We adopted the LifeRing name in 1999 and held our national founding congress in 2001. At this time there are LifeRing meetings in about 20 states and 6 countries.

Each meeting elects a delegate to the annual LifeRing Congress, which decides all major issues of policy and elects the Board of Directors. There is a Service Center and a Press. All directors and officers are unpaid volunteers. We meet expenses by passing the basket at meetings and through literature sales.

The LifeRing approach is compatible with a wide variety of abstinence-based treatment programs. We have letters of reference from treatment professionals. Although our approach is different from 12-step, we operate side by side with 12-step groups without friction.