

## ANSWERS TO SOME COMMON QUESTIONS:

**Where do I find meetings?** Visit [www.lifering.org](http://www.lifering.org) or call us at 800-811-4142.

**What if I can't find a meeting in my neighborhood?** You can get support 24/7/365 at [LifeRing.org](http://LifeRing.org), including live chat and online meetings, forums and a toolbox. Or, call us to let us know that you would like to start a meeting yourself, closer to home.

**Do I have to call before a meeting?**  
No, just show up at the meeting place.

**How do I know that the meeting information is current?** Email or phone us to check meeting status. Or check [LifeRing.org](http://LifeRing.org).

**Does it cost anything to attend?**  
Donations are welcome but voluntary.

**Do I have to be a member?** Unless noted, all meetings are open to any interested person.

**Do I have to be clean and sober to attend?** If you're not sober, please listen quietly and talk to us following the meeting.

**Can LifeRing certify that I attended?**  
Yes, just bring paperwork and stay the entire meeting. If you are attending an online meeting, request an email confirmation from your convenor.

**What do I do if my treatment or legal contact specifies a particular kind of meeting?** In many places, laws now require recognition of secular groups like LifeRing. Ask your counselor or compliance officer to call us for more information.

**LifeRing is an organization of people who share practical experiences, mutual support, and sober, secular self-help. If you want to stay sober, then you are welcome in LifeRing!**

Have you considered convening a LifeRing face to face meeting?

We need to establish new meetings in cities and towns all over the world. Your help is needed.

Please email [service@LifeRing.org](mailto:service@LifeRing.org), or call 800-811-4142 and leave a message to let us know that you are interested in starting a meeting.

Give something back!



**LifeRing, Inc.**

1440 Broadway, Suite 400  
Oakland, CA 94612  
800-811-4142 (toll-free)  
[www.lifering.org](http://www.lifering.org)  
[service@lifering.org](mailto:service@lifering.org)

LifeRing Colorado:  
[www.liferingcolorado.org](http://www.liferingcolorado.org)  
[liferingcolorado@gmail.com](mailto:liferingcolorado@gmail.com)  
303-514-4778



## Welcome to LifeRing

### The three core concepts of the LifeRing experience

#### •SOBER

We believe that our lives depend on complete abstinence from alcohol and illicit and non-medically indicated drugs.

#### •SECULAR

In LifeRing meetings, in person and online, religious beliefs remain private. You aren't asked to have faith, or to believe in any strength other than your own.

#### •SELF-HELP

We share ideas and insights in sober conversation, so that each individual can build a personal recovery plan.

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LifeRing Service Center  
Oakland, CA  
[www.lifering.org](http://www.lifering.org)  
1-800-811-4142

## What is LifeRing?

LifeRing is an organization of people who share practical experiences and sobriety support.

## Experience a LifeRing Meeting

- LifeRing meetings – in person and online – are friendly, informal and confidential.
- We sit in a circle, face to face, and meet as equals.
- The ‘convenor’ who runs the meeting is simply a member with at least six months of sobriety.
- Readings take just a minute, because LifeRing focuses on the value of what our members know and the strength of sober conversation.
- Each person in the circle is asked "How Was Your Week?" and may talk about sober life in the week just past and the week to come.
- We end with a round of applause for our shared success in sobriety.

## Find Strength in Sober Conversation

LifeRing encourages positive crosstalk: questions, comments, and stories that reveal the many ways we enjoy sober lives.

If you’ve got something to say, say it while it's fresh in your mind. Have a question? Feel free to ask right away. As people become comfortable with one another, meetings transform into circles of friends who connect through rich, relaxed and respectful conversation. Laughter is a common ingredient.

We don’t dwell on the past, nor do we attack or confront. We share insights and ideas rather than giving advice. There’s no religion in a LifeRing meeting. No politics. No pressure.

And you need not label yourself an ‘alcoholic’ or ‘addict’ in LifeRing. It’s enough that you want to enjoy life clean and sober.

## Choose Your Own Way

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

Many LifeRing members attend other kinds of meetings or recovery programs, and we honor those decisions.

Some have had negative experiences in attempting to find help elsewhere, but most people soon find that LifeRing’s emphasis on the positive, practical present-day can turn anger and despair into hope and resolve. LifeRing respectfully embraces what works for each individual.

Most courts and treatment programs credit LifeRing meeting attendance. If you would like LifeRing to be in touch with counselors or others who need to know more about LifeRing, please let us know.

## Together, We Can Change Our Lives

What we share is our desire to live completely free of alcohol and addictive drugs that aren’t truly necessary and prescribed for medical reasons by a physician.

Our members have years of sober stories to share. Whether you are still making your decision, struggling to end the cycle of addiction, in early recovery, or enjoying years of sober living, LifeRing has something to offer.

You can join LifeRing online through chat, email lists, social networks, or our forum. You can support others in sobriety as they support you. You can volunteer. You can become a convenor.

LifeRing doesn’t expect you to attend meetings for the rest of your life. We’re there when you need us: to lend a hand, to laugh and cry, and to listen.

## Empower Your Sober Self

You probably already recognize the competing desires within each person who struggles with drugs or alcohol. There’s a voice that wants to continue drinking and using: the addicted self. And there’s another voice that wants to find a better way of living: the sober self.

When people get together and give voice to their inner addicts, they reinforce each other, leading to a destructive cycle with harmful consequences for individuals, families, friends, and communities.

But there’s an alternative. LifeRing connects you with other sober people, and the change can be equally reinforcing.

***“I’m fed up with drinks and drugs, they don’t get me anywhere but sick and sad.” “You’re right, I keep looking for something more.”***

***“You know, I really didn’t think I could do it, but I stayed sober today.” “How did you manage? Maybe I can, too.”***

***“I had a really wonderful day without drugs. I’m so pleased!” “You are amazing! I’m inspired!”***

After each sober conversation, we are stronger. Eventually, sobriety overcomes addiction and becomes the pattern for everyday life.

Strengthen your sober self, and – so long as you avoid alcohol and drugs – you can realize your full potential and live a happier and more meaningful life.

**It’s your life and your choice. Give LifeRing a try!**