

## LifeRing Meetings Can Change Your Life

It's all up to you – in LifeRing, we don't tell you what you 'should' do. Instead we offer you the support and information you need to make the changes that you want. You're surrounded by people like you, addicted and unhappy about it.

You first realize that you're not alone, and then your struck by how much can be learned from people just like you; and how much others can learn from you.

There's a special kind of magic that can happen at LifeRing meetings. The support that is shared almost literally lifts a bit of the burden that weighs you down. Without even being aware of it, change begins. You're always in control, but you are able to relax among friends that understand you.

**LifeRing Secular Recovery** is an abstinence-based, worldwide network of individuals seeking to live in recovery from addiction 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.



## Meetings in Colorado

- **LifeRing meetings are friendly, informal and confidential.**
- **We sit in a circle, face to face, and we meet as equals.**
- **Readings take just a minute, because LifeRing focuses right away on the experiences of our members 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.**

LifeRing urges you to consider reading our two bestsellers:  
[Empowering Your Sober Self](#)  
and  
[Recovery by Choice](#)  
Available at our website:  
**[www.lifering.org](http://www.lifering.org)**

**LifeRing Service Center**  
1440 Broadway, Suite 400  
Oakland, CA 94612  
1-800-811-4142  
[service@lifering.org](mailto:service@lifering.org)  
[www.lifering.org](http://www.lifering.org)

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

# Colorado Meetings

9/15/2016



For the latest meeting information  
[liferingcolorado.org/home/meetings/](http://liferingcolorado.org/home/meetings/)

## Monday

**Denver** Washington Park United Church of Christ  
6:30pm 400 South Williams St., Allev entrance  
HWYW  
Bonnie M., d8adoc@msn.com, 303.779.5642

**Lafayette** Sister Carmen Center  
6:30pm 655 Aspen Ridge Dr.  
HWYW  
Chris M., cmcgree@metrochauto.com, 720.206.9103

**Boulder** Boulder Addiction Recovery Center  
7:00pm 3180 Airport Rd.,  
HWYW Open to the public  
Gary G, garytaylorgibbs@yahoo.com, 720-326-4401

## Tuesday

**Aurora** Kaiser Permanente Regional HQ  
6:00pm 10350 E. Dakota Ave., Vohs 1 Conference Room  
HWYW Does not confer any benefits of KP membership  
Mary Lee P., liferingcolorado@gmail.com, 303-364-2999

**Denver** St John's Episcopal Cathedral  
6:30pm 1350 Washington St, 202  
HWYW optional meditation before meeting at 6:05  
Chris N., dooversbycici@gmail.com, 720.280.0836

**Broomfield** Cross of Christ Lutheran Church  
7:00pm 12099 Lowell Blvd..  
HWYW  
Tom B., cyclommuter@yahoo.com, 303.808.3299

**Lafayette** Cairn Christian Church  
7:30pm 1700 Stonehenge Dr. Community Room  
HWYW  
Gary G., garytaylorgibbs@yahoo.com, 720-326-4401

## Wednesday

**Denver** First Unitarian Church  
6:00pm 1400 Lafayette St.  
HWYW  
Jim C, jim.cress@hro.com, 303 875-5088

**Longmont** Longmont United Hospital  
6:00pm 1950 Mountain View Ave..  
HWYW  
Leana D., ldefurio72@yahoo.com, 949-836-3083

**Boulder** Bridge House RTW  
7:00pm 4747 Table Mesa Dr..  
HWYW  
Ray R., heyraj@icloud.com, 720-261-3922

## Thursday

**Arvada** Kaiser Hidden Lake Medical Building  
5:30pm 7701 Sheridan Blvd., Rapids Room  
HWYW Does not confer any benefits of KP membership  
Rob C., liferingcolorado@gmail.com, 720-708-4840

**Denver** Denver Drug Court  
6:00pm 520 W Colfax Ave, Lindsey Flanagan Courthouse  
Varies Fifth Thursday of the month only  
Jim C; Gary C, ljim.cress@hro.com, Gary C: 720-399-4314

**Boulder** The Lookout  
6:30pm 6901 Lookout Road,  
HWYW  
Richenda B., rlbiles@comcast.net, 303-350-0055

**Tabernash** Church of the Eternal Hills  
7:00pm 100 County Road 515,  
HWYW First and Third Thursday of each month  
Dick S., liferingwesternslope@gmail.com, (303) 898-3125

**Louisville** Centennial Peaks Hospital  
7:30pm 2255 South 88th Street,  
HWGSCS  
Dave F., dave1fletcher@gmail.com, 303.517.5696

**Denver** VA Medical Center  
9:00am 1055 Clermont Street, Room 3E108  
HWYW  
Bobby G., liferingcolorado@gmail.com, 303.955.5673

## Friday

**Golden** Jefferson County Combined Courthouse  
11:30am 100 Jefferson County Pkvw,  
HWYW 2nd and 4th Fridays Only  
Gary G., garytaylorgibbs@yahoo.com, 720-326-4401

**Lafayette** Cairn Christian Church  
6:30pm 1700 Stonehenge Dr, Community Room  
Varies  
Gary G., garytaylorgibbs@yahoo.com, 720-326-4401

## Saturday

**Boulder** Boulder Addiction Recovery Center  
11:30am 3180 Airport Rd..  
HWYW  
Gary G., garytaylorgibbs@yahoo.com, 720-326-4401

**Loveland** InnerBalance Health Center  
5:00pm 1402 W. 28th St..  
HWGSCS now meets 1st Saturday of every month  
Kathleen G., liferingcolorado@gmail.com, (720) 924-2013

**Lakewood** Solace Counseling  
6:00pm 6655 West Jewell Ave. #100,  
HWGSCS  
Dale O., arias154@aol.com,

## Sunday

**Longmont** Center for Change  
1:30pm 1225 Ken Pratt - Su 200.  
HWGSCS  
Robert H., liferingcolorado@gmail.com, (720) 924-2013

**Denver** Blake St. Meeting  
10:30am 1730 Blake St. Ste 310,  
HWYW  
Mary Lee P., liferingcolorado@gmail.com, 303-364-2999

**Wheat Ridge** Exempla West Pines Treatment Center  
7:30pm 3400 Lutheran Parkwav, Sun Rm. - Gvm  
HWYW  
Terry W., liferingcolorado@gmail.com, 720-333-0244

Online Meetings at  
[www.lifering.org/online-meetings](http://www.lifering.org/online-meetings)

HWYW: "How Was Your Week" meeting  
HWGSCS: "How we get & stay clean & sober" meeting