

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

LifeRing Service Center
1440 Broadway, Suite 400
Oakland, CA 94612
1-800-811-4142
service@lifering.org
www.lifering.org

LifeRing Colorado
LifeRingColorado.org
liferingcolorado@gmail.com
(303) 514-4778

Colorado Meetings



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

6/2/2017

Monday

Denver Washington Park United Church of Christ
6:30pm 400 South Williams St., Allev entrance
HWYW
Bonnie M., d8adoc@msn.com, 303-726-2155

Lafayette Sister Carmen Center
6:30pm 655 Aspen Ridge Dr.
HWYW
Chris M., cmghee@metrotechauto.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, Library
HWYW optional meditation before meeting at 6:05
Lorraine H., hull.d.lorraine@gmail.com, 303-699-2406

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
Bob C., rtcrosby@comcast.net, 612-437-9291

Wednesday

Denver Secular Hub
12:00PM 3100 Downing St.,
HWYW
Tom J./Kathleen G., liferingcolorado@gmail.com, (303) 514-4778

"Vail" Community Building
6:00pm 90 Lariat Loop, Bldg. A.
HWYW
Erika S., liferingvail@yahoo.com, 970-445-0821

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., heyrajy@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. Lindsev 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

Denver Washington Park United Church of Christ
7:00PM 400 S. Williams St., Allev Entrance
HWYW
Tom J./Kathleen G., liferingcolorado@gmail.com, (303) 514-4778

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 Pkwy,
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

Online Meetings at
www.lifering.org/online-meetings

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

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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 every Saturday
Gary G., garytaylorgibbs@yahoo.com, 720-326-4401

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

Longmont **Center for Change**
10:30am 1225 Ken Pratt - Su 200.
HWGSCS
Gary S., glsandifer@hotmail.com, 970-420-2202

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

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www.lifering.org/online-meetings

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