



LifeRing Secular Recovery statement on coronavirus (COVID-19) outbreak: March 18, 2020

As the coronavirus (COVID-19) continues to spread, LifeRing has considered ways to help protect the health and safety of our members. We recognize that much of the value of our message lies in the connections made in our meetings, which for the most part have been face-to-face or in-person meetings. Many of the locations where our meetings occur have recently canceled access to their space indefinitely, and many more are soon expected to do the same.

In-Person Meetings Temporarily Suspended: After careful consideration, we recommend temporarily ceasing face-to-face meetings to help keep each other safe in this unprecedented time. This is a difficult decision for LifeRing and not one made lightly.

As a convenor, if you decide that there is absolutely no alternative but to have a meeting in-person, we urge you to follow ALL the restrictions put in place by the local public health authorities in your area regarding limits of the size of gatherings and to also follow the CDC guidelines for minimizing the spread of the coronavirus. <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html> (In the Bay Area of San Francisco, as of midnight on March 17, 2020, six counties are under a shelter-in-place order, limiting all non-essential gatherings and work. Please DO NOT have an in-person meeting in areas that are subject to this type of restriction.)

Attend Online Meetings: Fortunately, there is another great way for you to continue connecting with LifeRing members you already know, as well as get to know new members whom you have not met. Our Online Meeting offerings has continued to grow over the last few months. Here is the link to the current [Online Meeting Schedule](#). Most meetings are on the Zoom platform where members may participate via video or phone. There are also text meeting options and one In the Rooms meeting. Please join us online!

Become an Online Meeting Convenor: If you would like to become a convenor for an online Zoom platform meeting, it is quite easy to do. Reach out to Robert Stump, LifeRing Secular Recovery Executive Director, at service@lifering.org or chat@lifering.org and he will guide you through the process. You may ask for the meeting to be "closed" to your regular local members (wherein you would have to communicate to them directly that it's been set up that way and inform them how to join), or it can be posted as "open" to any LifeRing member who wants to join. When selecting a time for your meeting, please keep in mind the existing meetings, so that meetings do not overlap. (If there is already an open meeting at the time of your regular meeting, it would need to be a closed meeting unless you want to encourage your group to join the open meeting instead.)



Let's spread the word about this option to stay connected with our LifeRing Secular Recovery support community. Once you get used to them, online meetings are almost like being there, all things current considered.

Thank you for your understanding, patience and participation in this secular recovery community. Be safe, be well, and take care of yourself and those you love.

Sincerely,

The Board of Directors of LifeRing Secular Recovery