

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 urges you to consider reading our two bestsellers:
Empowering Your Sober Self
and
Recovery by Choice
Available at our website:
www.LifeRing.org



About LifeRing Secular Recovery

LifeRing 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."

LifeRing meetings are autonomous except in matters affecting other meetings. A basket may be passed for voluntary donations but there is no charge for participation.

LifeRing is a free-standing, self-supporting organization and is not affiliated with any other.

LifeRing meetings are conducted by peer volunteers called convenors.

For more information about the LifeRing approach and philosophy, and to connect with LifeRing participants, or to order LifeRing books and other literature online, please visit us online at www.lifering.org. If you have questions, please feel free to call or email the Service Center.

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



LifeRing Sacramento

- 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. You are not required to share, you can "pass" if you wish.
- Our meetings are Court Approved.

**IT'S YOUR LIFE AND YOUR CHOICE.
GIVE LIFERING A TRY!**