# 01 Opening Statement from HWYW

Welcome to LifeRing.

LifeRing is a self-help support group for all people who want to get and stay clean and sober.

We feel that in order to remain in recovery, we have to make sobriety the top priority in our lives. By sobriety, we mean complete abstinence from alcohol and other addictive drugs.

Out of respect for people of all faiths and none, we conduct our meetings in a secular way, which means that, during this hour, we do not use prayer or talk about religion. We rely in our recovery on our own efforts and on the help of the group members and other friends.

Everything that we share at this meeting is completely confidential and stays in this room. If you are under the influence of alcohol or drugs now, we ask that you maintain silence at this meeting. You may speak with members afterward.

The meeting format is flexible. We generally begin by checking in and talking about our past week in recovery. Next we focus on what we plan to do to stay clean and sober in the coming week. Please introduce yourself by your first name. If you would like, also tell us how long you have been in recovery.

We encourage crosstalk throughout the meeting. By crosstalk we mean questions and positive, supportive feedback. Positive experiences from your own recovery are welcome. Please allow enough time for everyone to participate by limiting your speaking time.

# 02 Opening Statement

This is a regular open meeting of LifeRing. LifeRing is a self-help support group for people who want to live their lives free of alcohol and other addictive drugs. We feel that in order to remain in recovery, we have to make complete abstinence from these substances a top priority in our lives.

This is intended to be a place in which people can feel comfortable discussing their personal experiences and their concerns related to recovery, and in which they can benefit from the support offered by others. For that reason, everything that is said here is confidential and should not be communicated outside this room. Members frequently incorporate spirituality in their personal recovery programs but how this is done can vary considerably. For that reason, and out of respect for people of all faiths, we do not use prayer or talk about religion during the meeting.

We generally begin by checking in and talking about our past week in recovery, challenges that may be facing us and what we plan to do to stay clean and sober in the coming week. We encourage cross-talk during the meeting. By cross-talk we mean questions and positive, supportive feedback. Positive experiences from your own recovery are also welcome.

(In view of the number of people in attendance today, please allow enough time for everyone to participate. If you are facing issues that are of particular concern to you, please let us know so that we will have enough time to talk about them.)

*(If you are under the influence of alcohol or drugs now, we ask that you maintain silence during the meeting. You are welcome to speak with members afterward.)*

# 03 Opening Statement

If this is your first time at a LifeRing meeting -- welcome. Please introduce yourself by your first name and tell us whatever you feel inclined to share about yourself and your recovery. If you are interested in knowing more about LifeRing, others here can probably answer your questions. Additionally, LifeRing books and handouts are available.

This is a regular open meeting of LifeRing Secular Recovery. LifeRing is a self-help support group for all people who want to get and stay clean and sober.

We feel that in order to remain in recovery, we have to make sobriety the top priority in our lives. By sobriety, we mean complete abstinence from alcohol and other addictive drugs.

Out of respect for people of all faiths and none, we conduct our meetings in a secular way, which means that, during this hour, we do not use prayer or talk about religion. We rely in our recovery on our own efforts and on the help of the group members and other friends.

Everything that we share at this meeting is completely confidential and stays in this room. If you are under the influence of alcohol or drugs now, we ask that you maintain silence at this meeting. You may speak with members afterward.

The meeting format is flexible. We generally begin by checking in and talking about the highlights and heartaches of our past week in recovery, and what we plan to do to stay clean and sober in the coming week.

We encourage cross-talk throughout the meeting. By cross-talk we mean questions and positive, supportive feedback. Positive experiences from your own recovery are welcome. Please allow enough time for everyone to participate by limiting your speaking time if necessary.

If this is your first time at this meeting of LifeRing -- Welcome. Please introduce yourself by your first name. If you would like, tell us how long you have been in recovery and then tell us about your past week and your coming week in recovery. If you would like to know more about the LifeRing approach, we have LifeRing books and handouts available here.

Thank you.

# 04 Opening Statement

This is a regular open meeting of LifeRing Secular Recovery. LifeRing Secular Recovery (LSR) is a self-help support group for all people who want to get - and stay - clean and sober. The cornerstones of our method are outlined in this brochure {hold up the white brochure “Welcome to LifeRing”}. If you don’t already have copies, please take some after the meeting. We call our method the 3 ‘S’s:

**The first is SOBRIETY.**

We feel that in order to remain in recovery, we have to make sobriety the top priority in our lives. By sobriety we mean complete abstinence from alcohol and other addictive drugs. We don’t do moderation or controlled use. Our motto is “DON’T DRINK OR USE NO MATTER WHAT”.

**The second is SECULARITY**

Out of respect for people of all beliefs or none, we conduct our meetings in a secular way. We come to LifeRing meetings to get sober, not to get religion. Your religious and spiritual beliefs are your business – our business is sobriety – so we do not use prayer or talk about religion in our meetings.

**The third is SELF-HELP**

We rely in our recovery on our own efforts and the help of our friends. We believe that with work and support, we can empower our “sober selves” and reclaim our lives from self-destructive using. Interacting with others like ourselves breaks down the hopelessness we may have felt when we tried to deal with our problem in isolation.

Now, a bit of detail about the format of the meeting:

Everything that we share at this meeting is completely confidential. I ask that if you are under the influence of alcohol or drugs now, that you maintain silence during this meeting. You may speak with members afterward.

The meeting format is flexible. We generally begin by checking in and talking about highlights and heartaches of our past week in recovery, and what we plan to do to stay clean and sober in the coming week. We can discuss anything that is important to us and our sobriety, for example, situations that have tempted us to use, help in making plans for upcoming “slippery” events like holidays, family gatherings, and so on or just the general “shit” that life has dealt us.

Cross-talk is encouraged. In general terms, cross-talk means dialogue, two-way communication; questions and positive, supportive feedback. Cross-talk is what people do in normal conversation. Our meetings strive for a living–room atmosphere; a group of sober friends, relaxed, spontaneous, secure, letting their hair down and talking about the current concerns in their lives. Remember though that cross-talk is voluntary and is always in the power of the person talking – they may merely want to “vent”, without feedback, and are free to say so.

From time to time, we may also have specific-topic meetings – someone may want to share other resources that have helped them (for example, books, audio tapes) or we may have guest speakers, say counsellors who deal with recovery, and so on.

This is your meeting, so please feel free to raise anything you would like us to address.

I’d encourage you all to browse the LifeRing literature after the meeting. In particular I’d like to recommend the ‘Recovery By Choice’ Workbook. We strongly believe that freedom of choice is one of the most powerful tools in our recovery and that is what the Workbook is about – building your own personalized recovery plan and toolkit.

If anyone has a particularly urgent issue that they’d like us to discuss first, please let us know and you can start off the meeting.

# 05 Opening Statement

LifeRing Welcomes all people struggling with substance abuse and addiction, as well as those involved in relationships with them. We do not support or condone 'using or moderation approaches. In order to recover, we have to make sobriety the top priority in our lives. By sobriety, we mean 100% abstinence.

LifeRing meetings include persons of all faiths and none. We support scientifically based recovery methods that rely on human effort and we do not use prayer or discuss theology, pro or con. What is important is that each person takes responsibility for their own recovery and is available to give support to others.

Our meeting format is flexible. We begin the meeting with the question How was your Week? We then talk about the successes and challenges of our past Week and anything that might be coming up next Week. We discuss recovery topics and encourage dialogue, questions and supportive feedback.

LifeRing believes that successful recovery is achievable through one's own motivation and initiative. In our meetings, there is a diversity of approaches to sober living; it is up to each person to decide what does and does not work for them. The main purpose of the group is to reinforce each other's choices to stay clean and sober. LifeRing is an ongoing "Workshop" where individuals build their own recovery plan. If this is your first time at this meeting of LifeRing -- Welcome.

<http://LiferingCanada.Org>

# 06 Opening Statement

Hello, my name is [ ], and welcome to the [day of the week] “open” meeting of LifeRing Secular Recovery.

LifeRing is a network of self-help support groups for people who desire to live completely free from the use of alcohol and non-medically-indicated drugs. If you have come here for a different reason, you are free to stay and quietly observe the meeting.

LifeRing meetings are intended to help us develop and maintain our own individual plans for staying sober by providing positive input and support from others who share the same goal.

During the meeting, we take turns talking about our week in sobriety and our plans for staying sober. You may “pass” if you do not feel like talking, or if you are here simply to observe.

If you do choose to talk, please feel free to mention any recent accomplishments, as well as any recent challenges, whether large or small.

You are not required to describe yourself as an alcoholic or as an addict during this meeting; the only requirement for participation in LifeRing is a desire to abstain completely and permanently from alcohol and illicit or non-medically indicated drugs.

During the meeting, we try to avoid discussion of religion or politics, as well as criticism of any group or individual, focusing instead on practical and positive ways to stay clean and sober.

Don’t be afraid to interrupt somebody briefly if you have a question for them or if you simply want to offer words of praise or encouragement.

After everyone has had a chance to speak, the remaining time is usually spent in free discussion.

If this is your first time at this meeting of LifeRing—Welcome, and please feel free to speak. We would love to hear from you. You may introduce yourself by your first name only, if you wish. If you would like to know more about the LifeRing approach, we have LifeRing flyers available here, and there is a website at lifering.org.

These meetings are confidential. After you leave here, you are encouraged to pass on anything you have learned, but please do not say or do anything that could reveal who was present here.

If you are under the influence of alcohol or drugs, we ask that you remain silent during the meeting. If you have brought somebody here who is under the influence, you are responsible for that person during the meeting.

Meetings are self-supporting. A basket will be passed later if you wish to make a donation. If you need me to, I can verify your attendance here at the end of the meeting.

Please mute cell phones and limit the use of electronic devices to note-taking and communications that cannot wait until after the meeting. Please keep an eye on the clock and allow enough time for everyone to speak.

At the end of the meeting we usually have a group round of applause for all of our efforts to stay clean and sober.

Thank you.

Marty B., Modesto, March 21, 2013

# 07 Opening Statement

LifeRing is a self-help support group for all people who want to get and stay clean and sober. We have to make abstinence from alcohol and drugs the top priority in our lives. There are no quick cures or fixes.

Out of respect for people of all faiths and none, we conduct our meetings in a secular way; which mean that during our meetings we do not use prayer or talk about religion. We rely in our recovery on our own efforts and on the help of the group members and other friends.

Some of our members also attend AA and NA meetings; some do not. The only requirement for membership is a desire to stop drinking/drugging. Meetings are completely confidential. We are self- supporting through our own voluntary contributions.

The meeting format is flexible. We generally begin by talking about the highlights and heartaches of our past week in recovery, and what we plan to do to stay sober in the coming week.

We encourage questions and positive, supportive feedback between members in the circle. Positive experiences from your own recovery are welcome.

If you would like to know more about the LifeRing approach, come to a meeting. LifeRing books and handouts will be available.

Tom M.

# 08 Opening Statement

This is a meeting of LifeRing Secular Recovery. LifeRing is a sober support organization for people in recovery from substance addiction. Out of respect for people of all faiths and none, we conduct our meetings in a secular (or non-religious) way.

Our philosophy is simple. We rely upon ourselves and the support of our peers to help us each to create and maintain a personal recovery plan. In our meetings, we encourage a dialog. Supportive feedback, free of advice, is welcome. Everything that is shared within LifeRing is confidential and does not leave the group.

If this is your first time at this meeting, welcome! Our topic is “How Was Your Week?” As we go around the circle, please introduce yourself by your first name and tell us about the recovery-related successes and challenges of your past week and any you anticipate in the coming week.

For up-to-date news, publications and access to our online meetings, groups and forums, please visit us at LifeRing.org.

So, How Was Your Week?

Njon W.

# 09 Opening Statement

Welcome to LifeRing Secular Recovery. LifeRing is a network of self-help support groups for all people who want to get and stay clean-and sober. Our meetings are intended to help us develop and maintain our own Personal Recovery Program by providing positive input and support from others who share the same goal.

Tonight, we take turns answering the question: “How was your week?” That is, “How was your week in recovery?” What were the highlights and heartaches of the past week? Then we talk about the coming week. What is coming up next week that threatens your sober self? What is in your Personal Recovery Plan for next week that will help you to remain clean and sober?

During our discussion, everyone is encouraged to engage in ‘cross talk’ by asking questions, offer positive, supportive feedback. We recognize accomplishments. We don’t give advice; we do share what works for us in our personal program.

Ground Rules:

1. Confidentiality. We maintain the confidentiality of what is discussed here and by whom.
2. Labels. We are not required to introduce ourselves as “addict” or “alcoholic.”
3. Secularity. We do not use prayer or talk about religion.
4. Criticism. We avoid criticizing ANY person, group or institution.
5. War stories. We focus on a narrow and forward looking period and avoid war stories from things in the past.

If this is your first time at a LifeRing meeting – welcome! Literature is available and you can always visit [www.lifering.org](http://www.lifering.org)

# 10 Opening Statement

This is a regular, open meeting of LifeRing Secular Recovery. LifeRing is an abstinence-based network of face-to-face and online support groups for people seeking to reclaim and enjoy life, ending their cycles of alcohol and drug addiction. The LifeRing philosophy is based on the following three principles; Sobriety, Secularity, and Self-help.

**Sobriety**

We feel that in order to remain in recovery, we have to make sobriety the top priority in our lives. By sobriety, we mean complete abstinence from alcohol and other addictive drugs.

**Secularity**

Members frequently incorporate spirituality in their recovery but how they do this can vary considerably. For this reason, and out of respect for people who believe in a secular lifestyle, we do not use prayer or talk about religion during this meeting.

**Self-help**

LifeRing supports the concept of self-help in designing a personal recovery program. You need a plan to stay sober. This plan will vary for each individual. Some will go it alone on a journey of self-discovery, some will find recovery in a group setting like LifeRing or AA, and others will seek out professional counselling. Most people will use a combination of these ideas to develop a personal recovery program that can grow and change as necessary. LifeRing encourages you to "Empower Your Sober Self" and find a lifestyle that will bring sobriety, meaning and joy back into your life. ]

This meeting is intended to be a place where people can feel comfortable discussing their personal experiences and their concerns related to recovery, and to benefit from the support offered by others in this group. Everything that is said in this room is completely confidential and should not be communicated with others outside this meeting.

If this is your first time at a LifeRing meeting -- welcome. If you are interested in knowing more about LifeRing, we can probably answer your questions. Additionally, LifeRing books and handouts are available.

We generally begin by checking in and talking about our past week in recovery and what we plan to do to stay clean and sober in the coming week. We encourage cross-talk in the meeting. By crosstalk, we mean questions and positive supportive feedback. Positive experiences from your own recovery are welcome.

Please introduce yourself by your first name, indicate your last drug of choice, and tell us how long you’ve been clean from that drug.

Optional

(In view of the number of people in attendance today, please allow enough time for everyone to participate. If you are facing issues that are of particular concern to you, please let us know so that we will have enough time to talk about them.)

(Please turn off or set to vibrate all electronic devices. Do not text or view these devices during this meeting)

(If you are under the influence of alcohol or drugs now, we ask that you maintain silence during the meeting. You are welcome to speak with members afterward.)

Robert S.