



OPENING MESSAGE FOR VIDEO MEETINGS

Welcome to this online meeting of LifeRing Secular Recovery. LifeRing is a self-help support group for anyone who wants to get and stay clean and sober. LifeRing is based on the 3-S philosophy of **Sobriety, Secularity, and Self-Help.**

SOBRIETY: LifeRing believes success requires that we make sobriety the top priority in our lives. This means complete abstinence from alcohol and other addictive drugs, except as prescribed.

SECULARITY: Out of respect for people of all beliefs or none, we conduct our meetings in a secular way. We do not use prayer, talk about religion, or discuss politics in our meetings.

SELF-HELP: "Self-help" means the key to recovery is your own motivation and efforts. The primary purpose of group meetings is to reinforce LifeRing members' inner strivings to stay clean and sober. And to offer support as they build their Personal Recovery Plan. LifeRing does not prescribe any particular program other than abstinence. LifeRing participation is compatible with a wide variety of abstinence-based therapeutic or counseling programs.

ABOUT THIS MEETING:

How was your week? (HWYW)

Check in with your first name and, if you want, your recovery time. Tell us about your past week in recovery and whether there is anything coming up in the following week related to your recovery that may be worrisome or exciting. Please be mindful of the number of people in attendance and adjust your speaking time to allow everyone a chance to participate. The convenor may manage the time as well.

Cross-talk

LifeRing supports cross-talk. Questions, ideas, supportive feedback, and positive experiences shared from your own recovery are welcome. Please refrain from offering advice and use "I" statements rather than "you should" statements.

Confidentiality

For all in attendance, feel free to share what you have learned here. But do not say or do anything that could reveal who was present at the meeting or break confidentiality.

Meeting Verification Link

The Meeting Verification Link will be posted in Zoom chat at the end of this meeting (please see last page). If you do not have access to Zoom chat, please email service@lifering.org for the link. Please include the convenor's name, day, and time of the meeting in question.

Supporting LifeRing (Please include in your opening and/or closing message)

Please consider making a donation to LifeRing by [convenor can either post the link www.lifering.org/donate or say "visiting the www.lifering.org" and click the donation button on the home page..



Optional additions to opening message

Under the Influence

If you are under the influence of alcohol or drugs right now, we appreciate the courage it took to come here, but ask that you please remain silent during the meeting. You can, however, reach out by using the Zoom chat function. I and others will remain after this meeting to talk to anyone who needs additional time to help with their recovery issues.

Persons Not In Recovery

Is there anyone in this meeting who is not in recovery? If so, please unmute your mic or use chat, and identify yourself and tell the group why you are here.

Additions to introductions

Let's go around the room and introduce ourselves and, if you care to, tell us which pronouns you use.

If you care to, tell us where in the world you are joining us from.

Online Meeting Environment

A few additional guidelines to help this meeting run smoothly:

- Keep your mic muted unless you are actively sharing. This helps to prevent unnecessary audio feedback that can make it difficult for you or other participants to hear the meeting. It can also help in situations where varying internet bandwidth speeds are affecting overall meeting quality.
- If you wish to share, please indicate so by unmuting yourself during a break in the conversation, raising your hand so the convenor knows you wish to share, or indicating your desire to speak in the chat function.
- The convenor reserves the right to mute audio or turn off video of participants or, in extreme cases, to remove individuals from the meeting room if someone is being disruptive or otherwise breaking online meeting guidelines which can be found on the LifeRing website. Except for the most exceptional cases, the convenor will do their best to advise the participant of the guidelines they are violating prior to taking these corrective actions.
- The convenor may also experiment with turning off participants' audio and/or video if the Zoom application is experiencing technical difficulties to see if this helps the meeting run better. If they decide to do so, they will warn participants first.



Copy and paste at the start of the meeting in the Zoom chat box.

Here are a couple of website links

<https://www.lifering.org>

<https://www.lifering.org/online-meeting-schedule>

<https://www.lifering.org/bookstore>

<https://www.lifering.org/donate>

D.N.D.O.U.N.M.W. Do not drink or use no matter what!

LifeRing Books: <https://www.lifering.org/bookstore>

-*How Was Your Week* - \$15.00, A manual for convenors outlining the needed information and best practices for convening a LifeRing meeting.

-*Recovery by Choice, A Workbook* - \$25.00, Offers a structured approach for the recovering person to build an abstinence-based Personal Recovery Program.

-*Empowering Your Sober Self* - \$20.00, Presents an overview of the LifeRing philosophy and methodology.

-*Humanly Possible* - \$15.00, A collection of stories from people who have used a secular strategy to recover from substance addiction.