



# OVERVIEW



# LifeRing Meetings



## In-person Meetings

*In-Person Meetings are led by a qualified LifeRing convenor. There are also local online meetings serving local communities, much like in-person meetings.*



## Online Meetings

*Online Meetings are typically open to all and reach a national and international audience. Meetings are led by a qualified LifeRing convenor.*



## International Meetings

*Check out LifeRing's international meetings. Find out about the LifeRing experience in other countries.*

## LifeRing E-Pals - One-to-One Sobriety Support



*New to sobriety or LifeRing? Not sure about joining a group? There are LifeRing members who can lend a private ear and answer questions via email. If the chats and forum are a bit too intimidating right now, this might be a way of getting the information you need.*

## Delphi LifeRing Forum



*An online "bulletin board" system where you can read and post information about recovery. Discussions are far-ranging and caring (and sometimes really funny). There are no experts in getting sober or clean, only people like you who want to build a life free of addiction.*

# LifeRing Meeting Type Definition Key

**HWYW Meetings:** How Was Your Week? is a weekly check-in meeting.

**Topic Meetings:** As decided by the Convenor and/or participants.

**Workbook (WB) Meetings:** Using the "Recovery by Choice" workbook.

**Focus Meetings:** LifeRing Focus meetings bring together specific communities of individuals with commonalities that may not be adequately represented in LifeRing general meetings

**Co-Occurring Disorder Meetings:** People who have substance use disorders, as well as mental health disorders and are diagnosed as having co-occurring disorders, or dual diagnosis.

**Open-Camera Meetings:** Due to the content and to retain the respect, safety, and trust of each group member, attendees are asked to keep their video-feed on.

**Hybrid Meetings:** Available both in-person and online.

**Friends & Family:** Meetings for people with someone in recovery they care about.



## Email Groups

Private email lists maintained by the LifeRing Service Center through the Groups.io platform.

**LSRsafe:** An email list for those seeking Support, Affirmation, Friendship, and Encouragement (S.A.F.E.). It's a strong, secure place where we seek to nurture the 'sober self' that exists inside us all. This list is lightly moderated in an attempt to discourage disruptive or abusive postings, and personal attacks on members are not tolerated.

**LSRmail:** In its third decade of providing online sober support. The membership includes both those new to sobriety and folks with many years clean and sober. Originally created to bring together those without access to face-to-face groups, it has grown to include many who use it as an adjunct to their in-person meetings. Support is freely given and received from members around the world at almost any hour of the day or night. LSRmail offers a friendly, comfortable, unmoderated atmosphere.

**LifeRing LGBTQIA+ Come Out and Recover!** - This group is a safe space for members of our community, and our allies, to give and receive support that is specific to the intersection of our identities and our recovery. Within these walls you will find support, community, connection, and affirmation around all things recovery. Whether you've been around a while, or are sober-curious, this could be the place for you! Support is provided 24/7 without having to attend at fixed meeting times (though if you prefer an online meeting format, those are available too).

**LifeRing Sober Living:** Have you been sober for a year or more? Are you comfortable with sobriety as a way of life, but still desiring interaction with a sobriety support group? Sober Living was formed for sober people who no longer struggle with cravings or the day-to-day effort of staying sober. If you want to know "what now?" maybe this group is for you.

**LifeRing Secular Dual Recovery:** Sometimes those seeking sobriety also suffer from emotional and mental challenges that can make recovery more difficult. LifeRing SDR is a safe place to discuss those highly personal issues among people who may not share the particular problem, but who understand what it's like to deal with life-limiting issues in addition to addiction. Whether the difficulty is depression, or anxiety, or some other emotional/psychological challenge, the members of this group will listen and respond with positive and supportive messages.

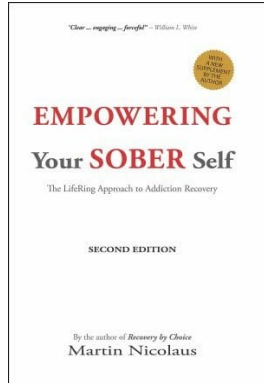
**LSR Women Empowered:** This list is designed for women-identifying individuals seeking support for recovery from any type of substance addiction. This is a space where WE can open up about anything in our lives that challenges or contributes to our sober lives. WE seek to share empowerment with each other to build trust and strengthen sobriety. Come join us for some open, honest, and lively discussion!

**LSR-UK:** An email list for anyone in and around the UK who is interested in secular sobriety.

## **Our Social Email Group**

**LSR Life** is an email group for our meeting members where people can get together and engage in sober conversation, share a pic, talk about food, a favorite vacation spot, or any activity promoting a substance-free lifestyle. The group will be lightly monitored to encourage sane and sober exchanges.

# LifeRing Secular Recovery Books

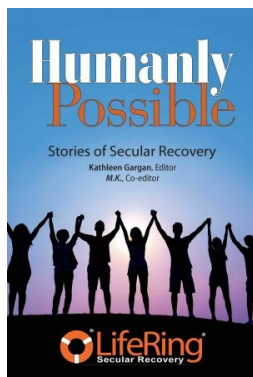
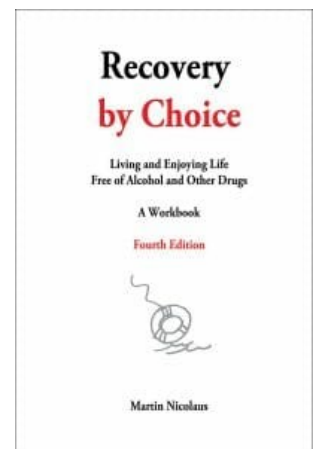


## Empowering Your Sober Self

The one book to read for an introduction to LifeRing. Written for the person who wants to get free of alcohol/drugs, for their friends and relations, and for the professionals who treat them

## Recovery by Choice

Recovery by Choice provides a structure for the recovering person to build an abstinence-based recovery plan that matches their particular problems and needs — an abstinence-based Personal Recovery Program.

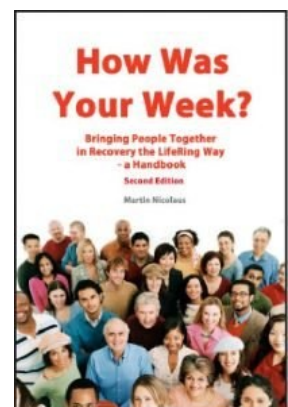


## Humanly Possible

This book shows that recovery without religion is not only conceivable but readily achievable. These stories come from members of LifeRing Secular Recovery, SMART Recovery, and AA Freethinkers.

## How Was Your Week?

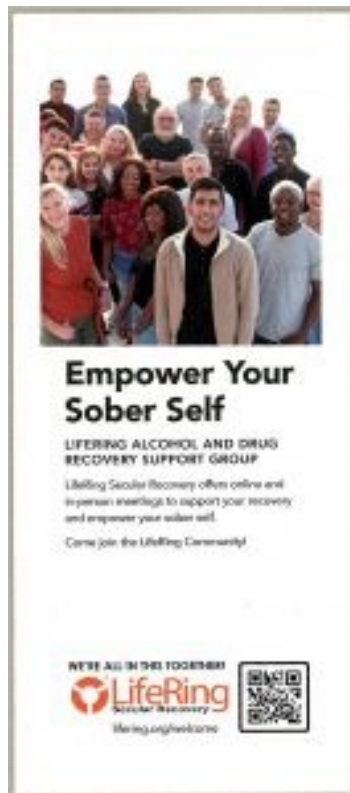
A handbook for the core members of the LifeRing network: the people who start and lead LifeRing meetings, or perform other services that keep the organization humming.



# LifeRing Secular Recovery Pamphlets

Empower  
Your  
Sober Self

[Available to  
download](#)



Professional  
Pamphlet

[Available to  
download](#)

## Lapel Pins and Wristbands



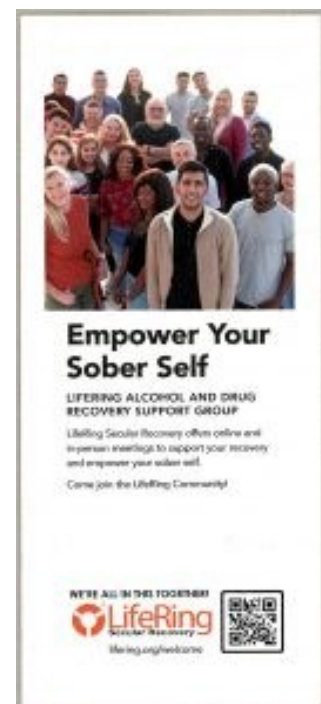
LifeRing Lapel Pin



LifeRing Wristbands

# EVENT KITS

## Available in the US



Empower Your Sober Self  
Pamphlet

## 8.5 x 11 EYSS Posters

Also available as a  
downloadable [PDF](#)



LifeRing Wristbands

# CAFÉ PRESS

[cafepress.com/shop/LifeRingMerch](https://cafepress.com/shop/LifeRingMerch)



LifeRing Women's Zip-Up Hoodie

\$ 60.99



LifeRing Women's Hooded Sweatshirt

\$ 46.24



LifeRing Women's Crewneck  
Sweatshirt

\$ 35.74



LifeRing Men's Hooded Sweatshirt

\$ 46.24



LifeRing Men's Crewneck Sweatshirt

\$ 35.74



LifeRing Circle Mini Button (Pk of 10)

\$ 19.99



LifeRing Circle Circle Keychain

\$ 10.49



LifeRing Sticker (Oval)

\$ 4.39



LifeRing Women's Value T-Shirt

\$ 19.99



LifeRing Men's Value T-Shirt

\$ 19.99



LifeRing 1.0L Stainless Steel Water  
Bottle

\$ 28.79



LifeRing Baseball Cap

\$ 18.29



LifeRing 11 oz Ceramic Mug

\$ 10.49



LifeRing Canvas Tote Bag

\$ 13.04



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