

How the Meetings Work

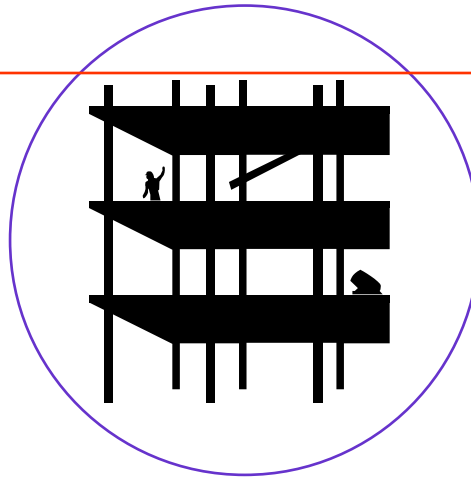
The meetings are usually small enough so that everyone can participate. After a short opening statement, the meeting facilitator ("convenor") asks "How was your week?" people take turns talking about what has been going on in their recoveries since the last meeting, and what lies ahead for them in the coming week.

You are not required to label yourself as an "alcoholic" or "addict." A desire to be clean and sober is the only requirement.

LifeRing encourages questions, comments, and other feedback. If you have a question, ask the person right then. If you have something to say, say it while it's fresh in your mind. As people become comfortable with one another, the meeting atmosphere becomes like a living room with friends having a relaxed, free conversation. Laughter is a common ingredient.

Please, no extended "war stories" about your drinking/using past. No attack therapy or confrontation. No religion or politics. No trashing of other recovery approaches. Keep it civil and positive. Meetings are confidential.

Participation is free. A basket may be passed to defray expenses, but contributions are voluntary. The convenor will sign your attendance sheet on request. Most courts and most treatment programs credit LifeRing attendance on a par with other support groups.



What is the LifeRing program?

The hallmark of a quality treatment program is to match the treatment to the individual. We adopt that same approach in our self-help work. We encourage each participant to work out their own particular path and to use the group process as a workshop for that purpose. We publish a workbook, "Recovery by Choice," as a tool for building one's Personal Recovery Program.

Can friends and loved ones of alcoholics/addicts attend LifeRing?

Yes, provided they are clean and sober at the time of the meeting. A separate LifeRing Partners organization is planned.

If I attend LifeRing, can I also go to AA/NA?

Of course.

Find out more:

<http://lifering.org/>

<http://lifering.org/about-lifering/>

<http://lifering.org/chat-room/>



Sober, Secular, Self-Help.

Alcohol
drugs
methadone
smoking
food
and other addictions



Albany, Oregon, Meetings

Tuesdays 10 to 11 am
Albany Main Library
in study room 3

Wednesdays 9 to 10 am
Ray's Food Place
in the small meeting room in front



convenor:
John Elliott

cell, voicemail, text:
541 619-5013

email:
jelliott@peak.org

Your life is out of balance. Let's restore it.

The "3-S" Philosophy

Sobriety.

"Sobriety" can mean different things in dictionaries, but in LifeRing it always means abstinence, the desire to remain abstinent from alcohol and "drugs." LifeRing welcomes people regardless of their "drug of choice." The successful LifeRing participant practices the Sobriety Priority, meaning that nothing is allowed to interfere with staying abstinent from alcohol and "drugs." The motto is "we do not drink or use, no matter what."

The "3-S" Philosophy

continued

Secularity.

LifeRing Recovery welcomes people of all faiths and none. You get to keep whatever religious beliefs you have, and you are under no pressure to acquire any if you don't. Participants' spiritual or religious beliefs or lack thereof remain private. Participants are free to attend both LifeRing and Twelve-Step meetings, but LifeRing supports recovery methods that rely on human efforts rather than on divine intervention.

The "3-S" Philosophy

concluded

Self-Help.

"Self-help" in LifeRing means that the key to recovery is the individual's own motivation and effort. The main purpose of the group process is to reinforce the individual's own inner strivings to stay clean and sober. LifeRing is a permanent workshop where individuals can build their own Personal Recovery Plans. LifeRing does not prescribe any particular "steps" other than abstinence and is not a vehicle for any particular therapeutic doctrine. LifeRing participation is compatible with a wide variety of abstinence-based therapeutic or counseling programs.