

Convenor's Guidelines Opening Online

- ❖ • Welcome to this open meeting of LifeRing. My name is:
- ❖ • Now will read the Opening Statement.
- ❖ • Please turn off your mobile phones
- ❖ • If you are under the influence of alcohol or other addictive drugs at the moment, we ask that you remain silent at this meeting. You may speak with members afterwards.
- ❖ • As stated in the Opening Statement confidentiality is very important in LifeRing
- ❖ • Is anybody here attending LifeRing for the 1st time?
Welcome. Please introduce yourself by your first name. If you would like, tell us about 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.
- ❖ • In LifeRing we tend to use “I” statements rather than “you” statements and we avoid using “You should”.
- ❖ • If you would prefer no crosstalk while you are sharing about your week, please say so at the start.
- ❖ • Out of respect for LifeRing please refrain from negative comments or discussion of other recovery methods.

- ❖ **Finishing the meeting**
- ❖ • “Being in recovery is our best thinking. For our efforts and courage in staying clean and sober, let’s give ourselves a round of applause.”

Opening Statement

This is a regular open meeting of LifeRing Secular Recovery. LifeRing is a self-help support group for adults (over 18) who

want to live life free of alcohol or other addictive substances.

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. We do not support moderation or harm reduction.

LifeRing follows the principle that recovery is achievable through one's own motivation and initiative. In our meetings there is no set formula but rather 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 support each other's choice to stay free of addictive substances. LifeRing meetings are an ongoing "workshop" where individuals build their own plans to overcome their addiction.

We conduct our meetings in a secular way, which means that, during this hour, we do not use prayer or invoke religion or spirituality. We rely on our own efforts and on the help of the group members and other friends.

Everything we share at this meeting is completely confidential and stays in this room.

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; by this 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.

CLOSING STATEMENT

Recovery does not happen simply when substance misuse stops. Recovery is achieved by creating a *new* life, where “using” is no longer an acceptable choice. Otherwise, the factors that led to substance misuse and addiction will eventually resurface.

You don't have to change everything in your life... just almost everything.

Old habits, behaviours and associations will continue to bring trouble unless you let them go. The more you try to hold onto the “old way,” the harder your recovery will be.

Many of us have drifted through our lives without having to think about who we are, or what we want to be. Substance misuse and addiction changes that. It forces us to “wake up.”

You have an opportunity to make changes that are both difficult and rewarding. Take advantage of this opportunity and use it to fundamentally improve your life. Don't just stop using.

People in recovery often describe themselves as grateful. Why would someone be grateful to be in recovery? Because they realize that the journey of change has helped them find out who this amazing person really is, and what a more peaceful existence is all about.

LifeRing can help you achieve meaningful sobriety and enhanced quality of life by Empowering Your Sober Self.