



About LifeRing



Doing your recovery from alcohol and/or drugs is easier, more rewarding and more fun in a group. But what do you do if there is no LifeRing group in your locality? Groups don't grow on trees. Sooner or later, if you want a LifeRing meeting you'll have to start one.

All it takes to start a LifeRing recovery group is determination and a computer. You'll need determination because LifeRing in most areas is a startup. Like any pioneer, you'll face a measure of misunderstanding, non-cooperation, and resistance. Your effort to found a new group may at first make you feel more alone than ever.

That's where the computer comes in. With an Internet connection, you never need to feel lonesome. You'll be linked up with other people around the world who are traveling the same road. You'll be able to share your insights and concerns, pick up practical pointers, and get emotional support. Moreover, much of the printed matter that you'll want for building and sustaining your LifeRing meeting is available for downloading.

In LifeRing, the people who start, lead or support meetings are called "convenors." This brochure is a short introduction to the resources that are there for you if you decide that becoming a convenor is part of your personal recovery program.

convene, verb. Etymology: Middle English, from Middle French *convenir* to come together, from Latin *convenire*. Date: 15th century. Intransitive senses : **to come together in a body**. Transitive senses 1 : to summon before a tribunal 2 : **to cause to assemble**. Synonym see SUMMON. Convenor or **convenor**, noun.

— Merriam-Webster

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LifeRing Secular Recovery ("LifeRing") is a non-religious self-help recovery network for individuals who seek group support to achieve abstinence from alcohol and other addictive drugs, or who are in relationships where chemical dependency is a problem.

LifeRing is a poly-abstinence group that welcomes everyone without distinction based on "drug of choice."

LifeRing includes people of all religious faiths and none. Meetings are free of religious observances.

LifeRing supports participants in working out their own personal recovery programs, and requires no particular Steps other than abstinence from alcohol and "drugs."

LifeRing meetings are autonomous except in matters affecting other meetings. A basket may be passed for voluntary donations but there is no charge for participation.

LifeRing is a free-standing, self-supporting organization and is not affiliated with any other. LifeRing meetings are conducted by peer volunteers called convenors. This brochure describes the current resources available to LifeRing convenors.

For copies of this or other LifeRing publications, or to schedule LifeRing speakers for your audience, contact

LifeRing Service Center
1440 Broadway #312
Oakland CA 94612-2023
Tel. 510-763-0779
Fax 510-763-1513
service@lifering.org

Sobriety Is Our Priority

Resources for Convenors

Seven Resources
for Success
as a LifeRing
Convenor

LifeRing Service Center
Oakland, CA
510-763-0779
www.unhooked.com



**Seven resources for success
as a LifeRing convenor:**

The LifeRing Service Center

Its mission is "Serve the Meetings." From a friendly ear to a host of material resources, the volunteers at the Service Center can help you get a new meeting off the ground or grow one that exists. Call 510-763-0779, your friendly LifeRing meetings support line. The complete address is below.

The Meeting Starter Kit

- How Was Your Week – the convenor's handbook
- Your meeting charter
- Directional and door signs
- Opening statement
- Signup sheet
- Money envelopes
- Sobriety Is Our Priority brochures
- Secular Is Our Middle Name brochures
- Self-Help Is What We Do brochures
- LifeRing Online brochures
- We Come Recommended brochure
- Food for the Sober Mind brochure
- Recovery By Choice Workbook (sample copy)
- Presenting LifeRing book (sample copy)
- Keepers book (sample copy)
- Bylaws
- Flyer kit, other materials



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Meetings**

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Convenor Workshops

Convenor workshops provide basic orientation, skills sharing, and emotional support for convenors by convenors. Held periodically at the Service Center in Oakland, CA. Available anywhere by arrangement.

The Annual LifeRing Congress

The LifeRing Congress means socializing, educational workshops, and democratic self-government. Meet and share experiences with LifeRing convenors from around the world. The one event of the year not to be missed. Every Spring. Check www.unhooked.com for details.

Online Convenor Support

Join the LifeRing convenors email list. Connect with other convenors worldwide. To sign up, go to <http://groups.yahoo.com/group/convenors/>

Browse the convenor's section of [unhooked.com](http://www.unhooked.com). Large archive of convenor stories and materials. Go to <http://unhooked.com/convenors/>

Watch the unhooked.com Bulletin Board for announcements of upcoming events. Go to <http://unhooked.com/bulletinbd/>

Referral Sources

Let recovering people in your community know that you exist. Get to know your local treatment centers and other institutions where people in recovery can be found. Cultivate good relations with professional referral sources.

Keep the literature racks filled with LifeRing brochures. Keep your flyers up on the bulletin boards. Speak to recovery audiences at every opportunity.

Use the local free media as much as possible.

LifeRing Literature

Every newcomer to your meeting should get at least one piece of LifeRing literature in their hand to take away with them. Use the **brochures**.

The convenor's handbook, **How Was Your Week**, concentrates many years of collective convenor experience. Use it yourself, and share it with every participant who wants to know "how it works."

The **Recovery By Choice** workbook offers a structured approach to building a personal recovery program. Make sure every participant in your meetings knows about the workbook. Draw on the workbook for readings, ideas, and topics.

The **Keepers** book is a treasury of more than 120 motivational messages by and for people in recovery, in a friendly format accessible to everyone.

Treatment and mental health professionals are valuable referral sources for your meetings. Make sure they have a copy of the **Presenting LifeRing Secular Recovery** booklet.

Make sure your meeting participants know about www.unhooked.com, the gateway to LifeRing chats, email lists, and other online resources. Keep your meeting's listing up to date.

LifeRing is a free-standing, self-supporting, democratic organization. Help keep it that way. Pass the basket. Support LifeRing financially. Know and use your **Bylaws**. Let your voice be heard in the internal democratic process.



Delegates' Assembly at 2002 LifeRing Congress