



**LifeRing**  
Secular Recovery  
Service Center

"To Serve the Meetings"

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Tuesday, May 22, 2001

Joseph Chernick, Ph.D.  
Berkeley Therapy Institute  
1749 Martin Luther King Jr. Way  
Berkeley, CA 94709

Dear Dr. Chernick:

Recently one of your patients purchased addiction recovery literature from LifeRing Press and suggested that BTI staff might enjoy learning more about LifeRing Secular Recovery.

There are three open LifeRing meetings a week in Berkeley (two on Mondays, one on Friday, all in the basement of Herrick Hospital) and there are LifeRing meetings seven days a week in the Bay Area. A current meeting schedule is enclosed.

LifeRing is an abstinence support group for people working on recoveries from any and all substance addictions, and for people involved in relationships with them. Our philosophy is different from the 12-step method. Many recovering persons who have difficulty with Higher Powers, steps, sponsors and prayers find our positive, eclectic and supportive atmosphere a welcome breath of fresh air.

Enclosed is a little booklet (*Presenting LifeRing Secular Recovery: A Selection of Readings for Treatment Professionals*) that describes our approach in more detail, answers some frequently asked questions, and points to some interesting new literature in the chemical dependency area.

We would be delighted to send speakers to present the LifeRing approach in person, either in an informal setting or as a formal classroom presentation for staff inservice credit, if you desire. If you have any questions or concerns or would like additional literature, please don't hesitate to contact me.

Sincerely yours,

Martin Nicolaus

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