



LifeRing
Secular Recovery
Service Center

"To Serve the Meetings"

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Editors

The New York Times
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New York, NY 10036

To the Editors:

Jane Brody's excellent 'Personal Health' column reviewing Anne Fletcher's Sober for Good (NYT Apr. 18) correctly calls attention to the developing consensus among addiction researchers that AA is far from being 'the only way' to conquer a drinking problem and that many people succeed at sobriety without participation in that program.

Of these, as Fletcher points out, a number get and remain sober entirely on their own, while others draw support and advice from secular self-help programs that do not demand adherence to a 'spiritual' program and encourage individual thinking and problem solving.

One such group is LifeRing Secular Recovery (LSR) founded in 1999. LifeRing is based on the three principles of sobriety, secularity, and self-help. The organization encourages its members to design and share their own personal sobriety plans, and is compatible with and respectful of a wide variety of abstinence-based treatment modalities.

Although the LifeRing approach is different, LifeRing coexists peacefully with 12-step organizations. A growing number of chemical dependency treatment facilities, such as the Kaiser Permanente programs in the San Francisco Bay Area, now offer LifeRing meetings side by side with 12-step meetings on their premises, and include LifeRing on their referral list.

More information, including a nationwide meeting list, literature list, letters of reference, and contact phone numbers, may be found at www.unhooked.com or www.lifering.org. New York City readers looking for a LifeRing meeting can find one Saturdays at 1:00 p.m. at Cabrini Medical Center, 227 E. 19th St.

Sincerely yours,

Martin Nicolaus
CEO, LifeRing Inc.

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