



Empower Your Clean and Sober Self

The Choice is Yours

Outline.

LifeRing was founded by Marty Nicolaus in 1997 and since its inception is gathering momentum across the world. It was introduced into Ireland in 2009 and there are currently many LifeRing meetings running successfully across the country. LifeRing is based on three principles: Sobriety, Secularity & Self-Help. LifeRing is a group that promotes an abstinence based approach but unlike more traditional models it is religiously neutral and is secular in its approach therefore opening up the group to all individuals & denominations. It also differs from more traditional peer led support groups in that it does not differentiate between substances.

The principles outlined are:

Sobriety. “Sobriety” can mean different things in dictionaries, but in this group it always means abstinence. The basic membership requirement is a desire to remain abstinent from alcohol and drugs. We welcome people regardless of their drug of choice. The successful member practices the Sobriety Priority, meaning that nothing is allowed to interfere with staying abstinent from alcohol and drugs.

Secularity. This group welcomes people of all faiths and none. You get to keep whatever religious beliefs you have, and you are under no pressure to acquire them if you don't have any. Participants' spiritual or religious beliefs or lack thereof remain private. Neither religion nor anti-religion normally come up in meeting discussions. Participants are free to attend other groups and supports but this group supports recovery methods that rely on your own choices and efforts.

Self-Help. Self-help in this group 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. This group is a permanent workshop where individuals can build their own Personal Recovery Plans.

This group does not prescribe any particular steps other than abstinence and participation is compatible with a wide variety of abstinence-based therapeutic or counselling programs.

LifeRing is a 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.

Source: lifering.org

Welcome.

A warm welcome to a new chapter of discovery in your own path to fulfilment through this self-help support group. What we mean by fulfilment is that you take control of your own journey and make your own plans to live in sobriety tailored to your individuality through your own development in group participation.

Within the group sobriety is our only priority. Once we attain this we can work at living without alcohol & drugs. You may have tried and struggled with other things in the past like *'trying to control your use'*, *'taking a break'* and *'social moderation'* all to no avail. The problem with this is one is never enough, we may think in that way but this has just reinforced the need to have more to get to where you used to be and the subsequent aftermath that follows.

Within the group you will come into contact with others that may be starting or have started their own path. This is an opportunity for you to listen to others as they relate their struggles, past and present and to reflect on your own struggles and heartaches now and in the past. Through this reflection we also can ask are we happy with our life at present. *Do I really need to change anything? If so, how will I do this and am I willing to try?* These may be questions that may pop to mind but remember these questions may be the same or similar to others. The main point is you are among others that may also be searching for the same answers but in an individual way. So through working with other members in the group we may reveal an individual understanding of how we are going to move forward along our tailored path.

The Group.

The group consists of a number of people from all walks of life that are striving to remain abstinent from Alcohol & Drugs. The group is broken down into segments, this allows time for people to explore their own journey and receive feedback from the other people in the group if they wish. When we give feedback it should be positive and without judgment.

The group usually meets once a week for about one to one and half hours. The group is run on a voluntary basis with a convenor at each meeting this may change from week to week. A convenor is a member of the group who is willing to guide the meeting.

The group will be opened by the convenor who will read or ask someone to read the opening statement. The opening statement is an overall acceptance of what will be achieved within the meeting. This is not set in stone and can be changed and adapted to meet the needs and concerns of the people in the group.

The main focus of the group is to explore individually and collectively your past week and the week coming up in your personal recovery plan. So there will be time set aside for each person to talk through their past week, the week coming up and receive feedback. This is achieved through sharing and feedback from others in the group with positive cross talk. Cross talk is a means for others in the group to suggest ideas, experiences and information that they may have found useful in the past around their own individual recovery plan that you may not have seen or foreseen.

At the end of the group there will be an opportunity for people to share any ideas and suggestions to be brought forward to the next meeting.

Other resources and information.

Books.

Recovery By Choice

Living and Enjoying Life Free
of Alcohol and Other Drugs.

A Workbook.

Martin Nicolaus

Empowering Your Sober Self

The LifeRing Approach To Addiction Recovery

Martin Nicolaus

How Was Your Week

Bringing People Together in Recovery the LifeRing
Way

A handbook

Brochures to download.

Welcome To LifeRing

If This Is Day One

Sobriety Is Our Priority

Secular Is Our Middle Name

Self Help Is What We Do

Online Support

All information outlined and more can be accessed
online at the following web sites.

www.lifering.org

www.dublinlifering.com

Group Meetings

When: Weekly

The Day: Tuesday

The Time: Evening at 7.30pm

The Venue:

St. Michael's Family Life Centre

Church Hill

Sligo

Contact Numbers for Sligo

086 3398533 & 086 8417261

All are Welcome



LifeRing®

www.lifering.org

www.dublinlifering.com

Supported By

Assertive Outreach Drug & Alcohol Service.



Northwest Regional
Drug & Alcohol Task Force

