

LifeRing Meetings Can Change Your Life

It's all up to you – in LifeRing, we don't tell you what you 'should' do. Instead we offer you the support and information you need to make the changes that you want. You're surrounded by people like you, addicted and unhappy about it. You first realize that you're not alone, and then your struck by how much can be learned from people just like you; and how much others can learn from you.

There's a special kind of magic that can happen at LifeRing meetings. The support that is shared almost literally lifts a bit of the burden that weighs you down. Without even being aware of it, change begins. You're always in control, but you are able to relax among friends that understand you.

LifeRing urges you to consider reading our two bestsellers:

[Empowering Your Sober Self](#)

and

[Recovery by Choice](#)

Available at our website:

www.lifering.org



About LifeRing Secular Recovery

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.

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.

For more information about the LifeRing approach and philosophy, and to connect with LifeRing participants, or to order LifeRing books and other literature online, please visit us online at www.lifering.org. If you have questions, please feel free to call or email the Service Center.

LifeRing Service Center

1440 Broadway, Suite 400

Oakland CA 94612

1-800-811-4142

service@lifering.org

www.lifering.org



LifeRing

Meetings Alameda County

- **LifeRing meetings are friendly, informal and confidential.**
- **We sit in a circle, face to face, and we meet as equals.**
- **Readings take just a minute, because LifeRing focuses right away on the experiences of our members and the strength of sober conversation.**
- **Each person in the circle is asked "How Was Your Week?" and may talk about sober life in the week just past and the week to come.**
- **We end with a round of applause for our shared success in sobriety.**

**IT'S YOUR LIFE AND YOUR
CHOICE.**

GIVE LIFERING A TRY!



Alameda County LifeRing Meetings

9/28/2017

Monday	
Livermore	Unitarian Universalist Church, MON 6:00pm 1893 N.Vasco Rd., Livermore, CA 94551 Geoffrey L., geoff.lane.phd@gmail.com
Union City	Kaiser Medical Building, MON 7:00pm 3551 Whipple Rd., Union City, CA 94587 Building B, 3rd Floor, Rooms A & B Chris H., cshappraisals@gmail.com
Berkeley	Herrick Hospital, MON 8:00pm 2001 Dwight Way, Berkeley, CA 94704 Basement Level A Bill C., andreegraham@yahoo.com
Tuesday	
San Leandro	Kaiser Hospital, TUE 6:15pm 2500 Merced St., San Leandro, CA 94577 Room A-12 first floor Craig O., bigox54@sbcglobal.net
Oakland	Kaiser CDRP, TUE 6:45pm 969 Broadway, Oakland, CA 94607 Group Room 3 D. Woodsum, woodsumconstructioninc@gmail.com
Oakland	MPI, TUE 8:30pm 3100 Summit St., Oakland, CA 94609 5th Floor, Rm 4 Liisa P., liisapine@gmail.com
Wednesday	
Oakland	Kaiser CDRP, WED 12:30pm 969 Broadway, Oakland, CA 94607 Group Room 5 Craig W., cswhalley@lifering.org
Alameda	Home of Truth Spiritual Center, WED 6:30pm 1300 Grand St, Alameda, CA 94501 Upstairs Gary B, lfrngary@gmail.com
Thursday	
Hayward	Aldon Oliver Sports Park, THU 12:30pm 2580 Eden Park Pl, Hayward, CA 94587 park benches by the ticket office near the main parking lot Greg S., Jacqueline R., starke49@pacbell.net, jaykr@att.net
Oakland	Kaiser CDRP, THU 6:45pm 969 Broadway, Oakland, CA 94607 Group Room 9 Marilyn K., service@lifering.org
Berkeley	Herrick Hospital, THU 7:30pm 2001 Dwight Way, Berkeley, CA 94704 Craig W., cswhalley@lifering.org
Friday	
Union City	Kaiser Medical Building, FRI 6:00pm 3551 Whipple Rd, Union City, CA 94587 Building B, Third Floor, Room 3D or Room 3C Tim B., timothybliss@comcast.net
Saturday	
Oakland	Kaiser CDRP, SAT 10:00am 969 Broadway, Oakland, CA 94607 Group Room 7 Gloria C,
Dublin	John Knox Presbyterian Church, SAT 11:00am 7421 Amarillo Rd., Dublin, CA 94568 Look for signs Dru B., dru.boyd@yahoo.com
Hayward	New Bridges Outreach Center, SAT 5:00pm 27287 Patrick Ave, Hayward, CA 94544 2nd Floor Danilo P., pantopop@gmail.com
San Leandro	All Saint's Episcopal Church, SAT 9:30am 911 Dowling Boulevard, San Leandro, CA 94577 Fireside Room John O, lrsanleandro@gmail.com
Sunday	
Oakland	Kaiser Hospital, SUN 11:00am 3600 Broadway, Oakland, CA 94611 Room at (lower lever) LL HH-2 John A., ira8300@sbcglobal.net
Hayward	New Bridges Outreach Center, SUN 5:00pm 27287 Patrick Ave, Hayward, CA 94544 2nd Floor Don S, arthurdonaldsalazar53@gmail.com