

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



Meetings in Marin, Sonoma, Napa, and Solano Counties

- **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!



Sonoma, Napa, Marin & Solano Counties LifeRing Meetings

10/12/2017

Monday	
Vacaville	Kaiser Hospital, MON 7:00pm 1 Quality Dr, Vacaville, CA 95688 Bldg A, 1st Floor Darlene B., lrvacaville@gmail.com
San Rafael	Bayside Marin, MON 7:30pm 718 4th St., San Rafael, CA 94901 Meeting Room Bryan C., bcca@chevron.com
Santa Rosa	UNITARIAN CHURCH, MON 7:30pm 547 Mendocino Ave, Santa Rosa, CA 95401 GARY W., liferingsr@gmail.com
Tuesday	
Vallejo	Kaiser CDRP, TUE 12:00pm 800 Sereno Dr., Vallejo, CA 94589 Darren M., dginam@aol.com
Sebastopol	St. Stephen's Episcopal church, TUE 7:00pm 500 Robinson Rd., Sebastopol, CA 95472 Eric F., liferingsr@gmail.com
Benicia	St. Paul's Episcopal Church, TUE 7:00pm 122 East J Street, Benicia, CA 94510 George K., denkst@gmail.com Downstairs
Healdsburg	Good Shepherd Lutheran Church, TUE 7:00pm 1402 University Street, Healdsburg, CA 95448 Conference Room Chris L., chris@chrislamela.com
Petaluma	Olympia House, Tus, TUS 7:30pm 11207 Valley Ford Rd., Petaluma, CA 94952 John H, liferingsr@gmail.com
Wednesday	
San Rafael	San Rafael Kaiser CDU, WED 6:15pm 111 Smith Ranch Rd., San Rafael, CA 94903 Steve B., sberkley@me.com Yosemite Room
Thursday	
Mill Valley	Recovery Without Walls, THU 6:15pm 3 Madrona Street, Mill Valley, CA 94941 Peter D., peterbuilt@pacbell.net
Vacaville	Kaiser Hospital, THU 7:00pm 1 Quality Dr, Vacaville, CA 95688 Bldg A, 1st Floor Brian P., lrvacaville@gmail.com
Santa Rosa	Unitarian Universalist Church, THU 7:00pm 547 Mendocino Ave, Santa Rosa, CA 95401 classroom #2 Todd W., liferingsr@gmail.com
Friday	
Santa Rosa	Interlink Self Help Center, FRI 1:30pm 1033 4th St., Santa Rosa, CA 95404 Quinton H., liferingsr@gmail.com
Vallejo	Kaiser CDRP, FRI 12:00pm 800 Sereno Dr., Vallejo, CA 94589 Terry H., terryghill@att.net Yosemite Room
San Rafael	San Rafael Kaiser CDU, FRI 6:15pm 111 Smith Ranch Rd., San Rafael, CA 94903 Dominique K, hdlite@att.net
Sunday	
Forestville	Food For Thought, SUN 1:00pm 6550 Railroad Ave, Forestville, CA 95436 David V., liferingsr@gmail.com
Lagunitas	Sunday Morning at Lagunitas, SUN 10:00am 390 Cintura Ave, #3, Lagunitas, CA 94938 Coby S, cobysmolens@gmail.com