

## 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 Secular Recovery** is an abstinence-based, worldwide network of individuals seeking to live in recovery from addiction to alcohol or to other non-medically indicated drugs.

In LifeRing, we offer each other peer-to-peer support in ways that encourage personal growth and continued learning through personal empowerment.

Our approach is based on developing, refining, and sharing our own personal strategies for continued abstinence and crafting a rewarding life in recovery. In short, we are sober, secular, and self-directed.

There are as many ways to live free of drugs and alcohol as there are stories of successful sober people.

LifeRing respectfully embraces what works for each individual.



## 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.**
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LifeRing urges you to consider reading our two bestsellers:  
Empowering Your Sober Self  
and  
Recovery by Choice  
Available at our website:  
**[www.lifering.org](http://www.lifering.org)**

**LifeRing Secular Recovery**  
25125 Santa Clara St # E-359  
Hayward, CA 94544  
1-800-811-4142  
[service@lifering.org](mailto:service@lifering.org)  
[www.lifering.org](http://www.lifering.org)

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Monday		
Vacaville	<b>Kaiser Hospital, MON 7:00pm</b> 1 Quality Dr, Vacaville, CA 95688	Bldg A, 1st Floor Darlene B., lrvacaville@gmail.com
San Rafael	<b>Bayside Marin, MON 7:30pm</b> 718 4th St., San Rafael, CA 94901	Meeting Room Bryan C., bcca@chevron.com
Santa Rosa	<b>UNITARIAN CHURCH, MON 7:30pm</b> 547 Mendocino Ave, Santa Rosa, CA 95401	GARY W., liferingsr@gmail.com
Tuesday		
Vallejo	<b>Kaiser CDRP, TUE 12:00pm</b> 800 Sereno Dr., Vallejo, CA 94589	Darren M., dginam@aol.com
Benicia	<b>St. Paul's Episcopal Church, TUE 7:00pm</b> 122 East J Street, Benicia, CA 94510	Downstairs George K., denkst@gmail.com
Healdsburg	<b>Good Shepherd Lutheran Church, TUE 7:00pm</b> 1402 University Street, Healdsburg, CA 95448	Conference Room Chris L., chris@chrislamela.com
Sebastopol	<b>St. Stephen's Episcopal church, TUE 7:00pm</b> 500 Robinson Rd., Sebastopol, CA 95472	Eric F., liferingsr@gmail.com
Petaluma	<b>Olympia House, Tus, TUS 7:30pm</b> 11207 Valley Ford Rd., Petaluma, CA 94952	John H, liferingsr@gmail.com
Wednesday		
San Rafael	<b>San Rafael Kaiser CDU, WED 6:15pm</b> 111 Smith Ranch Rd., San Rafael, CA 94903	Yosemite Room Steve B., sberkley@me.com
Santa Rosa	<b>Unitarian/Universalist Facility, WED 8:00pm</b> 547 Mendocino Ave, Santa Rosa, CA 95401	Room 4 D'Anne, liferingsr@gmail.com
Thursday		
Mill Valley	<b>Recovery Without Walls, THU 6:15pm</b> 3 Madrona Street, Mill Valley, CA 94941	Peter D., peterbuilt@pacbell.net
Santa Rosa	<b>Unitarian Universalist Church, THU 7:00pm</b> 547 Mendocino Ave, Santa Rosa, CA 95401	classroom #2 Todd W., liferingsr@gmail.com
Vacaville	<b>Kaiser Hospital, THU 7:00pm</b> 1 Quality Dr, Vacaville, CA 95688	Bldg A, 1st Floor Brian P., lrvacaville@gmail.com
Friday		
Santa Rosa	<b>Interlink Self Help Center, FRI 1:30pm</b> 1033 4th St., Santa Rosa, CA 95404	Quinton H., liferingsr@gmail.com
Vallejo	<b>Kaiser CDRP, FRI 12:00pm</b> 800 Sereno Dr., Vallejo, CA 94589	Terry H., terryghill@att.net
San Rafael	<b>San Rafael Kaiser CDU, FRI 6:15pm</b> 111 Smith Ranch Rd., San Rafael, CA 94903	Yosemite Room Dominique K, hdlite@att.net
Sunday		
Forestville	<b>Food For Thought, SUN 1:00pm</b> 6550 Railroad Ave, Forestville, CA 95436	David V., liferingsr@gmail.com
Lagunitas	<b>Sunday Morning at Lagunitas, SUN 10:00am</b> 390 Cintura Ave, #3, Lagunitas, CA 94938	Coby S, cobysmolens@gmail.com