

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 Alameda 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

LifeRing Secular Recovery
25125 Santa Clara St # E-359
Hayward, CA 94544
1-800-811-4142
service@lifering.org
www.lifering.org

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1-800-811-4142

Monday

Livermore **St. Bartholomew's Church, MON 12:00pm**
678 Enos Way, Livermore, CA 94551 Steve B., sbowmonster@gmail.com, 925-207-2430
Meeting will resume July 8th.

Livermore **Unitarian Universalist Church, MON 6:00pm**
HWYW 1893 N.Vasco Rd., Livermore, CA 94551 Geoffrey L., geoff.lane.phd@gmail.com, 415-845-3799
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

Union City **Kaiser Medical Building, MON 7:00pm** Building B, 3rd Floor, Rooms A & B
HWYW 3551 Whipple Rd., Union City, CA 94587 Chris H., cshappraisals@gmail.com,
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

Berkeley **Herrick Hosptial, MON 8:00pm** Basement Level A
HWYW 2001 Dwight Way, Berkeley, CA 94704 Bill C., andreegraham@yahoo.com, 510.548.9111
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

Tuesday

San Leandro **Kaiser Hosptial, TUE 6:15pm** Room A-13, first floor
HWYW 2500 Merced St., San Leandro, CA 94577 Craig O., bigox54@sbcglobal.net, 510-517-3345
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

Oakland **Kaiser AMRS, TUE 6:45pm** Room 4
HWYW 380 W. MacArthur Blvd, Oakland, CA 94609 D. Woodsum, woodsumconstructioninc@gmail.com,
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

Wednesday

Livermore **St. Bartholomew's Church, WED 12:00pm**
678 Enos Way, Livermore, CA 94551 Steve B., sbowmonster@gmail.com, 925-207-2430
Meeting will resume July 8th.

Fremont **LifeRing @ Fremont Hosptial CDRP, WED 6:00pm** the clinic building across the parking lot from the main hospital
HWYW 39021 Sundale Drive, Fremont, CA 94538 Chris H., tshelley@tampabay.rr.com,
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

Alameda **Home of Truth Spiritual Center, WED 6:30pm** Upstairs
HWYW 1300 Grand St, Alameda, CA 94501 Gary B, lfrngary@gmail.com, no phone number
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

Thursday

Hayward **Aldon Oliver Sports Park, THU 1:45pm** park benches by the ticket office near the main parking lot
HWYW 2580 Eden Park Pl, Hayward, CA 94587 Greg S., starke49@pacbell.net,
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

Oakland **Kaiser AMRS, THU 6:00pm** Room 2
HWYW 380 W. MacArthur Blvd, Oakland, CA 94609 D. Woodsum, woodsumconstructioninc@gmail.com,
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

Berkeley **Herrick Hospital, THU 7:30pm**
HWYW 2001 Dwight Way, Berkeley, CA 94704 Paul A., eastbay.pda@gmail.com,
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

Friday

Livermore **St. Bartholomew's Church, FRI 12:00pm**
678 Enos Way, Livermore, CA 94551 Steve B., sbowmonster@gmail.com, 925-207-2430
Meeting will resume July 8th.

Union City **Kaiser Medical Building, FRI 6:00pm** Building B, Third Floor, Room 3D or Room 3C
HWYW 3551 Whipple Rd, Union City, CA 94587 Tim B., timothybliss@comcast.net,
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

Saturday

Oakland **Kaiser AMRS, SAT 10:00am** Room 1A&B
HWYW 380 W. MacArthur Blvd, Oakland, CA 94609 Patrick K, me@patrickkelleher.me,
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

Dublin **John Knox Presbyterian Church, SAT 11:00am** Look for signs
HWYW 7421 Amarillo Rd., Dublin, CA 94568 Dru B., dru.boyd@yahoo.com,
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

Hayward **New Bridges Outreach Center, SAT 5:00pm** 2nd Floor
HWYW 27287 Patrick Ave, Hayward, CA 94544 Chris H., cshappraisals@gmail.com,
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

San Leandro **All Saint's Episcopal Church, SAT 9:30am** Fireside Room
HWYW 911 Dowling Boulevard, San Leandro, CA 94577 John O, maddogclc@gmail.com, (510) 357-5273
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

Sunday

Oakland **Kaiser Hospital, SUN 11:00am** Room at (lower lever) LL HH-2
HWYW 3600 Broadway, Oakland, CA 94611 John A., jra8300@sbcglobal.net,
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

Oakland **Kaiser Hospital, SUN 12:00pm** Room at (lower lever) LL HH-2
WB 3600 Broadway, Oakland, CA 94611 Ric R., lthrottr@gmail.com, 415-900-9783
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues

Hayward **New Bridges Outreach Center, SUN 5:00pm** 2nd Floor
HWYW 27287 Patrick Ave, Hayward, CA 94544 Don S., arthurdonaldsalazar53@gmail.com, 510-361-1955
Meeting is suspended due to the Covid-19 virus; contact the convenor for alternate meeting venues