

**★ TRIPLETASTIC UPDATE! New Website Now Going Live on Tuesday, August 5th! ★**

[Read about this and changes to our meeting management here!!](#)



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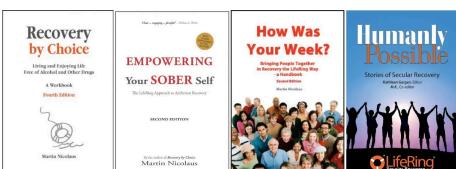
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## Welcome to LifeRing

LifeRing Secular Recovery is an abstinence-based, anonymous organization dedicated to providing a safe meeting space where you can experience a non-judgmental recovery conversation with your peers. We do this through the lens of LifeRing's 3-S philosophy of **Sobriety**, **Secularity**, and **Self-Help**. [Click here to learn more.](#)

### LifeRing Bookstore



Check out LifeRing's latest book (2019) *Humanly Possible Stories of Secular Recovery*. If you're looking to free yourself from substance use or just thinking about it, reading is a good way to learn about recovery. You can start with two books from LifeRing Press: *Empowering Your Sober Self* - a general introduction to LifeRing, and *Recovery by Choice, a Workbook* - a guide to help

[Translate »](#) abstinence-based Personal

### Start a LifeRing Meeting



Looking for a way to help yourself and your community? Start a face-to-face or online LifeRing meeting. We are always looking for motivated people to start new LifeRing meetings. If you are interested, you need to have six months of sobriety and a desire for a challenge in life. Starting a new meeting is not easy, but it can be a rewarding experience, both for yourself and others. [Click here for more](#)

### Get Involved



LifeRing is a volunteer-run organization that is highly dependent on our member's generous donation of their resources and time. There are many ways that you can get involved with LifeRing: [donating money](#), [volunteering your time on a committee](#), or [convening a LifeRing meeting](#). Consider "Service" as the 4th "S" and share with us your

Recovery Program. For those people who want a better understanding of how a LifeRing meeting works you can read *How Was Your Week*. [These books are available at the LifeRing Bookstore.](#)

[information about starting a LifeRing meeting.](#)

time and energy to help support LifeRing.

## Get In Touch With Us!

LifeRing Secular Recovery

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Hayward, CA 94544

1-800-811-4142

service@lifering.org

LifeRing is a 501(c)(3) charitable organization  
EIN 94-3267919



## Quick Links

FAQs

Contact Us

Find a Meeting

LifeRing Bookstore

LifeRing Bylaws

LifeRing Strategic Plan

LifeRing Policy Statements

Crisis Resources

## About Us

LifeRing Secular Recovery is an organization of people who share practical experiences and sobriety support. There are as many ways to live free of drugs and alcohol as there are stories of successful sober people.

[Read More](#)



For the **third consecutive year**, LifeRing Secular Recovery had been awarded the highest approval rating Candid Platinum Seal of Transparency from GuideStar.

[Read our 2025 Candid](#)

[Platinum Seal of Transparency profile.](#)

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