

Alameda

We 6:30 PM Home of Truth Spiritual Center Upstairs
1300 Grand St How was your week?

Antioch

Fr 7:30 PM Antioch Kaiser Sand-1A
4501 Sand Creek Rd How was your week?

Benicia

Tu 7:00 PM St. Paul's Episcopal Church Downstairs
122 East J Street How was your week?

Berkeley

Mo 7:30 PM Pacific Center
2712 Telegraph Ave How was your week?

Mo 8:00 PM Herrick Hospital Basement Level A
2001 Dwight Way How was your week?

We 7:45 PM Herrick Hospital Basement Level A
2001 Dwight Way Recovery by Choice Workbook Study

Fr 7:30 PM Herrick Hospital Basement Level A
2001 Dwight Way How was your week?

Burlingame

Sa 12:00 PM Mills Peninsula Hosp. Outpatient Upstairs
1850 El Camino Real How was your week?

Concord

Th 7:00 PM Center for Recovery, Medical Pa Classroom B
2740 Grant Street How was your week?

Fremont

We 6:00 PM Joe's Corner Joe's Corner
37713 Niles Blvd How was your week?

Fresno

Th 8:00 PM Kaiser Permanente Medical Cent Redwood 2nd Floor
7300 N. Fresno St (at Herndon A How was your week?

Livermore

Tu 7:00 PM First Presbyterian Church
2020 Fifth St How was your week?

Martinez

We 7:00 PM Kaiser Medical Center Ensenada E-1
200 Muir Road How was your week?

Oakland

Tu 5:30 PM Lawyer's LifeRing 312
1440 Broadway Ste 312 Phone 1-800-811-4142 in advance

Tu 6:35 PM Kaiser CDRP Group Room 8
969 Broadway How was your week?

Tu 6:45 PM LifeRing Service Center 312
1440 Broadway Ste 312 Recovery by Choice Workbook Study

WE 12:30 PM Kaiser CDRP Group Room 6
969 Broadway How was your week?

We 6:45 PM Kaiser CDRP Group Room 8
969 Broadway How was your week?

We 8:00 PM Merritt Peralta Institute Group Room 4
3100 Summit Avenue, 5th Floor Introduction to LifeRing

Th 6:35 PM Kaiser CDRP Group Room 5
969 Broadway How was your week?

Th 8:00 PM Mandana Community Recovery Enter gray building o
3989 Howe Street How was your week?

Sa 10:00 AM Kaiser CDRP Group Room 8
969 Broadway How was your week?

Su 11:00 AM Kaiser Hospital Tower 12th Floor, Rm 1200
Howe St @ MacArthur How was your week?

Petaluma

Fr 6:00 PM Mary Isaak Center COTS
900 Hopper St How was your week?

Su 6:00 PM Mary Isaak Center
900 Hopper St How was your week?

Placerville

Su 5:00 PM Here & Tao Hypnotherapy Suite 318
419 Main Street How was your week?

Pleasanton

SA 11:00 AM Kaiser Pleasanton Medical Cent Look for signs
7601 Stoneridge Dr How was your week?

Rohnert Park

Fr 6:00 PM Vida Nueva Apartments
705 Rohnert Park Expressway How was your week?

Roseville

Su 8:00 PM Sierra Council Roseville Ste 310B
406 Sunrise Ave How was your week?

Sacramento

Mo 6:00 PM Strategies for Change Conf Room
4441 Auburn Blvd., Suite E How was your week?

We 4:00 PM Strategies for Change
4441 Auburn Blvd Ste E How was your week?

Th 7:00 PM The Effort
8233 E. Stockton Blvd #D How was your week?

Fr 4:00 PM Strategies for Change
4441 Auburn Blvd Ste E How was your week?

San Bruno

Th 12:00 PM Veterans Administration Clinic Third floor
1001 Sneath Lane How was your week?

San Francisco

Mo 7:15 PM Kaiser CDRP Room 5
1201 Fillmore Street How was your week?

Tu 1:00 PM Kaiser CDRP Look for sign
1201 Fillmore How was your week?

We 7:30 PM Kaiser CDRP Room 5
1201 Fillmore How was your week?

Th 7:30 PM LGBT Center Room Q-13
1800 Market Street How was your week?

Sa 10:00 AM LGBT Center Room Q13
1800 Market Street How was your week?

Su 10:00 AM Alano Club # 1
1748 Market Street, Ste 202 How was your week?

San Rafael

Mo 7:30 PM Bayside Marin Meeting Room
718 4th St. How was your week?

Tu 6:30 PM Kaiser Hospital Trailer 4
99 Montecillo Dr. How was your week?

We 6:30 PM Kaiser Permanente Trailer 4
99 Montecillo Rd How was your week?

Fr 6:15 PM Kaiser Chemical Dependency Se
820 Las Gallinas How was your week?

San Ramon

Fr 6:00 PM St. Joan of Arc Catholic Church Multipurpose Rm, Cla
2601 San Ramon Valley Blvd How was your week?

Santa Rosa

Tu 6:30 PM Sutter Medical Center Jack London Room
3325 Chanate Rd, How was your week?

Union City

Mo 7:00 PM Kaiser Medical Center Room 4
3551 Whipple Rd, Building C How was your week?

Tu 7:45 PM Kaiser Medical Center Room 6A
3551 Whipple Road, Building C How was your week?

We 10:30 AM Kaiser Medical Center 6A
3551 Whipple Rd, Building C How was your week?

Th 11:00 AM Kaiser Medical Center Look for sign
3551 Whipple Rd, Building C How was your week?

Fr 6:00 PM Kaiser Medical Center Room 6A
3551 Whipple Rd, Building C How was your week?

Vacaville

Th 7:00 PM Kaiser Vacaville First Floor Conf Rm
3701 Vaca Valley Pkwy How was your week?

Vallejo

Mo 4:30 PM Kaiser CDRP in Vallejo Look for sign
800 Sereno Drive How was your week?

Fr 1:00 PM Kaiser CDRP in Vallejo Look for sign
800 Sereno Drive How was your week?

Walnut Creek

Tu 7:30 PM Kaiser Walnut Creek Walnut Bldg 2nd Fl
1425 South Main How was your week?

We 12:15 PM Kaiser CDRP 3D
710 S. Broadway 3rd Fl How was your week?

Th 7:30 PM UU Church Oak Room
55 Eckley Lane How was your week?



The basic Lifering philosophy is the "Three S's": Sobriety, Secularity, and Self-Help.

- **Sobriety:** Our common goal is abstinence from alcohol and other addictive mood-altering drugs.
- **Secularity:** Your religion and spirituality are private matters. Neither religion nor anti-religion are part of our meetings.
- **Self-Help:** Our meetings are groups of peers. Each person develops a recovery program suited to their individual needs and circumstances.

To find out more about Lifering:

Browse to www.unhooked.com, the Internet voice of Lifering Secular Recovery. Join Lifering email lists and chats.

Read *Recovery By Choice: Living and Enjoying Life Free of Alcohol and Drugs, A Workbook*. A 300-p. self-help workbook that helps you build your own personal recovery plan.

Read *How Was Your Week? Bringing People Together in Recovery the Lifering Way*. Explains how Lifering works and what Lifering convenors do.

For a complete list of Lifering Press books and publications, browse to www.lifering.com.

Lifering will be happy to send speakers to address your audience. Contact the Lifering Service Center 1-800-811-4142, service@lifering.org.

"In the words of our president, 'It's time for a change' and nowhere is this more evident than in the field of addiction treatment. Nicolaus has written a wonderful book that presents Lifering ... a model based on empathy, scientific evidence, and giving people the power to make their own choices about treatment options. Indeed, change has come." -- Dr. Joseph R. Volpicelli MD, co-author of *Recovery Options, the Complete Guide*.



Purchase *Empowering Your Sober Self* at your favorite bookstore or online from Lifering Press: www.lifering.com
1-800-811-4142
Lifering Press price: \$13.50 + tax & shipping
Free display copy to Lifering Meeting convenors



Northern California Lifering Meeting Schedule

8/28/2009

Perfect reading
for your sober future:



Get it from Lifering Press
www.lifering.com

Lifering Service Center
Oakland
Toll free 1-800-811-4142
www.lifering.org or
www.unhooked.com

Your copy of the current Lifering meeting schedule for the San Francisco Bay Area. Please post. Feel free to make as many copies as you need.



Lifering Service Center
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