



## #2.11 - September 14, 2022

### The Right Place

*What is the "right place" to be today?* To state the obvious, it's right where you are. Actually, part of acceptance is understanding that wherever I am is where I am supposed to be at this moment. (Don't start arguing, yet. There's more to come.) Just to say I am where I am supposed to be right now, doesn't mean that it's the *best* place for me to be or that it's where I have to stay. It simply says that here is where I am.

*So what? Well, that means, to me, anyway, that I have to pay attention.* There is probably something I can learn from being right here. There is something that can even give me a clue to what I need to be doing. Or, more often than not, there might just be the call to pay attention. You don't know what you don't know that could be waiting for you.

*A number of years ago, my wife and I did a vacation to South Dakota and the Black Hills.* While we were that far, we decided to drive over to Devil's Tower in Wyoming. We came upon this one open spot in the road and there it was. Impressive. My camera, as was often the case, was right there. Ready for what I might see. Then I heard the sound of jets. Not expected. We had just stopped to look. There they were. The famous Navy flight demonstration group known as The Blue Angels. Needless to say I started snapping away. They flew right over the butte in perfect formation. In that moment I got one of my better pictures from the trip. (It's the one below on this page.)

*An unexpected moment, simply being in the right place.* It would have been hard to miss this, even though I wasn't expecting it. But I know I miss so many things just because I am not looking in the right place, or wishing I was somewhere else.

*But, Barry, what if it isn't something awesome and inspiring?* (Yes, this is where you can argue with me.) Good question, of course. One answer is that you never know what you will see, feel, or find right where you are. So just stay aware and mindful. Another answer is there might be something that is a danger lurking nearby- say that patch of ice in January or the step from the curb that could trip you up and cause you to fall. Safety often means paying attention. That's why, even when watching for obstacles or danger, the place to be is right where you are.

*But what if I'm not where I really want to be?* Simply, don't stay there. Keep moving. But you won't know that if you aren't paying attention, or

looking for signs of growth and direction. Look around; get a feel for where you are; move in the right direction. This could be especially important if where you are is slippery- dangerous to long-term sobriety. We have to be ready when some symptom of being stuck shows up. No, we won't expect it. But we can be ready to do something.

*Mindful awareness is more than meditation in silence.* It is looking and watching and staying aware, We practice that by taking moments to see what we haven't seen before. We practice that when we pause and take a breath and look around us. We practice that when we take our inventory to find out what's been going well, and what we need to work on.

*I didn't expect to see the Blue Angels in the wilds of Wyoming.* But I'm glad I was ready. Take the time on a regular basis to build that skill or expecting the unexpected. It's always there.



## Facing Challenges - Building Recovery

Digging deeper into how mastering recovery helps us keep moving forward.

To add your thoughts to mine...

Here is a link to schedule a one-on-one Zoom session with me over the next weeks. It will be a beginning point to what comes next.

<https://calendly.com/barryrecovery/zoom-call>

Any questions, please email me. I hope we can find a time to connect and see how this can fall into place.

[Link to a copy of the Mastering Recovery Roadmap](#) to download.

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## Quote and Picture of the Week

If you do not expect the unexpected you will not find it, for it is not to be reached by search or trail.

-- Heraclitus



**An Unplanned Moment...**

... but being mindful of what's around

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**October 6-8, 2022**

### Addiction and Faith Conference

***"This is a professional conference for faith leaders to learn about addiction and how to best respond. Everyone is welcome as we strive to educate faith communities with what they need to help those addicted."***

***--Pastor Ed Treat***

I will be presenting an introduction to mastery and recovery on Thursday afternoon at 4:00.

[Link to more information](#)

## Mastering Recovery Tools and Resources

Here are current resources:

- *Mastering Recovery: Find a New Freedom and a New Happiness Through Long-term Recovery.* [Amazon link.](#) (Kindle, paperback, hardback, and audio book)
- *Mastering Recovery: A Three-Week Journal to Start the Path of Mastering Recovery.* [Amazon link.](#) (Paperback only.)

- **The Mastering Recovery web** pages. Go to the home page: [www.masteringrecovery.net](http://www.masteringrecovery.net)
- **The Mastering Recovery Facebook page-** [LINK to Mastering Recovery Page](#)
- The **Mastering Recovery Facebook group** A "*private group*" only those who are members, will be able to see and make posts. [Link to JOIN](#)
- **Newsletter Archive** of all the weekly newsletters. [Link to past newsletters.](#)

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