



#2.13 - September 28, 2022

Keep Learning

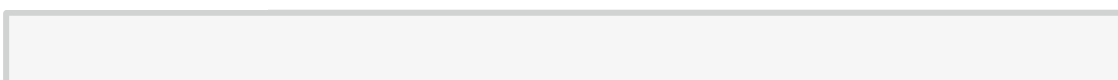
The world keeps changing. I keep changing. Not a particularly profound insight. Yet most of us are surprised when it happens. When what used to be the way the world worked doesn't anymore, anger, fear, even resentment happens. "How dare the world change? How can it do that *to me*? *What do you mean I'm not like I used to be?*"

I have been hearing concerns about how change, good, bad, or indifferent, can impact long-term recovery. That's one of the things I am learning about mastering recovery from talking to some of you, having email conversations, and just plain following my own (now older) ideas. Last week it was 90 degrees here. This week it's at least 30 degrees colder- at the same time of day. That's change. I hope I can adapt to that change; it's here whether I agree to it or not. *That's why I have to keep learning.* Not because it's colder today, but because life happens. Almost three years ago it was the pandemic. If we weren't ready to learn the lessons, things could have gone downhill for many. And it did. What we used to depend on wasn't there anymore. People with long-term sobriety relapsed; other people with long-term sobriety didn't. Some adapted to the necessary changes; others built resentments and refused to learn.

On a more personal level, when I got sober I was nowhere near as old as I am today. I can't hear as well as I could then. My eyesight is more compromised. My back aches more often even after three surgeries. How do I maintain the type of routine and activities that have been so much a part of my getting to this age sober?

That's what I have been hearing. Some has been about ourselves, people we love, or clients we work with. It is why the center of what I call mastering recovery is the practice of the basics in new, never-before-experienced situations. It is why we can never rest on our sober laurels, champions of sobriety. We will never reach **MASTERY**. But we can continue to improve how we do each day.

Recovery is essential to me, which I have to admit is pretty damn important. Therefore I have to keep moving, keep learning, keep adapting to changes. I do not like the options if I don't. Change happens. I have to keep moving with it.



- Add your thoughts to mine. .
- Give me feedback.
- Ask me questions.

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.



Facing Challenges - Building Recovery

Dig deeper into mastering recovery to help you move forward.

How to keep learning

- Build mindful awareness
- Take a regular self-inventory
 - Remember the basics that have worked
 - Admit to where your program needs some help
- Be mentored, coached
- Set goals and plans
 - Learn new things
- Be a mentor, coach
 - Teach new things
- Be grateful
- Repeat

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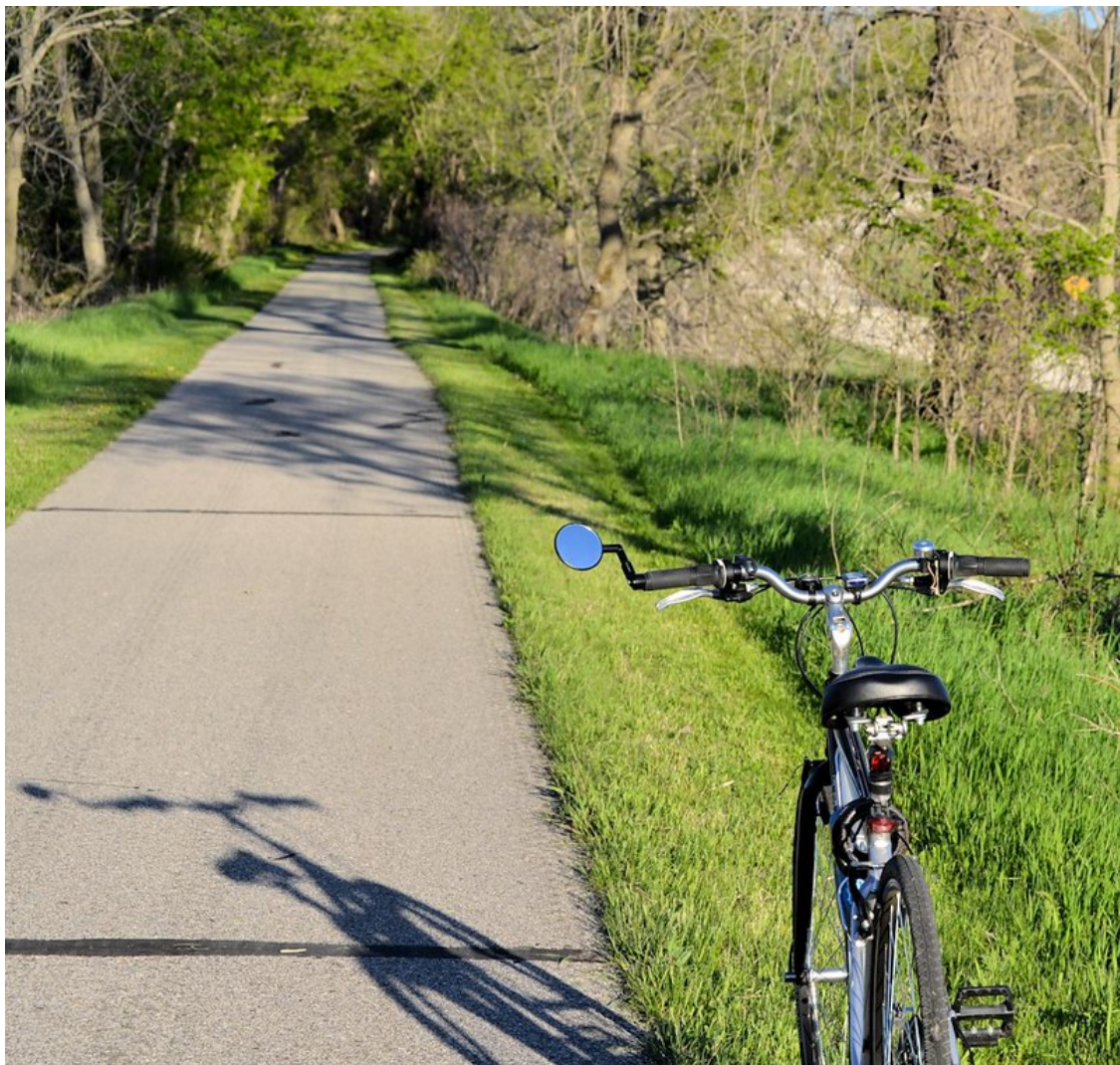
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Quote and Picture of the Week

Anyone who stops learning is old, whether at twenty or eighty.
Anyone who keeps learning stays young.



Move forward...

...and keep moving.

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Next Week!

I will be presenting an introduction to mastery and recovery on Thursday afternoon October 6 at 4:00. I will also have a book table Thursday and Friday. Stop by and say "Hi!"

[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
- **A Zoom session with me.** [Link](#) to my calendar.
- **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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