



**#2.15 - October 12, 2022**  
**Into the Stream of Life**

*Prior to last week's Center of Addiction and Faith Conference* was a two day retreat for recovering clergy. Our focus was working the steps of Alcoholics Anonymous and being led in prayer. For one of the sessions we looked at part of Step 11 on taking a daily inventory and specifically the part of the Big Book that outlines the end-of-the-day inventory. It was quite an experience! It was a reminder of the final phrase of the Twelve Steps: we are to practice these principles in all our affairs. Below are a series of great questions from the Big Book to use to do just that.

*The group session was also a remarkable reminder of*

1. what it means to go back to the basics of the program,
2. how easy it can be to adapt the basics to *any* successful recovery program, and
3. what the basics of maintaining recovery can be.

*No matter what program you may use*, the list of questions from a book published over 80 years ago are just as important and usable as ever. All the right - and essential - questions are there. Many of the things that can lead to mental, emotional, or physical relapse at any point in a sobriety journey are there. These are humbling questions. They make us dig again into the ways this disease will often remain troubling. Building self-awareness is a never-ending task. Not just because we have a disease, but also because we are human. Yes, we can easily fall back into easier ways that don't challenge us.

*Take a look at the questions below.* Use them for a few times of personal inventory in this next week. See what you might discover. It never gets old.

**P.S.** Welcome to new readers from the Addiction and Faith conference. It was good to meet you last week. It was an amazing experience. Let me know if you have any insights.



## Facing Challenges - Building Recovery

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

"When we retire at night, we constructively review our day.

- Were we resentful, selfish, dishonest or afraid?
- Do we owe an apology?
- Have we kept something to ourselves which should be discussed with another person at once?
- Were we kind and loving toward all?
- What could we have done better?
- Were we thinking of ourselves most of the time?
- Or were we thinking of what we could do for others, of what we could pack **into the stream of life**?
- But we must be careful not to drift into worry, "remorse or morbid reflection, for that would diminish our usefulness to others.
- After making our review we ask God's forgiveness and inquire what corrective measures should be taken."

-*Alcoholics Anonymous*, page 86.

*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>

or email me. I hope we can find a time to connect.

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

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## Quote and Picture of the Week

The same stream of life that runs through my veins night and day runs through the world and dances in rhythmic measures.

— Rabindranath Tagore



**What can you add...**

...to the stream of life today?



**Plan for the annual MARRCH Conference in St. Paul.**

I will be doing a break out session on "*If Acceptance is the Answer, What's the Question?*" on Monday afternoon at 2:30. I will also be at my book table. Stop by and say "Hi!"

**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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