

Mastering Recovery

Rooted in the Steps. Growing Through Connection

With Barry Lehman



#5.06- Connections: The Thread Holding Us Together August 6, 2025

What I'm Thinking

In early recovery, connection is often about survival.

Showing up at meetings. Finding a sponsor.

Discovering we're not alone.

Then somewhere down the line after two years- connection changes.



The Subtle Disconnection of Long-Term Recovery

For many in long-term recovery, there comes a quiet season where connection frays—not in big dramatic breaks, but in subtle ways:

- We stop saying what's really going on.
- We carry shame about still struggling.
- We feel we “should have it together by now.”
- We miss the early days when vulnerability felt urgent, even sacred.

We don't talk about this much. But it's real. And if we're not careful, this quiet disconnection can turn into a kind of spiritual drift.

Not relapse. Not crisis. But a low-grade spiritual loneliness.

We haven't failed—we've grown.

Different Connections for Different Seasons

When I moved to a new city recently, I had to rediscover how connection works in this stage of recovery. I was looking for two kinds of meetings:

One was a smaller, stable group—a calm, grounded space focused on the Steps and the deeper work.

The **second** was a mid-sized, diverse meeting with a clear program focus and active fellowship, where I could meet new people and feel community.

And then I found I needed **a third type**: a monthly open speaker meeting. It had a different energy—a blend of inspiration and casual connection that reminded me why this path still moves me.

Each one offered something different. Together, they began to form my new foundation of support in a new place.

Thanks to long-standing relationships from before the move, I didn't have to start from scratch.

This is how we do it:

Not by replicating the past, but by finding the next layer of connection that fits where we are now.

Reflection Prompts: The Evolving Thread of Connection

What kinds of connection have sustained you the most—not just early on, but lately?

Think beyond meetings. Has a friendship, spiritual practice, creative circle, or unexpected community helped you feel anchored in this season of recovery?

Where have you pulled back from connection—and what was underneath that?

Was it fatigue? Shame? A sense of “I should be past this by now”?

Name the places where disconnection crept in quietly, not in crisis but in drift.

What would courageous reconnection look like for you now?

Not going back, but moving forward—what's one small, specific way you might re-enter community this month in a way that feels true?

The Courage to Re-Connect

The deeper truth is: connection isn't a one-time thing. It's a rhythm. A practice. Relationships pass, distance and locations change. Which means new and renewed connections.

The longer we're sober, the more courage it can take to re-connect—especially with other people who've been walking the path a long time. But that kind of connection is exactly what sustains long-term recovery.

That's why I'm hosting two free, online gatherings later this month — live, guided conversations for people who've been sober a while, but are wondering what's next.

It's a space for honest reflection, for exploring connection again, and for remembering that deeper recovery is possible — even now.

You can come to one or both sessions. And when you register, you'll get a free guide I created called **Hope in Long-Term Recovery**.

👉 Click below to register for the Guided Gathering + get the guide.

Now That I'm Sober... What's Next?



A Free, **Guided Gathering** to Reignite Your Purpose Through Recovery

 You've done the work.
You've lived the Steps.
Now it's time to ask:

What's Next?
What am I here to create, love, become?

Register and receive the free guide:

Hope in Long-Term Recovery

And sometimes it helps to just show up to something new.

That's the invitation behind the free Guided Gathering. This isn't a meeting. It's a sacred space for those who've done the work and now find themselves asking:

"What's next?"

[!\[\]\(4fe57c3593bf1b21d272ae7ac8dfaf77_img.jpg\) Click Here to register for the Gathering — free, live, and designed for those walking this longer path.](#)

A New Space for Purpose-Driven Recovery

The Deeper Recovery Mastermind *The Living Steps: Taking the 12 Steps Further*

- The **Deeper Recovery Mastermind** is a small, honest, reflective group for those who have done the work — and are ready to go deeper. It is a sacred space for connections.

Not because sobriety isn't enough. But because the spirit keeps growing.

Here, we don't just revisit the Steps.
We live them — in real time.

Through shared wisdom and spiritual honesty, we explore how recovery can keep evolving — toward freedom, purpose, and the life we're meant to live.

Because recovery doesn't end at Step 12.
It begins again.

Interested?

The first *Deeper Recovery Mastermind-Living the Steps* group will be starting in September. It will be limited to six to eight individuals.

If this speaks to where you are
— or where you want to be —
I'd love to hear from you.

You can start by registering for the Guided Conversation on *Now That I'm Sober... What's Next?* and the free *Hope Through Long-Term Recovery* guide.

Register here and get the guide.



A definition:

A Mastermind group is a small, focused circle of people committed to growing together.

Each person brings their experience, insights, and goals — and gains momentum from others doing the same.

In long-term recovery, it can be a powerful tool to practice the Steps in real-time, not just in review.

✓ Taking a Step Beyond

**We don't fix each other.
We walk each other home.**

— Ram Dass



➡ Coming next week...
SOON

“The Surrender of Humility” Steps 1–3

Not something to master-but as something to live.



Do you like the newsletter? Forward it!



Wherever you are in the journey- come back to what grounds you.
You're not alone.

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