

Mastering Recovery

Rooted in the Steps. Growing Through Connection

With Barry Lehman



The Power of Hope: A Deeper Recovery Mini-Series

#5.12 – Hope Needs a Container

September 17, 2025

What I'm Thinking

Hope doesn't float by itself.

Left on its own, it slips away.
It needs something to hold it.
It needs a container.



It needs a place to **live**!

In recovery, we often think first of the obvious containers:

- Meetings
- Sponsors and sponsees
- The Steps
- Service

Those are vital. But I've learned over time that hope also needs other containers—ones that connect me to the larger world.

A few weeks ago I talked about how I reconnected first with new meetings and others in the recovery community where I live now. I needed those containers to help me hold the ongoing radical hope of recovery. Even after all these years I know better than to try to do it alone.

That would be living dangerously.

✨ **Beyond the Center- To a Broader World**

For me, the ones that connect me to the world around me has always included music.

When we moved in April, I lost my musical communities.

I had played in several groups for over 17 years. They all kept me connected with my soul and what keeps my hope alive. They kept me involved in the greater community that my life was lived in- the place outside the meetings, colleagues, and the recovery world where I was to practice these principles.

It took time—and help from the broader community —before I found my way into bands here in the Twin Cities. I had to get settled; I had to find places that could nourish my hope and feed my musical soul.

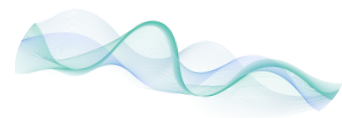
When I have those, I have radical hope. It is radical because music for me does that kind of shifting of definitions and goals. It opens up new ideas and new insights.

Yes, I found them. One is my comfort zone of music, a community concert band. My foundation of my music for over 60 years. The other is a British-style Brass Band. For that I had to move out of the comfortable and learn to play the cornet in a group that sounds and plans and plays differently.

Those groups became containers for hope.

Not because they are about recovery, but because they are about connection. And connection is what sustains recovery.

🌀 **Growing Hope Needs a Place to Hold It**



Hope grows best when it's carried in more than one place.

It needs recovery practices and broader communities.

It needs people who speak our language of sobriety and people who remind us that life is still bigger, still worth showing up for.

That's how I've stayed sober all these years.

Hope hasn't just lived in my recovery nor in my memory.

It's lived in the containers of my life—people, practices, and communities—that keep reminding me who I am becoming.



And It is Still Recovery

If you're looking for a new container of connection and hope, I'd love for you to join me at the **Guided Gathering**:

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

A free online conversation on long-term recovery

 **Thursday, September 25 : Noon Central Time**

Bring a lunch to your Zoom place and join me.

- ✓ Includes the free guide: Hope in Long-Term Recovery
- ✓ No pressure. Just honesty, reflection, and quiet support for the season you're in.

 **[Click here to sign up and receive the guide »](#)**

Together, we'll explore how to keep hope alive—and how to let it deepen into purpose.

LIVING THE STEPS



DEEPER RECOVERY

Reflection Prompts

- Where do you find your **recovery containers** right now?
- What broader **communities** outside recovery help keep you grounded?
- Is there a container you've lost that it might be time to reclaim—or one you've never tried but feel drawn toward?

Take some time this week to notice not just the containers you *have*, but the ones you *need*.

✓ Taking a Step Beyond

"My humanity is bound up in yours,
for we can only be human together."

— Desmond Tutu



I will be exploring the heart of long-term
recovery with my talk:

Connection, Humility, and Grace
at the annual MARRCH Conference.

[Register today.](#)

I partner with



The Center of Addiction
and
Faith.



Relevant
Recovery



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



Do you like the newsletter? Forward it to a friend.

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