

Mastering Recovery

Rooted in the Steps. Growing Through Connection

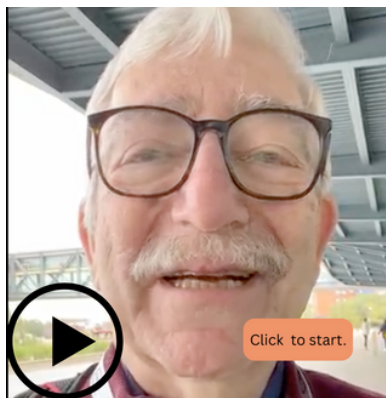
With Barry Lehman



#5.18 – Living Recovery with Grace
October 29, 2025

What I'm Thinking

🌻 **Living the Steps:
When Grace Becomes Purpose**



*Click to watch my short message —
37 years sober and still learning.*

(MARRCH, The Minnesota Association of Resources for Recovery and Chemical Health is a professional association of addiction treatment professionals and organizations striving to raise awareness about addiction and the power of recovery.)

Thirty-seven years ago, I started a journey I couldn't imagine.
I didn't know then that recovery would be not just about staying sober—
but about learning how to live.

**I celebrate that today with you and all those who have supported
me and been with me. Thank you.**

Over time in these 37 years I've discovered something that grace keeps teaching me:

Purpose isn't something we chase.
It's something that grows when we live from grace.

From Grace to Purpose

Yes, grace begins as a gift.
But when we allow it to flow through us, it becomes movement and action.

It becomes life.

The Steps call this service, but it's more than volunteering or helping out.
It's the quiet knowing that what's been freely given now wants to move outward.
Toward others.

Grace softens our need to control.
Forgiveness clears the ground.
Purpose rises as the fruit of both.

We start to see that the same Power that restores us
is also calling us to participate in the healing of others.

A Last Thought for October

As this month ends, then, I'm deeply aware that recovery is still unfolding—
still teaching, still transforming, still calling. Thank you for walking this path with me
and allowing me to walk it with you in whatever ways I have.

During the past few days at the conference, I had the privilege of meeting and talking
with many of you. A number of you have stopped by to say how much you appreciate
this newsletter. Others have commented on how you have liked the books I have
written and how they have touched you.

Your comments and insights have only reinforced my decision to keep building the **Mastering Recovery** platform.

At this stage of my life, I'm not trying to build a new job or a business for years to come; like the 12-Step program itself, I'm simply trying to stay faithful to the day in front of me.

Many of you have heard me say that *the one thing to do today* is to identify *the one thing that will strengthen your recovery for tomorrow*.

Over time, I've come to realize that for me, that "one thing" carries a deeper purpose:

**What can I do today that will strengthen my recovery for tomorrow—
so that I can live the wisdom and principles of recovery in a way that helps others
grow?**

That's the heartbeat behind all of this work—
to be present, to support others,
and to help keep our recoveries grounded and full of purpose.

Let's keep discovering how grace becomes purpose,
and purpose becomes life—together.



Reflection

Grace doesn't end with acceptance; it begins there.

***What if the grace that's been shaping you is now
ready to move through you— toward someone else
who needs it?***



Taking a Step Beyond

**Our job is to love others without stopping to
inquire whether or not they are worthy.**

— Thomas Merton



Don't laugh. Isn't that how we sometimes make our judgements?

What's Next in November: **Staying Grounded When Life Gets Busy**

We will move from grace into gratitude—
from the gift received to the life lived in response.

November's theme, **Staying Grounded When Life Gets Busy**, invites us to slow down and find purpose in simple presence.

Each week, we'll explore what it means to keep recovery steady, to live with gratitude, and to honor the stories that brought us here—even the imperfect ones.



The November Newsletter Journey Ahead

- **Nov 5 – Staying Grounded in What Brings You Alive**
- **Nov 12 – Living in a New Universe**
- **Nov 19 – Legacy and Love: The Healing of Story**
- **Nov 26 – The Table of Grace**

Each week builds on the last—moving from gratitude to legacy to living grace in community.

It's also when *Circles of Hope* begins— a new venture and adventure for **Mastering Recovery**.

These will be free, online monthly spaces for shared wisdom, safe connection, and mutual support.

A time to deepen your recovery through experience and service together in a focused, mastermind style approach.

And a way to stay grounded while also serving others.



Free Virtual Group

**Shared Wisdom.
Safe Spaces
Connection.**

In November:
Wednesday November 5 @ Noon CT
Wednesday November 19 @ 7:00 pm CT



**Click Button Below
to
Register**



[Register](#)

The theme for the month will be:
Staying grounded when life gets busy.

(Come to either or both.)



Do you like the newsletter? Forward it to a friend or colleague!



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

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