

Mastering Recovery

Rooted in the Steps. Growing Through Connection

With Barry Lehman



🌱 My October Manifesto

#5.15 – Humility:

The Posture That Keeps Us Growing

October 8, 2025

What I'm Thinking

There's a quiet moment that comes in long-term recovery when you realize— you can't fix people.

You can't even fix yourself.

That's the moment humility begins.

For all our experience, credentials, and time sober, we are still—as Ram Dass said—

“just walking each other home.”



🔑 Powerlessness Revisited

We often think of powerlessness as the first step, something we move beyond.

But real humility brings us back to it, again and again, with open hands.

Not as defeat, but as truth:

I don't have to be the answer. I only have to be present.

That's what makes humility a strength.

- It keeps us teachable.
- It keeps us human.
- It keeps the ego from turning recovery into performance.

Do you remember fighting the whole idea of being powerless? It took me awhile.

Yes, I was more than aware of my life being unmanageable. But that's different.

Powerless? No way!



Depth at the Heart of Recovery

Last week I mentioned that humility is acceptance — of myself as I am, and of others as they are. I am not in charge. There are things, that when I face them, remind me that, no, I am not God- and recovery isn't telling God what to do.

- God, I'm not worthy. I don't deserve your love.

God didn't agree.

- [God smiles:] Not your choice, Barry. Sit back and enjoy the ride.

That's a lot like life, especially when living in changing and difficult times. When things are changing and we feel confused, frustrated. Yes, even fearful.

So it's time to pray.

- God, grant me the serenity to accept the things I cannot change.

Humility. The point when I am reminded that I am not in charge of most things.

Humility. The point when I am called to radical hope.

Humility. The point when I realize [again] that I can't do it alone.

✓ Taking a Step Beyond

**The spiritual life is not a success story;
it is a series of small surrenders.**

— Henri Nouwen



Walking Each Other Home

Ram Dass once said,

*We're all just walking each other home.
Nobody is going anywhere.
We're all taking the same journey.
We're all here to help one another.*

That's humility in motion.

It's the posture that sees the sacred in every person who crosses our path.
It's what reminds us that healing never happens from the top down — it happens side by side.

Every time we help someone remember hope, we remember it too.
Every time we reach out, we're reminded that connection is mutual.

Every time we forgive someone else, we remember we, too, need forgiveness.

And every time we surrender the need to fix, we rediscover grace.

Maybe, just maybe, we can also find that it is in walking each other home, we will find our place to call home.

DEEPER RECOVERY



LIVING THE STEPS

Reflection Prompts

- Where in your life right now are you being invited to listen instead of fix?
- What might open if you trusted powerlessness enough to walk beside, not ahead?

Invitations Into Deeper Recovery

Humility is one of the pillars that holds up long-term recovery.

It's what lets forgiveness and grace (the next two weeks) take root.

And it's one of the practices we explore together in
Deeper Recovery: Living the Steps—

a space to keep learning, growing, and walking each other home.



I will be at the annual MARRCH Conference
with a table and be speaking on Wednesday morning.
It will be a time for me to talk with you,
get your ideas, or to explain
more about what I am working on.
Stop by and say "Hi!"

[Register today.](#)

Awakening The Church to Address Addiction *A Virtual Conference*

Thursday, October 23
10 am - 6 pm CT

[LINK for more information.](#)



A handwritten signature in blue ink, appearing to read "Barry".



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

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