

Mastering Recovery

Rooted in the Steps. Growing Through Connection

With Barry Lehman



#5.19 – Staying Grounded in What Brings You Alive
November 5, 2025

What I'm Thinking

When Life Speeds Up

There's something about November that tilts us forward. The days get shorter, the calendar fills, and before we know it, we're running faster just to stay even.



It's easy to miss what really matters then — not because we don't care, but because the noise grows louder than the quiet places where gratitude lives.

That's often when recovery gets tested; it feels thinner at the edges. Not because something's gone wrong, but because life's noise grows louder than the quiet rhythm that keeps us steady.

So this first week of November is about slowing that drift. About remembering that gratitude isn't a decoration for the holidays — it's a practice that keeps us grounded in what really matters.

It's the simple, daily act of noticing what's still here, what's still working, and what still calls us to life. Gratitude can feel like a luxury then. But that's exactly when it's most essential — not as a feeling to summon, but a practice to return to.

What It Means to Be Grounded in Gratitude

To be grounded in gratitude doesn't mean being thankful for everything as if pain or loss were gifts we're supposed to smile through.

It means being thankful in the midst of everything — rooted enough to stay open and awake even when things don't go our way.

Gratitude isn't a mood. It's a **way of standing in the world**. It doesn't float above our struggles; it grows right out of them.

We've all seen the kind of gratitude that turns sentimental — the folded hands and easy platitudes that never touch the real stuff of life. That kind can make us smaller, even passive. But true gratitude pulls us deeper. It insists on seeing clearly, listening honestly, and letting awareness become response.

Real gratitude pays attention to what life is trying to show us — even in the hard places. It asks:

- What might this moment be teaching me?
- Where is grace already at work, even if I can't name it yet?
- How might this awareness change the way I live today?

That kind of gratitude doesn't close its eyes and whisper "thank you" — it keeps them open and says, "I'm here. I'm willing. Let's begin again."

Gratitude That Moves Us to Action

When gratitude deepens, it stops being something we *feel* and becomes something we *do*. It moves from the heart into our hands — shaping how we listen, how we serve, and how we forgive.

It's what keeps recovery alive, especially when life speeds up. Because gratitude, practiced in this way, is really about presence — staying connected to the people, moments, and small graces that make life meaningful.

Every act of genuine gratitude ripples outward.

It steadies us. It reminds us that we're part of something larger.

And it invites us to live as people who, as Thurman said, have come alive.

That's the kind of gratitude that doesn't just comfort; it transforms. It turns ordinary days into sacred ground.

◆ Circles Connection

“This is what Circles are for — a space to pause, breathe, and reconnect with what brings you alive.”

The Circles of Hope are built on this kind of gratitude — not a list, not a slogan, but a shared rhythm of awareness.

Each time we gather, we remind one another to slow down, notice what’s good, and live from that place of connection.

When gratitude moves beyond words into shared presence, it becomes community — and that’s where the real transformation happens.

✧ Looking Ahead

Over the next few weeks, we’ll keep tracing this movement:

- From gratitude as foundation (today),
- To grace as transformation (next week),
- To forgiveness and legacy (on my dad’s birthday),
- And finally, to *The Table of Grace* — Thanksgiving week.

Gratitude begins as awareness.

But by the time we reach that table, it becomes a way of life — one that carries us into December’s season of renewal.



Reflection

When life speeds up, recovery has to become a rhythm, not an item on the list.

This week, pause long enough to ask:

1. **What helps me return to center when I start to drift?**
2. **Where in my life is gratitude asking me to act — not just feel?**
3. **What does it look like, this week, to live as someone who’s come alive?**

Write it down. Sit with it. Or take it into conversation with someone who reminds you who you are.



✓ Taking a Step Beyond

**Don't ask what the world needs.
Ask what makes you come alive, and go do it.
Because what the world needs is
people who have come alive.**

— Howard Thurman



Thank you for walking this path with me.
Each week we're not just talking about
recovery; we're practicing it — one grounded
breath, one honest gratitude, one shared
moment at a time.

If you need a place to pause and reconnect with what brings you alive, join me for
the Circle of Hope on the 19th. Sometimes one shared hour can reset an entire week.

Until next time — stay grounded, stay grateful, and stay alive to what matters most.



Circles of Hope

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

Free Virtual Group

**Shared Wisdom.
Safe Spaces
Connection.**

**Click Button Below
to
Register**

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

[**Click to Register**](#)



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

A stylized blue ink signature of Barry Lehman.

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

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