



Mastering Recovery

Rooted in the Steps. Growing Through Connection

With Barry Lehman

#5.25– A Week for Peace in the Busyness

December 17, 2025

Peace Inside a Rushing World

There's a certain week every December when the world seems to accelerate.



Errands multiply. Expectations expand.
Even the quiet people start to feel hurried.

And somewhere inside all that motion, something in us tightens.
We try to keep up.
We try not to drop anything.
We try to be everything to everyone — or at least to avoid disappointing anyone.

Which is why this week, of all weeks, I find myself thinking about peace.

Not the kind that comes from a calm environment — December rarely offers that.
Not the kind that depends on everything going right.
But the kind that shows up quietly inside us when something deeper settles.

The kind that reminds us that even in a rushing world, we can move at the speed of our own soul.

The Heart of the Week: **Peace as an Interior Posture**

What I've learned over the years — in recovery, in life, in seasons like this one — is that peace is less about stillness around us and more about steadiness within us.

There's a moment, usually small, when we realize:

- we don't have to match the world's pace
- we don't have to live from urgency
- we don't have to respond from overwhelm
- we don't have to earn our place in the season

We can simply pause.

Breathe.

Let our shoulders lower a little.

Sometimes peace arrives in the form of a single breath that lands differently.

Sometimes it's a softening.

Sometimes it's a sudden clarity about what matters and what doesn't.

Sometimes it's a reminder that the light we're looking for is already here, just quieter than expected.

The Recovery Lens

Long-term recovery teaches us something essential:

Peace isn't the absence of difficulty.

It's the presence of alignment.

We feel peaceful when our insides match our outsides —

when we're not pretending, not over-performing, not trying to outrun ourselves.

December may stir old patterns:

comparison, striving, people-pleasing, depletion.

Sometimes peace looks like catching that pattern before it carries us away.

Sometimes peace looks like saying no.

Sometimes it looks like saying yes to something small and nourishing.

Sometimes it looks like doing nothing for five quiet minutes.

And of course, there's the quiet promise so many of us heard early in recovery — a line that becomes more real with time:

We will comprehend the word serenity and we will know peace.

(Big Book, p. 83–84)

Most of us didn't understand it at first.

Some of us didn't believe it.

But peace grows in us slowly — through honesty, humility, connection, and the willingness to keep showing up.

Peace is a practice, not a personality trait.

It grows with attention.

And it tends to slip in during the moments when we let ourselves be human again.

✓ **Taking a Step Beyond**

Peace is every step.

— Thich Nhat Hanh



✨ **Reflection Prompt**

Where did I notice even a small moment of peace this week — and what did it teach me about my own pace?

You don't need a full hour of calm.

And if the old promise is true — that we will comprehend serenity and we will know peace — what is one quiet place in my life where that promise is slowly becoming real?

✨ **A Note About the Next Two Weeks**

Because the holidays fall midweek this year, the final two newsletters of December will arrive on **Tuesdays**:

Dec 23 — Grace & Hope in the Darkest Night

Dec 30 — The Light We Carry Into the New Year

A gentler rhythm for a full season.

And perhaps a better way to meet the quiet of those days.

🕯 **Closing Reflection**

I'm reminded every year how easy it is to lose ourselves in the rush of December. But peace has a way of finding us when we least expect it.

Thanks for sharing these moments with me — they help keep me steady, too.

— Barry

Email me. I always look forward to hearing from you.

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

