



Mastering Recovery

Rooted in the Steps. Growing Through Connection

With Barry Lehman

#5.30- Serenity When Life Happens

January 21, 2026

What I'm Thinking

Yes, Serenity Continues

Serenity is one of those words that can sound distant or idealized—something we hope to arrive at once life settles down.

But life rarely settles down.

What I keep learning, again and again, is that serenity in recovery is not the absence of disruption. It's the growing ability to stay oriented *when* disruption arrives anyway.

Over the past couple of weeks, I've been reflecting on how life continues to unfold while we're making other plans—sometimes gently, sometimes abruptly. Illness, interruption, uncertainty, and change don't wait for our readiness. They simply appear.

And yet, something steady remains.



Long before life interrupts us, the foundations of recovery are already at work: acceptance, forgiveness, honesty, hope, and grace. These are not emergency tools. They are ongoing threads—quietly weaving themselves through ordinary days, difficult moments, and unplanned turns.

Serenity begins to emerge not when we control life, but when we recognize what is already holding us.

That's why the wisdom of recovery continues to feel so deeply spiritual to me. Not in the sense of answers or explanations, but in its invitation to return—again and again—to what is real, what is possible, and what is beyond our control.

Serenity doesn't ask us to understand everything.

It asks us to notice where we are.

And to respond from there.

The Heart of the Week:

*Serenity grows as we learn to live inside what is,
without demanding that it be different.*

This isn't resignation.

It's discernment.

Serenity helps us distinguish between what requires our action and what requires our trust. Between what is ours to tend and what must be released. Between effort and surrender—not as opposites, but as partners.

Over the past seven days, I've shared a simple self-intervention on Facebook and LinkedIn. It was a way of pausing, re-orienting, and reconnecting when things feel off-center. Not as a solution, but as a practice of returning. A reminder that we don't have to *solve* life in order to *live* it.

I've gathered that series of reflections into a simple PDF, available for anyone who wants something steady to return to when life feels unsettled. Not to get ahead. Just to come back.

[Click Here
for free PDF of the 7-Day Self-Intervention](#)

The Recovery Lens

In long-term recovery, serenity becomes less about calm feelings and more about spiritual posture. A way of standing in the world that is honest, connected, and grounded. We don't outgrow this practice. We deepen into it.

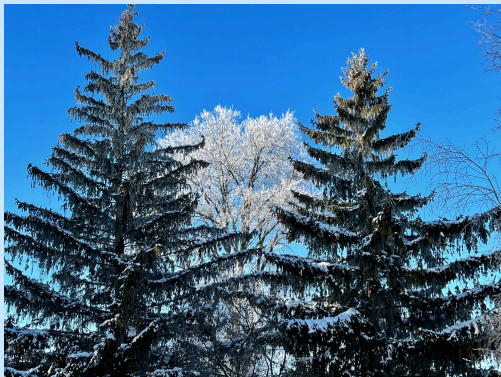
And because serenity is rarely sustained in isolation, we continue to need spaces of connection and companionship—places where we can pause, reflect, and remember that we don't carry life alone. That's why **Circles of Hope** remain open and free entry points: not as programs to complete, but as shared moments of orientation.

I'll be holding the next **Circle of Hope** in two weeks. It will be a space to pause together and reflect on what January has surfaced—details to follow.

Reflection Prompts

You might sit with one or two of these this week:

- When life interrupts your plans, what helps you stay oriented—even briefly?
- What practices or truths are already holding you, whether you notice them or not?
- What does serenity look like *now*, not ideally?



Taking a Step Beyond

“Serenity is not freedom from the storm, but peace amid the storm.”

— Thomas Merton

A Closing Invitation

As January begins to draw toward its close, there's no need to rush ahead.

Serenity doesn't require clarity about the future.

It asks for presence.

Right here.

Next week, I'll stay with how orientation, connection, and serenity move from reflection into daily life—not as something to master, but as something to inhabit.

For now, let this be enough.
You are already held.

[Email me.](#) I always look forward to hearing from you.



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

I partner with



[The Center of
Addiction and
Faith.](#)



[Relevant Recovery](#)

Barry Lehman
2370 Lexington Ave. S
Mendota Heights, MN 55120
All photographs are my own.
Copyright © 2026

Spam is not part of recovery.
You may unsubscribe at any time.

[Unsubscribe](#)

