

# Mastering Recovery

*Rooted in the Steps • Growing Through Connection*

With Barry Lehman

Issue 5.40 - April 1, 2026

## What I'm Thinking Noticing What's Happening

### **Something More Is Already Growing**

Over the past few years, many of you have been reading this newsletter, reaching out, and offering encouragement. I'm grateful for that—more than I usually say.

But even as a writer, I've become aware of something.

At some point, words on a screen are not enough.

Because what we're talking about here—the experience of long-term recovery—is not just something to understand.

It's something to live.

Spring is not a wish.

It is not an idea.

It is not something we convince ourselves to believe in.

It is something that happens.



Beneath the surface, the ground softens.  
Roots begin to wake.  
Life begins to move—long before we can fully see it.

## From Early to Long-Term

Recovery works the same way.  
What begins to grow in long-term recovery is not imagined. It is already there—  
waiting, forming, becoming.  
Each season opens a new path into something that has been present all along.

If you've ever felt the question quietly surface—  
“Is this all there is?”  
—you may be standing at the edge of something more.  
Because until we begin to experience what it means to live the Steps in  
everything we do, we don't yet know how much is still possible.  
Even after 37 years, I find myself living with a growing sense of wonder, hope,  
and even awe—regardless of what is happening around me.  
This is not wishful thinking

## My witness to recovery.

It's something I don't just want to  
write about anymore.

I want to walk into it with you.

Which is why I'm inviting you to join  
me for a live

### ***Masterclass - Beyond Sobriety***

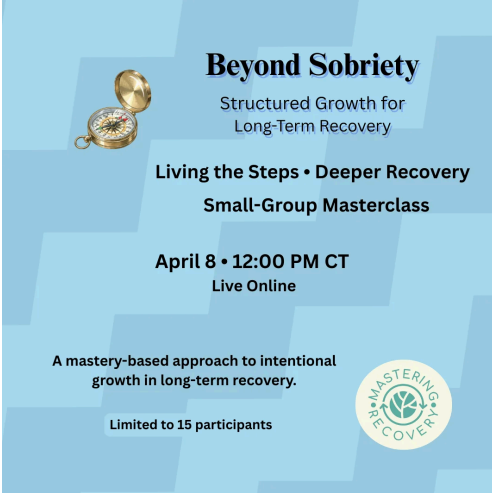
*next Wednesday, April 8  
at noon CDT*

a small, interactive conversation,  
not a webinar—

where we explore what begins to grow when recovery becomes more than  
maintenance and starts becoming life.

We'll keep it to 12–15 people so there's room for real conversation.

If that resonates with where you are right now, I'd be glad to have you there.



**Beyond Sobriety**  
Structured Growth for  
Long-Term Recovery

Living the Steps • Deeper Recovery  
Small-Group Masterclass

April 8 • 12:00 PM CT  
Live Online

A mastery-based approach to intentional  
growth in long-term recovery.

Limited to 15 participants

REMASTERING  
RECOVERY

[Learn More and Save Your Spot](#)

## The Heart of the Week:

For me, this newsletter has always been an invitation.

To reflect.

To practice.

To grow.

This is simply the next step in that same direction—  
together, and in a new season.

When I find myself restless, irritable, or discontent,  
it's time to return to practice.

Not to start over—  
but to reconnect with what I already know works.

Because every time I feel stuck—just as in music—  
it usually means the same thing:

### **It's spring thaw time.**

Something is softening.

Something is shifting.

Something deeper—perhaps even essential—is getting ready to grow.

And from there, the next step begins to take shape.

Not something completely new—  
but something built from what's already there.

Sobriety without growth, freedom, and purpose never fully blooms.

The real question becomes:

**What kind of life grows from that foundation now?**



### Taking a Step Beyond

*Wisdom is not gained by  
knowing what is right.  
Wisdom is gained by practicing  
what is right,  
and noticing what happens...*

— Barbara Brown Taylor

## A Closing Invitation

Growth doesn't happen by accident.

It grows from what we choose to do with what we've already been given.

Next week, we'll take a closer look at how growth expands—  
using what we already know, and what has already begun to take shape.



***Back issues of the newsletter*** can be found at: **Newsletter Hub**.

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

---



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



I've opened a small, quiet online space called **Safe Haven- a community within Mastering Recovery**.

It's not a program or a discussion group. It is a quiet space for steadiness, reflection, and room to breathe in long-term recovery.

If you're curious, you're welcome to step in and see if it feels like a fit.

**LINK**

---

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](#)

