

Mastering Recovery

Rooted in the Steps • Growing Through Connection

With Barry Lehman

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To Life ● Deeper Recovery

Living the New Season

There's a moment each spring when something changes.

Not all at once. Not dramatically.

But enough that you begin to notice it.

The ground has softened. Color has started to appear. What once felt still now feels... alive.

Maybe it's something simple—
working in my office with the window open,
the temperature climbing,
the first storm watches of the season.

Suddenly you realize:
It's no longer early spring.

Something new is actually here.



From Early to Long-Term

Recovery has seasons like that.

Over the past few weeks, we've been exploring what begins to grow in long-term recovery.

At first, it's subtle.

A shift in awareness. A different response. A small sense that something is right.

Then it becomes more visible.

We begin to take responsibility in new ways. We show up differently in our relationships. We follow through more consistently.

And then, in the quieter stretches—
when things feel steady, even flat—
something deeper is being formed.

And now, if we pause for a moment...
we can begin to see it.

Not perfectly.

But clearly enough.

Something has been growing.

And you haven't noticed it until now.

Not something entirely new.

But something built from what was already there:

- practice
- connection
- honesty
- willingness

Over time, these begin to take shape as a way of living.

The Heart of the Week:

This is where recovery becomes less about effort...

and more about life itself.

Not something we turn on and off.

But something we live into—day by day.

And with that comes a quiet question:

Who am I becoming?

Not in an abstract sense.

But in the very real patterns of daily life.

- How do I respond?
- What do I value?
- Where do I give my time and attention?

Because this is what growth ultimately becomes:

Not a feeling. Not an idea.

But a life.

And at some point, something begins to shift again.

We stop asking:

“Am I growing?”

And we begin to notice:

growth is already showing up in how we live.

In small but meaningful ways:

- how we show up
- how we respond
- how we relate to others
- and what we begin to give our lives to

Not as something we're trying to prove.

But as something that is quietly becoming true.

And while others may not call it “recovery”—

they can see it.

A steadiness. A presence. A way of living that reflects something deeper.



**Recovery becomes visible in
how we live — long before we
try to explain it.**

This is the direction I've been exploring more intentionally—
and it's what I'll be continuing in a small conversation next week:

Beyond Sobriety: The Practice That Sustains Recovery
Wednesday, May 6
12:00 PM Central / 1:00 PM Eastern

This isn't a webinar.

It's a small, conversational hour where we:

- look at how recovery shifts over time
- reframe restlessness as a signal, not a problem
- and take time to reflect on where growth may already be beginning

At a previous Masterclass conversation we found ourselves talking about things like:

- 'Why doesn't this [sobriety] feel as alive as it used to?'
- 'Am I supposed to be growing right now, even if things are fine?'
- 'What does purpose look like at this stage?'

These aren't problems.

They're often the beginning of something."

You're welcome to join us.

[Learn More and Save Your Spot](#)

 **A Closing Thought**

Growth doesn't arrive all at once.

It unfolds.

And often, we don't recognize it fully until we take the time to look back.

Maybe this week is an opportunity to pause.
To notice. To acknowledge what has already begun.

Not with pressure to do more—
but with a willingness to continue.

Because whatever has begun to grow...
still needs care.


Still needs attention.

Still needs to be lived.

And that is where the next season begins.

Because at some point, recovery stops being something we work on...
and is now something we live.

 **A simple response for the week:**

 How is my recovery moving into a deeper season for my life?

Name it.

Give thanks for it.

Find new ways to live it this week.

A Quiet Next Step

Over the past months, I've been writing and speaking about what it means to live recovery—not just maintain it.

For some, that's enough to reflect on and carry forward.

But for others, there's a sense that something more is opening.

Not a restart.

Not early recovery.

But a deeper way of living what's already been built.

I'm beginning to form a small **Deeper Recovery Mastermind** for those who feel that pull.

It will be a paid, small-group space—quiet, steady, and focused on the lived experience of the Steps over time.

No pressure around this.

But if something in you recognizes it, you're welcome to reach out or let me know. I'll share more as it takes shape over the next few weeks.

If that resonates, you can simply let me know here.
A brief note is all that's needed:

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Relevant Recovery.

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