



Mastering Recovery

Rooted in the Steps • Growing Through Connection

With Barry Lehman

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When the Unexpected Shows Up

Surprising Recovery

The MasterClass

When we start paying attention,
new things often show up.

Not always what we expect.
Sometimes not even what we think we're looking for.

A few weeks ago, I did a webinar for the Center of Addiction and Faith.

The focus was familiar territory—long-term recovery, and what it means to move beyond simply staying sober.

At the end, I mentioned the then upcoming MasterClass.

A few people signed up.

That part wasn't surprising.

What was surprising...



was who showed up.

One of the participants wasn't there as someone in recovery. He was there as someone who cares about people in recovery.

He had been working with someone for months—trying to help, trying to understand—and had questions. They had gotten disconnected and he had some real questions.

And I wasn't expecting it.

From Early to Long-Term

I can get a little focused.

Maybe more than a little.

We all do, to some extent.

It's how we get things done.

But focus can quietly become something else:

We begin to assume we know who this is for.

What the conversation should be.

Where it's supposed to go.

So when something unexpected shows up...
there's a moment.

A moment where I could have:

- redirected
- tightened the focus
- brought things "back on track"

But I didn't.

And something better happened.

The conversation opened up.

Not away from recovery—
but into a wider view of it.

The Heart of the Week:

Because the truth is:

Recovery doesn't exist in isolation.

It lives in families.

In friendships.

In communities.

And sometimes, the people trying to understand it from the outside...
are part of the story too.

Their presence isn't a distraction.

It's a reminder.

That idea had already been working on me.

The two days before the MasterClass, I had attended the MARCO Summit here in Minnesota—a gathering focused on community-based recovery and the organizations who help support and build it.

There was an energy in the room.

A sense that something larger is happening.

At one point, a speaker quoted William White, a pioneer in the community-based field:

“We made recovery contagious as we made it visible and accessible in our local communities.

We unleashed legions of recovery carriers who embodied that solution...”

- Recovery carriers.
- Making recovery visible.
- Making it accessible.
- Making it... contagious.

Those words stayed with me.

I didn't know why at the time.

Maybe I didn't need to.

Maybe I just needed to notice.

And then, a day later...

someone showed up in the MasterClass who didn't quite fit the category I had in mind.

And suddenly, those words made more sense.

Not because I had planned it.

But because something had already been set in motion.

One of the quieter shifts in recovery is this:

We don't have to control every moment.

We don't have to define every conversation.

We don't have to react to every unexpected turn.

Sometimes the growth is here:

Letting something happen
that we didn't plan
and discovering it mattered.

Nothing dramatic.

Just a moment...

that didn't go the way it used to.

And went the way it needed to.

Recovery.



**Who you are speaks so loudly
I can't hear what you're
saying.**

— Ralph Waldo Emerson

Be a recovery carrier today.

A Closing Thought

You may have had one of those moments recently.

Something unexpected.

Something you didn't plan.

Something you might have redirected... at another time.

If you notice one this week,

you might pause for just a moment—

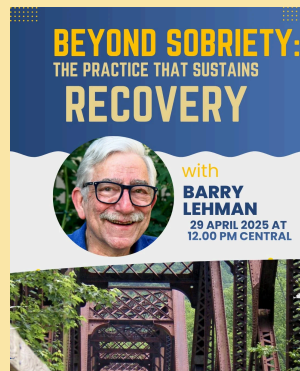
and see what happens if you let it stay.

A Quiet Next Step

If this kind of shift is something you've been noticing in your own life, I'll be opening a small, paid 5-week **Mastermind** soon—just a few people, exploring what it looks like to live recovery at a deeper level.

If you're interested, you can simply reply below and let me know.

I'm Interested



Click below for the video from the webinar I did with the Center of Addiction and Faith last month.

[Link to the video from the CAF webinar.](#)



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