



# Mastering Recovery

*Rooted in the Steps • Growing Through Connection*

With Barry Lehman

**Issue 5.48 - May 27, 2026**

## A Special Rule- 62

### Surprising Recovery

I'm a trumpet player.

We have a bit of a reputation.

Some say we carry the ego for the entire band. If we can't do it... it probably can't be done.

You can often see it in our faces. Especially in rehearsal.

Sometimes in performance.

We want it to look harder than it is.

I remember watching Doc Severinsen on *The Tonight Show*. When he'd go for those high, high notes, he'd go through all kinds of contortions—faces, body movement, the whole thing.

It looked like he was pushing every ounce of effort into it.

But most trumpet players knew something else was going on.



If he were actually struggling like that... there's no way that sound would come out of the horn the way it did. It was part of the show.

And to be fair— it was good TV. But it always made me smile a little.

Because sometimes we do the same thing. Not with a trumpet. But with life. Especially in recovery.

We take something that is already challenging— and then we add to it.

- more rules
- more pressure
- more expectation the stuff we should have this figured out by now

We tighten up.

We make the faces.

We try to show how hard we're working at it.

### **From Early to Long-Term**

And while I'm being serious and honest-

My senior year in college I had a reputation.

I was way too serious.

I got it from a brass quintet performance.

It was Fall commencement and we were playing for it. Good solid music.

Until it was all over and the graduates were going out. And the quintet started into the school fight song.

I was appalled. Such silliness.

At such a serious moment.

And I made sure I told my colleagues.

*This band should be serious more often.*

Such wisdom; such arrogance.

Of course there's a time and place for serious. But all seriousness can make Barry a very dull person to be around.

Recovery is a serious business. Especially the first two years.

But...

### **The Heart of the Week:**

That's also where I'm reminded of something I've heard for years in recovery circles:

**Rule 62.**

**Don't take yourself so damn seriously.**

Not because this doesn't matter.

But because sometimes the extra weight we're carrying... isn't part of the music we've discovered and are living. I had one of those moments not too long ago. When my seriousness took over.

It was nothing major— but I caught myself replaying it, adjusting it, trying to get it “right” after the fact.

Finally, somewhere in the middle of it... I stopped. Not because I figured it out. But because I realized what I was doing.

And I had to smile a little. *Rule 62.* It didn't fix anything. But it did change the moment.



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**We have been dealing with  
alcohol in its worst aspect.  
But we aren't a glum lot.**

**If newcomers could see no  
joy or fun in our existence,  
they wouldn't want it.**

Alcoholics Anonymous, P. 132.

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**🌱 A Closing Thought**

Maybe that's part of what Rule 62 is really all about.

Not dismissing recovery.

Not avoiding seriousness.

But remembering- recovery was never meant to become another performance.

Laugh a little.

Let yourself be human.

Stop trying to play the entire piece all at once.

Making it look harder than it is.

Somewhere along the way, recovery has to be more than just hard work.

It's life.

And sometimes...  
a pretty good one.

Turns out the most helpful rule is  
there aren't quite so many rules after all.

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## A Quiet Next Step

If wanting this kind of growth is something you've been noticing in your own life, I hold a Beyond Sobriety MasterClass every month.

The next one is next week with the theme:

**“When Recovery Feels Flat:  
The Hidden Challenge of Long-Term Recovery”**

**Wednesday, June 3 at 12:00 pm CDT.**

*I'm Interested*

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A handwritten signature in blue ink, appearing to be 'Ben'.





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**Barry Lehman**

2370 Lexington Ave. S

Mendota Heights, MN 55120

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