



Mastering Recovery

Rooted in the Steps • Growing Through Connection

With Barry Lehman

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Just Be Humble ● Surprising Recovery

What I'm Thinking

A number of years ago, my wife and I had a running joke about someone we knew.

They were very active in organizations, strong in their opinions, and not shy about taking a stand. Every now and then, when comparing their group to others, they would say:

“When it comes to humility...
we’re tops.”

We listened carefully each time.

No sign they were joking.

They came to mind last week. I was reading the newsletter from Austin Kleon and an article title: *How to Get Some Cosmic Perspective*. He included a picture: [\[Link\]](#)





Humility?

Not exactly.

More like a gentle (or not-so-gentle) tap on the shoulder:

Do you really think you're that important?

Look where you are sitting.

Now... get back to what you're doing.

Surprise, Barry. Didn't expect that, did you?

I don't surprise easily. At least... I don't think I do.

Which may be part of the problem.

It reminded me of a moment in a group I was leading on spirituality.

I asked a simple question:

"What word comes to mind when I say 'spiritual'?"

One woman answered quietly:

"Grand Canyon."

That was it.

No explanation. No follow-up.

Just... Grand Canyon.

Okay, Barry.

Maybe this is where you stop talking for a moment.

From Early to Long-Term

When something like that happens—something that simple, that clear— can I give any credit to my recovery?

Not really.

Was it a gift *of* recovery?

Maybe.

Or maybe the ability to feel that kind of awe in the first place... is a sign that recovery is doing something deeper than I realize.

Or maybe—just maybe—

it's a gift *to* my recovery.

Another one I've heard over the years:

"You know... you're unique."

(There's always a pause.)

"Just like everyone else."

That one still makes me smile.

One of my early sponsors used to say, in his own way:

"Don't go looking for it."

Just stay aware.

Stop. Look. Listen.

Chances are, what you're noticing... is recovery quietly entering your day.

The Heart of the Week:

Another way to say it:

Keep your perspective open.

Because the moment I'm sure I have the answer—
I'm usually a little lost in myself.

And it often takes something larger than me—
something sacred, or at least unexpected—
to get my attention again.

When I stay a little more honest...
a little more open...
a little more willing...

I seem to get surprised more often.

So as we begin the final eight weeks of this year's newsletter, I'm going to spend some time paying attention to those surprises—and sharing a few of them with you.

You can take it as a quiet confession:

Even now... after all these years sober...
it's not always easy to notice them.

(And no, I won't tell you how many years that's been.)

Or you can take it as a challenge—
for both of us.

Because most of these surprises aren't dramatic.

They're not miracles.

They're more like:

a quiet whisper
a still, small voice
a gentle tap on the shoulder

But they're there.

Just don't lose the expectation of being surprised.



The moment humility becomes self-conscious, it becomes hubris. One cannot be humble and aware of oneself at the same time.

— Madeleine L'Engle

A Quiet Next Step

Over the next couple months, I'll be writing and speaking about what it means to live recovery—not just

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

maintain it- by remaining open to awe and wonder in long-term recovery.

To stay open for surprise.

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

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

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

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:

I'm Interested



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Relevant Recovery.

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