



Mastering Recovery

Rooted in the Steps



Practicing the Principles

With Barry Lehman

Issue 6.04 - July 22, 2026

🌟 After the "Ouch!"

Only hours after finishing last week's newsletter on awareness, I found myself in a long conversation with a friend.

We weren't talking about recovery principles. We were talking about the future of *Mastering Recovery*.

At one point he asked me to draw a simple pyramid.

At the top, write **Vision**.

In the middle, **Goals**.

At the bottom, **Today's Commitments**.

Then he paused.

"The success of your vision depends on many things outside your control.

The success of today's commitments depends almost entirely on you."

It took me a moment to realize he wasn't really talking about planning.

He was talking about discipline.

The same thing is true in music. Musicians don't practice scales because they love scales. They practice because they hear music that the scales will someday make possible.

Discipline serves a larger vision.



As I reflected later that day, I realized that Step 11 follows much the same pattern.

Vision: Seeking God's will.

Practice: Improving conscious contact through prayer and meditation.

Simple enough.

Awareness helps us see the path;

Discipline helps us stay on it.

But That Was Only the Beginning- Of course!

A few days later, life gave me an opportunity to practice it.

I found myself in another conversation. At first, I thought the issue was about someone else.

It turned out it was about me.

Ouch.

That always hurts.

But such awareness doesn't end the journey. It begins it.

I didn't solve it in an afternoon.

I prayed.

I reflected.

I journaled.

Living Recovery:

I kept coming back to it instead of running from it.

As I stayed with it, the truth of my need led me down some familiar paths from years ago—but this time I saw them in new and deeper ways.

Practicing the Principles:



A practice for the week:

This week, find a quote, Scripture, recovery slogan, or passage that has stayed with you over the years.

Read it slowly each day.

Ask yourself:

"What is this inviting me to practice today?"

Don't rush to answer.

Just pay attention. Simply return to the practice.

Then notice what begins to emerge.

◆ A Closing Thought

I realized something else this week.

Discipline isn't about becoming more rigid.

It's about returning, again and again, to the practices that help me hear more clearly and live more honestly.

I'm still learning what that looks like.

But I'm beginning to trust the process.

Discernment doesn't usually arrive all at once.

It grows as we keep showing up.

Next week, I'll explore what those daily practices begin to produce.

Because, over time, discernment bears fruit.



Upcoming Conversations and Events

From the Center of Addiction and Faith



Rebuilding lives, one senior at a time

**WEDNESDAY
JULY 29TH**

**12.00 PM CENTRAL
1:00 PM EASTERN**



Addiction doesn't disappear with age—it often becomes more complex. Join us for a timely and eye-opening conversation with three experts from **Silver Sobriety**, a treatment program dedicated to helping older adults struggling with substance use disorders

Register



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Email me. I always look forward to hearing from you



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