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Mastering Recovery

Rooted in the Steps

Recovery Capital

With Barry Lehman

Issue 6.15 - October 7, 2026



I'll be at the MARRCH Annual Conference again this year.

Hope to see you there.

Expecting the Unexpected



It was only hours after I finished writing last week's newsletter and the albino squirrel.

I was sitting with friends before my regular AA meeting. Out of the corner of my eye

-- a flash of blue swept across the window.

I use that window for contemplation both before and during the meeting. Only sparrows ever showed up before.

Then a bluebird landed on the orange pole next to the electrical transformer.

Wait- a bluejay flew across next and landed in the tree outside the other window.

Over the next hour, yes, the entire meeting, the jay, the bluebird and two

sparrows played “let’s keep Barry focused.”

Others at the meeting saw them- and enjoyed them, too.

Then the birds left and so did we. We all went on to whatever else that wondrous day might have in store.

What a gift.

Grace.

I’m a great advocate of grace. As a gift to me and as a gift from me. I have come to believe (there’s that old 2nd step phrase again) that we give ourselves too much credit for things that we get right and not enough credit for how much we can share it.

I didn't make the bluebird appear. But perhaps recovery has helped me become someone capable of noticing it.

🌈 That's Only the Beginning- Of Course!

Attention. Awareness. Friends. An AA community.
A contemplative habit. Curiosity. Gratitude.

Even the ability to sit still long enough to look out a window.

Some things are **assets**. Some things are **gifts.**

Sometimes the assets we've developed allow us to receive the gifts we couldn't possibly manufacture. And then be willing to grant the same to others.

Grace is unearned. I simply receive it. If I have to earn it, it isn’t grace. If I have to do something for it to be given, it’s not grace.

But once I recognize it, once I can step back in quiet wonder or heart-stopping awe I can then discover greater gifts that I never knew I had or that can help me build recovery.

People who study and research recovery have a name for the resources we accumulate and draw upon—**Recovery Capital.**

It is not just stuff accumulated and sitting in a secure vault somewhere. It is available to produce something further.

Capital is

- **Accumulated-** gathered skills, experience, resilience
- **Available-** I can draw upon it today, accessible, when needed.
- **Productive**- I can do something with it in growth, connection, service.

...🌿 Living Recovery

Recovery capital:
Everything I have available to help me live my recovery.

Assets are what I have.
Capital is what is possible when they are put to use.
Recovery Capital is what I've got to work with to continue to build my recovery.

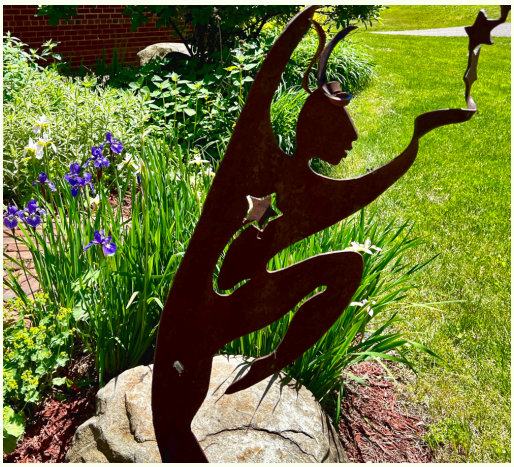
My MARRCH presentation will be on Tuesday morning, Oct 27 at 8:00 AM.

From Maintaining Recovery to Living Recovery:
Helping Clients Build a Sustainable Recovery Life

We will explore the roles of *hope, practice, and connection* in helping ourselves and clients move into long-term growth and engagement in recovery.

🌿🌿 Strengthening Recovery:

What might already be outside my window that I haven't noticed yet?



No assessment, no scoring, no "identify your five weakest areas."
What **is** working for you today?

🔶 A Closing Thought

Make room. Notice what's there.

Discover what you've got to work with.

Upcoming Event: Thursday, October 22



Register

Back issues of the newsletter can be found at: **Newsletter Hub.**

Email me. I always look forward to hearing from you

Do you like the newsletter? Forward it to a friend or colleague!

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