View in browser



Mastering Recovery

Rooted in the Steps

Recovery Capital

With Barry Lehman

Issue 6.22 - November 24, 2026

(A day early so we can all enjoy Thanksgiving)

And the Greatest of These



After three weeks of discussing a balanced recovery diet, we arrive at Thanksgiving.

And what do we do?

We eat too much. We enjoy foods that may not appear on anyone's recommended nutritional menu. We have dessert. Sometimes more than one.

Ah, yes. Thanksgiving is giving thanks by eating lots of food.

- *Leave room for dessert. But wait- there's still room on your plate.*

🌈 That's Only the Beginning- Of Course!

The most nourishing part of Thanksgiving may not be what's on the plate.

It may be the people, conversations, memories, laughter, traditions, and connections.

And sometimes the people we miss.

Sometimes gratitude and grief sit at the same table.

Gratitude doesn't require pretending that everything is wonderful.

...🌿 Living Recovery

- October explored the resources we've accumulated.
- November has explored what nourishes us and what becomes possible when recovery becomes part of how we live.

Now we can ask:
How much of what nourishes my life did I actually create by myself?

People helped us. Someone listened. Someone encouraged us. Someone gave us another chance. Opportunities appeared. We found strengths we didn't know we possessed.

We practiced, certainly.

We worked.

We made choices.

But we also received.

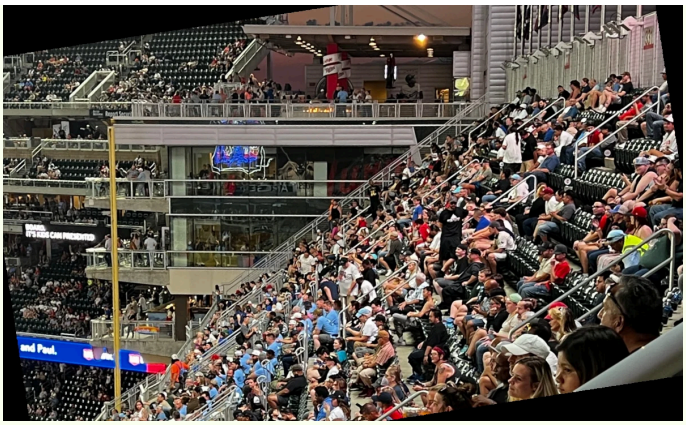
Perhaps gratitude is recognizing that relationship between our efforts and the gifts we've been given.
It's the **love** that makes gratitude possible and gives it somewhere to go.

Gratitude isn't just looking backward at what we've received.
It can shape how we live today and what we offer others.

- The friend who wants to enjoy coffee together.
- The significant other who wants time together.
- The people whose presence makes life richer.

🌿🌿 Strengthening Recovery:

Who or what has nourished my life in ways I could never have accomplished alone?



Gratitude is not only the greatest of virtues,
but the parent of all the others.

-- Cicero

📍 From a Master Class Conversation

Room to Enjoy Life

During our November MasterClass, we somehow ended up talking about baseball!

But perhaps that wasn't a detour.

One of the gifts of long-term recovery is the freedom to enjoy ordinary things—a ballgame, time with family, a conversation with a friend, or simply being present.

Recovery gives us more than freedom *from* the life we once lived.
It gives us freedom *for* the life we're living now.

What are you grateful to be able to enjoy today?

🔶 A Closing Thought

Recovery isn't something I have to keep doing every minute.
It's increasingly the way I live.

A healthy recovery life isn't simply the result of everything I've practiced and learned.

It's also shaped by what I've received from others, often without realizing it at the time.

And the greatest of these may be the love that continues to nourish us.



The next *Beyond Sobriety Master Class* is

Wednesday, December 2 at 12:00 pm CDT.



I'm interested.

The *Beyond Sobriety Master Class* is a conversation, not a lecture. Bring your experience, questions, ideas—or simply yourself. It's free and open to all.

🌅

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!

Barry Lehman
2370 Lexington Ave. S
Mendota Heights, MN 55120

All photographs are my own.

Copyright © 2026

Spam is not part of recovery.
You may unsubscribe at any time.

Unsubscribe

