

Mastering Recovery

A Newsletter on Long-Term Sobriety

#21 -- November 24, 2021

Going Deeper-Giving Thanks

When you are grateful for what you have, you can find meaning.

When you find meaning, your gratitude grows.

[Repeat]

What I'm Thinking

Happy Thanksgiving Day
Expand your gratitude.

Facing Challenges - Building Recovery

Going deeper into gratitude is the challenge I give you this week. It is based on the last two pages of the story "Freedom from Bondage" in the *Big Book of Alcoholics Anonymous* (p. 553). Go back and read the whole story. It's worth it.

Resentments are the toxins that undermine gratitude. But gratitude can be the key to healing. Or at least the willingness to be grateful.

So here's the building block for you this Thanksgiving week.

- If you have a resentment you want to be free of,
 - pray for the person or the thing that you resent.
- If you will ask in prayer for everything you want for yourself to be given to them, you will be free.
 - Ask for their health, their prosperity, their happiness, and you will be free.
 - Even when you don't really want it for them and your prayers are only words and you don't mean it, go ahead and do it anyway.
- Do it every day for two weeks,
 - you will find you have come to mean it and to want it for them,
 - you will realize that where you used to feel bitterness and resentment and hatred, you now feel compassionate understanding and love. (p.553)

Sometimes that doesn't work in two weeks. Add another two weeks where you pray that you will be blessed or enriched in some way by knowing them. (That's really going deep.)

Have I done this? Yep! Has it worked? Yep! (Much to my surprise.) You may not come to like them, but the resentments will be gone. THAT is gratitude at work.



Picture of the Week



This Means Nothing

At least to you.

It is Orchestra Hall in Minneapolis, MN.
The picture is a great memory for me.

It is pre-show of a concert by the Preservation Hall Jazz Band. One of my favorite groups. It was exciting to be there and exciting to hear them play. When I remember that evening through the wonder of pictures, I am grateful.

What memories do you have this week that you can remember with gratitude?

Was this email forwarded to you?

Click button for your own subscription.

[Subscribe](#)

Whether you got this directly from me or had it forwarded to you- why not forward it to someone you think might be interested?

Quote of the Week

Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts.

- Henri Frederic Amiel

Tools and Resources

From [*Psychology Today*](#): How to actually have a happy Thanksgiving:

1. *Stay Out of the Drama*
2. *The Calmest One Wins*
3. *Take Time for Yourself:*
4. *Exercise:* and
5. *Breathe*

~~~~~

DISCLAIMER: These resources may contain affiliate links, which means that if you click on one of the product links, I'll receive a small commission. This helps support the newsletter and allows me to continue to share mastering recovery.

Thank you for the support!

---

### Barry Lehman

4903 16th Ave NW,  
Rochester MN 55901 United States

Copyright © 2021

You received this email because you signed up on my website. Spam is not part of recovery. If you don't wish to continue to receive this newsletter you may unsubscribe.

[Unsubscribe Here](#)

