

Mastering Recovery

A Newsletter on Long-Term Sobriety

#25 -- December 22, 2021

Giving and Receiving

Hear the Message
Carry the Message
by Living the Message

What I'm Thinking

It is the season of giving, though admittedly we like the receiving part, too. Sometimes that can be a real struggle. We get excited about what we hope to get from someone of some event. "What's in it for me?" is too often our first thought. Sometimes we even think that way in promoting doing good things. "You will receive so much by giving to others!" is just appealing to the same basic instincts.

That is one of the reasons we often think about Steps Nine and Ten with amends. I had a friend who learned how to do that more completely by reminding himself that he wasn't doing it for the other person, he was doing it for himself. He would continue to receive the wonders of sobriety. Well, if it gets someone to give in a way that they never have before, I guess it works.

Eventually, though we move to doing the next good thing (a variation on the next right thing) simply because it is the right and good thing to do- for the other person. You may very well get the reward of that wondrous warmth of having done something good. That's fine. But we don't need to do it for that reason. We do it because we want to. That's it. The other person benefits.

I'm obviously not talking about running out and buying gifts, spending a lot of money, or making sure everyone knows how generous we are. It's from the quiet center of our heart and soul that we find what we can give. It's found in our gratitude and hope; it's given in humility and love. We share our experience, strength, and hope that others may receive and find joy.

May your holiday season, no matter your personal reasons for celebration, be filled to overflowing with the opportunity to give at least as much as you receive.



Facing Challenges - Building Recovery

- What message of hope and care in recovery have you heard or discovered in the past month?
- What have you received that you can give to others in the next month?
- What's holding you back?
- Take an inventory, give thanks, share what you have been given.
- Work to make that part of your lifestyle throughout the holiday season and beyond.

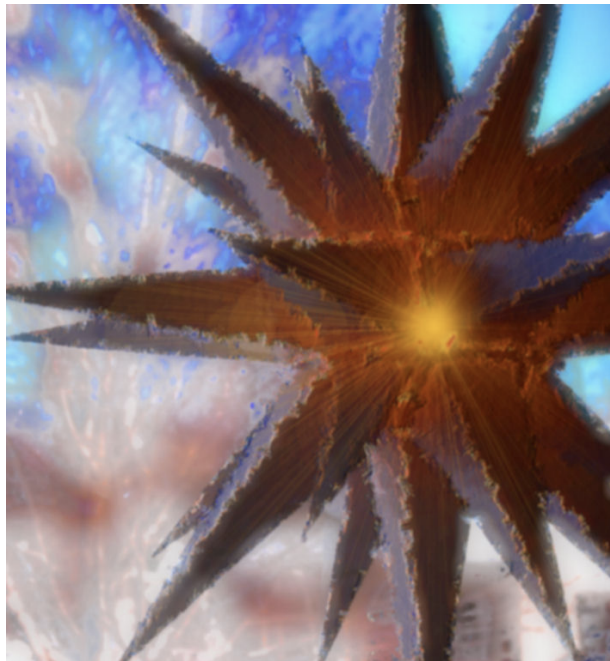
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Quote and Picture of the Week



**From the Light of
Recovery at Your Center**

Spread the light in all directions.
Give from all you have received.

Tools and Resources

From Psych Central, some great suggestions including spending time with others, volunteer, be emotionally available, and make someone laugh. (In short, be creative!)

8 Simple Ways to Give and Why Giving Is Good for You

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And a shameless self-promotion-  
forward this newsletter to a friend.



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