

Mastering Recovery

A Newsletter on Long-Term Sobriety

#34 -- February 23, 2022

**Practice These Principles
In All Our Affairs**

What I'm Thinking

They are only seven little words. They come at the end of the Twelve Steps of Alcoholics Anonymous. They are easily missed, ignored, repeated out of memory and not given much thought. They are, though, I think, the key to recovery, long and short.

To really work the twelfth step is to do more than carry the message to those who are still suffering. Why should they believe the message works? If they don't see it working in others, can they believe it will work for them? If they see we only do these things some of the time, how can they make a difference. Therefore we have to

practice these principles in all our affairs.

In other words, the principles that are the foundation of all recovery, must become the foundation of our lives. They must become our lifestyle! Recovery is not what we do- it is who we are! I have been looking at the principles behind the Steps in this month's newsletters. Here we come to the final three. Like steps ten through twelve, these are the maintenance principles. These are the ways we live a lifestyle:

- discipline
- awareness and
- service

That means:

- Developing the routine
- Inner and outer mindfulness
- Living with purpose.

Practice, practice, practice. The discipline of mastery.



Facing Challenges - Building Recovery

10. **Discipline:** Doing the next right thing takes a great deal of discipline. It keeps all the principles in focus. It is discipline that says I need to use the tools given me in order to live these principles.

- Do I have a healthy daily routine to support my recovery?
- What am I doing today to strengthen my recovery for tomorrow?

11. **Awareness:** Regular practice of these principles leads to mindfulness and an appreciation of the wonder and beauty of the recovering life. This conscious connection with the world and others leads to discovering meaning and purpose. Stay aware. Look for it.

- What am I letting get in the way of my mindfulness and awareness of myself and others?
- Am I doing the next right things or trying to do it my way?

12. **Service:** Live recovery! Live your life. Enhance it. Move in the direction of your purpose and live the grace you have been given.

- Am I open each day to the possibility to serve and support others as they did for me?
- How am I helping others?

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Quote and Picture of the Week

You are what you practice most.

-Richard Carlson



Yes, you.

A Mardi Gras picture from 2020 with next Tuesday being Mardi Gras.

Tools and Resources

Mastering Recovery will be adding some new resources and programs in the spring. I will be announcing them starting next week.

Email Me with ideas or questions and watch for more information next month.

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