

RRP 125 — Check-In / Be the Mountain

Presenters: Julie P. Lewis and Peter B. Dowell **Episode Length:** 57 minutes **Release Date:** July 31, 2026

Summary

Peter's nine years sober and one year cancer-free — and he didn't know which doctor he was seeing until he got there. In this check-in, Peter and Julie catch up on 90 days that changed everything: Peter's one-year scan coming back clean, the TMS study at Another Chance that could reshape addiction treatment, Julie finally sending in expungement paperwork after 32 years, and what it meant for Julie to bring Peter to her workplace for the first time. They talk about being the mountain — staying grounded through every storm — and why the simplest things matter now more than ever. Plus: Dress for Success full circle, Devlin's new apartment, a hummingbird at the window, and the recovery shout-outs you count on.

Key Points

- **Welcome to the check-in** (00:00) — Peter and Julie catch up after the Glam Lot roundtable. Julie's still tired from partying — the good kind, celebrating three promotions and three birthdays at dinner the night before.
- **Nine years and a parade** (02:00) — Peter celebrates nine years sober this Sunday. Julie jokes she's throwing him a parade. It's actually the Pride Parade. Peter's never been to Pride sober — he stayed away because it was "an excuse to party hard." This year he goes with sober eyes.
- **The cancer scan** (06:00) — Peter's one-year scans came back clean. When the front desk said he was seeing Dr. Leidner instead of the nurse practitioner, his mind went straight to the dark place. It was just his annual check-in. He's on a three-to-four-year path to remission.
- **TMS and breaking the cycle** (19:00) — Peter explains transcranial magnetic stimulation and the study he's working on at Another Chance, run by former RRP guest John Morgan. The study aims to reduce cravings for opiate and alcohol addiction — a non-medication treatment that could become part of standard care.
- **Julie's expungement** (24:00) — While hunting for tax documents, Julie found her expungement paperwork. Eight charges come off her record. Thirteen more that were dropped but still printed out. She's been out of prison 32 years. "It's about time."
- **Dress for Success, full circle** (13:00) — Julie's donating five business suits to Dress for Success, the same organization that gave her a white shirt, black pants, and a gold blazer 33 years ago when she graduated college. She wore those black pants for 12 years.
- **The mountain** (40:00) — Julie brought Peter to her workplace for the GTD fundraiser on June 24th. Her dad, her brother, her sponsor Don, and Izzy were all there. Peter saw the mountain she prays on every day — the one on the RRP logo. "The mountain doesn't care about the seasons that are coming or the storms that may hit. It stays in the moment. Be the mountain."

- **Progress, not perfection** (47:00) — Julie's A1C is 5.2. Peter's doctor was amazed he didn't gain weight back after cancer treatment. They talk about patience, small steps, and not waiting until "someday."
 - **Community shout-outs** (30:00) — Devlin got an apartment with his mom. Amanda celebrated 10 years. Rogue Recovery and 4D Jackson County hit one year. Tony from 4D has a new baby. Elton's expecting. Tara McCarthy from Peer Services announced hers. Al is out of hospice and back home.
 - **What's next** (52:00) — The Real Recovery Podcast is adding two board members (going from three to five), getting a media intern, and someone volunteered to write grants. Fred Meyer Community Rewards sent their first quarterly check: \$11.01. They finally have a standup banner.
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Websites Discussed

- Dress for Success
 - Another Chance Rehab
 - GTD Go The Distance
 - True Colors Recovery
 - Rogue Recovery Center
 - 4D Recovery
 - Fred Meyer Community Rewards
 - Real Recovery Podcast
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"The mountain doesn't care about the seasons that are coming or the storms that may hit. It stays in the moment, it's strong. Be the mountain." — Peter B. Dowell

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