

RRP 127 — Ben M. / Triumph Over Trials, Part 2: Three Sponsors, One Prayer, Over Six Years

Presenters: Julie P. Lewis and Peter B. Dowell Episode Length: 58 minutes Release Date: August 14, 2026

Ben M. is back. Two years after recording one of our most popular episodes, he returns with over six years of sobriety and a story about what changed. The chronic relapser who once bought a bottle of wine after his first AA meeting now sponsors three men. The guy who couldn't pray for people he resented now prays for courage every morning. And somewhere in the last two years, the fever broke.

In Part 1, we revisited Ben's original story — the Pinocchio detour, the lost law license, the glass of wine on a flight to San Francisco. Part 2 picks up where that left off. His sponsor told him, "Sweetie, I don't know what else I can tell you." Ben sat with that discomfort. He stopped fighting. And one week after another, three men asked him to sponsor them.

This is a conversation about what happens after you stop relapsing. About seeing the world with new eyes. About a listener named Ryan who commented, "He's why I stay sober and I keep coming back." About Portland Pride, meditation meetings, breakfast casseroles at the sausage fest, and Julie finally getting Ben his long-overdue RRP shirt. And about promises — real ones — that actually started coming true.

Key Points

- [00:00] Julie welcomes Ben back — his original episode was always in the top five, and she finally got him his shirt
- [02:00] Six years sober — "I was already at death's door in May of 2020"
- [04:00] The fever breaking — his sponsor said "I don't know what else I can tell you," and Ben sat with it
- [08:00] Seeing the world with new eyes — "I don't even wanna drink because it's not a solution"
- [14:00] Three men asked him to sponsor them, one after another — "I had not had anybody ask me to sponsor them"
- [18:00] Sunday night service at Extended Family — opening the door since October 2020
- [20:00] First Pride parade — Julie, Peter, and Ben share their experiences
- [25:00] Meditation meeting, sausage fest, and the breakfast casserole
- [28:00] Learning to sit with uncomfortable emotions — "The secret was just learning how"
- [33:00] Responding vs. reacting — how Ben handles conflict differently now
- [46:00] Promises coming true — "I have had so many promises come true to me"

Websites Discussed

- Lunch Bunch / Extended Family AA — <https://sites.google.com/view/lbefaa>
- Alcoholics Anonymous — <https://www.aa.org>
- Real Recovery Podcast — <https://www.realrecoverypodcast.com>

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"I'm seeing the world with new eyes. I'm thinking with a new brain. I don't even wanna drink because I am now of the understanding that that's not a solution to my problem." — Ben M.

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