

RRP 131 — Elton F. / Nearly Eight Years and a Life That Kept Growing: An Update

Presenters: Julie P. Lewis and Peter B. Dowell

Episode length: Approximately 41 minutes

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Elton F. returns to Real Recovery Podcast nearly eight years into recovery, with a growing family, a baby girl on the way, and a new fundraising and development role at [4D Recovery](#). She talks honestly about how recovery changes over time, why AA remains her foundation, and the freedom of building a life around family, service, and what matters most.

Key points

- **[00:02]** Elton shares what has changed since her first conversation, including her work at 4D Recovery and buying a home with her fiancé.
- **[00:05]** A baby girl is on the way, and Elton reflects on what it means for her daughter to grow up never seeing her use.
- **[00:08]** Elton remembers the gradual decisions that helped her let go, including telling people where she had hidden drugs and needles.
- **[00:09]** From direct service to fundraising and development, Elton talks about lifting up other people's recovery stories.
- **[00:28]** Family, an upcoming wedding, and a life becoming more grounded.
- **[00:29]** Nearly eight years sober, Elton describes AA as her foundation, even as meetings and service look different in different seasons.
- **[00:35]** Elton speaks directly to anyone hearing her story for the first time: change can be slow and painful, but life can get better.

Websites discussed

- [4D Recovery](#)
- [Oregon Recovers](#)
- [Alano Club of Portland](#)
- [Real Recovery Podcast](#)

Listen: <https://mdcr1.com/131>

Blog: <https://mdcr1.com/131b>

"Time has shown me, as long as I stay sober, that it does get better and things do heal."

— Elton F.

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