RRP 140 — Markie B / Safe Enough to Keep Coming Back

Presenters: Julie L and Peter D
Episode length: Approximately 72 minutes
Release date: Friday, November 13, 2026

Markie B joins Julie L and Peter D to talk about growing up around addiction, finding Lunch Bunch, and learning to trust people in recovery. A sponsor's calm voice offered something Markie wanted after years of chaos. The conversation follows the difference between stopping drinking and getting honest about cannabis, the work of setting boundaries, and the meetings that helped Markie keep coming back.

Key points

- 00:05:00 **Growing up around addiction:** Markie begins the story of family addiction and childhood loss.
- 00:10:00 **Adult children and family patterns:** ACA (around since the late 1970s), therapy, and returning to difficult memories.
- 00:16:00 **Asking for help as a teenager:** Markie recalls arranging an inpatient admission before turning sixteen.
- 00:38:00 **Finding Lunch Bunch:** A search for gay AA meetings in Portland leads to a first meeting.
- 00:43:00 **Learning to care for yourself:** Sobriety changes how Markie sees the marriage and personal boundaries.
- 00:48:00 **The calm voice on the phone:** Finding a sponsor and becoming willing to listen.
- 00:52:00 **Getting honest about cannabis:** A difficult conversation with a sponsor begins another change.
- 00:58:00 **Feeling alive:** Markie describes what is different without drinking or using.
- 01:00:00 **Meetings and showing up:** Daily meetings, even from a hospital bed after surgery, and a fellowship where people take care of each other.
- 01:06:00 **Listening and healthy boundaries:** Markie reflects on suggestions, step work, and learning to ask for help.

Websites Discussed

- Lunch Bunch / Extended Family AA
- Alcoholics Anonymous
- Adult Children of Alcoholics & Dysfunctional Families (ACA)
- True Colors Recovery
- Live and Let Live Club
- Rainbow Travelers (ACA Oregon meeting directory)
- Narcotics Anonymous
- Marijuana Anonymous
- Al-Anon Family Groups
- Metropolitan Community Church of Portland
- Drop the Rock (Hazelden Publishing)
- Drop the Rock: The Ripple Effect (Hazelden Publishing)
- The Let Them Theory (Mel Robbins)
- The 5 Second Rule (Mel Robbins)
- Real Recovery Podcast

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> "was trying to save my marriage, and it turns out what I need to do is save myself"
>
> Markie B

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