

RRP Episode 92 – Gary’s Story of Long-Term Sobriety, Service, and Recovery Community

Presenters: Julie and Peter **Length:** 1 hour and 11 minutes

Summary

In Episode 92, Julie and Peter reconnect with longtime friend **Gary H.**, whose recovery spans many years of meetings, sponsorship, and deep community roots. Together, they revisit memories from MCC and the Lunch Bunch, explore Gary’s experiences with caregiving, travel, and grief, and reflect on the powerful relationships that shaped his sobriety. Gary closes the episode with heartfelt words of wisdom—including what he tells every newcomer—and an emotional reflection on the gifts recovery returned to him.

Key Points (with Timecodes)

- **Early memories at MCC, the blue BMW, and how Peter learned Gary’s name** (00:04:12–00:05:23)
 - **Gary’s years of sponsorship and having up to seven sponsees at once** (01:02:44–01:03:19)
 - **Life changes and caregiving for Randall’s mother** (01:03:25–01:04:35)
 - **Preparing for a month-long trip to Hong Kong and Southeast Asia** (01:03:25–01:03:47)
 - **Gary’s reflection on nearly relapsing after moving back to Portland and how a new men’s meeting saved him** (00:52:03–00:53:39)
 - **Losing sponsors and friends in recovery and continuing forward** (00:53:13–00:53:39)
 - **Gary’s heartfelt “words of wisdom” for newcomers** (01:06:15–01:06:26)
 - **His reflection on what recovery gave back to him—self-esteem, family, love, and himself** (01:06:39–01:06:55)
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Quotes

“What I always say to a newcomer is, if you stick around, you will get the life, not the life that you deserve, the life that you were meant to have.” —Gary H.

“I got my self-esteem back. I got the love of my family back. I got my mother back. I got everything back and I never thought I would... and I love myself. I really, truly love myself.” —Gary H.

Links

Listen to the Episode: <https://mdcr1.com/92> **Read the Blog:** <https://mdcr1.com/92b> **Real Recovery Podcast:** <https://www.realrecoverypodcast.com>

Hashtags and Mentions

#RealRecoveryPodcast #RecoveryCommunity #SobrietyJourney #AlcoholicsAnonymous #SponsorshipInRecovery #HopeAndHealing #LongTermRecovery @RealRecoveryPodcast