Before I start, I’d like to say that this reading quotes Dag Hammarskjold on the feelings of alcoholics. What he says seems to me to be a stereotype and I hope that you will all take it as an interesting example, rather than a reflection of the soul of every person sick with alcoholism.

From The Spirituality of Imperfection by Ernest Kurtz & Katherine Ketcham:

“Humility is, above all, honesty. True humility neither exaggerates nor minimizes but accepts. As Dag Hammarskjold put it in [his book] Markings: ‘Humility is just as much the opposite of self-abasement as it is of self exultation. To be humble is not to make comparisons. Secure in its reality, the self is neither better nor worse, bigger nor smaller, than anything else in the universe. It is -is nothing, yet at the same time one with everything.”

“The alcoholic’s problem is not that he thinks, ‘I am very special.’ Nor is the alcoholic’s problem that he thinks, ‘I am a worm.’ The alcoholic’s problem is that he is convinced: ‘I am a very special worm.’ “

“The problem with ‘very special worm,’ of course, is comparison; such a vision is not the kind of mixture that underlies humility, which begins with the acceptance that we are neither uniquely ‘very special’ nor absolutely ‘worm.’ The humility of both/and refuses precisely the kind of uniqueness, the claim to be exceptional, that ‘either-or’ demands. Humility -the acceptance that being human is good enough- is the embrace of ordinariness. That is not to say that humility sees ordinariness as ‘good enough’; humility rather sees us as good enough, even in our ordinariness.”

Note: stuff in square brackets is from me