

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 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 ~~mixed~~ [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