

'The greatest gift we have — our sobriety'

by Mack Kvasnikoff Sr.

from *New Options*

Our gratitude and sharing of experience gives us a singular sense of kinship in our "freedom from suffering."

We keep the greatest gift we have — our sobriety — by offering it freely to the alcoholics and drug users who are still suffering.

Everyday we are grateful, not miserable, after being sober for years. At this time of giving and receiving, let us consider the gift of love and acceptance.

Today, we may be facing personal crisis, and we ask ourselves, "How can accept this?" We are then reminded that this is how we felt when we confronted our *powerlessness* over alcoholism, our deadly disease, and that we could find sober living.

For those of us in pain, let us ac-

cept the gift of another door opening, and let us accept the gifts of self-acceptance and humility — *One Day at a Time*.

We alcoholics are men and women who have lost the ability to control our drinking. We know that no real alcoholic ever regains that control.

All of us felt at times that we were regaining control, but such intervals, usually brief, were inevitably followed by still less control. This led, in time, to pitiful and incomprehensible demoralization.

We have a massive illness. Over any considerable period, we get worse, never better.

We are like men who have lost their legs — they never grow new ones. Neither does there appear to be any kind of treatment which will make alcoholics of our kind like other men.

We have tried every imaginable remedy. In some instances, there has

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been brief recovery, followed always by a still worse relapse.

Physicians who are familiar with alcoholism agree that there is no such thing as making a normal drinker out of an alcoholic. Science may one day accomplish this, but it hasn't been done so yet.

Mack Kvasnikoff Sr. of English Bay, submitted this article to the Tundra Times from the April issue of "New Options" of Port Graham, Seldovia, English Bay and South Kachemak Inc.