

Step One

January 16

“We admitted we were powerless over alcohol—that our lives had become unmanageable.”

Those of us who admit we are powerless over our addictions understand that Step One is our jumping off place. Committing to Step One means complete surrender. On the surface, surrender sounds easy to do, but it isn't. Our inability to surrender lies between our ears, in our minds.

The disease of alcoholism insists that drinking is okay and asserts that alone, we can manage and control our drinking. ***This is the insanity of alcoholism.*** The mental obsession comes first, often days or weeks before the actual drink itself. With excitement, we see ourselves preparing for a holiday or dinner with friends or family. The first sip starts a physical compulsion followed by a mental obsession that prevents us from walking away from a second one and more.

The mind says, *Of course you can walk away!* but go ahead and try walking away if you want to know your truth.

We take a drink, and then the drink takes us. In no time, our lives become unmanageable. This process is referred to as the “phenomenon of craving” whereby, together with our disease of perception, a mental obsession ensures with certainty, our inability to stop once and for all.

In recovery we're told that this is the only step that must be taken with complete perfection. The solidity of this step must be able to survive the next eleven steps. Step One is the problem. When we drink, not only are we powerless over alcohol and find it difficult if not impossible to stop, but the rest of our life is unmanageable. We're told that drinking is just a symptom of a disease that promises death for many chronic drinkers. An alcoholic without a resolution to stop drinking is the equivalent of someone jumping out of a plane without a parachute. We must surrender to the certainty that this will *never* work, and so it is with alcohol. Our drinking will *never* be the parachute that saves us. Sooner or later, it will be the leap to oblivion that ends in our death, jail or institutions. Many continue to believe in the insanity that *this time it will be different*, but the results are, without exception, the same or worse, than before.

Step One is completed with hope that says just for the rest of today, we can- not drink. This is how we stay sober.

Acceptance that we cannot stay sober without help must follow us always. The God of our understanding, and the fellowship give birth to a transformed life. The miracles of sobriety come true for us as we stay the course, one day at a time.

TODAY'S MEDITATION

Please help to keep me sober, God, just for the rest of today. As I lean on you, I trust that I never have to be alone again.

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"At times it is strangely sedative to know the extent of your own powerlessness."

— *Erica Jong*

