

November 1975

### **Add 'recovered'?**

From Charleston, W.Va.:

I believe that I have recovered. Our Big Book tells us that we do recover. Before we get to the stories, it says "recover," "recovery," or "recovered" at least fifty-six times by count. (Maybe I missed some.)

I do not say that I am cured. But I am recovered from my drinking. I am aware that I will always be an alcoholic — always — but I will be a recovered one. At AA meetings, open or closed, to say, "I am an alcoholic" sounds like I am still just a drunk. It must sound that way, too, for the new people at the meeting.

In almost any town, I am sure I could find a lot of alcoholics—some of them will even admit that they are alcoholics. But they are still drinking and not doing anything about their drinking.

My hope is that more and more of us will begin to feel that we, too, have recovered, and will not be ashamed or embarrassed at meetings to say, "I am a recovered alcoholic."

C. McC.