



# PROMISES



A PUBLICATION OF THE FLAGLER COUNTY INTERGROUP OF ALCOHOLICS ANONYMOUS

Beverly Beach Bunnell Daytona North Espanola Flagler Beach Hammock Marineland Palm Coast Painters Hill

JULY / AUGUST 2010 ISSUE

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## A Friend of A.A. Doctor Carl Jung



Carl Jung, founder of *Analytical psychology* or *Jungian psychology*, was admired deeply by Bill Wilson. The Swiss psychiatrist was the first modern psychologist to consider the human psyche as "by nature religious".

On January 23, 1961 Bill Wilson wrote Dr. Jung a letter that he considered a long overdue note of appreciation for Carl's contribution to A.A.'s solution for alcoholism. Dr. Jung responded to this letter from Bill within seven days. Bill Wilson's experience with Jung can be found on page 26 & 27 in the Big Book of Alcoholics Anonymous. This letter from Bill W. to Carl Jung has been reprinted from [www.silkworth.net](http://www.silkworth.net).

### *My dear Dr. Jung:*

This letter of great appreciation has been very long overdue. May I first introduce myself as Bill W., a co-founder of the Society of Alcoholics Anonymous. Though you have surely heard of us, I doubt if you are aware that a certain conversation you once had with one of your patients, a Mr. Rowland H., back in the early 1930's, did play a critical role in the founding of our Fellow-

ship. Though Rowland H. has long since passed away, the recollections of his remarkable experience while under treatment by you has definitely become part of AA history. Our remembrance of Rowland H.'s statements about his experience with you is as follows: Having exhausted other means of recovery from his alcoholism, it was about 1931 that he became your patient. I believe he remained under your care for perhaps a year. His admiration for you was boundless, and he left you with a feeling of much confidence. To his great consternation, he soon relapsed into intoxication. Certain that you were his "court of last resort," he again returned to your care. Then followed the conversation between you that was to become the first link in the chain of events that led to the founding of Alcoholics Anonymous.

...continued on back cover

## Step Six and Seven: the margins of Step 4

When my sponsor told me I was "on" steps six and seven, I thought it was going to be cake. You see, most of those defects of character I found that I had after doing a fifth step with my sponsor were gone already, or so I thought. I was no longer stealing from my children to get a bottle. I was no longer lying about where I was or when I was going to get home, and after 15 months or so of continuous sobriety, I had gained a not so small amount of trust back from my family.

I didn't know that the defects of character my sponsor wrote about in the margins of my fourth step hadn't left me at all.

I compared those shortcomings I thought I still had with the most glaring

ones that I had done nothing about because I no longer had to use them. I hung on to those defects, believing that because they weren't as bad as the ones I used when I came into AA, I didn't have to do anything about them. So God didn't have to remove anything, \*I\* did it already.

How wrong I was. I had removed nothing. I learned in AA that with awareness comes responsibility. The awareness of myself that I gained when I did that fifth step made this path I was walking narrower. I could no longer close my eyes to the fact that I was still basically the same person I was when I came in, just not drinking. So my next step was to humbly ask myself to remove my shortcomings. To no small surprise I

found that I was unable to remove any of them! The spiritual and emotional pain became great enough for me to finally ask my Higher Power for help. I surrendered my character defects to God the exact same way I surrendered my alcohol obsession to Him in my first step; I can't stay sober alone and I can't remove my shortcomings without the same help.

Today, my character defects are in direct proportion to my willingness to have God remove them. The AA "Big Book" seventh step prayer is a part of my prayers every morning. It reminds me that I can not pick and choose what to surrender to God. I've made the decision that He should have all of me, good and bad. My part is to stay willing to do this on a daily basis.  
—Rich W.



# FLAGLER COUNTY ANNIVERSARIES



MESSAGE	NEW BEGININGS	HAPPY WANDERERS	ACCEPTANCE cont....	NOMAD cont...	24 HOUR cont...
<b>BELATED MAY</b> Maura M. 34 Rich C. 3	<b>BELATED JUNE</b> Dick S. 30	<b>JULY</b> Robin H. 4	<b>JULY</b> Karen D. 6	John S. 5 John M. 31	<b>AUGUST</b> George A. 27
<b>BELATED JUNE</b> Pat K. 33	<b>JULY</b> Joan D. 25	<b>AUGUST</b> Peter F. 21	Robin 4	<b>LIVING SOBER</b>	Rich H. 21
<b>JULY</b> Jinx M. 28	<b>AUGUST-Sandy H. 10</b>	<b>WOMENS' ACCEPTANCE</b>	<b>AUGUST</b> Barbara O'. 29	<b>JULY</b> Dave H. 16	Richard T. 28
<b>JULY</b> Amy P. 2	<b>WOMEN TO WOMEN</b>	<b>MAY BELATED</b>	Linda 8	Pat P. 23	<b>LIFE'S A BEACH</b>
<b>AUGUST</b> Tanya B. 24	<b>BELATED JUNE</b> Michelle L. 1	Sandy P. 8	<b>NOMAD</b>	<b>AUGUST</b> Mike B. 19	<b>JULY</b> Tammy C. 11
Odie L. 3	<b>JULY</b> Pat P. 23	Sally W. 26	<b>JULY</b> Barry G. 35	<b>24 HOUR GROUP</b>	William E. 3
	Joan D. 25	<b>JUNE BELATED</b>	Robert S. 13	<b>JULY</b> Bill G. 31	<b>AUGUST</b> David J. 9
	Joan M. 12	Lana 24	Thomas H. 1	Gladys H. 1	Zarek 3
		Sandy C. 24	<b>AUGUST</b> George A. 26	Rusty 21	Donnie W. 1

Please submit all anniversaries to: [tgower1@cfl.rr.com](mailto:tgower1@cfl.rr.com) (in subject line of email please put your group name)

## Announcements & Information

### Service Group Meeting Schedules

#### Intergroup:

Meets the first Monday of the month at 6:30PM

#### District 22:

Meets the last Monday of the month at 6:30PM  
(except for December)

The meetings are held at the  
Florida Hospital Flagler, Classroom C,  
in the Lind Educational Center.



**International AA Convention 2010**  
July 1 - 4, 2010  
San Antonio, Texas USA



### 54th AA Florida State Convention/66 Southeastern Conference

Miami, FL: August 11th - 15th, 2010  
Doral Golf Resort & Spa  
4400 N.W. 87th Avenue  
Miami, FL 33178

Visit [www.aafلاغler.org](http://www.aafلاغler.org) for more information and registration

### Responsibility Declaration:

*"I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there.  
And for that I am responsible."*

# Natural Law: Freedom from Defects

Dear Promises,

I wrote this while I was doing the fourth step and I guess I was being changed like it promises in the Big Book. Natural law sets us free and above the conduct of our defects because of the God given ability to be what He wants us to be. The beginning would be from which He set me, our nature as He has given us. Reflecting and calling upon His wisdom which is Eternal Law makes us move out of ourselves and to what that is, being whole and has the action needed by the effort.

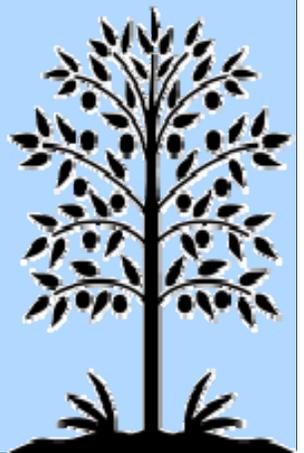
Stopping this action or blocking it with resentment or mood altering things, even emotional and spontaneous action has no match for this realm, it is contrary to and can not be paralleled with or move with it, it moves against and calls us away.

Spiritual experience and the awakening calls us to that which we should be, and at the beginning of life we are not lost, we have that plan and the vision of what is and the satisfaction of knowing that is all and we are born and fortified with it.

Not revealing what we know would be selfish, as selfish as the drink, even though we only can be related to by one who is willing; it should be said although even by being still and quite.

We do not have to do much but go through the day-by-day trudging for it is all around us and all we have.

—Anonymous

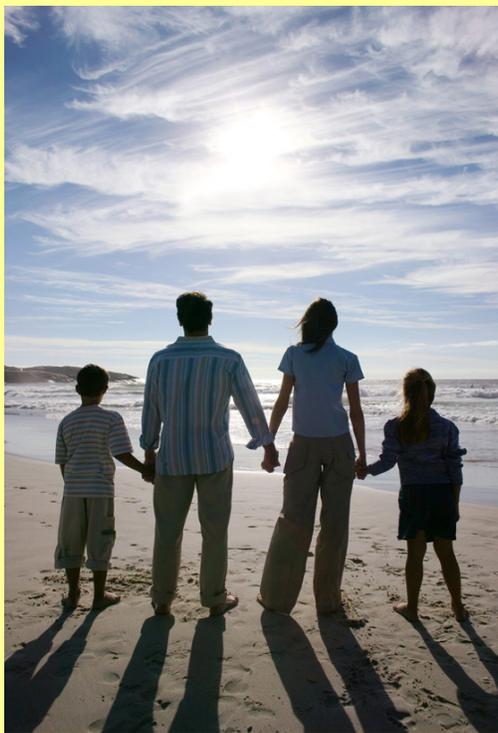


## I am a Sober Parent Today

One of the many things I screwed up while I was drinking was my relationship with my daughter. I told every one that I was doing everything I could to ensure her life would be good. Looking back, I don't think any of my actions were about her— it was about my ego. I used to brag about how I did "everything" for my child and it was one of my many excuses to drink every time something went wrong.

When I stopped drinking and started working the steps, I began to feel extremely guilty about my lack of parenting. I had a choice to make. I could either live in self pity or accept that I wasn't the best mom. I also needed to accept that there were many things I should have done differently. Even though this was a hard pill to swallow, I've realized that I can't change the past. Instead, I work really hard on accepting my past mistakes and moving forward.

Over the last year, my daughter and I have had to get to know each other all over again. It is a struggle because she is not used to



having a sober mom that is consistent and is not going to give in just to shut her up! Manipulation was a tool that worked for many years and now it doesn't. This is a huge change for my daughter! We have had a long rough road together, and it's been a lot of hard work undoing so many years of dysfunction, but it sure is worth it.

In this journey to a better life, I need to remember to stay focused on my sobriety. If I don't put my sobriety first, I won't be there for my daughter or anyone else—only the bottle. AA has given me the chance to do many things, and one of the most important things is becoming a better parent because that is the right thing to do. I am no longer bragging about "everything" that I do for my daughter with no results. I'm grateful that my daughter, as well as other people, have given me another chance.

Without my sobriety I have nothing.

—Corey J.

Doing service work for Alcoholic Anonymous has allowed me to fill the void that I used to feel when I was drinking. I love A.A. no other place has allowed me to really feel the true meaning of acceptance and living with a Higher Power as I understand it. Where else can one experience such freedom? Where else can one experience the true nature of giving without expecting anything in return? This is a real blessing and a gift from my Higher Power. Peace and love to all.

—Rosie

## Grateful for Service

void

—Rosie



## Bill W.'s letter to Dr. Carl Jung continued...

continued from front cover...

My recollection of his account of that conversation is this: First of all, you frankly told him of his hopelessness, so far as any further medical or psychiatric treatment might be concerned. This candid and humble statement of yours was beyond doubt the first foundation stone upon which our Society has since been built.

Coming from you, one he so trusted and admired, the impact upon him was immense. When he then asked you if there was any other hope, you told him that there might be, provided he could become the subject of a spiritual or religious experience - in short, a genuine conversion. You pointed out how such an experience, if brought about, might remotivate him when nothing else could. But you did caution, though, that while such experiences had sometimes brought recovery to alcoholics, they were, nevertheless, comparatively rare. You recommended that he place himself in a religious atmosphere and hope for the best. This I believe was the substance of your advice. Shortly thereafter, Mr. Rowland H. joined the Oxford Groups, an evangelical movement then at the height of its success in Europe, and one with which you are doubtless familiar. You will remember their large emphasis upon the principles of self-survey, confession, restitution, and the giving of oneself in service to others. They strongly stressed meditation and prayer. In these surroundings, Rowland H. did find a conversion experience that released him from the time being from his compulsion to drink.

Returning to New York, he became very active with the "O.G." here, then led by an Episcopal clergyman, Dr. Samuel Shoemaker. Dr. Shoemaker had been one of the founders of that movement, and his was a powerful personality that carried immense sincerity and conviction. At this time (1932-34) the Oxford Groups had already sobered a number of alcoholics, and Rowland, feeling that he could especially identify with these sufferers, addressed himself to the help of still others. One of these chanced to be an old schoolmate of mine, Edwin T. ("Ebb"). He had been threatened with commitment to an institution, but Mr. H. and another ex-alcoholic "O.G." member procured his parole and helped to bring about his sobriety.

Meanwhile, I had run the course of alcoholism and was threatened with commitment myself. Fortunately I had fallen under the care of a physician - a Dr. William D. Silkworth - who was wonderfully capable of understanding alcoholics. But just as you had given up on Rowland, so had he given me up. It was his theory that alcoholism had two components - an obsession that compelled the sufferer to drink against his will and interest, and some sort of metabolism difficulty which he then called an allergy. The alcoholic's compulsion guaranteed that the alcoholic's drinking would go on, and the allergy made sure that the sufferer would finally deteriorate, go insane, or die. Though I had been one of the few he had thought it possible to help, he was finally obliged to tell me of my hopelessness; I, too, would have to be locked up. To me, this was a shattering blow. Just as Rowland had been made ready for his conversion experience by you, so had my wonderful friend, Dr. Silkworth, prepared me. Hearing of my plight, my friend Edwin T. came to see me at my home where I was drinking. By then, it was November 1934. I had long marked my friend Edwin for a hopeless case. Yet there he was in a very evident state of "release" which could by no means be accounted for by his mere association for a very short time with the Oxford Groups. Yet this obvious state of release, as distinguished from the usual depression, was tremendously convincing. Because he was a kindred sufferer, he could unquestionably communicate with me at great depth. I knew at once I must find an experience like his, or die.

Again I returned to Dr. Silkworth's care where I could be once more sobered and so gain a clearer view of my friend's experience of release, and of Rowland H.'s approach to him. Clear once more of alcohol, I found myself terribly depressed. This seemed to be caused by my inability to gain the slightest faith. Edwin T. again visited me and repeated the simple Oxford Groups' formulas. Soon after he left me I became even more depressed. In utter despair I cried out, "If there be a God, will He show Himself." There immediately came to me an illumination of enormous impact and dimension, something which I have since tried to describe in the book "Alcoholics Anonymous" and in "AA Comes of Age", basic texts which I am sending you.

My release from the alcohol obsession was immediate. At once I knew I was a free man. Shortly following my experience, my friend Edwin came

to the hospital, bringing me a copy of William James' "Varieties of Religious Experience". This book gave me the realization that most conversion experiences, whatever their variety, do have a common denominator of ego collapse at depth. The individual faces an impossible dilemma. In my case the dilemma had been created by my compulsive drinking and the deep feeling of hopelessness had been vastly deepened by my doctor. It was deepened still more by my alcoholic friend when he acquainted me with your verdict of hopelessness respecting Rowland H.

In the wake of my spiritual experience there came a vision of a society of alcoholics, each identifying with and transmitting his experience to the next - chain style. If each sufferer were to carry the news of the scientific hopelessness of alcoholism to each new prospect, he might be able to lay every newcomer wide open to a transforming spiritual experience. This concept proved to be the foundation of such success as Alcoholics Anonymous has since achieved. This has made conversion experiences - nearly every variety reported by James - available on an almost wholesale basis. Our sustained recoveries over the last quarter century number about 300,000. In America and through the world there are today 8,000 AA groups. So to you, to Dr. Shoemaker of the Oxford Groups, to William James, and to my own physician, Dr. Silkworth, we of AA owe this tremendous benefaction.

As you will now clearly see, This astonishing chain of events actually started long ago in your consulting room, and it was directly founded upon your own humility and deep perception. Very many thoughtful AAs are students of your writings. Because of your conviction that man is something more than intellect, emotion, and two dollars worth of chemicals, you have especially endeared yourself to us.

How our Society grew, developed its Traditions for unity, and structured its functioning will be seen in the texts and pamphlet material that I am sending you. You will also be interested to learn that in addition to the "spiritual experience," many AAs report a great variety of psychic phenomena, the cumulative weight of which is very considerable. Other members have - following their recovery in AA - been much helped by your practitioners. A few have been intrigued by the "I Ching" and your remarkable introduction to that work.

Please be certain that your place in the affection, and in the history of the Fellowship, is like no other.

*Gratefully yours,*

*William G. W.*

*Co-founder Alcoholics Anonymous*

\*To Be Continued...in the next issue of the Promises, Dr. Jung's response to Bill W. \*

### Reminder:

**Need Literature and Medallions**  
Contact: Don H. 386-986-3659 or  
[hoodyfour@aol.com](mailto:hoodyfour@aol.com)

***Submissions to the Promises is another way to be of service! Thank you to every one who helped create this issue.***

### Promises Deadline

All material and Information for the newsletter must be received by the 15th of the even months of Feb, Apr, Jun, Aug, Oct, Dec. Submit any questions, articles, anniversaries & ideas to:  
[tgower1@cfl.rr.com](mailto:tgower1@cfl.rr.com) or call Tara G. at 386-931-8129