



# NATURE COAST JOURNAL

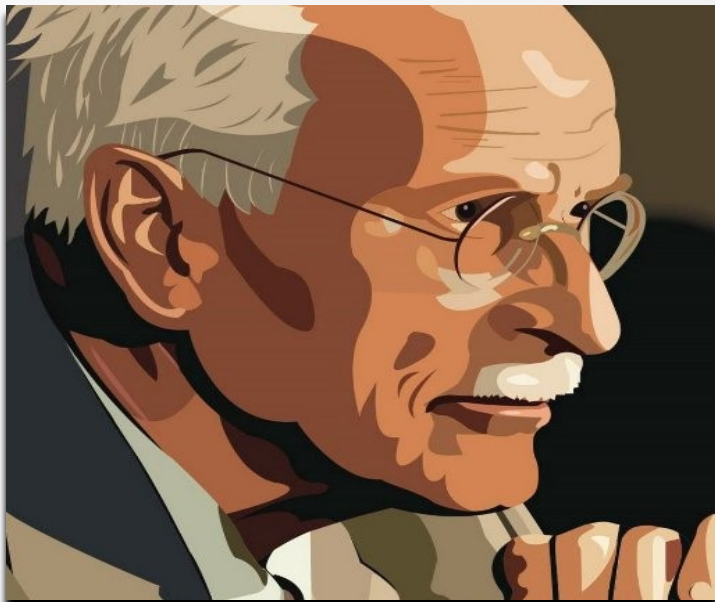
## JANUARY 2021



### A.A. HISTORY

#### *The Bill W. correspondence with Carl Jung in 1961*

This correspondence began on January 23, 1961, with Bill W writing to Jung just months before Jung died in June of the same year. In that letter, Bill W mentioned Jung's "critical role" in the founding of Alcoholics Anonymous. He discussed the case of Rowland H. and Jung's treatment of him. As Bill W. put it, "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." Bill then went on to discuss Rowland's experience in the Oxford Group, the subsequent reclamation of Ebby T., who then passed on the message to Bill himself, who subsequently had a "white light" experience that released him from the bondage of alcoholism. Bill concluded the letter by stating "Please be certain that your place in the affection, and in the his-

history of the Fellowship, is like no other. Gratefully yours, William G. W., Co-founder Alcoholics Anonymous" Jung's prompt response of January 30, 1961, was both gracious and illuminating. Jung was very pleased to learn that Rowland had recovered. Jung went on to say that "His craving for alcohol was the equivalent on a low level of the spiritual thirst of our being for wholeness, expressed in medieval language: the union with God." Jung then said that "The only right and legitimate way to such an experience is that it happens to you in reality, and it (*continued on page 3*)...

**HOTLINE 352-621-0599**

## **Steps | Traditions | Concepts**

### **STEP 1**

**"We admitted we were powerless over alcohol— that our lives had become unmanageable."**

### **TRADITION 1**

**"Our common welfare should come first; personal recovery depends upon A.A. unity."**

### **CONCEPT 1**

**"Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship. "**

**"What it was like, What happened, and What it is like now"**

**Your story could appear in an upcoming issue.**

**Send your stories, poems, articles, and anniversary lists to  
[News@Ncintergroup.com](mailto:News@Ncintergroup.com)**

### **CONTRIBUTIONS**

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(continued from front page)... can only happen to you when you walk on a path which leads you to higher understanding. You might be led to that goal by an act of grace or through a personal and honest contact with friends, or through a higher education of the mind beyond the confines of mere rationalism."

Expanding on this idea, Jung declared "I am strongly convinced that the evil principle prevailing in this world leads the unrecognized spiritual need into perdition, if it is not counteracted either by a real religious insight or by the protective wall of human community. An ordinary man, not protected by an action from above and isolated in society, cannot resist the power of evil, which is very aptly called the Devil." Carl Jung concluded his letter to Bill W. with the following. "Alcohol in Latin is spiritus, and you use the same word for the highest religious experience as well as for the most depraving poison. The helpful formula therefore is: spiritus contra spiritum." In some ways this quote is a riddle, but certainly seems to indicate Jung's belief that a higher spiritual experience of seeking God can conquer the lower spiritual experience of being a slave to alcohol. For much more detail on this fascinating correspondence, see Alcoholics Anonymous, pages 26-27; Pass It On: The Story of Bill Wilson and How the A. A. Message Reached the World, pages 381-386.



*Check [aanorthflorida.org](http://aanorthflorida.org)  
for weekly agenda*

## Area 14 North Florida

Come Celebrate Service with us!  
**Every Wednesday**

6:00 PM EST \* 5:00 PM CST \* 4:00 PM MST \* 3:00 PST

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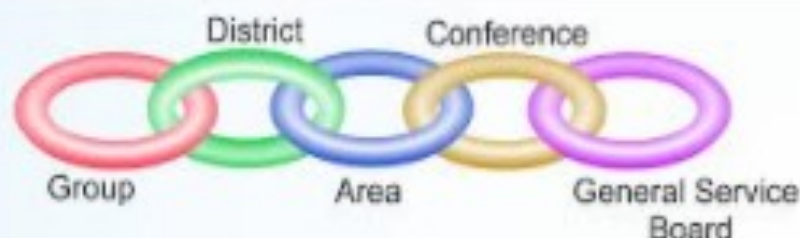
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*Presented by Past Delegates with  
sharing by Area Officers, Chairs and Service  
Coordinators*

- 1/13/2021 - Meet our Panel 71 Chair - Lori P
  - Communication - Who What When Where
  - Workshop Planning and Execution
- 1/20/2021 - Meet our Panel 71 Alternate Chair
  - How do I know my role as a trusted servant?
  - Keeping Area 14 Archivist Informed
- 1/27/2021 - Meet Our Panel 71 Registrar
  - A brief look at finances and managing a budget
  - Leading a committee



**Embrace  
Change Through Education**

Questions?  
Contact [delegateA14P69@gmail.com](mailto:delegateA14P69@gmail.com)





How can I stop  
feeling so resentful?

**"These resentments  
most the time are a  
reflection of my actions.  
That old mirror someone  
is reflecting back on me. I  
get mad at people doing  
what I did or still do.  
Getting through that first  
bite of 'Its probably me'  
was the hardest most  
gratifying thing. I was  
released from blaming,  
anger and finally  
resentment. I do not  
3always stay in that space  
but I return to it. I try to  
remember that when I am  
feeling a resentment its  
usually my problem I am  
avoiding. "**

*-Alcoholics Anonymous member*

**It is plain that a life  
which includes deep resentment  
leads only to futility  
and unhappiness.  
To the precise extent  
that we permit these,  
do we squander the hours  
that might have been worth while.**

Big Book, Chptr 5, pg 66

Here is a prayer for a person you feel resentful  
of:

**\*\*Dear God, I have a resentment towards a per-  
son that I want to be free of. So, I am asking you  
to give this person everything I want for myself.  
Help me to feel compassionate understanding  
and love for this person. I pray that they will re-  
ceive everything they need. Thank you God for  
your help and strength with this resentment.  
(BB, Freedom from Bondage: 552)**

## A Thousand Angels

*Her journey to learn about Tradition One opened her heart to hope*

When I first got to AA, I did not have any understanding of what the Steps could do for me, or how critical the Traditions are for the life of the group. But I knew in my heart that I needed meetings desperately. I knew that I was living from meeting to meeting the same way I had lived from bottle to bottle.

The First Tradition was a difficult concept for me. Having grown up in an alcoholic household, I learned never to trust anyone, never to let anyone see that I was scared, and never to let anything get in the way of what I wanted. Lying and stealing were what I did best (next to drinking), and I was secretly proud of my ability to manipulate and connive. The concept of a “common welfare” was totally alien to me, and to be expected to put the needs of others in front of my own was almost laughable. However, I was motivated by a desperation I can only describe as God-given, because without the certain knowledge that I was spiraling toward a very ugly death,



I would never have been moved to accept those ideas. And I did accept them. I made a decision to accept this Tradition the same way I accepted the truth of the

First Step, not because I fully understood all the implications and recognized their validity, but because I was desperate and I believed these were the only things that could save me.

I understood that the First Step was my lifeline to this program, and the First Tradition was the lifeline for the group. I understood that my recovery depended on AA unity. I even began to understand that it was just as important to me that others recovered because, for the first time in my life, I realized that I needed other people.

What I learned from the First Tradition changed the way I viewed the world and hence the way I interacted with others. Since this was the first time I looked at other people as important, and not as enemies, I had to learn to listen to them. This was pretty difficult for someone like me. But as I got better at it, I was surprised to learn that there were an awful lot of smart, funny, nice people around. And people started to talk to me, and not just to say, “You keep coming, honey.”

I learned to see the bigger picture, meaning AA beyond the groups I attended. I began to see the global power of AA, and I was able to trust AA to be my Higher Power. I have heard it said at meetings that when God sees the tiniest spark of willingness in your heart, he sends a thousand angels rushing to your *(continued on page 7)*

...(continued from page 6)... side. Being able to accept AA as my Higher Power was that tiny spark of willingness, which opened my heart to hope. For me, this was the first gift of Tradition One. I had hope that this precious Fellowship would endure and that I could endure with it.

Another gift was the ability to work alongside others, whether it was to make coffee, reach out to a newcomer, or be a parent and a partner. (Truth be told, the parent and partner part was a long, slow process.) It didn't happen overnight, but I came to realize that I was having conversations with people during the break or while doing service. For the very first time in my life I knew the joy of being one among many, a worker among workers. For the very first time in my life I belonged somewhere, and it was in AA. I learned that putting AA ahead of myself didn't mean that I was "less than," it meant that I was part of. My greatest hope is that that never changes, and my greatest joy is that I know it never has to.

-- Kathleen D., Shirley, New York

*Reprinted from AA Grapevine, January 2014*

**FIRST STEP PRAYER:**  
**DEAR GOD, I ADMIT THAT I AM**  
**POWERLESS OVER MY ADDICTION.**  
**I ADMIT THAT MY LIFE IS UNMAN-**  
**AGEABLE WHEN I TRY TO CON-**  
**TROL IT. HELP ME TO UNDER-**  
**STAND THE TRUE MEANING OF**  
**POWERLESSNESS, REMOVE ME**  
**FROM ALL DENIAL OF MY ADDIC-**  
**TION.**

## UPCOMING ANNIVERSARIES

JANUARY 2021



### REAL HAPPY HOUR

Carol Ann 42

### WOMEN'S FRIENDSHIP

Gayle W. 38

Tommie P. 34

Arlene M. 31

Trish D. 28

Lisa B. 21

Judy C. 19

Lynn W. 7

Nancy O. 2

### SOBER SAND GNATS

Jim H. 41

Bob G. 22

Wally S. 15

## WE NEED YOUR STORIES!

Tell us about "what it was like, what happened and what it is like now."

In upcoming issues, Nature Coast Journal will publish your brief stories about:

Laughter and Fun in Sobriety, Balance in and out of AA, The Steps,

Living Your Dreams In Sobriety, AA Humor/ Jokes

Send your stories on any sobriety

related topic!

e-mail: [news@ncintergroup.com](mailto:news@ncintergroup.com)