

Dr. Carl Jung and Alcoholics Anonymous

This article is a continuation of our series of psychologists and psychiatrists who were important in the formation of A.A.

Carl Jung, the famous Swiss psychiatrist, was born in 1875 and led a solitary and introverted childhood. Having suffered from some psychological difficulties, he was able to use himself as a subject of psychological research. Jung studied at the University of Basel and worked for a time at Burghölzli, a well-known psychiatric hospital of the University of Zurich. He developed a close friendship with Sigmund Freud, but this relationship came to an end as the two developed divergent ideas concerning psychology. He traveled extensively, visiting England, the United States, East Africa, and India, and used these trips to study psychological development in non-European cultures. He also published many works, and continued to do research and write until his death in 1961.

The most direct contribution of Jung to Alcoholics Anonymous began years before the Fellowship came into existence. In the early 1930s, Jung had a patient named Rowland H., a wealthy American who was an alcoholic. After a year of treatment Rowland believed himself to be recovered, but he soon resumed drinking. He returned to Jung, and inquired as to whether there was anything else the psychiatrist could do to help him. Jung responded by saying that there was no more treatment available

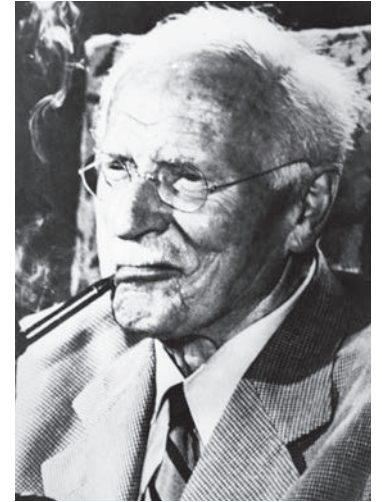
from a scientific or medical standpoint. Instead, Jung maintained that the only way for Rowland to recover was to have a religious or spiritual experience, even though he admitted that such events were rare. He recommended that Rowland join a religious group of some sort and seek a spiritual experience there. Rowland followed Jung's advice and joined the Oxford Group, which was then a popular Christian evangelical movement. He did have

a spiritual experience as a result of his contact with this group, and stopped drinking.

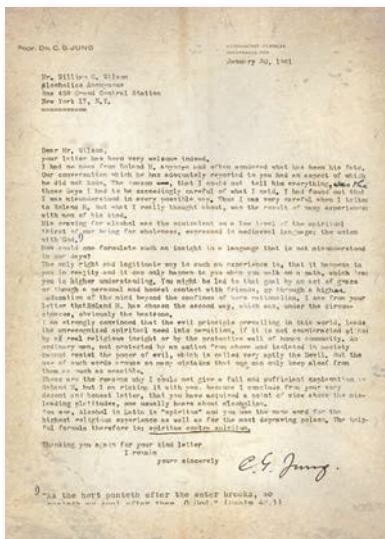
Rowland remained active within the Oxford Group and, through his contacts, came to help Ebby T., a friend of Bill W. and an alcoholic. Rowland transmitted to Ebby the same message he had received from Jung — that medicine and science had no solution to alcoholism, and imparted to Ebby the religious and spiritual approach of the Oxford Group. As a result of this contact, Ebby stopped drinking. Later that same year, Ebby heard that Bill W. was in dire straits, and went to offer him help. Bill was surprised to see that Ebby was not drinking, and even more surprised to find that Ebby had “got religion.” Ebby conveyed to Bill the same message which he had received, and in December 1934, Bill W. had his last drink. By indicating that medical science had no solution for the troubled alcoholic, and by suggesting a spiritual or religious solution to that problem, Carl Jung contributed to the formation of Alcoholics Anonymous.

Jung would reappear later in A.A. history when Bill W. decided to write the aged psychiatrist in 1961 to thank him for his contribution to Alcoholics Anonymous. Bill outlined a brief history of A.A. and demonstrated the influence the doctor had on the Fellowship. In a responding letter, Jung provided his assessment of alcoholism as a “spiritual thirst” and explained that his treatment of Rowland was an extension of this idea. Jung also wrote that he believed people needed to achieve “higher understanding” in order to overcome such difficulties and that it is potentially harmful to ignore ones spiritual needs. He pointed out that he was frequently misunderstood when he spoke about such matters, and was therefore unable to give these details to Rowland at the time of their meeting.

Bill W. wrote another letter to Jung after this, but Jung passed away before responding. Fortunately, Bill conveyed the thanks of A.A. to Carl Jung, and applauded the efforts of this founder of A.A.



Dr. Carl G. Jung



*Dr. Carl G. Jung's Letter to Bill W. — 1961
A framed copy hangs in G.S.O.'s Archives.*

17th Annual National A.A. Archives Workshop

One hundred and thirty individuals gathered for the 17th Annual NAAAW in Springfield, Illinois, a place rich in American history. On February 22, 1842, Abraham Lincoln gave a speech to the Springfield Washington Temperance Society. This group, known as the Washingtonians, was comprised of “habitual drunks” who were in pursuit of total abstinence. This year’s National Alcoholics Anonymous Archives Workshop, September 12 – 15, took place just a few blocks from the location where the speech was delivered. Don F., from Florida, kicked off the meeting on Thursday evening by assuming the character of “Abe L.” and reciting the famous speech to workshop attendees.



Attendees traveled from all around the U.S. and Canada to share their experience, strength and hope with each other. Their common interest, in preserving the history of A.A., creates an exceptional bond between these members, who meet annually at rotating locations to network, share ideas, and learn from one another.

This year, new archivists had the opportunity to learn about starting an archives collection; Vicki Jo B., of Arizona, gave a presentation on how to confront this sometimes overwhelming task. Other topics presented, which were of particular interest to both new and seasoned archivists, included the topic of digital archives and the ever challenging topic of copyright laws. Advanced techniques for preserving materials were presented by David C., of Washington, which included proper cleaning procedures and recommended supplies.

Gail L., Akron archivist, who founded the NAAAW, gave a multi-media presentation on the Archives Workbook from General Service Office. This was the first NAAAW to include a presentation on the workbook.

“I wanted to do a presentation on the workbook because it contains all the policies and procedures of our collective strength, experience and hope.” Gail stated, “The workbook is a governing and unifying document that guides those of us in love and service to Alcoholics Anonymous in ethical and professional archival handling of our precious history. The guidelines presented

in this manual encompass the scope of the training that the workshop is trying to provide in its annual weekend.”

Nonalcoholic G.S.O. archivist Michelle Mirza gave a virtual tour of the archives facility in New York. She also updated everyone on the many new projects underway. Another highlight of the workshop was the long-timer’s panel, which included Springfield native Dick H. with 62 years of sobriety.

In addition to being informative, this year’s workshop also had its share of providing entertainment. The keynote speakers, Don B. and James L., are Illinoisans with a particular passion for the history of A.A. With great enthusiasm and humor, Don and James presented about the history of the Big Book and A.A.’s initial involvement with the Oxford Group. This may have been a difficult crowd for a talk about A.A. history, considering the room was filled with very knowledgeable, fact-loving historians!

As usual, the workshop concluded with a business meeting, sharing session, and the passing of the gavel to the following year’s host. Next fall, the workshop will be held in Philadelphia. Please visit the Web site, www.aanationalarchivesworkshop.com, for more information about NAAAW.

— Morgan F., Illinois,
17th NAAAW Secretary

The Big Book — 75 Years Old!

To commemorate the 75th Anniversary of the printing of *Alcoholics Anonymous* (the Big Book), which was April 10, 1939, A.A.W.S. is printing a facsimile edition. It will be printed on paper similar to the original, with the famous “circus” book jacket and contents.

A flyer and order form accompany this edition of *Markings*. Preorders will be taken after Nov. 15 and orders will be mailed in April 2014.

For more information contact the General Service Office or visit www.aa.org.

A.A. in Cleveland — Early in Carrying the Message, Late in Preserving It

The Cleveland alcoholics had been traveling to Oxford Group meetings in Akron for several years prior to the publishing of the Big Book. When a Cleveland Heights patent attorney (Albert “Abby” G.) was being detoxed in Akron, Clarence S., an early A.A. member, approached Abby’s wife about holding meetings in their home. She acquiesced and the first Cleveland meeting started there in May 1939. Clarence claimed this was the first group to call itself Alcoholics Anonymous, after the title of the book, rather than Oxford Group, although gatherings in New York may well have been doing likewise even sooner.

Clarence also claimed to have been the first to refer to us by just the initials “A.A.” This may well be true. The word “first,” prominent historian Ernest K. told us, is referred to in history circles as the “f-word.”

That fall Clarence smuggled a freelance reporter, Elrick B. Davis, into this closed meeting. He wrote a series of articles published in Cleveland’s *Plain Dealer*, which resulted in over 500 calls for help to be tended to by the 13 active Cleveland members at that time. Several of these original members were incensed by Clarence’s subterfuge and voted him out of A.A.—we could do that at the time! Clarence responded by forming another group at the home of nonalcoholic Tom Borton, starting November 16, 1939. The Borton Group still exists. Other split-offs soon followed. Realizing that some coordination among these groups was necessary the Central Committee was formed in 1940. It started A.A.’s first newsletter (the *Central Bulletin*) in October 1942 and created an early central office named the Cleveland District Office, in 1945.

Fueled by its proximity to Dr. Bob (“the prince of twelve-steppers”) and sparked by Clarence S.’s promotion, Cleveland’s A.A. growth was explosive—far outdistancing both Akron and New York. Little thought was given to recording A.A. history; they were too busy making it.

When an office administrator retired in 1981 he is alleged to have taken the archives with him. Even if true, it is indefinite whether what he may have taken belonged to the office or to him personally. Deeds of gifts and archives inventories were nonexistent at the time. Several items of archival (and also marketable) value have disappeared since they were not adequately protected. We have great hopes that the perpetrators’ Ninth Steps will see the return of some of these, but are not holding our breath. Finally, an October 1994 move to the office’s current location mixed much of the remaining archives in with ancient financial records, which were considered lost. It was not until a much later cleanup of the records that we uncovered these.

Some small attempts had been made to start an archives committee, but the instigators lacked follow-through, despite office “manager” (the official title is secretary-treasurer) Ruth D.’s strong desire that this happen. A better organized group formed circa 2007, together with a program to get oral histories of many long-timers, plus a construction plan to wall off two office areas for archives. They took a trip to Akron to view the existing archives there; I was present as a member of Area 54’s archives committee. We had established our archives repository in a room in the Akron Intergroup Office suite (Cf. *Markings* [~2002-3] not online). When they completed the tour, they asked “Okay what do we need to do to get started?”

I said “You need to appoint an archivist and you need to get them trained.” I mentioned and urged attendance at one or more of the National A.A. Archives Workshops.

One of the participants (Lindsay?) said, “Bob, you’re from Cleveland, aren’t you?” “Yes,” I said, “I’m in an inner-ring

suburb of Cleveland,” and while I had other A.A. jobs (area registrar) I had to concede that I was doubtlessly the best trained A.A. archivist from close to Cleveland at that time. I could only promise temporary help since I was a candidate for a more all-consuming job, which I did not get.

My first instinct was to stop construction on the rooms until we were sure how we wanted to use them; however, I learned they had redrawn the plans four times already and the carpenters (led by electrician Ralph) were about ready to mutiny, so I let the project proceed after they got approval from the landlord for the alterations. When the painting got delayed, office staff member Dan took it upon himself to complete this final step.

The office got me a lockable storage cabinet to store much of the archives and let me buy the archival document cases and folders to properly store paper records. Dan had gotten a large collection of speaker cassette tapes converted to CDs and also copied the digital recorder copies of the oral histories to these media. I made two copies of these, one stored offsite. Kevin and Linda S. welded a metal tube frame with clear plastic shelves for the window of the display room facing the hallway of the office building. We put a museum rail on the back wall of this room to hang display cases on cables; these could be easily removed to take to conventions when asked.

Warren C. Jr. donated his father’s original manuscript of the Big Book to the office. David H. donated the 1st edition, 3rd printing Big Book he had received from oldtimer Larry B. David was leaving the state and felt it should stay in Cleveland. Area Archives donated the 2nd edition originally owned by Harry D., the founder of Cleveland’s *Central Bulletin*, among



This is a window facing the hall of the business complex where the Cleveland District Office is located. The current display shows some of Dr. Bob archives as well as the original manuscript copy sent to Warren C. The back wall has a display case of Cleveland Indians baseball team A.A.-notable “Rollickn” Rollie H.

other Cleveland-appropriate archives. Gail L. from Akron Archives sent us their Cleveland box that was there waiting for us to establish a repository to protect these archives. Jerry L. from California sent us a collection of “Rollickin’ Rollie” H. sports memorabilia. Many others made other valuable contributions.

We officially opened the archives in June 2010 with a brief history of the office and a public display of International Conventions, the first of which was in Cleveland, Ohio, and a side display of Big Book development from the “Manuscript to the 4th Edition.” Other public displays have included “Newsletters (*Central Bulletin* and *AA Grapevine*)”, “Friends of AA: Sr. Ignatia, etc.,” and “Cleveland’s Founder: Clarence S.” The current display is “Bill W.”

We have an MP3/CD player in the other room and a collection of files of people of local interest with a list of synopses of the recordings. The room also contains a collection of Grapevines and other reading material and we hope to develop it into an A.A. library. Since we cannot let this area open totally unsupervised, we added a surveillance camera and recording hardware. We hope the presence of the camera itself will remind visitors that A.A. principles “demand rigorous honesty.”

Mindful always that our organizational goal is to “carry our message to the alcoholic that still suffers” we aim to inspire newcomers and to help them feel more a part of this marvelous, spiritually-enriching program that has helped so many in its historically-short existence. We continually see an expression of awe on their faces. Equally, we bring information to midtimers who may be entertaining that sometimes fatal question: “is that all there is?” Learning more of those parts of A.A. rarely introduced into our meeting rooms induces some to find their niche in those many needed tasks known collectively as “A.A. Service.” We are also a repository and ready-reference for group information. Our job is to serve!

Bob M.
Cleveland, Ohio

Serenity Prayer Clipping Traced!

We are often asked if we know the exact date when the Serenity Prayer was published in the newspaper. We have the original clipping in our files here at the G.S.O. Archives, but we never knew the exact date it appeared in the newspaper. The closest connection we have is a letter from Ruth Hock (the first nonalco-



This printing of the Serenity Prayer is from an issue of the New York Tribune in 1941.

holic secretary of A.A.) to Henry S., an early A.A. member in Washington, DC, dated June 12, 1941. Part of the letter reads as follows:

“One of the boys up here got a clipping from a local newspaper which is so very much to the point and so much to their liking that they have asked me to find out from you what it would cost to set it up on a small card, something like a visiting card which can be carried in a wallet. Here it is:

*God grant me the serenity
to accept things I cannot change,
courage to change things I can,
and wisdom to know the difference.*

“Would appreciate it if you would let me know right away.”

From this, we were able to determine that the clipping probably came from early June or late May 1941. We also knew from the book “*Pass It On*” that the clipping came from the *New York Herald-Tribune*, a newspaper which is no longer produced.

His question prompted us to investigate. Associate Archivist Stephanie Gellis (nonalcoholic) volunteered to search the New York Public Library’s newspaper stacks, and she found it! The prayer appeared in the May 28, 1941 Public Notices section of the *New York Herald-Tribune*. It is a relief to clarify this bit of our history, and we are happy to share it with you.

Missing Box 4-5-9 Issues

We are missing a few early issues of *Box 4-5-9*. Please check your archives and see if you have any of the issues listed below. We would be happy to receive either a copy or the original if you are willing to donate it to the G.S.O. Archives.

1957 — Vol. 2, No. 6, June

1958 — Vol. 3, No. 1, January; No. 2, February;
No. 4, April; No. 5, May; and No. 6, June.

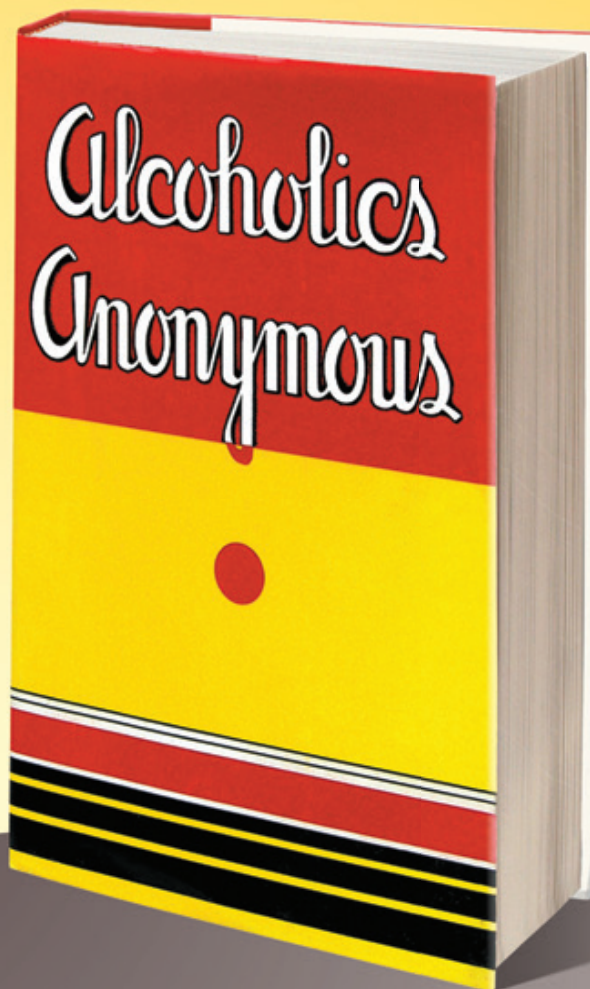
1959 — Vol. 4, No. 2, February; and No. 10, December.

Announcing the **75th** anniversary edition of the Big Book

A.A. World Services, Inc. announces the publication of the only A.A.W.S.-authorized reproduction of the first edition of *Alcoholics Anonymous*. This new edition will be a faithful replica of the original, with the famous "circus cover" dust jacket and bulky paper (which is why it was initially called the Big Book), and is published in the original English-language text only.

To commemorate the 75th anniversary of the historic publication of *Alcoholics Anonymous* in April 1939, the 2013 General Service Conference approved the creation of this facsimile edition of the first printing of the first edition.

Preorders: Starting **November 15, 2013** you may preorder copies. Preordered books will be shipped directly to the purchaser and gift orders to the address provided, in **April 2014**. (Preorder period ends on February 28, 2014.)



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