



Absecon  
Avalon  
Atlantic City  
Barnegat  
Barnegat Light  
Beach Haven  
Brant Beach  
Brigantine  
Cape May  
Cape May C. H.  
Cape May Point  
Dennisville  
Egg Harbor City  
Egg Harbor Twp.  
Galloway  
Linwood  
Manahawkin  
Margate  
Marmora  
Mays Landing  
New Gretna  
North Wildwood  
Northfield  
Ocean City  
Palermo  
Pleasantville  
Pomona  
Rio Grande  
Sea Isle City  
Ship Bottom  
Somers Point  
Stone Harbor  
Surf City  
Townbank  
Tuckerton  
Ventnor  
Villas  
Waretown  
West Cape May  
West Creek  
Wildwood  
Woodbine

*This article goes into more depth in terms of Carl Gustav Jung's understanding of addiction and recovery, in particular as he understood these things in terms of our human mindset*

### The founding of Alcoholics Anonymous

In the early 1930s a patient of Jung's, Roland H., stopped drinking during his analysis but relapsed soon afterwards. He returned to Jung, asking to resume the analysis to help him to become abstinent once again. Jung refused, telling him bluntly that nothing less than exposing himself to the experience of a genuine conversion could be effective – and that even that might fail. Jung's patient was utterly shocked – an example of the rock bottom experience of many an addict. Unbeknown to Jung, Roland H. returned to the U.S.A where he joined the Oxford Group which had helped many alcoholics to become sober. Within this group he did undergo a *religious conversion* and he became sober. It was in part his influence that led to the founding of Alcoholics Anonymous. As Bill wrote to Jung, "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."

### Jung's exposure to the effects of alcohol

We know that Jung was familiar with the effects of his own drinking early on, from his description of a visit to a distillery at the age of fourteen. He describes the effect of being "gloriously, triumphantly drunk. There was no longer any inside or outside, no longer an 'I' and the 'others', No. 1 and No. 2 were no more (he is referring to his sense of having two dissimilar personalities within him); caution and timidity were gone and the earth and sky, the universe and everything in it that creeps and flies, revolves, rises, or falls, had all become one." The experience remained;

*"a discovery, a premonition of beauty and meaning which I had spoiled only by my stupidity" – on the way home he fell over drunk in the street!*

Jung's exposure to the problems of alcoholism commenced at the very start of his career. His first position as a resident medical assistant was at the Psychiatric Hospital in Zurich where 13% of patients admitted were recorded as suffering from "alcohol poisoning." He wrote about three of these cases, which gives us an idea of treatment of the time. Alcoholics were treated very much the same as the patients suffering from other mental diseases. It is interesting that at this stage, although Jung described the dysfunctional family backgrounds of these patients, he made no link between their drinking and their life experiences.

During his time at the hospital, he was called for his military service in the Swiss army, and he observed that there was a high incidence of alcoholism among the young army recruits. 12.9% of the recruits were discharged as unfit owing to chronic alcoholism and he notes the fact that many were not labeled alcoholic, but according to

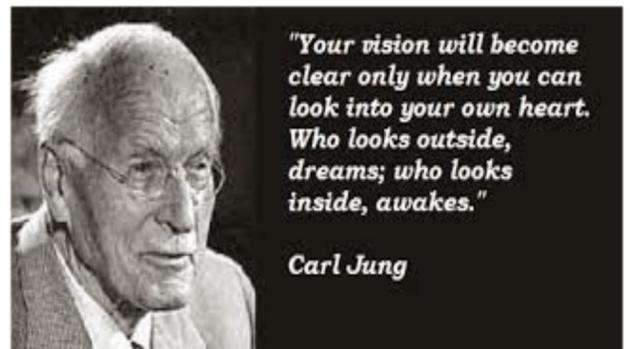
precise physical symptoms, so that the extent of the problem was obscured. He became well aware of the hypocrisy and shame which surrounded alcoholism.

### Jung's philosophy of addiction

Jung understood the psychological function of drugs in a different way from other psychoanalytic writers, not merely as changing mood (calming or stimulating), but actually changing what happens in the inner world. This means not simply masking psychic distress but actually removing the cause of the distress for the time being. Chemical substances, he knew, work at a deep level of psychic functioning, blurring the boundaries in the inner world. Splits are abolished, the fragmented worlds become merged. Once someone has experienced this sense of wholeness, they may well want to experience it again and again. The wholeness that comes with intoxication is a misleading wholeness with a spiritual power which dissolves when one sobers up. So the search to repeat the experience begins, and it is not one that is readily given up.

He was the first and only thinker in the field of psychoanalysis to grasp the underlying secret of enduring recovery from addiction. Alcoholism, he believed, involves a spiritual thirst for a sense of wholeness – the true secret of its magical power and the reason why a person can be led into an addiction.

He understood intuitively that only a radical conversion to something equally satisfying to the individual at a deep level can promote recovery. Furthermore, he sensed the intense loneliness forced upon addicts by the shame and secrecy of their addiction, not unlike the sense of isolation he himself had experienced as a child and adolescent. He likened the growing sense of alienation of an addicted person to being "outside the protective wall of human community."



Carl Jung

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*The tremendous fact for every one of us is that we have discovered a common solution.*

### Experience-Strength-Hope

We start out lost, come back from that darkness... Find a life beyond our wildest dreams. Life happens and we seem to fall between the lines, just enough to lose sight of what and why we are here in the first place. And that is to share what was given so freely,

### Experience –Strength– Hope

Encouragement to succeed, suggest keeping an open mind and always remain teachable. By doing this we receive the gifts of Faith, patience, tolerance, gratitude, love, friendship, truth and honesty with our self, and how to live life on life's terms. So perfect I am, not even close... Human I am....

The things I have learned from listening and identifying with other alcoholics, these things are phenomenal, perhaps even beyond human power, so I will continue to grow and learn every day.... Thanks BW

Corinne H.



**S**ometimes when alcoholism kills the cause of death is obvious, loud and horrifying:  
Cars wrapped around trees, overdoses, chronic liver failure...and sometimes when it kills it is quiet and crafty, working in dark and subtle ways, like a dry rot of the spirit; partnering with the most soul crushing manifestations of mental illness until the only choice left is the final one.

### **Lifting the Guilt**

For weeks I sat in the back of the rooms, silent when others shared their experience, strength and hope. I listened to their stories and found so many areas where we overlapped -- not all of the deeds, but the feelings remorse and hopelessness. I learned that alcoholism isn't a sin, it's a disease. That lifted the guilt I had felt. I learned that I didn't have to stop drinking forever, but just not pick up that first drink one day, one hour at a time. I could manage that. There was laughter in those rooms and sometimes tears, but always love, and when I was able to let love in, that love helped me heal.....

In love and service,  
Joanna B

### Why Study A.A. History?

*Why study, or for that matter, even discuss the history of AA?*

*What difference would it make? How could it affect how we live and work our own individual recovery? Who cares?*

In a quote attributed to Carl Sandburg, he summed it up when he wrote;

*"Whenever a civilization or society declines (or perishes) there is always one condition present - they forgot where they came from."*

This quote, often used by Frank M., Archivist for AA General Services gives a warning to present and future generations of AA members to

**"Keep It Green."**

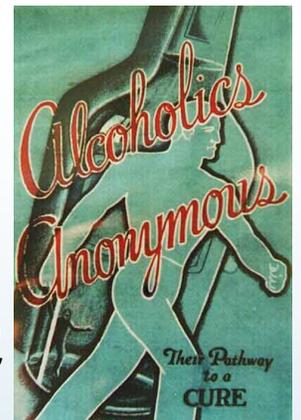
The Washingtonians, The Oxford Group and others forgot where they came from. They watered-down and made changes to their respective movements which eventually led to their demise. AA members could take notice and begin to learn their roots. *The history of AA can be both educational and fascinating and help in making the recovery process a fruitful one.*

### For those who forget are doom to repeat

Bill W. stated in 1940 that of those entering AA, 50 percent never drank again. 25 percent remained sober throughout their lives after experiencing some early difficulties and the remaining 25 percent could not be accounted for. Bill stated that 75 percent of AA members back then got well -- they recovered. Group records indicate that in Cleveland, Ohio there was a 93 percent success rate for recovery in the early 1940's.

Could these astounding figures be attributed to the fact that only low-bottom alcoholics came into AA?

Could they be attributed to the lack of multiple addictions? We think not. Early records indicate that though a great number of early members were considered as low-bottom, there were many who entered AA before losing everything. Both Dr. Bob and Bill had difficulties with drugs other than alcohol. Bill struggled with these problems until his death in 1971.



I have a 5 & a 8 year olds and this year they don't have camp! It's been a struggle for me to pay a sitter but my parents have stepped up again to help. I am grateful! But I find my self-centeredness and arrogance have been coming through and I have been exhibiting some untreated alcoholism because I've been close minded, or as my sponsor would say being a brat, which is acting like a 5 or 8 year old.

Like I have years of sobriety or something, I gotta remember that I don't have it like that, not now! One day at a time.

I get cocky and complacent and that means danger! I seem great at meetings but ask the people around me every day and they will tell you that I went from 10 meetings a week to 3-4 and I'm a bitch. The good thing is that I notice this behavior and I can fix it with god's help and long as I ask him trust him and have faith do right and right will follow **action and more action**, *acceptance is the key to all of my problems.* Have a great and sober day.

Thanks for letting me share; Jennifer R

**Save the Date; November 20-21-22, 2015**  
**Cape Atlantic Roundup Waves of Sobriety**

AA-related 'Alconym'

**A B C = Acceptance, Belief, Change**

## A Grateful Heart will not drink

I'm grateful for my home-group, for being part of something and a group of people so meaningful to me, to have a voice and to be responsible to something other than myself. My sponsor suggested a couple months ago that I should have a home group, so I took her suggestion, and thank God! If anyone reading this doesn't have a home group, please join one, take a commitment, attend their business meetings, get involved.

I'm grateful for everyone in AA, as sometimes you are grateful for something I wouldn't have even thought to be grateful for until I heard you share, so thanks for helping me to be thankful beyond my wildest dreams.

And I'm grateful for my sponsees who keep me on my toes and help me to keep on learning and who sometimes remind me that its easier *to stay sober than it is to get sober*. So if you've got it, keep it. If you don't have it get it. You won't be sorry

I'm STILL on a pink cloud, some 21 years later! I STILL can't believe that this is my life!!! If I slipped into a coma 21 years ago and woke up to this, I'd think I won the lottery for real! And all I did was take 12 simple steps, one step at a time.

*Trust God, clean house, help others.*

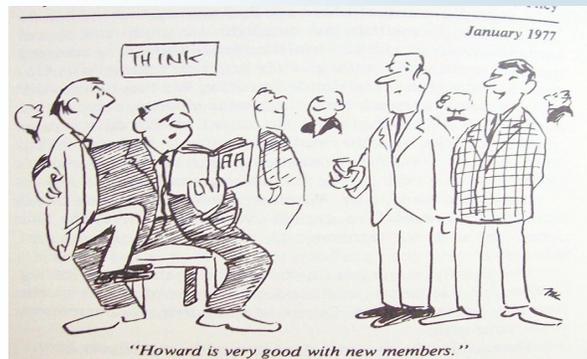
**I love you guys  
Jodie**



## I should help others all I can.

Every troubled soul that God puts in my path is the one for me to help.

**A**s I sincerely try to help, a supply of strength will flow into me from God. My circle of helpfulness will widen more and more. God hands out the spiritual food to me and I pass it on to others. I must never say that I have only enough strength for my own need. The more I give away, the more I will keep. That which I keep to myself, I will lose in the end. This is what my sponsor shared with me.....



*"Facing ourselves ... is often more difficult than being honest with another person."*

### Pamphlets are Free for the

#### Taking:

#### Speaking at non-AA Meetings

What precautions should AA members take when telling their personal recovery stories at non-AA meetings?

They mention the fact that they speak for themselves

only, not for AA as a whole.

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### As Bill Sees It

Page 113

#### To Be Fair-Minded

Too often, I think, we have deprecated and even derided projects because we do not always see eye to eye with them. We should very seriously ask ourselves how many alcoholics have gone on drinking simply because we have failed to cooperate in good spirit with these many agencies— whether they be good, bad or indifferent. No alcoholic should go mad or die merely because he did not come straight to A.A. at the beginning.

<<<<< >>>>>

Our first objective will be the development of self-restraint. This carries a top- priority rating. When we speak or act hastily, the ability to be fair-minded and tolerant evaporates on the spot.

GRAPEVINE, JULY 1965  
TWELVE AND TWELVE, P.91



### DID YOU KNOW?

In 1995, retired Chinese physician Dr. Lawrence Luan, who owns a primary health care clinic in Santa Barbara, California, asks the clinic's administrator, who happens to be an A.A. member, to accompany him on a medical business trip to his hometown of Daiwan.

To be granted a visa, the administrator must speak on a health topic, and while Chinese authorities request that he address HIV/AIDS, Dr. Luan arranges for him to speak to five doctors at the mental hospital in Daiwan on his subject of choice: alcoholism.

The speech is well received, as are Chinese-language copies of the Big Book he presents to the doctors. In 1998, he will share his experience at the Pacific Regional Forum in Sacramento as a member of the International Panel. As a result, a member of the San Francisco Intergroup begins organizing a "messengers" group that will travel to China.

Shown to the right is "Alcoholics Anonymous" In Chinese script.

戒酒無名會

### Special Note:

The material in this newsletter does not necessarily represent CAIG.

Much of it has been contributed by individual members with the intention of passing the message to the alcoholic who still suffers.

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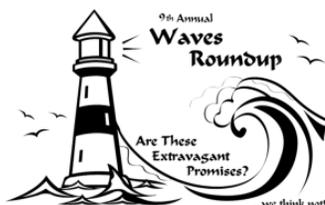
Visit Our Web Site

[CapeAtlanticAA.ORG](http://CapeAtlanticAA.ORG)

# Upcoming Events



AA Grapevine  
"Our Meeting in Print"



THE 12TH STEP HOUSE  
42 YEARS CELEBRATES  
SPEAKER: KITTY H  
SEPTEMBER 6, 2015  
1PM-6PM

THE HUT  
113 WEST OAK AVENUE  
WILDWOOD, NJ

FOR THE GRAPEFEST  
SEPTEMBER 12, 2015  
9AM-1PM

ST. CHARLES BORROMEO CHURCH  
176 STAGE COACH RD.  
SICKLERVILLE, NJ 08081

CAPE ATLANTIC  
UNITY BREAKFAST  
SEPTEMBER 27, 2015  
SPEAKER: DOLLY A  
\$27.00 REGISTRATION FEE

THE GRAND HOTEL  
1045 BEACH AVE,  
CAPE MAY, NJ

THE 9TH ANNUAL  
WAVES OF SOBRIETY ROUNDUP  
NOVEMBER 20TH-22ND, 2015  
REGISTRATION ON-LINE

THE GRAND HOTEL  
1045 BEACH AVE,  
CAPE MAY, NJ

## Help Wanted @ The CAIG

Cape Atlantic Inter Group Office  
3153 Fire Road  
Egg Harbor Township, NJ 08234

## Cape Atlantic Intergroup Business Meeting

The CAIG Business meeting takes place on the third Wednesday of every month at the:

Epiphany Lutheran Church  
Franklin & Tunis Ave.  
Pleasantville, NJ

## SERVICE OPPORTUNITIES

UNITY COMMITTEE needs help!!! Contact Jerusha  
[UnityChair@capeatlanticaa.org](mailto:UnityChair@capeatlanticaa.org)

Available Phone Slots, contact our Phone Coordinator Tressa

[Phonechair@capeatlanticaa.org](mailto:Phonechair@capeatlanticaa.org)

The following Chair positions are open:

Bookers Committee / Website Chair

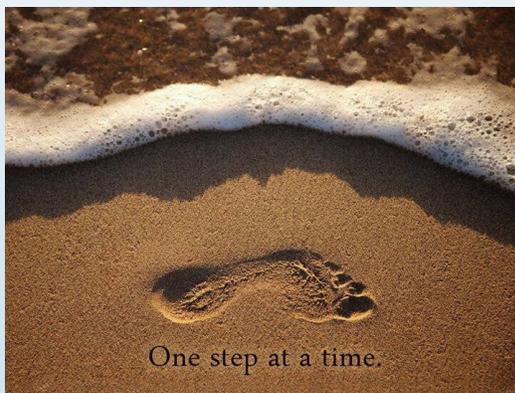
For Committee Descriptions:

Interested? Contact CAIG Chair John H. at 609-377-2410

**OUR OFFICE IS VOLUNTEER-STAFFED**

**PLEASE CALL FIRST 609-641-8855**

**(609) 641-8855**



One step at a time.

For by this time sanity will have returned