



PASS IT ON

Eastside Intergroup Newsletter

Issue 29

June 2019

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MY STORY

It took me 2 1/2 years to get one year of sobriety. The first time I had an idea that my drinking might be a problem was three years ago. My doctor was concerned with my health. I realized that I was eating bar food four nights a week. I decided to cut back on my drinking which always lead to eating greasy barfood. Unfortunately my friends were not supportive as this affected their social life. I was able to cut back to two nights a week but something was bothering me. I knew that I drank to take the edge off, and I wondered what that edge was. Perhaps I could find a healthier way to address my stress.

I had already been a member of Al-Anon for three years, so I decided to try an AA meeting as I knew the only requirement was a desire to stop drinking. I was shocked at my first meeting to discover people sharing intimate details of their lives that echoed the thoughts in my mind. I went to another AA meeting the next night and that was the first time I uttered out loud that I was an alcoholic. While I was devastated to discover this, I was also relieved that I might finally have found what was wrong with me. I threw myself into the program, but unfortunately I still did not understand this was a thinking disease, not a drinking disease. My roommate was studying to be a sommlier, so I routinely ingested tablespoons of wine to give him my opinion. Then at 10 months of "sobriety", I started controlled drinking. I wrote it all down in my journal including the lack of negative effects. Then at the 16 month mark, I chose to go to the bar in order to save a friendship. It wasn't a conscious thought, rather I had put this friendship above my sobriety for the last 16 months. I remember being given taste after taste of the beers on tap and everything tasted disgusting to me. I finally ordered hard alcohol and had to choke it down. The next day I broke down at breakfast and was inconsolable. I immediately went to a meeting and confessed what I did. It would be another two weeks before I came clean to my sponsor. She was compassionate and kind and helped me see where I had gone wrong.

Now I have over 18 months of continuous sobriety. Unlike before, I don't put anything above my sobriety. Not relationships, not jobs, nothing. While there's been a lot of growth which required pain over the last year, plus, I can honestly say it's been the best year of my life. I feel serenity and inner peace on a regular basis. I'm happy in a way I always wanted to be but didn't know how to achieve. And for that I have AA to thank.

Anonymous

Upcoming Sober Events

June 6th Eastside Intergroup Meeting 7:30pm-8:30pm at Bellevue Christian Reformed Church, 1221 148th Ave NE, Bellevue, WA 98005. Board meets 6:00pm-7:15pm, Intergroup Reps and Committee Chairs meet 7:30pm-8:30pm.

June 7th—9th: 2019 Capitol Jamboree 5:00pm on Friday-noon on Sunday at Hotel RL, 2300 Evergreen Park Dr SW, Olympia, WA 98502.

June 8th: Pine Lake Speaker Meeting. Pine Lake Covenant Church, 1715 228th Ave SE Sammamish, WA 7:00-8:00pm. Speaker is Mehdi O. from Las Vegas, NV.

June 9th: Area Delegate Report & BBQ at Greater Seattle Intergroup, 5507 6th Ave S, Seattle, WA 98108. 2:00pm-5:00pm. BBQ—main dish provided, please bring a side dish to share. Spanish interpretation will be available.

June 1th-16th: 16th Annual Grouse Creek Campout. Driving directions are on the website. Or contact Jene Z. 425-273-3680.

June 13th-16th: PSYPC Alta Lake Campout at Alta Lake State Park, 1B Otto Rd, Pateros, WA 98846. More information: www.psypc-wa.com



The Eastside Intergroup Office
will be closed on July 4th in
observance of Independence Day

**The July 4th Eastside Intergroup Meeting
has been rescheduled for July 11th**

Meeting Updates

MEETINGS THAT HAVE MOVED

Steppin' Up

Sundays 7:00pm
Bellevue First United Methodist Church
1934 108th Ave NE
Bellevue 98004

Bothell Big Book

Thursdays 8:00pm
Bothell United Methodist Church
18515 92nd Ave N.
Bothell, WA 98011

A Way Up

Fridays 7:30pm
St. Luke's Lutheran Church
3030 Bellevue Way NE
Bellevue, WA 98004

12 & 12 Fellowship Hall

Sunday thru Saturday
Country Village location has closed
New Location: 17319 139th Ave NE
Woodinville, WA 98072
in the Woodinville Mall

[schedule on www.eastsideintergroup.com](http://www.eastsideintergroup.com)

MOVED AND CHANGED DAYS

Bothell Women's STP

Wednesday 7:00pm
(women, steps, open)
Northshore Senior Center
10201 East Riverside Dr.
Bothell, WA 98011

NEW MEETINGS

Middle of the Pack

Mondays 7:30pm
(open, young people)
Trail Youth Coffee House
226 E. North Bend Way
North Bend, WA 98045

Eastside Young Peoples

Fridays 7:00pm
(open, young people) **coming soon in Redmond**

NO LONGER HAS CHILDCARE

Tons of Grace

Mondays 8pm in Kirkland

DEFUNCT MEETINGS

Newport Daytimers (Wednesday Only)

Information Corner

Carl Jung and Alcoholics Anonymous: is a Theistic Psychopathology Feasible?

Leon James*

College of Social Sciences, Department of Psychology, University of Hawaii, USA

Received date: January 26, 2015; Accepted date: January 27, 2016; Published date: February 04, 2016

Citation: James L. Carl Jung and Alcoholics Anonymous: is a Theistic Psychopathology Feasible? Acta Psychopathol. 2016, 2:7. doi: 10.4172/2469-6676.100033

The reputed success in rehabilitating so-called “hopeless” alcoholics through the Alcoholics Anonymous (A.A.) program depends in large measure to convincing the members of the group or community that they are totally helpless in changing themselves through their own efforts, but that God can do it when they give themselves and their lives over to God. This theistic approach and method may influence future theory and practice in [psychopathology](#) and psychiatry, as this aspect of Carl Jung’s psychology [1] becomes the focus of attention.

In a letter to Carl Jung that was recently made public on the Web, Bill Wilson, founder of A.A., reminds Jung of a conversation that Jung had 30 years before with one of his patients who was an alcoholic: “That conversation between you was to become the first link in the chain of events that led to the founding of Alcoholics Anonymous”. Wilson specifies further: “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. ... 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.”

Jung confirms in his answer to Wilson that the conversation was “adequately reported” by his patient. We can conclude from this, as well as other autobiographical data, that Jung was a deeply religious man, that he had undergone religious conversion, and that he obtained motivation or strength from his personal relationship with God. At the same time, Jung’s letter reveals his lifelong preoccupation with keeping his relationship with God from appearing openly in his practice, lectures, and writings. He was focused on the ambitious work of constructing new psychological knowledge that can appear as scientific, and this cannot be based on merely personal or subjective experience, either his own or that of a visionary or mystic. He had to be careful not to have his psychiatric practice be based on religion or his own religious conversion.

About that conversation with his alcoholic patient, Jung informs Bill Wilson that “I could not tell him everything...In those days I had to be exceedingly careful of what I said.” Jung was concerned of his reputation and did not want being misunderstood or misreported. In his letter, Jung reveals that at that time he did not feel comfortable saying the following to his patient: “His craving for alcohol was the equivalent of ... the spiritual thirst of our being for wholeness, expressed ... as the union with God.”

Jung shares his conviction that “the evil principle prevailing in this world leads the unrecognized spiritual need into perdition, if it is not counteracted by a real religious insight”. Jung saw “real religious insight” as involving a personal and meaningful relationship with God. Jung states that “these are the reasons why I could not give a full and sufficient explanation to Roland H. but I am risking it with you”.

It is noteworthy that Jung ends his letter to Bill Wilson with this statement:

“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.”

This title in Latin encapsulates Jung’s theistic [psychiatry](#) and scientific [dualism](#). He is acknowledging thereby the existence of spiritual good and evil that is powerfully active in the mind of individuals. God’s angelic forces of good (“spiritus”) battle the devil’s infernal forces of evil (spirit alcohol). In this view, the human mind is a battleground between societies of good spirits and hoards of evil spirits that exist in the collective unconscious of humanity. This would lead to the conclusion that mental [alcoholism](#) is a spiritual disease caused by evil psychic forces in the collective unconscious that have attacked an individual and are holding him or her as a mental prisoner.

The first two steps of the 12-step program are the most critical, which is why they are placed in rank 1 and 2. It is declared that nothing can succeed in the other steps without these first two. There is the warning that the tragic long painful failure of the alcoholic man and woman will continue if the first two steps are not completed. The first step is to declare psychological bankruptcy or failure. This must come after years of seeing one’s life break apart at the seams despite our desperate attempts to control our mental sickness. We must admit defeat to ourselves. We must see that we are completely hopeless trying to solve our problem by ourselves. That is step 1. Nothing goes without it. To admit hopelessness, and to actually mean it, is to give up delusional arrogance and obsessive self-pride. Now there is room for step 2.

Step 2 is to replace the self that is at the helm of our mind, with God being at the helm. This is the confession and admission of the existence of a “Higher Power”, higher than one’s own power. The quote below from the official A.A. guidebook shows up various types of mental conflicts that new AA members have regularly experienced in the form of rebelling against faith, invocation, and reliance on God. It is asserted that nearly everyone has a culture of religion from childhood but many have in their adult life departed from that “childish” idea of God. This constitutes an intellectual rejection of God. Others experience an emotional rejection because God wouldn’t do what they asked Him for, or worse, God did not protect their loved ones from disaster and early death [2].

The guidebook asserts that all this psychological resistance is just that, resistance. It does not present an actual obstacle that prevents the solution. With practice and group support the new members gain courage in dethroning themselves from their delusional status of self-power, and this internal action allows God into their thinking and emoting. Now help is given on a daily basis through affective strength and self-confidence that relies on God. The process of psychopathological recovery has begun and continues endlessly.

The official A.A. Guide points to the ineffectiveness of traditional religious interventions with alcoholics. They insist that these have no power over the sickness. In contrast to this, a personal relationship with God does have the power to heal the mental and spiritual sickness of the alcoholic victim.

ESIG May Office Report

Thank You May Office Volunteers: Allison L, Bill B, Carrie S.B, Cindy S, David B, David R, Jill M, Leslie G, Lisa B, Lynn B, Steve H, Ted W, Tim Q, Ulf W, Wallene D, and Robin S. Thank you Rick F. for picking up schedules from Seattle Intergroup when needed.

May was kind of an unusual month —I was out for two weeks because of surgery, our office assistant Sherre was out for the whole month and we had 5 of our regular volunteers also out for the month. Alcoholics Anonymous is amazing though, Cindy S. stepped in for me and a lot of other people stepped up to help by taking extra shifts. I tried to come back to work a day early and was told to stay home by Bill B. who was our volunteer working that day. I didn't argue with him!

Being home after surgery was actually very heartwarming. The first week I was off, a group of nine women brought a meeting to me at my house, it was wonderful. The second week we had 12 men and women come to our house for a meeting which was just as wonderful. My life is so full because of Alcoholics Anonymous. When I first got sober I couldn't even speak in a meeting because I was so full of fear. Now that I've continued to go to meetings, be of service and really get to know so many of you, instead of my life being full of fear, it is full of love. Thank you everyone that has played a part in my sobriety.

It's just about time for our picnic! We are a little bit early this year — July 27th at Beaver Lake Park in Sammamish. This is my favorite event each year because we show up and enjoy food, fun and fellowship!

We are looking for raffle donations from groups please. You can make the baskets yourself and donate them or you can donate money to ESIG and the committee will shop for and make a basket for you.

There have been several requests for a 12th Step Workshop so I've decided to have one on Saturday August 10th at the Eastside Intergroup office at 10:30am. Please call us to reserve a spot as we are limited in space and want to make sure we have enough materials. This is not a panel discussion but rather a group participation workshop. We have an outline we will follow and we will be done by about noon.

Our Public Information Chair, Janine B. is doing a great job with panels in our local schools. Janine has asked that we extend our thanks to the following volunteers for their time speaking at the Middle and High School panels during May: Sean C and Eric N for taking all the 5 classes at Tyee Middle School and making a huge impact on the students there! And to Bobby D, Emily K, Robin M, Will L, Desi H and Dahon S for doing an outstanding job at Sammamish High School.

Public Information is always looking for volunteers to educate the public on AA, what it is and what it isn't. Panels speak for 7-10 minutes sharing their story and how they got sober with the help of AA. They speak as members of AA not for AA as a whole. The panels ensure that the next generations have AA to be there if they ever need it, we speak briefly on Al-anon and Alateen as well as provide our intergroup phone numbers and websites. Thank you Janine for a job well done!



If any of you are interested in becoming a part of the Public Information committee or being on a panel and speaking at the schools, Janine can be reached through contacting us at the Eastside Intergroup office.

Nancy O.
ESIG Manager

nancy@eastsideintergroup.com



YTD GROUP CONTRIBUTIONS 2019

Group	JAN	FEB	MAR	APR	MAY	TOTAL
A Gift Grows With Time	0.00	13.50		0.00		13.50
A Womans Way	0.00	50.00		0.00		50.00
AA Team	0.00	50.00		0.00		50.00
Anchor Group	120.00	0.00		120.00		240.00
Any Lengths Group	0.00	105.50		49.42		154.92
Bel East Lunch	0.00	157.18		0.00		157.18
Bel-Kirk Saturday Breakfast				250.00		250.00
Bellevue New Group				300.00		300.00
Better Odds Sober	120.00	0.00		0.00		120.00
Big Book Step Study	108.26	0.00		108.00		216.26
Bills Kitchen			50.00	0.00		50.00
Bothell Big Book	0.00	21.00		0.00		21.00
Clyde Hill Step Study	0.00	77.00		0.00		77.00
Come as You Are Part 2	90.00	0.00		0.00		90.00
District 34	0.00	1,755.14		0.00		1,755.14
District 34 Treatment Cor	0.00	220.00		0.00		220.00
District 38	0.00	200.00		0.00		200.00
Downtown Stag				80.00		80.00
Duvall Big Book Study	32.00	114.00		0.00		146.00
Duvall Sunday Morning				17.06		17.06
Eastside Beginners	256.86	0.00		145.00		401.86
Eastside Men's Group				411.00		411.00
Eastside Nooners	260.90	0.00		0.00		260.90
Eastside Women				50.00		50.00
Fresh Start					253.8	253.80
Friday Night Firehouse				482.21		482.21
Gay Men In Recovery				300.00		300.00
H.O.W.	75.00	0.00		0.00		75.00
Heretics Haven Secular				100.00		100.00
Issaquah Breakfast Club	50.00	0.00	25.00	50.00	25	150.00
Juanita Triangle				168.00		168.00
Kenmore Friday Nighters	0.00	160.00		0.00		160.00
Kirkland Sobriety Headq	0.00	100.00		0.00		100.00
Ladies Step Study	136.00	0.00		19.00	56	211.00
Lifeline			60.00	0.00		60.00
Living Sober	266.14	0.00		433.16	102.99	802.29
Maximum Service	296.00	0.00		0.00	426.63	722.63
Mercer Island Sunday Night			395.00	0.00		395.00
Moss Bay	256.00	0.00		166.65		422.65
Nameless Bunch Of Drun	1,000.00	1,000.00	1,000.00	1000.00	1000	5,000.00
Newport Daytimers				540.00		540.00
Nooners	0.00	171.00		155.50		326.50
OSAT	0.00	900.00		0.00		900.00
Pocket of Enthusiasm			338.28	0.00		338.28
Raging On The River	120.00	0.00		0.00		120.00
Sammamish By The Book				275.00		275.00
Serenity Break	0.00	774.19		1787.95		2,562.14
Serenity on Sunday	160.00	0.00		0.00	320	480.00
Seven & Sober	1,125.00	1,300.00	1,000.00	1000.00	1000	5,425.00
Sharing the Legacy	100.00	0.00	100.00	200.00		400.00
Snoqualmie Stag	0.00	65.00		0.00		65.00
Sober At Cottage Lake	262.50	0.00		112.50		375.00
Sober on the Ridge					50	50.00
Sobriety Life Line					452.81	452.81
Southside Breakfast	150.00	0.00		0.00	70	220.00
Steps to Freedom	110.00	0.00		0.00		110.00
Sunday Morning Breakfa	15.00	0.00	15.40	0.00		30.40
The Overlake Group	0.00	200.00		0.00		200.00
The Shack	0.00	50.00		0.00		50.00
Tiger Mountain Stag	600.00	0.00		0.00		600.00
Totem Lake Group			50.00	0.00		50.00
Traditions Workshop	13.25	0.00		0.00		13.25
Tuesday Night Solutions			250.00	0.00		250.00
Tuesday Nite Starters	109.28	0.00		114.25		223.53
Up The Creek	57.50	0.00		0.00		57.50
Wake Up	0.00	301.98	120.25	94.14	165.75	682.12
Women's Big Book Study				55.00		55.00
Women's Saturday Steps			288.45	0.00		288.45
Woodinville Wed. Fellow	68.15	0.00		0.00		68.15
Grand Total	5,957.84	7,785.49	3,692.38	8,583.84	3,922.98	29,942.53

Thank You! Thank You! Thank You! Thank You!

How can You Support Your Intergroup in Addition to the 7th Tradition at Your Meetings?

Join the Faithful Fivers

What are Faithful Fivers?

Faithful Fivers are AA members who graciously pledge to contribute \$5.00 each month to support Eastside Intergroup in its efforts to carry the AA message of hope and recovery to those alcoholics who still suffer in the Eastside area.

As a Faithful Fiver, your contribution can and will make our vital services possible.

The Faithful Fiver idea came about when we remembered that we wasted much more than \$5 each month during our drinking days.

Contributions to Eastside Intergroup from AA members are limited to \$3,000 per member per year and are tax deductible under Internal Revenue Code: 501(c)3.

FAITHFUL FIVER CONTRIBUTIONS IN APRIL 2019:

Susan M. Hahns B.

Janine B. David S.



YES! Please enroll me as a Faithful Fiver!

Here is my contribution of \$____ FOR

\$____ for _____ months

Name _____

Address _____

City _____ State _____ Zip _____

May Pink Can Donations

Seven & Sober

Fresh Start

Eastside Women

Millennium Group

Ladies Step Study



Join the Birthday Club

Eastside Intergroup Birthday Club!

Many of our members contribute to ESIG \$1, \$2 or \$5 per year during their

AA Anniversary month.

We'll print your name, sobriety date and home group in our Newsletter.

Your Birthday Club contributions directly support your Eastside Intergroup Office which provides a 24 hour phone line, literature, coins and more!

Birthday Club!

Name _____

Home Group _____

Sobriety Date _____

Contribution \$ _____

Get your name & home group in the newsletter!



Send this form to: Eastside Intergroup
13401 Bel Red Rd. #B6
Bellevue, WA 98005



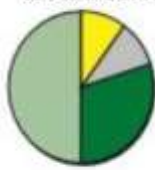
David S.—5 Years!

Kirkland Sobriety Headquarters

HAPPY BIRTHDAY

Office Information	Thank You Hotline Volunteers!			
<p>13401 NE Bel-Red Rd., Suite B6 Bellevue, WA 98005</p> <p>Phone: 425-454-9192 24-Hours a Day</p> <p>Email: esig@eastsideintergroup.com</p> <p>Website: www.eastsideintergroup.com</p> <p>Office Hours: Monday-Friday 10 am-6 pm</p> <p>Office Manager: Nancy Osborn Email: Nancy@eastsideintergroup.com</p> <p>Intergroup Representative Meeting</p> <p>First Thursday of each month 7:30 pm-8:30 pm</p> <p>at Bellevue Christian Reformed Church 1221 148th Ave NE Bellevue, WA 98007</p> <p>All members welcome!</p>	<p>Anne W. Carmen A. Carrie W. Chuck M. Cindy S. Elton B. Eric C.</p>	<p>Fred M. Ginny K. Jessica D. Leslie G. Mike S. Paul J. Randy E.</p>	<p>Richard J. Sheldon A. Sheree P. Syrianah V. Ted W.</p> 	<p>Tracy A. Travis S. BACKUPS: Travis S. Sheree P. Bill J.</p> <p>HOTLINE COORDINATOR: SHEREE P.</p>
	<p>Newsletter Contributors</p> <p>Publisher.....Steve B.</p> <p>Editor.....John M.</p> <p>Story.....Anonymous</p> <p>Office Report.....Nancy O.</p>  <p>Send us your story for the newsletter!</p> <p>esig@eastsideintergroup.com</p>		<p>May Office Volunteers</p> <p>Bill B. Joshua S. Ulf W.</p> <p>Brittney H. Karen M. Wallene D.</p> <p>Carrie S.B. Leslie G. Literature</p> <p>Cindy S. Lisa B. Pick Up</p> <p>David B. Sharon R. Rick F.</p> <p>David R. Steve H. Schedules</p> <p>Jill M. Ted W. Robin S..</p>	

Eastside Intergroup, Districts, General Service Office & Area 72 Information

<p><u>Eastside Intergroup</u></p> <p>Eastside Intergroup 13401 NE Bel Red Rd. #B6 Bellevue, WA 98005</p>	<p><u>ESIG District Addresses:</u></p> <p><u>District 34</u> Bellevue, Redmond, East Lake Sammamish, & Mercer Island PO Box 50081 Bellevue, WA 98015</p> <p><u>District 35</u> Issaquah P.O. Box 442 Issaquah, WA 98027</p> <p><u>District 36</u> Snoqualmie Valley, Duvall, North Bend P.O. Box 1963 North Bend, WA 98045</p>	<p><u>District 38</u> Kirkland P.O. Box 322 Kirkland, WA 98083</p> <p><u>District 39</u> Bothell, Kenmore, Woodinville P.O. Box 1695 Bothell, WA 98041-1695</p> <div data-bbox="1040 1587 1484 1913"> <p>Sample of Group Contributions to A.A. Service Entities</p>  <p>10% to District 10% to Area 72 30% to G.S.O 50% to Intergroup</p> </div>
<p><u>Western Washington Area 72</u></p> <p>702 Kentucky St. #535 Bellingham, WA 98225</p>		
<p><u>General Service Office (GSO)</u></p> <p>P.O. Box 459 Grand Central Station New York, NY 10163</p>		

May 2019 Intergroup Meeting Attendance

Ali J.—ESIG Board	Kent C. – District 36 ESIG Liaison
Andy G. – Core Relations & District 35 PI	Lana L. – Wednesday Woodinville Fellowship
Beth B. – Sermon on the Mount	Linda W. – Sunrise
Bob C. – Bellevue Group	Lindsay S. – Seven & Sober
Brian F. – Bel-East Luncheon	Marek – Anchor Group
Brittany H. – New Hope Group	Matt F. – GMIR
Carrie S. B. – A Woman’s Way, Moss Bay	Patti B. – Eastside Beginners
Charisse B. – Eastside Women	Robert S. – Issaquah Men's Big Book Study
Christine P. – North Creek Study	Rachel R. – Tons of Grace
Cindy S. – NBD/ ESIG Events Co-Chair	Rachel V. – ESIG Treatment Chair
Conor O. – ESIG Board	Raphael A. – Duvall Sunday Morning
David S. – ESIG Corrections Chair	Sam H. – Any Lengths
Derek B.—ESIG Board Chairman	Sheree P. – ESIG Board, Lifeline, Hotline Coordinator
Don M. – Nooners	Steve E. – Maximum Service
Este – Millennium	Steve P. – North Creek Study
Hahns B.—ESIG Treasurer	Terry M. – Living Sober
Janine B.—ESIG Board / ESIG P.I. Chair	Todd A. – District 35 ESIG Liaison
Jason W. – 59 Minutes at Pine Lake	Val F. – Serenity Break
Jennifer G. – Better Odds Sober	Virginia M. - ESIG Secretary
Jill M. – Overlake	Willy H.—ESIG Board
Jon S. – ESIG Board/ESIG Events Co-Chair District 39 ESIG Liaison	
Ken T. – Redmond Recovery	



What does an Intergroup Representative do?

An Intergroup Rep is elected at his/her Home Group and attends the Eastside Intergroup Meeting on the 1st Thursday of each month from 7:30 pm to 8:30 pm. You represent your home group at the monthly meeting and hold a vote for your group. Because Eastside Intergroup covers five Districts and is a central clearinghouse for local AA activities and information, you become a vital link between the Intergroup office, the Districts, and your home group. The Intergroup Rep keeps his or her home group informed about work being done, activities going on, etc. You become a part of the networking between Eastside Intergroup and the groups.