

## Alcoholics Anonymous – Four Founding Moments – Big Book Workshop

1. Rowland H. meets with Dr. Carl Jung  
Alcoholics Anonymous book - pages 26-27

Dr. Jung to Rowland:” You have the mind of a chronic alcoholic. I have never seen one single case recover where that state of mind existed to the extent that it does in you... Rowland felt “the gates of hell had closed on him with a clang”

2. Bill W meets with Dr. Silkworth, Towns Hospital, pages 6 and 7, Silkworth shares the details of the chronic alcoholic’s illness in detail. Bill describes his bottom on page 6 “the remorse horror and hopelessness.... Bill hits bottom. Bill has deflation at depth.

3. Bill W meets with Ebby T. November, 1934, pages 8,9,10,” He was sober, I was amazed....”First record in BB of one alcoholic sharing with another alcoholic who hit bottom, Bill recovers in December, 1934 and never drinks again.

3A. Bill W expands on Ebby’s spiritual experience in meetings with Dr. Sam Shoemaker, Oxford Group American Director, who assists Bill in formation of the 12 steps of AA

4. Bill W 12 steps Dr. Bob pages 154 - 155, Akron Ohio, May, 1935. Both stay sober for life. Bill said of Dr. Bob “the man did not fully realize what it meant to be alcoholic...”

One Alcoholic sharing a spiritual experience with another Alcoholic who has bottomed out, or has deflation at depth. Read foreword to the Third edition - page XXII

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