

**SURRENDER SCHOOL
PRESENTS
JOE & CHARLIE**

**BIG BOOK STUDY
WEEK 2**

MESSAGES FROM THE SURRENDER SCHOOL BOARD

This session will be recorded

Each session is approximately 1 hour 15 min

Updates/Announcements from Surrender School

SET ASIDE PRAYER

God, please set aside everything I think I know about myself, my emotional sobriety, the 12 Steps and You; for an open mind and a new experience of myself, my emotional sobriety, the 12 Steps and especially You!

Joe and Charlie Big Book Study

September 1 – November 3

- [AA History](#)
- [**The Doctor's Opinion**](#)
- [Bill's Story](#)
- [There is a Solution](#)
- [More About Alcoholism](#) and [We Agnostics](#)
- [Step 1, Step 2, and Step 3](#)
- [Step 4 – Part 1](#)
- [Step 4 – Part 2](#)
- [Step 5, Step 6, and Step 7](#)
- [Step 8, Step 9, Step 10, Step 11, Step 12](#)

Source Credits:

YOUTUBE: [12 Step Retro Speakers](#)
AA Big Book Online PDF - [AA Netherlands](#)
Link to Handout Source - [Take The 12](#)
Links to Joe and Charlie biography – [The Big Book Seminar](#)

**MODERATOR, PLEASE
START THE RECORDING**

REVIEW

- Introduction to Joe M and Charlie P
- AA History
- Bill W.
- Ebby Thacher
- Vital Spiritual Experience
- Dr. Silkworth
- The Oxford Group
- Spiritual Matters
- Dr. Bob
- Bill Dodson (AA #3)
- How Alcoholic Anonymous got its name
- AA Big Book Layout
- Step Review

AA History – Introduction



Joe McQ,

Joe McQuany - (AA) from Little Rock, Arkansas. (1928-2007, 78 years old) Sober: 1962 - 2007



Charlie P.

Charlie Parmley - (AA) of Maysville, Arkansas (1929-2011, 82 years old) Sober: 1970 - 2011

AA History

- Preface – Video Link
 - Preface - AA Big Book
- Algebra Problem - Video Link
 - Preface - AA Big Book
- Recovery Section
 - Foreword to the First Edition

Week 2 – The Doctors Opinion

Link to Video

Link to AA Big Book Online

AA History – Preface

PREFACE

THIS is the fourth edition of the book "Alcoholics Anonymous." The first edition appeared in April 1939, and in the following sixteen years, more than 300,000 copies went into circulation. The second edition, published in 1955, reached a total of more than 1,150,500 copies. The third edition, which came off press in 1976, achieved a circulation of approximately 19,550,000 in all formats.

Because this book has become the basic text for our Society and has helped such large numbers of alcoholic men and women to recovery, there exists strong sentiment against any radical changes being made in it. Therefore, the first portion of this volume, describing the A.A. recovery program, has been left largely untouched in the course of revisions made for the second, third, and fourth editions. The section called "The Doctor's Opinion" has been kept intact, just as it was originally written in 1939 by the late Dr. William D. Silkworth, our Society's great medical benefactor.

The second edition added the appendices, the Twelve Traditions, and the directions for getting in touch with A.A. But the chief change was in the section of personal stories, which was expanded to reflect the Fellowship's growth. "Bill's Story," "Doctor Bob's Nightmare," and one other personal history from the first edition were retained intact; three were edited and one of these was retitled; new versions of two sto-

xi

AA Big Book (Preface) – pp. xi

- *"Because this book has become **the basic text** for our Society and has helped such large numbers of alcoholic men and women to recovery, **there exists a sentiment against any radical changes being made in it.** Therefore, the first portion of this volume, describing the A.A. recovery program, has been left largely untouched..."*

AA History – Problem

I think the greatest mistake being made in A.A. today, the newcomer comes to the door we hand him the book and we say go to Chapter Five (How it Works) and do what it says; and you'll be okay.

And they go to Chapter Five and they run into a series of algebra problems.

Step One says, "*We admitted we were powerless over alcohol -- that our lives had become unmanageable.*"

The newcomer says, man I'm not powerless over anything. They have no idea what we mean by that statement (because we've directed them to Chapter 5 (**Step 3**)).

Step Two says, "*We came to believe that a power greater than ourselves could restore us to sanity*".

The newcomer says, don't tell me I'm crazy. Yeah, I do stupid things when I'm drunk, but when I'm sober, I'm like other people. They have no idea what we mean by that statement.(because we've directed them to Chapter 5 (Step 3)).


But if you're not powerless and you're not nuts, then you don't need (Chapter 5) Step Three to be thinking about turning your will and your life over to the care of something you don't understand in the first place. We present them with an impossible situation.

If we can do nothing else this weekend, I hope we're going to be able to get over (realize) the idea of the value of

The Doctor's Opinion and the first four chapters. There is where we learn **what the problem is**. There is where we learn **what the solution is**. That prepares us for Chapter 5. You see Chapter 5 starts with Step 3.

It's very difficult to start with (Step) 3, unless you've got (Step) 1 and (Step) 2 behind you.

AA History – Algebra Problem

$$8 + \frac{1}{2}(12) = x$$
$$8 + 6 = x$$
$$14 = x$$


Now, I think what's so important for me today is whether I'm reading a first, second, or third edition--we have never changed the recovery section. I wonder why we've never found it necessary to change it. Because it works, doesn't it, yeah you betcha. And why does it work? Three reasons, I think.

1. **Alcoholics haven't changed a bit.**
2. **Alcohol hasn't changed.**
3. **Human nature never changes.**



Everybody that's ever read it's certainly has re-written it at least twice in their minds. **Collectively though, we've never found it necessary.**



AA History – Recovery Section

FOREWORD TO FIRST EDITION

This is the Foreword as it appeared in the first printing of the first edition in 1939.

*W*E, of Alcoholics Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body. To show other alcoholics *precisely how we have recovered* is the main purpose of this book. For them, we hope these pages will prove so convincing that no further authentication will be necessary. We think this account of our experiences will help everyone to better understand the alcoholic. Many do not comprehend that the alcoholic is a very sick person. And besides, we are sure that our way of living has its advantages for all.

It is important that we remain anonymous because we are too few, at present to handle the overwhelming number of personal appeals which may result from this publication. Being mostly business or professional folk, we could not well carry on our occupations in such an event. We would like it understood that our alcoholic work is an avocation.

When writing or speaking publicly about alcoholism, we urge each of our Fellowship to omit his personal name, designating himself instead as "a member of Alcoholics Anonymous."

Very earnestly we ask the press also, to observe this request, for otherwise we shall be greatly handicapped.

We are not an organization in the conventional

xiii

xiv FOREWORD TO FIRST EDITION

sense of the word. There are no fees or dues whatsoever. The only requirement for membership is an honest desire to stop drinking. We are not allied with any particular faith, sect or denomination, nor do we oppose anyone. We simply wish to be helpful to those who are afflicted.

We shall be interested to hear from those who are getting results from this book, particularly from those who have commenced work with other alcoholics. We should like to be helpful to such cases.

Inquiry by scientific, medical, and religious societies will be welcomed.

ALCOHOLICS ANONYMOUS.

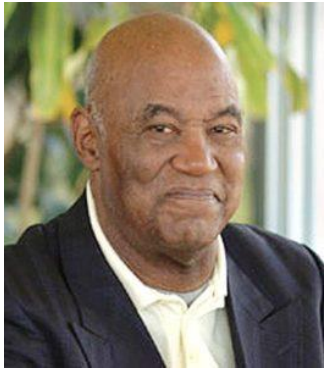
Foreword to the First Edition - **Big Book p. xiii, par. 1**

- *“We, of Alcoholics Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body.”*
- *“To show other alcoholics precisely how we have recovered is the main purpose of this book.”*

...any time you see italics in this book it becomes very, very important, probably ought to read it again. And it says **“precisely”**. Later on in the book we’re going to find words such as **specifically, exactly, with clear-cut directions**. So, this book is not a book on just about how to recover from alcoholism, this book is going to tell us **precisely, specifically, exactly, with clear-cut directions on how to recover from alcoholism**.

And if I want to recover from alcoholism, guess what, I need to do it precisely, specifically, and exactly, and try to follow the clear-cut directions best I can, otherwise I may not recover from alcoholism.





The Doctor's Opinion

It wasn't until after I got into listening to the description of Dr. Silkworth's opinion on alcoholism that I began to understand what I had here, and it wasn't that I was a no-good rotten SOB.



I had an illness called **alcoholism**; a *physical allergy* coupled with an *obsession of the mind* and somehow or other that information helped me overcome some of these ideas that I had.

...the very **first sixteen printings of this book, "Alcoholics Anonymous", The Dr.'s Opinion is on Page 1.** 1955 in the second edition, they moved the Dr.'s Opinion out of the Page 1 and put it into the Roman numeral sections.

But the information in *The Dr.'s Opinion* is so important to me and to the fellowship of Alcoholics Anonymous because the rest of the book is going to tell us how to recover from the condition of the body and the mind that Dr. Silkwood described.

And I said, I was alcoholic for about two years and I didn't even know what an alcoholic was really.

The Doctor's Opinion



Charlie P.

I'm convinced in my mind that God got tired of seeing people like us die from alcoholism and he took various, different people from around the world and gave us these pieces of information that allows us to recover from that condition today.

And I think one of the first persons that he used was this little doctor called **Dr. Silkworth**.

The Doctor's Opinion – The Problem



Dr. William D. Silkworth



... he began to develop this little idea that when you put alcohol in your body it produces **an actual physical craving that makes it impossible for us to stop drinking.**



But he also said even in those days, that's not the real problem of the alcoholic, **he said the real problem is that the alcoholic cannot keep from drinking.**



The Doctor's Opinion - Powerless



Dr. William D. Silkworth

He said people who are heavy drinkers, people who are moderate drinkers, if they want to quit drinking they just quit, and it don't bother them at all.

But he said it seems as though the alcoholic, after they quit, the mind begins to play tricks on them; and begins to think about one or two drinks and how it makes them feel.

And he said that **idea becomes so powerful that it overcomes the idea that they can't drink, and they take a drink and end up drunk every time.**

He said now if you can't drink safely, and if you can't keep from drinking, **then you're powerless over alcohol**



The Doctor's Opinion

Now we don't know whether Bill Wilson was the first one he told that to or not, but we know Bill was probably the first one to act on that information.

Then after Bill got sober, and after Dr. Bob got sober, and after [Bill Dobson \(A.A. Number Three - Into Action - p.182 Big Book\)](#) got sober and after the first 40 got sober based on that information and decided to write the book, they went to see Dr. Silkworth and said will you let us put that information in the book so that other alcoholics can see what their problem is too. And they said will you write some of it for us, and the Doctor said yeah, you can use it and I'll write some of it under one condition, that we will call it "[The Doctor's Opinion](#)".

He said **I can't prove it, there's no facts behind it, so we'll just have to call it an opinion.** And he said, by the way, don't use my name. He said they'll throw me completely out of the medical profession if you use my name on this deal.

In 1956 when they came out with a Second Edition, 1955 and 1956 they came out with a Second Edition, by that time the Medical Association, the American Psychiatric Association had recognized the fact that Alcoholism is an illness. And Dr. Silkworth said in the Second Edition, **you can put my name in it now.**



The Doctor's Opinion – Abnormal Reaction

Big Book "The Doctor's Opinion"

"The physician who, at our request, gave us this letter, has been kind enough to enlarge upon his views in another statement which follows. In this statement he confirms what we who have suffered alcoholic torture must believe---that the body of the alcoholic is quite as abnormal as his mind."

Big Book "The Doctor's Opinion"

"We must believe---that the body of the alcoholic is quite as abnormal as his mind."

Now this is the first time we can find anywhere in written history, the reference to the **fact that the body is affected as well as the mind.**

Everything up until this time, they had talked about the mind only. Weak will, moral character, sin and etc. **But here we see a statement that says the body is quite as abnormal as the mind.** I think he's telling us two things,

1. That the body is affected also, and I think he's also saying
2. The mind is abnormal, when it comes to alcohol.

We react to it different physically and also mentally in an abnormal manner.

xvii THE DOCTOR'S OPINION
growth inherent in this group they may mark a new epoch in the annals of alcoholism. These men may well have a remedy for thousands of such situations.
You may rely absolutely on anything they say about themselves.
Very truly yours,
William D. Silkworth, M.D.

The physician who, at our request, gave us this letter, has been kind enough to enlarge upon his views in another statement which follows. In this statement he confirms what we who have suffered alcoholic torture must believe---that the body of the alcoholic is quite as abnormal as his mind. It did not satisfy us to be told that we could not control our drinking just because we were maladjusted to life, that we were in full flight from reality, or were outright mental defectives. These things were true to some extent, in fact, to a considerable extent with some of us. But we are sure that our bodies were sickened as well. In our belief, any picture of the alcoholic which leaves out this physical factor is incomplete.

The doctor's theory that we have an allergy to alcohol interests us. As laymen, our opinion as to its soundness may, of course, mean little. But as ex-problem drinkers, we can say that his explanation makes good sense. It explains many things for which we cannot otherwise account.

Though we work out our solution on the spiritual as well as an altruistic plane, we favor hospitalization for the alcoholic who is very jittery or befogged. More often than not, it is imperative that a man's brain be cleared before he is approached, as he has then a bet-



The Doctor's Opinion – Abnormal Reaction

Do You Have An Alcohol Allergy?

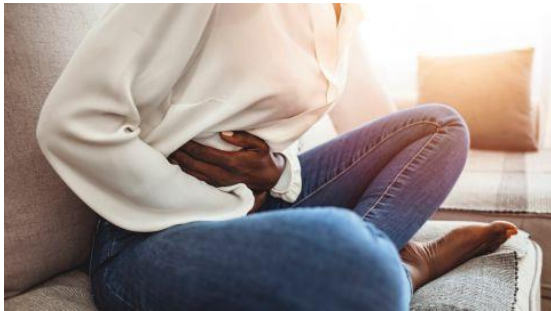
- ✓ Nausea
- ✓ Anxiety
- ✓ Increased heart rate
- ✓ Stomach cramps
- ✓ Diarrhoea



- ✓ Vomiting
- ✓ Headache
- ✓ Stuffy/runny nose
- ✓ Flushing face

Big Book p. xxiv, par. line 13

- *"It did not satisfy us to be told that we could not control our drinking just because we were maladjusted to life, that we were in full flight from reality, or were outright mental defectives. These things were true to some extent, in fact, to a considerable extent with some of us. **But we are sure that our bodies were sickened as well. In our belief, any picture of the alcoholic, which leaves out this physical factor, is incomplete.***
- *The doctor's theory that we have an **allergy to alcohol** interests us. As laymen, our opinion to its soundness may, of course, mean little. But as ex-problem drinkers, we can say that his explanation makes good sense. It explains many things for which we cannot otherwise account."*



The Doctor's Opinion – Allergy

Well most of us when we come here we assume already we know what an allergy is, I know I did. I knew if you were allergic to something and you got around it or you ate it or you drank it or something like that, that there would be some physical manifestation or indicator of that allergy.

So I knew if you were allergic to something there would be something there that you could see.

So they came to me and they said Charlie, you got an allergy to alcohol and you'll never be able to safely drink it again. And I said how in the hell can I be allergic to alcohol; I'm drinking a quart a day. How can you possibly drink that much of something you're allergic to?

And one day in sheer desperation I went to a source of information that has never failed me since that time. I went to the dictionary and I looked up the word allergy and I found several different definitions of it (the way you do with any word depending on how you use it). But I think I found the one that fit me exactly when it said

An allergy is an 'abnormal' reaction to any food, beverage, or substance of any kind.



The Doctor's Opinion – What's Normal

So to find out what's normal to see if I'm abnormal, I have to go to the **normal, social, temperate moderate drinker**; those that drink alcohol and do not get in trouble with it.

Alcohol is a toxic substance; a destroyer of human tissue. When you put it in your body, your mind and body is supposed to **react to it with nausea and say puke it up and get it out of here.** When I put it in my body, instead of my body experiencing the feeling of nausea, my body experiences an actual physical craving which demands more of the same. Their body said puke it up, mine said put some more in here. **So not only do I react to it differently mentally, but I also react to it differently physically.**

Now the only difference between normal and abnormal is what the majority of people do.

If the majority, nine out of ten, react that way, one out of ten reacts the way I do, then my reaction is considered to be abnormal, therefore I'm considered to be allergic to alcohol.

You can't see it, you can only feel it, and only alcoholics feel it.



The Doctor's Opinion – Phenomenon of Craving



Big Book “The Doctor’s Opinion”

“We believe, and so suggested a few years ago, that the action of alcohol on these chronic alcoholics is a manifestation of an allergy; that the phenomenon of craving is limited to this class and never occurs in the average temperate drinker. These allergic types can never safely use alcohol in any form at all and once having formed the habit and found they cannot break it, once having lost their self-confidence, their reliance upon things human, their problems pile up on them and become astonishingly difficult to solve.”*

- The action of alcohol on one who is allergic to alcohol, is manifested by, **the phenomenon of craving**.
- ...it is manifested by an **actual physical craving in the body that demands more of the same** after we have started.
- Now I hear people today say well I came to A.A. and **I craved a drink for four years**. No, in the **context of the Big Book that’s the wrong use of the word craving**. The only way an alcoholic can crave alcohol is to **first put it the body, then the physical craving develops** and then we can’t stop and we end up drunk.
- So in the “recovery section ... - when you see the word “craving” it’s always referring to the **body, never to the mind, we’ll use the word ’obsession’ for the mind, the word craving is for the body**.

The Doctor's Opinion – Types of Drinkers

Big Book "The Doctor's Opinion"

Type 1: "The classification of alcoholics seems most difficult, and in much details outside the scope of this book. There are, of course, the psychopaths who are emotionally unstable. We are all familiar with this type. They are always "going on the wagon for keeps." They are over-remorseful and make many resolutions, but never a decision."

Type 2: "There is the type of man who is unwilling to admit that he cannot take a drink. He plans various ways of drinking. He changes his brand or his environment."

Type 3: "There is the type who always believes that after being entirely free from alcohol for a period of time he can take a drink without danger."



Type 4: "There is the manic-depressive type, who is, perhaps, the least understood by his friends, and about whom a whole chapter could be written."

Type 5: "Then there are types entirely normal in every respect except in the effect alcohol has upon them. They are often able, intelligent, friendly people."

"All these, and many others, **have one symptom in common: they cannot start drinking without developing the phenomenon of craving.** This phenomenon, as we have suggested, may be the manifestation of an allergy which differentiates these people, and sets them apart as a distinct entity. It has never been, by any treatment with which we are familiar, permanently eradicated. **The only relief we have to suggest is entire abstinence.**"

No, sugar and flour do not break down in the same way as alcohol. Here's a brief overview of how each is metabolized:

Alcohol Metabolism

1. **Ethanol** (alcohol) is first converted into **acetaldehyde** by the enzyme alcohol dehydrogenase.
2. **Acetaldehyde** is then converted into **acetic acid** (or acetate) by the enzyme aldehyde dehydrogenase.
3. **Acetic acid** is further broken down into **carbon dioxide** and **water** through the citric acid cycle.

Sugar and Flour Metabolism

- **Sugars** (like glucose and fructose) and **starches** (from flour) are broken down into simpler sugars (mainly glucose) through digestion.
- **Glucose** is then used in cellular respiration to produce **energy**, **carbon dioxide**, and **water**.

Key Differences

- **Alcohol** is metabolized primarily in the liver and involves specific enzymes like alcohol dehydrogenase and aldehyde dehydrogenase.
- **Sugars and starches** are broken down by digestive enzymes (like amylase) and then metabolized in cells through glycolysis and the citric acid cycle.

Sugar Cravings and Metabolism

1. **Blood Sugar Levels:** When you consume sugar, it quickly raises your blood glucose levels, providing a rapid energy boost. This can lead to a cycle of spikes and crashes, which often results in cravings for more sugar to regain that energy¹.
2. **Insulin Response:** High sugar intake can cause your body to release a lot of insulin to manage the glucose. Over time, this can lead to insulin resistance, making it harder for your body to regulate blood sugar levels and potentially increasing cravings².
3. **Brain Chemistry:** Sugar consumption triggers the release of dopamine, a neurotransmitter associated with pleasure and reward. This can create a cycle of craving sugar to experience that dopamine release again².

Acetone and Ketosis

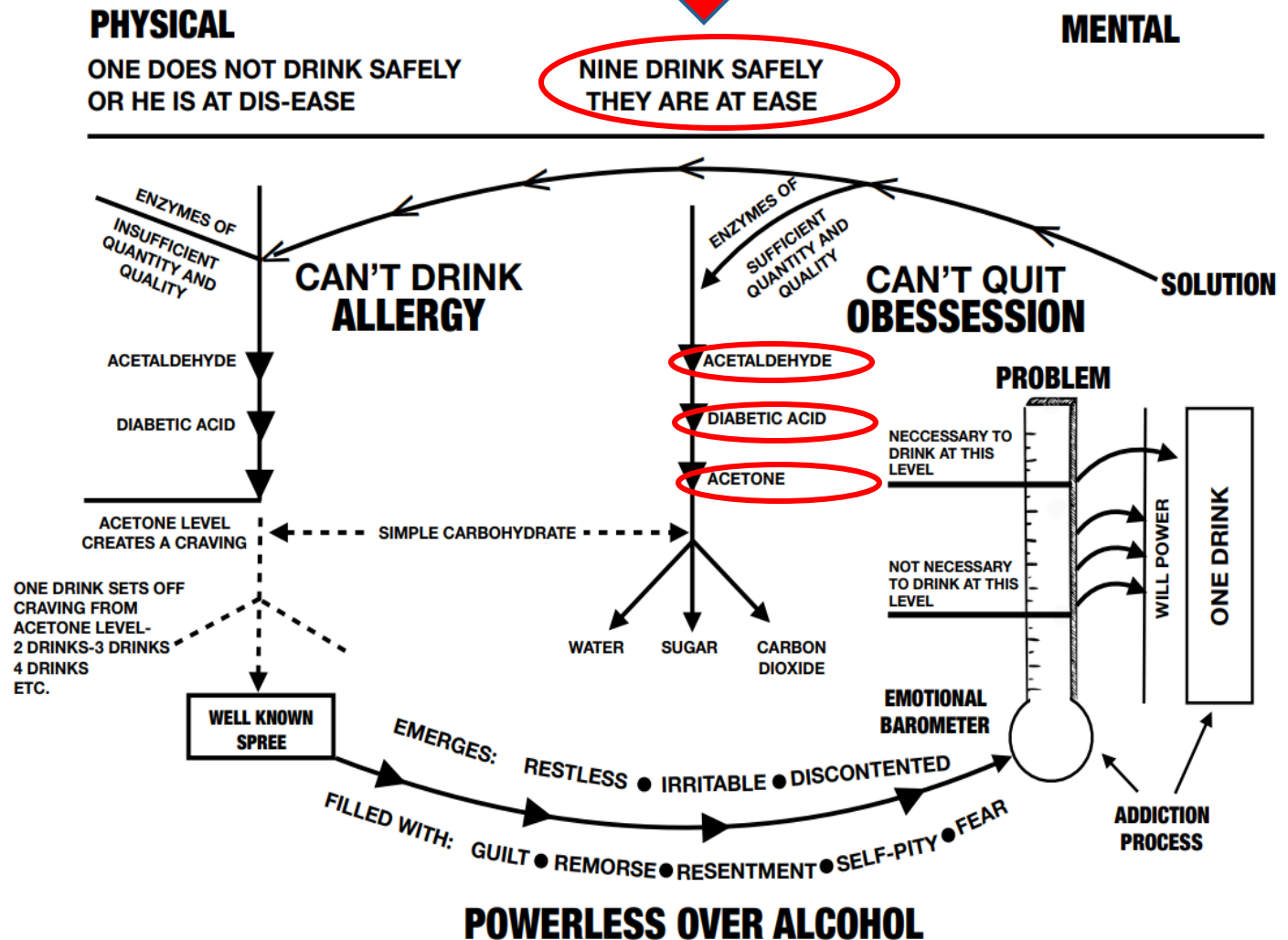
- **Ketosis:** When your body is in a state of ketosis (breaking down fat for energy due to low carbohydrate intake), it produces ketones, including acetone. This is common in low-carb diets or fasting³.
- **Acetone Breath:** High levels of ketones can lead to a fruity or acetone-like smell on your breath³. However, this is more related to fat metabolism rather than sugar metabolism.

Alcohol and Sugar Cravings

- **Alcohol's Impact:** Chronic alcohol consumption can disrupt normal glucose metabolism and increase insulin resistance, which may indirectly lead to sugar cravings as your body seeks quick energy sources⁴.

In summary, while acetone itself doesn't cause sugar cravings, the metabolic processes involving sugar and alcohol can influence how your body and brain respond to sugar, potentially leading to cravings.

Disease Concept of Alcoholism



The Doctor's Opinion – The Mind



Big Book p. xxviii, line 29

"It has never been, by any treatment with which we are familiar, permanently eradicated. The only relief we have to suggest is entire abstinence."

Big Book p.xxvi, par. 5

"Men and women drink essentially because they like the effect produced by alcohol."



The Doctor's Opinion – Psychic Change (Mind)

Big Book p. xxvi, par. 5

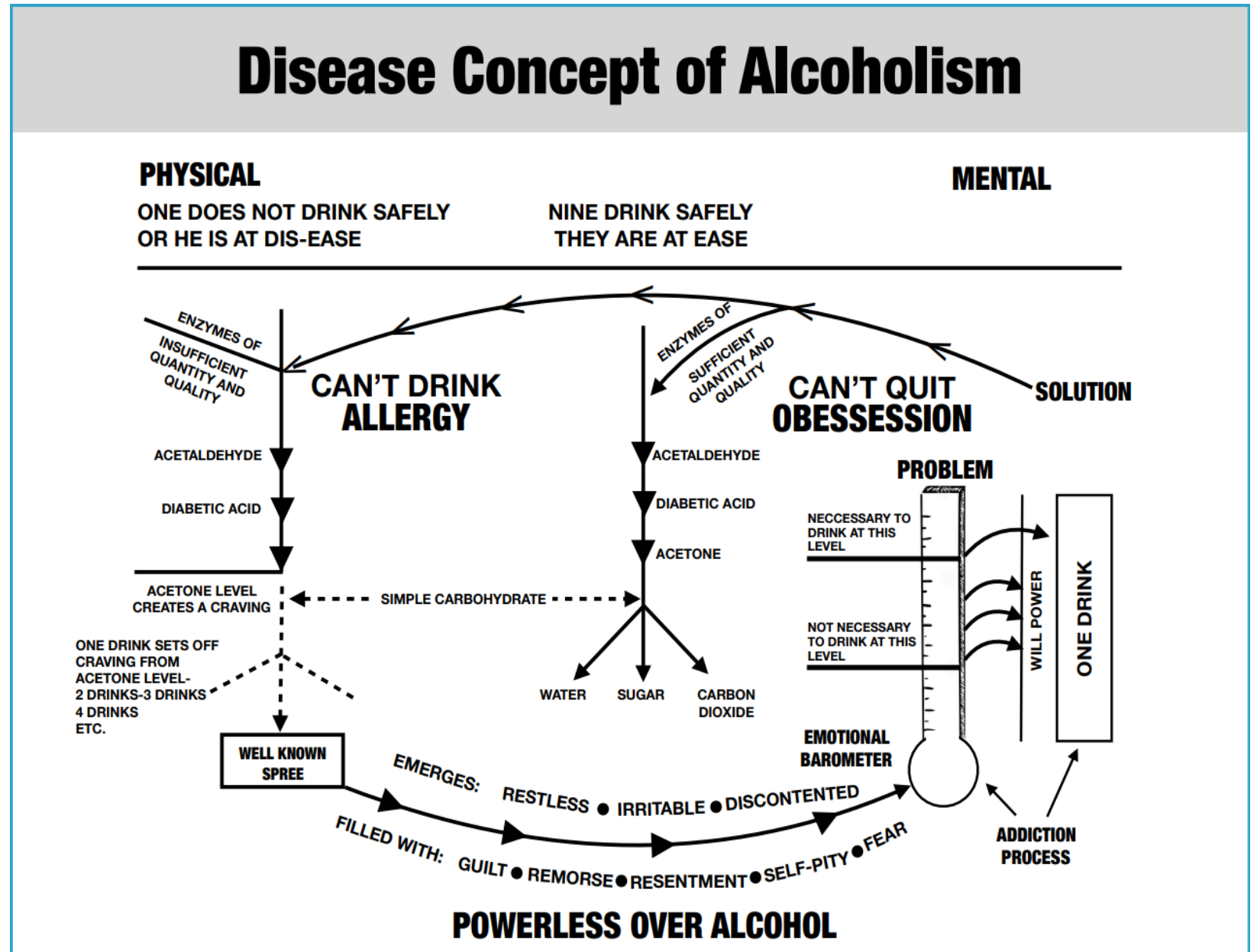
"The sensation is so elusive that, while they admit it is injurious, they cannot after a time differentiate the true from the false. To them their alcoholic life seems the only normal one."

Big Book, top of p. xxvii

"They are restless, irritable and discontented, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks—drinks which they see others taking with impunity. After they have succumbed to the desire again, as so many do, and the phenomenon of craving develops, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to drink again. This is repeated over and over, and unless this person can experience an entire psychic change there is very little hope of his recovery."

Disease Concept of Alcoholism

- The real problem centers in the mind telling us we can drink, rather than in the body that ensures that we can't drink.
- The mind destroying the body, and the body destroying the mind!



The Doctor's Opinion – Will Power - Powerless

Big Book “The Doctor’s Opinion”

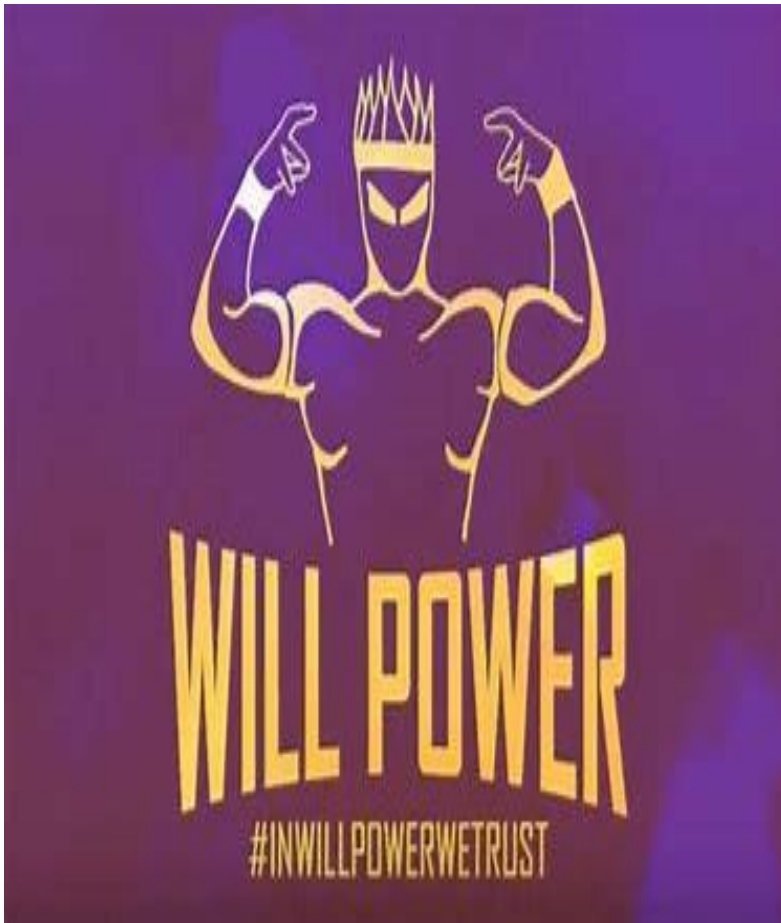
“On the other hand—and strange as this may seem to those who do not understand—once a psychic change has occurred, the very same person who seemed doomed, who had so many problems he despaired of ever solving them, suddenly finds himself easily able to control his desire for alcohol, the only effort necessary being that required to follow a few simple rules.”

So the first thing we alcoholics do, to do something about our drinking is,

1. We decide we’re going to control our drinking while drinking.
2. We trot out the most useful tool we have and we put it right there, and it’s called WILLPOWER.

The body destroying the body over here (left hand side), the mind over here causing us to drink more and more (right hand side).

If you can’t safely drink because of the body and if you can't quit because of the mind, then you’ve become absolutely powerless over alcohol.



SERENITY PRAYER

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

MODERATOR, PLEASE STOP THE RECORDING

Surrender School Closing Announcements

QUESTIONS
