

# THE JOURNEY AT THE BEACH

M A R C H 2 0 2 1

**Tradition Three** • “The only requirement for A.A. membership is a desire to stop drinking.”  
**Twelve Steps and Twelve Traditions, page 139**

## ANNIVERSARY CELEBRATIONS

*“To thine own self be true”*

NAME	YEARS	SOBRIETY DATE	CELEBRATING	WHERE	WHEN
Susan W	11	03/10/10	03/15/21	Happy Hour • Zoom	6 pm
Deb C	11	03/11/10			
Ellen O	40	03/14/81	03/15/21	Happy, Joyous and Free • Atlantic Club	Noon
Larry L	17	03/14/04	03/20/21	Happy Risers • Atlantic Club	9 am
Bob and Nancy M	31	03/21/90	03/22/21	Happy Hour • Zoom	6 pm
Bob R	30	03/22/91	03/22/21	Beginner’s Big Book • Atlantic Club	6:30 pm
Kenny G	33	03/28/88		Living Sober/Assateague	

Please submit all anniversary information to Carla H at [info@ocaa.org](mailto:info@ocaa.org) by the 28<sup>th</sup> of the preceding month of the anniversary. Include your name, sobriety date, celebration date, where and when. The newsletter is printed on the first Tuesday of every month, so if your sobriety date falls early in the month, we may put your announcement in the prior month’s newsletter. Thanks!

**Step Three** • “Made a decision to turn our will and our lives over to the care of God as we understood Him.”  
**Twelve Steps and Twelve Traditions, page 34**

**Third Step Prayer** • “God, I offer myself to Thee - to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always.”  
**Alcoholics Anonymous, page 63**

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## From Area 29 • MD General Services Newsletter • Member Stories

### THE TENTH STEP PROMISES

The Big Book offers an array of promises associated with each of the Twelve Steps, but for me, the rewards starting on the bottom of page 84 and continuing throughout that paragraph are, by far, the most vibrant and exciting – these are my favorites:

***“And we have ceased fighting anything or anything – even alcohol.”***

When I am living in the spirit of the Step Ten directions and resolutely turning my thoughts to someone I can help, I become much less reactionary with those who disagree with me. Being right, takes a back seat to developing a continuing friendly relationship. The first shot is not fired because the battle never begins.

***“For by this time sanity will have returned.”***

I feel as though the word ‘sanity’ overflows from the first promise; if I am unable to differentiate the true from the false in the matter of drink, I am indeed suffering from alcoholic insanity. However, if I can see and act on the obvious truth in the matter of that next drink, I am living in a sane manner. The Big Book often uses the expression of insanity interchangeably with the phrase, ‘mental obsession.’ Jim’s Story (p. 37) is case in point.

***“If tempted, we recoil as from a hot flame”***

During first sober year or so drinking thoughts would spawn deep-seated horror. If I would – as is often suggested – Think the drink through, the dismal memory of those horrible hallucinations coming on, the music exuding from the walls, and the jail door slamming shut filled me with terror. The dread of being fired, once again, would come on strongly. But as time passed, I learned to stymie these unpleasant thoughts before they become solidified. Actually, I believe I have developed a reverse Pavlov in the matter of drink.

***“It just comes! That is the miracle of it.”***

This miracle happened for me! Thoughts of drinking no longer exists in my emotional vocabulary. This marvelous “release” took place in my second year of sobriety and I have not been plagued by the mental obsession since—thank you God!

***“Instead, the problem has been removed. It does not exist for us.”***

These two phrases probably represent the most important single promise in the Big Book: a release from the insanity of taking that first alcoholic drink! Of course, this exciting promise is obviously concerning the mental obsession before the first drink. I will never be an ex-alcoholic—just one shot and I am shot! We are not told that the problem (obsession) has been eradicated, destroyed or beamed to outer space. It simply promises that it has been removed. That Obsession/Allergy will forever lurk, just waiting for me to fall below a fit spiritual condition.

***“That is how we react so long as we remain in a fit spiritual condition.”***

I have found that living in the spirit of Maintenance Steps Ten, Eleven and Twelve, to the best of my ability, I have remained close enough to a fit spiritual condition that I haven’t had to drink since my very first meeting in 1975.

Bob S.



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## Ocean City Intergroup of Alcoholics Anonymous is in Area 29, District 32.



## Help Keep Us Updated in 2021

In the next weeks and months weather is warming, days are lengthening and vaccines are closer to getting in people's arms. Changes are bound to be made to our in-person and virtual meeting schedules.

Please email any upcoming schedule changes (and anniversary dates!) to [info@ocaa.org](mailto:info@ocaa.org) so I can pass it on.

Thanks,  
Carla H

## Upcoming Zoom Events

Maryland General Service, Inc. Area 29 invites you to a scheduled Zoom meeting

### Mini-Conference

April 10, 2021  
9:00 am to 3:00 pm  
Zoom Meeting opens at 8:30 am

<https://us02web.zoom.us/j/3352329265?pwd=ZTlDcUx6aTUwWkYxXNdmMTIwWjZkZ09>  
Meeting ID: 335 232 9265  
Passcode: 164  
One tap mobile  
+1-929-205-6099,,335-232-9265#,,,,\*164# US (New York)

For questions contact [aldelegate@marylandaa.org](mailto:aldelegate@marylandaa.org)

**Speaker—Racy J.**  
(Serves on Public Information Desk at General Service Office)

### 2021 CONTRA STUDY

March 4, 2021 through June 24, 2021  
Thursdays from 9:00 PM to 10:00 PM Eastern Time  
Moderated by Panel 68, Area 29 (Maryland); Past Delegate Don B.

Zoom Meeting ID: 350 3354 4308  
Passcode: 350351  
Dial-in number for phone callers: +1-301-715-8582

We invite all A.A. members to this virtual study of the CONCEPTS, TRADITIONS & A.A. SERVICE MANUAL

Mar 4, 2021 – Registration & Orientation  
Mar 11, 2021 – Traditions 1, 2 & 3  
Mar 18, 2021 – Traditions 4, 5 & 6  
Mar 25, 2021 – Traditions 7, 8 & 9  
Apr 1, 2021 – Traditions 10, 11 & 12  
Apr 8, 2021 – Service Manual, pp. 511-514  
Apr 15, 2021 – Service Manual, Chapters 1, 2 & 3  
Apr 22, 2021 – Service Manual, Chapters 4, 5 & 6  
Apr 29, 2021 – Service Manual, Chapters 7, 8 & 9  
May 6, 2021 – Service Manual, Chapters 10, 11 & 12  
May 13, 2021 – Service Manual, pp. 596-6148  
May 20, 2021 – Concepts 1, 2 & 3  
May 27, 2021 – Concepts 4, 5 & 6  
Jun 3, 2021 – Concepts 7, 8 & 9  
Jun 10, 2021 – Concepts 10 & 11  
Jun 17, 2021 – Concept 12, Warnings 1, 2 & 3  
Jun 24, 2021 – Concept 12, Warnings 4, 5 & 6

CONTRA Study Materials (provided via email upon request)  
Twelve Steps and Twelve Traditions (free access at [www.aa.org](http://www.aa.org))  
The A.A. Service Manual combined with The Twelve Concepts for World Service, 2015-2020 edition  
A.A. Grapevine: Traditions Checklist, November 2018 revision  
2021 CONTRA Study Service Manual Questions  
A.A.W.S. Concepts Checklist, 8th Edition

We will cover approximately three chapters of reading material per week, with associated questions. Only those who have read the assignment and have written answers to the weekly questions will be asked to read their answers to the group. All others are welcome to join the meeting and listen.

For more information, contact:  
[2021contrastudy@gmail.com](mailto:2021contrastudy@gmail.com)

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## Virtual Meetings

**District 32** and the **Ocean City Area Fellowship Intergroup** meet every first Tuesday of the month at the Atlantic Club, 11827 Ocean Gateway, Ocean City, MD 21843 (Route 50 Westbound). For now, we will meet via Zoom. Contact [info@ocaa.org](mailto:info@ocaa.org) for a link if you would like to attend.

**Next meeting is** **April 6th**  
**General Service Reps** **5:30 pm**  
**Intergroup Reps** **6:00 pm**

**Meetings** • Groups are slowly reopening in-person meetings in accordance with Mayor Hogan's guidelines. Please visit the [Meetings Page](#) for the latest updates. Listed below are Virtual Meetings taking place in the Ocean City Intergroup. Visit Ocean City Fellowship Intergroup of AA's website at [ocaa.org/update](http://ocaa.org/update) for real time revisions to the following schedule.

### Monday

- **6 pm Happy Hour** via Zoom <https://us02web.zoom.us/j/89390852132> Dial in: +1 (301)-715-8592 Meeting ID: 893 9085 2132 Password: 494142

### Tuesday

- **Noon Happy Joyous and Free Women's** group reads "As Bill Sees It" via Zoom <https://us02web.zoom.us/j/86421946835?pwd=cytBUmJLVndrMVhRQVQycFhhWHh0Zz09> Dial in: +1 (301)-715-8592 Meeting ID: 864 2194 6835 Password: 010397

### Wednesday

- **7 pm The Promises** via Zoom <https://us02web.zoom.us/j/217995249?pwd=cXlZK21CanRtY2pqOE9hSG4rNG9HUT09> Dial in: +1 301 715 8592 Meeting ID: 217 995 249 Password: 382990
- **7 pm Al-Anon • Bayside Beginning Ocean Pines** via Zoom <https://us02web.zoom.us/j/82512805793?pwd=VjJsOUt4anJcTlYyY0pBRWhTZDI2QT09> Dial in: +1 (301)-715-8592 Meeting ID: 825 1280 5793 Password: 058548
- **8 pm Free To Be Women's** group via Zoom: <https://us04web.zoom.us/j/358229631> Dial in: +1 (301)-715-8592 Meeting ID: 358 229 631 Password: 9S1PSg

### Thursday

- **7 pm Primary Purpose** group Big Book Study Meeting via <https://ppgmd.org>

### Friday

- **10 am Happy, Joyous and Free Women's** group via Zoom <https://us02web.zoom.us/j/84631768850?pwd=S0F3a2xtRWN5WE9QMFlrbCtDRmRZQT09> Dial in: +1 (301)-715-8592 Meeting ID: 846 3176 8850 Password: 313033

### Saturday

- **7 pm Saturday Night Live!** Apr 11, 2020 via Zoom <https://us04web.zoom.us/j/954508347?pwd=TDJ0UnNuYmZlYm9Ed1pHQmxEWHR0Zz09> Dial in: +1 (301)-715-8592 Meeting ID: 954 508 347 Password: 646266

### Sunday

- **8 pm CDA (Chemical Dependents Anonymous) • Step To It!** via Zoom <https://us02web.zoom.us/j/86011984838?pwd=RHdSaTdJSUhpNk5tUE0zcUloZnJmUT09> Dial in: +1 (301)-715-8592 Meeting ID: 860 1198 4838 Password: 611310

## OCAA Phone Schedule 410-600-5219

March - Happy Hour April - Positive Attitude May - Happy Risers. June - Action Group