

THE JOURNEY AT THE BEACH

M A Y 2 0 2 1

Tradition Five - "Each group has but one primary purpose - to carry its message to the alcoholic who still suffers."

Twelve Steps and Twelve Traditions, page 150

ANNIVERSARY CELEBRATIONS

"To thine own self be true"

NAME	YEARS	SOBRIETY DATE	CELEBRATING	WHERE	WHEN
Butch A	19	05/03/03	Acknowledged	Proud To Have Served • Atlantic Club	6 pm
Chris C	1	05/08/20	05/08/21	Happy Risers • Atlantic Club	9 am
Tom S	22	05/09/99	05/16/21	Happy Risers • Atlantic Club	9 am
Bootsie	15	05/11/06	05/11/21	Happy Risers • Atlantic Club	7:30 am
Susan S	12	05/14/09		Positive Attitude • Berlin	7 pm
Mark M	9	05/20/12		Happy Risers • Atlantic Club	
Tom D	6	05/22/15	05/22/21	Happy Risers • Atlantic Club	9 am
Judy B	31	05/28/90	05/28/21	Happy Risers • Atlantic Club	7:30 am
Joe C	41	06/16/80		Proud To Have Served • Atlantic Club	6 pm

Please submit all anniversary information to Carla H at info@ocaa.org by the 28th 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 Five • "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

Twelve Steps and Twelve Traditions, page 55

Fifth Step Prayer • "Higher Power, Thank you for helping me complete my housecleaning. I can now look the world in the eye. I can be alone at perfect peace and ease. My fears have fallen from me. I have begun to feel your nearness. I have begun to have a spiritual experience. I feel I am on the BroadHighway, walking hand in hand with the Spirit of the Universe."

based on Alcoholics Anonymous, page 75

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From <https://www.verywellmind.com/a-study-of-step-5-67253>

Whether you're working the 12 steps of Alcoholics Anonymous (AA), Narcotics Anonymous (NA), Al-Anon, or any other program, the most difficult of all the steps probably step 5. This is the one that asks us to admit "our wrongs" and to do so in front of our higher power and another person.

Admittedly, it's hard to find someone who is not nervous about step 5, and some people put it off as long as possible. However, this step is also one of the most fulfilling steps along the road to recovery because it allows us to let go of the past.

What Step 5 Says

In step 3 we surrendered to our higher power—our personal understanding of God—and step 4 had us take a detailed inventory of our behavior. The next logical step is to voice all of those things we did while drinking or using. That leads us to step 5.

Step 5: Admit to God, to ourselves, and to another human being the exact nature of our wrongs.

What an order! Admitting wrongs to God and to ourselves is one thing. To actually tell someone else the exact nature of our wrongs can be a frightening task indeed. After years of "keeping secrets" and hiding faults and shortcomings, openly admitting them—and out loud to another human being—is a drastic turnaround.

Purpose of Step 5

Just as the 12 steps themselves are in a specific order for a reason, the process outlined in step 5 is as well. There is a reason that the first admission of wrongs is to God as we understand Him. It prepares members for the rest of the step.

But by having that conversation with a personal higher power in a spirit of prayer, the things that need to be changed are revealed. The exact nature of our wrongs has been discovered along with the ways that they need to be changed.

Once you have had the integrity to become honest with God, then becoming honest with yourself and another human being becomes much easier. Perhaps more than any other step in the process, step 5 provides the chance to begin "growing up" spiritually. It gives the opportunity to unload the burdens of the past and be done with them.

Eliminating Pride and Overcoming Fear

The purpose of step 5 is not to feel shamed in the eyes of your sponsor or whoever listens to you during it. Instead, it is a time to get rid of the old garbage and the dark secrets we've been holding inside. Quite often, it was these things that kept us drinking or using. When preparing for step 5, many people describe fear. It really can be a gut-wrenching process. Our pride wants us to feel like we're doing good and moving on from all that destructive behavior. Step 4 forces us to look back at all of that and step 5 brings it out into the open, revealing everything.

There's also the fear that your listener will think less of you. However, you have to keep in mind that they've been right there, too.

Who knows, they may have done worse things during their drinking and using days, but that doesn't matter. In step 5, the focus is on you and what you've done.

If you have thoroughly taken your inventory in step 4, then this is just an airing of those problems. Some people—quite a few, in fact—find that they need to step back and do a more thorough inventory and take step 5 again.

Don't worry, the second time is actually easier, especially if you're being completely honest this time. Honesty is not something people with a substance use disorder are entirely used to, so giving it a second go is common.

Freedom of Step 5

Many people feel great freedom after doing step 5. It's a relief to get all that baggage you've been lugging around out in the open. This is a chance to clear the air internally, and there's a great relief when you finally vocalize everything.

Step 5 is also an opportunity to get to the root cause of your addiction. While it's easy to give it titles like envy, jealousy, anger, or whatever, many people find that it's really fear. It may be different for you, of course, but the point is that this step and step 4 give you the insight to discover exactly what that is.

Rather than looking at step 5 as a fearful experience, think about how clear your conscience will be once it's done. Many people call it "freedom" and say they experience peace and calm they haven't felt in years.

Theoretically, since this kind of thinking originates from the frontal cortex of the brain, efforts to follow this step effectively exercises the part of the brain responsible for "will power" and can help recovery for that reason alone.

This truly is one of the key steps in recovery, which is why it's the hardest. Yet, it's often seen as the beginning of an entirely new life.



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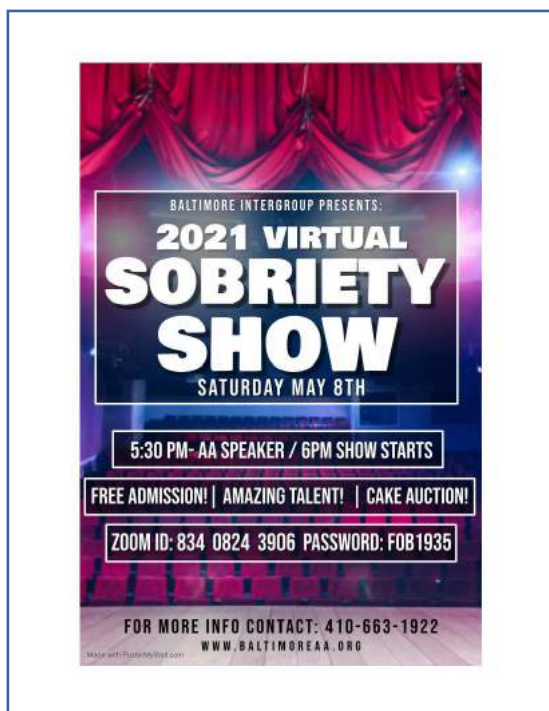
From <https://www.aacle.org/twelve-spiritual-principles/>

Bill W. considered each step to be a spiritual principle in and of itself. However, particularly in the 12 & 12, he outlined the spiritual principles behind each step. Some of them seem like common sense, but understand going into the exercise that reading these principles and actually *practicing them in your day-to-day lives* are two entirely different things (and that the latter requires vigilance and willingness).

1. **HONESTY** – Fairness and straight forwardness of conduct: adherence to the facts.
2. **HOPE** – To expect with desire; something on which hopes are centered.
3. **FAITH** – Complete confidence; belief and trust.
4. **COURAGE** – Firmness of mind and will in the face of extreme difficulty; mental or moral strength to withstand fear.
5. **INTEGRITY** – The quality or state of being complete or undivided; soundness.
6. **WILLINGNESS** – Prompt to act or respond; accepted and done of choice or without reluctance.
7. **HUMILITY** – Not proud or haughty; not arrogant or assertive; a clear and concise understanding of what we are, followed by a sincere desire to become what we can be.
8. **LOVE** – Unselfish concern that freely accepts another in loyalty and seeks his good to hold dear.
9. **DISCIPLINE** – Training that corrects, molds, or perfects the mental faculties or moral character; to bring under control; to train or develop by instruction.
10. **PATIENCE/PERSEVERANCE** – Steadfast despite opposition or adversity; able or willing to bear; to persist in an understanding in spite of counter influences.
11. **AWARENESS** – Alive and alert; vigilance in observing.
12. **SERVICE** – A helpful act; contribution to the welfare of others; useful labor that does not produce a tangible commodity.

By Unknown Author

Zoom Events



THE JOURNEY AT THE BEACH

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 for a link if you would like to attend.

Next meeting is **June 1st**
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 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

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=VjJsOUt4anJcTIyY0pBRWhTZDI2QT09> 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. This is a **Hybrid Meeting** at The River Church of the Nazarene Sanctuary, 11004 Worcester Hwy, Berlin MD 21811

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 Help Line Phone Schedule 410-600-5219

May - Happy Risers June - Action Group July - Fresh Air August - Happy Hour