

# THE JOURNEY AT THE BEACH

J U L Y 2 0 2 1

**Tradition Seven - "Every A.A. group ought to be fully self supporting, declining outside contributions."**

*Twelve Steps and Twelve Traditions, page 160*

## ANNIVERSARY CELEBRATIONS

*"To thine own self be true"*

NAME	YEARS	SOBRIETY DATE	CELEBRATING	WHERE	WHEN
Patricia G	33	07/04/88		Berlin 101 • St Paul's Episcopal Church	9 am
Dick S	40	07/05/81	07/10/21	Happy Risers • Atlantic Club	9 am
Glen A	9	07/05/12	07/05/21	Beginners Big Book • Atlantic Club	6:30 pm
Marie L	13	07/04/08			
Colleen M	1	07/14/20	07/14/21	Happy Risers • Atlantic Club	7:30 am
Kurt C	34	07/27/87	07/27/21	Come As You Are • OP Cham of Comm	6 pm

Please submit all anniversary information to [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 Seven • "Humbly asked Him to remove our shortcomings."**

*Twelve Steps and Twelve Traditions, page 70*

**Seventh Step Prayer • "My Creator, I am now willing that you should have all of me, good & bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you & my fellows. Grant me strength, as I go out from here to do Your bidding."**

*Big Book of Alcoholics Anonymous, page 76, Chapter 2*

# THE JOURNEY AT THE BEACH

## Embracing Humility - Perspectives on Step 7

By Dominica A.

When I think about Step 7, I think about humility, as it tends to be the central theme of this step.

Humility to me means viewing myself with an honest and realistic perspective. It's NOT thinking I'm bigger than my addictions or other people. When I thought I was "all that" and had control over my life, I was living in an alternate reality, because my life—and more specifically my emotional life—was a hot mess.

Then, once I entered recovery and lay down my addictions, I still had to contend with some things I wasn't crazy about, such as:

- Anxiety.
- Irritability.
- Anger.
- Depression.
- Shame.
- Regret.
- Judgment.
- Envy.
- And more.

All of the previous steps led me to the importance of Step 7 and surrendering my will and life over to my Higher Power, asking for help once again.

It's pretty humbling to ask a Higher Power to remove shortcomings. It's saying:

You know, I really can't do this on my own. Like, this guilt that plagues my mind. It's slowly killing me and I can't let go on my own. Will you help me?

Honestly, I was ready to live a life of humility. I'd had enough of trying to do it on my own, because on my own I usually ended up in a mess.

For this step, I did ask my Higher Power to remove my shortcomings. Were they all removed at once?

No.

What I did notice, though, was that as I consciously invited my Higher Power to remove my shortcomings each day, they were less and less evident.

For example, one of my shortcomings was anger when things didn't go my way. I would react with anger or pout like a little girl when I didn't get my way. This was not attractive to say the least.

So, when I began working Step 7, I asked for my Higher Power to remove this anger and help me stay calm, cool, and collected when the universe didn't cater to my every desire.

The result?

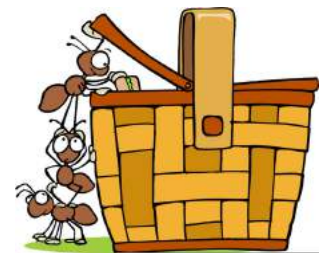
I eventually learned how to observe things through a different lens. A lens that was not filtering my life through the perspective of a lonely, disheartened, scared little girl, but rather from a mature, healed, lovable adult.

It's not some magic trick that our Higher Power does to remove our shortcomings (though some are removed miraculously quickly). We gradually learn how to let go, overcome, manage, control, and so on when it comes to shortcomings. It's a journey of self-love and insights on life!

Partner with your Higher Power in Step 7, with the intent to give your "stuff" to whatever that power is. You do the legwork and trust your Higher Power for the rest.

I think you'll see that over time, you'll notice less of your shortcomings (harsh reactions, fear, pride, shame, jealousy, anger, envy, greed, etc.) popping up and more positive things popping up instead, such as love, acceptance, humility, patience, kindness, gentleness, self-control, etc.

<https://www.recovery.org/alcoholics-anonymous/step-7/>



Save the Date:

**Sunday, September 19th, 2021 1-5 pm**

**OC Intergroup Picnic at Showell Park**

11281 Racetrack Rd

Berlin, MD 21811

# THE JOURNEY AT THE BEACH

## Events




**4th of July Alcahthon**  
**144 Conduit St.**  
**Annapolis MD. 21401**

**11 Am to 11 PM**

**Schedule:**  
 11 AM - 12 Speaker Meeting  
 12:30 - 1:30 Literature Meeting  
 1:30 - 2:30 Lunch (Bring a dish, or bring yourself)  
 2:30 - 3:30 Speaker Meeting  
 4:00 - 5:00 Literature Meeting  
 5:30 - 6:30 Speaker Meeting  
 7:00 - 8:00 Literature Meeting  
 8:00 - 9:30 Clean up and Break for Fire Works  
 10:00 - 11:00 Candle Light Speaker Meeting

**12 Traditions Study**  
 Alcoholics Anonymous  
 Exploring A.A. Literature  
**New day! New time!**  
**Mondays @ 7:00 p.m. EDT**  
**Zoom ID 627 530 3589; P/W 514472**



For more info contact [HowItWorks21228@gmail.com](mailto:HowItWorks21228@gmail.com)

**ALCOHOLICS ANONYMOUS**

**Friends of Bill W. 11<sup>th</sup> Annual Golf Tournament**  
**Monday September 20, 2021**

**First Come First Serve**  
**100 Player Max!**

**COST PER PLAYER: \$125**  
**HOLE SPONSORSHIP**  
**\$100 PER SIGN**

Registration at 8 AM  
 Shotgun Start at 9 AM  
 Awards & Luncheon Follow  
 At 2 PM or end of play

Captain's Choice format  
 Single best ball on each shot  
 No handicap required  
 Milligans and Raffle Tickets  
 sold at Registration  
 Prizes for Individual Play

**MENU**

Breakfast at 8-9 AM  
 Donuts, Pastries & Coffee

Lunch at 2 PM  
 Oysters on the Half Shell  
 Sliced Roast Beef  
 Italian Sausage  
 Grilled Chicken Breast  
 Caesar Salad  
 Assorted Salads  
 Cheese & Pickle Tray  
 Soda & Water

**Sparrows Point Country Club**  
 919 Wise Avenue  
 Baltimore, MD 21222

Proper Golf Attire Required  
 No Denim Permitted

All proceeds benefit  
**Baltimore Intergroup**  
 8633 Loch Raven Blvd., Suite 4  
 Baltimore, MD 21286

410-669-1922


**REGISTER NOW!**



August 20 - August 21, 2021  
 Richmond, Virginia

**25<sup>th</sup> Annual Southeast Woman to Woman Conference**  
 "Secrets Women Don't Share"

A Conference for sober Alcoholic women with AA-Anon participation



**This is a Virtual Event**

Speakers    Workshops    Old Timers Panel    Marathon Meetings

Registration is free but required at [www.sewomantowoman.org](http://www.sewomantowoman.org)

For more information, contact:

Robin S., Registration Chair  
 804-687-8584, robinand-sen2020@gmail.com

Julie H., Co-Chair  
 804-901-1055, SEW20Julie@yahoo.com

Ilo D., Chair  
 804-715-7973, lo0521@gmail.com

Shirley F., Hospitality Chair  
 252-292-9823, shirleyfp01@aol.com

# THE JOURNEY AT THE BEACH

**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). All are welcome to attend.

**Next meeting is**                      **August 3rd**  
**General Service Reps**              **5:30 pm**  
**Intergroup Reps**                      **6:00 pm**

## Virtual Meetings

**Meetings** • Groups are 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 **Hybrid Meeting** • Both on Zoom and In Person at Seaside Plumbing, 10545 Friendship Rd #4, Berlin, MD 21811

### Wednesday

- **7 pm The Promises** via Zoom <https://us02web.zoom.us/j/217995249?pwd=cXlZK2lCanRtY2pqOE9hSG4rNG9HUT09> 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

### Friday

- **8 pm Action Group** <https://us02web.zoom.us/j/79892079649?pwd=QXV0cWU4ZlVQZHVwNUlrOU9lYmwxZz09> Meeting ID: 798 9207 9649 Password: BillnBob Dial in: +1 (301)-715-8592 Password: 61093323 **Hybrid Meeting** • Both on Zoom and In Person at St Mary Star of the Sea, 1705 Philadelphia Ave, Ocean City, MD 21842

### 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

July - Fresh Air    August - Happy Hour    September - Positive Attitude    October - Happy Risers