

THE JOURNEY AT THE BEACH

J A N U A R Y 2 0 2 1

Tradition One • *“Our common welfare should come first; personal recovery depends upon A.A. unity.”*

Twelve Steps and Twelve Traditions, page 129

ANNIVERSARY CELEBRATIONS

“To thine own self be true”

NAME	YEARS	SOBRIETY DATE	CELEBRATING	WHERE	WHEN
Mike B	26	12/28/95	01/01/22	Positive Attitude • Stevenson UM Church Berlin	7:00 pm
Keith L	5		01/01/22	Happy Risers • Atlantic Club	9:00 am
Susan F	3	12/27/18	01/07/22	Happy Joyous and Free • River Church	10:00 am
Dana B	3	12/28/18	01/07/22	Happy Joyous and Free • River Church	10:00 am
Happy Hour	13	Group Anniversary	01/03/22	Happy Hour • Seaside Plumbing	6:00 pm
Stacy J	35	01/02/87	01/07/22	Happy Joyous and Free • River Church	10:00 am
Joe P	22	01/12/00	01/24/22	Beginner's Big Book • Atlantic Club	6:30 pm
Elaine B	31	01/22/91		Happy Joyous and Free • River Church	10:00 am
John M	34	01/21/88		Proud To Have Served • Atlantic Club	6:00 pm
Poe H	30	02/01/91	02/25/22	Happy Joyous and Free • River Church	10:00 am
Pat G	46	02/03/76	02/25/22	Happy Joyous and Free • Zoom	10:00 am

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 One • *“We admitted we were powerless over alcohol that our lives had become unmanageable.”*

Twelve Steps and Twelve Traditions, page 21

First Step Prayer • *Dear Lord, Help me to see and admit that I am powerless over my alcoholism. Help me to understand how my alcoholism has led to unmanageability in my life. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my alcoholism.*

Alcoholics Anonymous, chapter 3

http://friendsofbillw.net/twelve_step_prayers

THE JOURNEY AT THE BEACH

Intergroup

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 Tuesday, January 4th at 6:00 pm

Virtual Meetings

Meetings • 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.

Wednesday

- **6 pm The Promises** via Zoom [https://us02web.zoom.us/j/217995249?](https://us02web.zoom.us/j/217995249?pwd=cXlZK2lCanRtY2pqOE9hSG4rNG9HUT09)
[pwd=cXlZK2lCanRtY2pqOE9hSG4rNG9HUT09](https://us02web.zoom.us/j/217995249?pwd=cXlZK2lCanRtY2pqOE9hSG4rNG9HUT09) Dial in: +1 301 715 8592 Meeting ID: 217 995 249 Password: 382990
- **7 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?](https://us02web.zoom.us/j/79892079649?pwd=QXV0cWU4ZlVQZHVwNUlrOU9lYmwxzd09)
[pwd=QXV0cWU4ZlVQZHVwNUlrOU9lYmwxzd09](https://us02web.zoom.us/j/79892079649?pwd=QXV0cWU4ZlVQZHVwNUlrOU9lYmwxzd09) 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?](https://us04web.zoom.us/j/954508347?pwd=TDJ0UnNuYmZlYm9Ed1pHQmxEWHR0Zz09)
[pwd=TDJ0UnNuYmZlYm9Ed1pHQmxEWHR0Zz09](https://us04web.zoom.us/j/954508347?pwd=TDJ0UnNuYmZlYm9Ed1pHQmxEWHR0Zz09) Dial in: +1 (301)-715-8592 Meeting ID: 954 508 347 Password: 646266



New Day and Time!! (Effective 11/15/21)
Tuesdays at 7:30 p.m. EDT
ID: 627 530 3589; Pw: 514472
Bring your book; we read and discuss a writing or two each week with members excited about A.A. History and Traditions.

THE LANGUAGE OF THE HEART
Bill W.'s Grapevine Writings
Howitworks21228@gmail.com


Twelve 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
Open Speaker Discussion / New lead weekly



ALCOHOLICS ANONYMOUS

Reading and Study Group
Alcoholics Anonymous

Current Series: Area Service
The Area 29 Assembly Handbook & Amended Bylaws*



Beginning 8/11/21
Wednesdays 6:30-7:30 p.m. EDT
Zoom ID 627 530 3589
P/W 514472

* This is a group of A.A. Members who want to be active in and learn more about Area Service
* This Study Group is not sponsored by Area 29
For more info contact HowitWorks21228@gmail.com

THE JOURNEY AT THE BEACH

We Invite You To Join Us!



THE PROMISES
(A Meeting of Gratitude)
It's New Time - 6 PM
Beginning Wednesday,
12/1/2021

OCAA Zoom Meeting
Wednesdays @ 6 PM
Meeting ID 217995249
Password 382990



Free To Be
Women's Meeting
Wednesdays 7 pm
Zoom Meeting ID 358 229 631
Password 9S1PSg
Discussion of *Daily Reflections*

It's the return of.....



When: Saturday Nights 6pm
Where: The Atlantic Club

*Come out and join us for Local Speakers *
Out of Town Speakers * Experience *
Strength * Hope * Fellowship * Fun*

Step One

Admitting powerlessness is absolutely essential to breaking the addiction cycle, which is made up of five points:

1. Pain
2. Reaching out to an addictive agent, such as work, food, sex, alcohol, or dependent relationships to salve our pain
3. Temporary anesthesia
4. Negative consequences
5. Shame and guilt, which result in more pain or low self-esteem

For example, the workaholic who has low self-esteem (pain) begins to overwork (addictive agent), which results in praise, success, and achievement (relief). However, as a rule, family relationships and his personal relationship with God suffer terribly because of preoccupation with work (negative consequences). The result is an even greater sense of shame and guilt because of inadequacies, both real and imagined, which brings him back to point 1 in the addiction cycle. Now the workaholic feels compelled to work even harder to overcome his guilt.

Understanding the addiction cycle is important because it helps explain why for both the Oxford Group and for Bill Wilson, the admission of powerlessness is the first step to recovery. Otherwise, we remain caught. If we rely on willpower alone, then the only thing we know to do is to escalate our addiction to get out of the pain. Step 1 calls us to do less - to yield, to surrender, to let go.

Serenity, A Companion for Twelve Step Recovery, p. 22-23

THE JOURNEY AT THE BEACH

Events


DISTRICT 18, AREA 29 MARYLAND

A DESIGN FOR LIVING WORKSHOP

FREEDOM FROM SELFISHNESS, DISHONESTY, RESENTMENT AND FEAR

JANUARY 9, 2022, SUNDAY
1:00PM-3:00PM EST

ZOOM ID: 818 3421 2164
PASSCODE: 158158



Steps 10, 11 and 12 are referred to as the "maintenance" steps, the steps we practice on a daily basis if we are truly "practicing these principles in all our affairs". How can these 3 steps help me each day to find freedom from selfishness, dishonesty, resentment and fear?

"There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life."

Reprinted from A.A. Twelve Steps & Twelve Traditions, page 97 with permission from A.A.W.S.

Speaker Schedule:	
Step 10: Jimmy A., New Jersey	1:00pm-1:30pm
Q&A Session	1:30pm-1:40pm
Step 11: Mildred F., Toronto	1:40pm-2:10pm
Q&A Session	2:10pm-2:20pm
Step 12: Sue H., Severna Park, MD	2:20pm-2:50pm
Q&A Session	2:50pm-3:00pm

Please contact district18mdaa.org with any questions



11th Annual Southern Maryland Round-Up

March 18th - 20th
2022

Holiday Inn Solomons
Conference Center & Marina

WE WILL KNOW A NEW FREEDOM

Speakers: Ryan C. Point Pleasant, WV; Tom U. Santa Fe, NM; Tom T. Staten Island, NY; Lori G. Oklahoma City, OK; Cliff G. Oklahoma City, OK; Sandra S. Cleveland, OH; Dave D. Annapolis, MD

The most satisfactory years of our existence lie ahead!
- AA Big Book pg 182

- Pricing -
Early registration fee of \$30 per person includes all Workshops, Speakers, and Fellowship for the three day program.
Tickets for Buffet Dinner sold separately. Menu on website.
Buffet Sign-up Tuesday March 1st
Starting February 1st, the registration fee is \$36!
Register online by March 1st
www.southernmarylandroundup.org
Register by mail by March 1st. Make check or money order payable to Southern Maryland Round-Up
Mail to: P.O. Box 427, Thurston, MD 20794
After March 1st, check the website for registration availability
All registrations FINAL. No refunds - pass it on to a friend if able
If unable to attend
Scholarships available. Information on website.

11th Annual Southern Maryland Round-Up

Name _____
Address _____
City _____
State _____ Zip Code _____
Email Address _____
Phone _____
Special Needs: YES NO
Describe _____
Registration \$ _____
Buffet Dinner (Additional \$10 for Buffet Dinner) \$ _____
Hospitality Suite Donation \$ _____
Total \$ _____

Outstanding Speakers! Fellowship!
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On the Recovery Road! Share! AND MORE

Holiday Inn Solomons
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150 Holiday Drive, Solomons, MD 20688
Located 1/2 South of Washington, D.C.
Room Rates - \$40/night
Be sure to use room codes #DSD
Rates good for 3 days prior to 2 days after event 1-800-REEDAY or 410-384-6101
www.holidayinn.com

2022
WE WILL KNOW A NEW FREEDOM

For conference information, please visit
www.southernmarylandroundup.org
or email info@southernmarylandroundup.com
For information about the book, www.aa.com

Footprints in the Winter Sand is back!

Clarion Resort Fontainebleau Hotel
10100 Coastal Highway
Ocean City, MD 21842
Friday, February 4th - Sunday, February 6th, 2022

To print an application, visit
<https://ocaa.org/news>