

THE JOURNEY AT THE BEACH

F E B R U A R Y 2 0 2 2

Tradition Two • “For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”

Twelve Steps and Twelve Traditions page 132

ANNIVERSARY CELEBRATIONS

“To thine own self be true”

NAME	YEARS	SOBRIETY DATE	CELEBRATING	WHERE	WHEN
Poe H	31	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 • River Church	10:00 am
Matt P	23	02/07/99		Happy Hour • Seaside Plumbing	6:00 pm
Laura P	9	02/19/13	02/19/22	Happy Risers • Atlantic Club	9:00 am
Nancy C	34	02/19/88	02/23/22	Free To Be Women • Zoom	7:00 pm
Larry L	18	03/14/04		Happy Risers • Atlantic Club	9:00 am
Kevin M	27	03/14/95		Come As You Are • Seaside Plumbing	6:00 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 Two • “Came to believe that a Power greater than ourselves could restore us to sanity.”

Twelve Steps and twelve Traditions page 25

Second Step Prayer • Heavenly Father, I am having trouble with personal relationships. I can't control my emotional nature. I am prey to misery and depression. I can't make a living. I feel useless. I am full of fear. I am unhappy. I can't seem to be of real help to others. I know in my heart that only you can restore me to sanity if I am just willing to stop doubting your power. I humbly ask that you help me to understand that it is more powerful to believe than not to believe and that you are either everything or nothing.

Alcoholics Anonymous, pages 52:2, 52:3, 53:1, 53:2

http://friendsofbillw.net/twelve_step_prayers

THE JOURNEY AT THE BEACH

Came to believe that a Power greater than ourselves could restore us to sanity

<https://12step.org/the-12-steps/step-2/>

When, therefore, we speak to you of God, we mean your own conception of God. This applies, too, to other spiritual expressions which you find in this book. Do not let any prejudice you may have against spiritual terms deter you from honestly asking yourself what they mean to you. At the start, this was all we needed to commence spiritual growth, to effect our first conscious relation with God as we understood Him. Afterward, we found ourselves accepting many things which then seemed entirely out of reach. That was growth, but if we wished to grow we had to begin somewhere. So we used our own conception, however limited it was. We needed to ask ourselves but one short question. - "Do I now believe, or am I even willing to believe, that there is a Power greater than myself?" As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built.

A.A. Big Book, p. 47

The Step 2 phrase "came to believe" suggests a process and a progression of faith that evolves over time. A portion of A.A.'s oral tradition defines this as a three-part unfolding: First, we came, that is, we showed up and stumbled in the door. Second, we came to, that is, we sobered up, came to our senses, and began to experience emotional sobriety.

Third, we came to believe. We began our real recovery process and our spiritual growth.

Serenity, A Companion for Twelve Step Recovery, p. 29

The final controversy in Step 2 is in the use of the phrase "restore us to sanity". Is the alcoholic mentally ill? If so, what is the nature of this illness? For most addicts and alcoholics, the absurdity of their situation is no secret - they are compelled to continue self-destructive and unsatisfying behaviors even while recognizing that these are not what they wish to do (recall the concept of powerlessness). What could be more insane than continuing to inject oneself with poison? The use of defense mechanisms, denial, and distorted thinking are all evidence of an irrational mind-set.

However, this can be a focal type of insanity. This insanity primarily pertains to the addict's relationship to the drug of choice and to the ancillary behaviors. Most alcoholics and addicts encounter moments of violating one or more of their "I never" rules: I never steal from my family, never lie, never cheat. As these personal mores are violated, one can easily view this as a clear form of insanity. In other ways, alcoholics and addicts may be able to function normally and think rationally; however, in areas that are directly or indirectly connected to their addiction, their thinking is dangerously skewed.

A Clinician's Guide to 12 Step Recovery, p. 42

Therefore, Step Two is the rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together on this Step. True humility and an open mind can lead us to faith, and every A.A. meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him.

Twelve Steps and Twelve Traditions, p. 33



THE JOURNEY AT THE BEACH

Events



Happy Happy Putt Putt
Sunday February 20th at 1:30

Old Pro Golf
"Have A Ball!"

136th Street
13603 Coastal
Highway OCMO

Come grab Lunch at Five-Guys on 136th Street at 12 noon
 Followed by Putt Putt at Old Pro at 1:30
 \$5 Donation for golf accepted, but not required

Footprints in the Winter Sand is back!

Clarion Resort Fountainebleau Hotel

10100 Coastal Highway

Ocean City, MD 21842

Friday, February 4th - Sunday, February 6th, 2022

To print an application, visit

<https://ocaa.org/news>

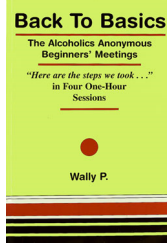
BACK TO BASICS

Sponsored by Ocean City Intergroup

We take the 12 Steps *together*
 at the Atlantic Club
 11827 Ocean Gateway
 Ocean City, Md. 21842

Sunday afternoons from 2:00 to 3:00 p.m.

March 13, 2022 Overview & Step 1
 March 20, 2022 Steps 2, 3 & 4
 March 27, 2022 Steps 5, 6, 7, 8 & 9
 April 3, 2022 Steps 10, 11 & 12



Please come and participate in the 12 Step program as it was practiced in the A.A. Beginners meetings during the 1940s, when recovery rates were documented at 75 percent and above!

The **Back To Basics Beginners' Meeting** format is suitable for newcomers, mid-timers, old-timers, and anyone interested in enhancing their spirituality by practicing the 12 Steps of Alcoholics Anonymous.

Those who complete the **Back To Basics Beginners' Meeting** workshop with a sponsor or sharing partner will have the basic tools to take others through the 12 Steps in this simple but effective manner.

There is **NO FEE** for these workshops, although a basket will be passed to offset expenses for rent and coffee. The Back to Basics book and all handouts will be provided to all participants by the Ocean City Intergroup.

For more information, contact:

Kate H.
 410-600-5802

Patrick L.
 410-726-9162

Colleen B.
 443-856-5311

"For if an alcoholic failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not survive the certain trials and low spots ahead." (Alcoholics Anonymous, pp. 14-15)

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 L. Santa Fe, NM
 Tom T. Stanton 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. 162

- Pricing -

Early registration fee of \$50 per person includes all Workshops, Speakers, and Fellowship for the three day program.

Tickets for Buffet Dinner and separately Menu on website
 Buffet Signups Deadline March 1st
 Starting February 1st, the registration fee is \$35.
 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 4297, Dunkirk, MD 20746
 After March 1st, check the website for registration availability.
 All registrations FINAL. No refunds - pass it on to a friend of Billie if unable to attend.
 Scholarships available. Information on website.

Register by mail by March 1st. Make check or money order payable to Southern Maryland Round-Up.
 Mail to: P.O. Box 4297, Dunkirk, MD 20746
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Outstanding Speakers' Fellowship!

A.A. & Al-Anon Workshops & Meetings
 Galsbury Countdown
 Fellowship Suite
 On-site Recovery Store T-Shirt
 AND MORE

Holiday Inn Solomons
 Conference Center & Marina
 155 Holiday Drive, Solomons, MD 20688
 Located 110 South of Washington, D.C.
 Room Rate - \$100/night
 Be sure to use room vouchers if paid!
 Room good for 3 nights prior to 3 days after event!
 1-800-HOLIDAY or 410-464-6851
www.holidayinn.com

2022
 WE WILL KNOW
 A NEW FREEDOM

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

11th Annual Southern Maryland Round-Up

Name _____
 Address _____
 City _____
 State _____ Zip Code _____
 Email Address _____
 Phone _____
 Special Needs: YES NO
 Description _____
 Registration \$ _____
 Buffet Dinner (Additional \$10 for Buffet Dinner) \$ _____
 Fellowship Suite Donation \$ _____
 Lend a hand to those who are unable to pay the Registration Fee: Scholarship Contribution \$ _____
 Total \$ _____

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, February 1st 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

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

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 books we read and discuss a writing or two each week with members excited about AA, 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



Howitworks21228@gmail.com

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