

THE JOURNEY AT THE BEACH

M A R C H 2 0 2 2

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
Chad P	1	03/06/21	03/06/22	Happy Risers • Atlantic Club	9:00 am
Ellen O	41	03/14/81	03/14/22	Joy of Living • Atlantic Club	Noon
John S	36	03/19/86	03/19/22	Happy Risers • Atlantic Club	9:00 am
Dave H	21	03/20/01	03/25/22	Action Group • St Mary Star of the Sea	8:00 pm
Larry L	18	03/14/04	03/26/22	Happy Risers • Atlantic Club	9:00 am
Bob and Nancy M	32	03/21/90		Happy Hour • Seaside Plumbing	6:00 pm
Kenny G	34	03/28/88	04/03/22	Assateague Group • Atlantic Club	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 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

THE JOURNEY AT THE BEACH

Step 3 “Made a decision to turn our will and our lives over to the care of God as we understood Him.”

In step three of AA you are making a decision: it’s that simple. You make decisions all day everyday, right? Making a decision to turn your will over to God or a “Higher Power” can be just like putting on a new pair of glasses and seeing everything more clearly.

STEP THREE OF AA: TURN IT OVER

When we’ve taken steps one and two we have learned and accepted that our lives are unmanageable, we are alcoholics and a power greater than ourselves can restore us to sanity.

What if we were to surrender the manageability part? We can surrender a lifetime of self-will run amok by making the decision to turn it all over to a Higher Power and allow someone and something to care for us. We can stop wearing ourselves out trying to make and force everything to happen as if we were in charge of everything in the world.

Recovery is a spiritual process and step three is when the doors of hope, faith and trust are opened allowing us to once again take a deep breath and feel the serenity: a gift of sobriety. The essence of step three is turning over your will, getting out of the way, and being restored to reality, honesty, balance and peace of mind.

STEP THREE OF AA: SEEKING KNOWLEDGE

When working on step three we take a look at how acting on self-will means behaving with the exclusion of any consideration for others, focusing only on what we want and ignoring the needs and feelings of others. While we were busy pursuing these impulses, we mostly left a path of destruction behind us, and we definitely lost touch with our conscience and a Higher Power.

However, while working the third step we begin to focus our attention on seeking knowledge of a Higher Power’s will for us. Making a decision to turn our lives and will over can’t do anything unless we take the actions necessary to turn it over. Simply making a decision without following it up with action is meaningless. For example, you can make a decision to go to a meeting, but if you don’t leave your home for the rest of the day, it won’t happen, will it?

In AA there are many helpful recovery tools that have worked many times over at maintaining sobriety and a connection with a Higher Power. There’s actually a very effective and simple prayer adapted from a prayer by Reinhold Niebuhr and known as the “Serenity Prayer,” which can help you as you are seeking knowledge and make your decision to turn it over on a daily basis:

“God, grant me serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.”

With the “Serenity Prayer” you can learn to accept with serenity the current reality of your condition and that although you cannot control the choices and actions of others, you can decide how you will act in each situation. You may not be able to change some things in your life, but you can make a decision to change your willingness to surrender, trust and seek knowledge.

THE SCARY THREE-LETTER WORD: GOD

For some people a three-letter word can be even worse than a four-letter word.

Time and time again, the word “God” being used in AA literature and meetings will freak out newcomers. Upon closer inspection however, and much to all of our relief, you don’t have to consider anyone else’s conception of “God” but instead can rely on and create your own idea of who God is for yourself.

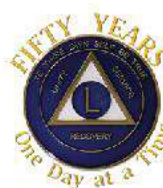
In fact, about half the original members of AA considered themselves atheists or agnostics before they began the Twelve Step program of AA. In AA we have the freedom to choose our own concept, lay aside any prejudice and have the willingness to seek a “Power greater than ourselves.” You can call that Higher Power God, Creative Force, a Oneness in the Universe, whatever you want.

There’s even an acronym that some like to use to remind themselves that a room full of other recovering addicts is their Higher Power: G: Group O: Of D: Drunks

When practicing the third step we discover the spaciousness for a variety of positive and useful beliefs about a Higher Power. We make a decision to admit the possible existence of an underlying force behind the totality of things, and that the realm of the spirit is pretty darn big, roomy and all-inclusive.

<https://www.jasonwahler.com/12-steps-of-aa/step-three-of-aa-alcoholics-anonymous>

SAVE THE DATE!



50th Annual Area 29
Maryland State Convention

June 24-26, 2022

Clarion Inn Frederick Event Center
5400 Holiday Drive, Frederick, MD 21703

With Al-Anon Participation - Hosted by
Maryland General Service, Inc.

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STEP THREE OF AA QUESTIONS

As part of your recovery process it's helpful to take the time to ask and then answer important questions pertaining to step three. Here is a starting point for some review questions:

How has acting on my own self-will affected my life? How has it affected others?

How can I take action to turn it over?

What is the difference between my will and God's will?

How is my Higher Power working in my life?

Is my current concept of a Higher Power working my need to change?

What does "to the care of" mean to me?

How might my life be changed if I make the decision to "turn it over?"

Am I unwilling to do things in my recovery that are being suggested? If so, why?

How does surrender in the first step relate to or help the third step?

<https://www.jasonwahler.com/12-steps-of-aa/step-three-of-aa-alcoholics-anonymous>

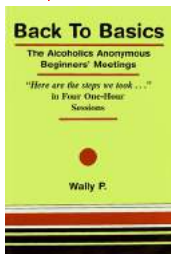
BACK TO BASICS

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

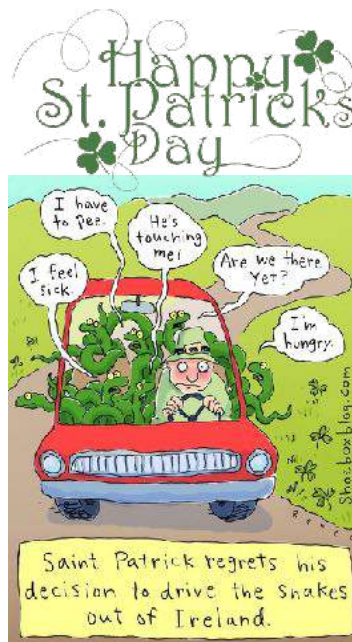
Patrick L.
410-726-9162

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
Solomon's Inn
 Resort and Marina

WE WILL KNOW A NEW FREEDOM



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, March 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

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

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

For more info contact: twelve@ocaa.org ... twelve@ocaa.org



New Day and Time! (Effective 11/23/21)
Tuesdays at 7:30 p.m. EDT
ID: 627 530 3589; Pw: 514472
Bring your book to read and discuss a writing of two each week with members excited about A.A. History and Traditions.

THE LANGUAGE OF THE HEART
Bill W's Grapevine Writings
Howitworks1212@gmail.com

2022 CONTRA STUDY
January 6, 2022 through April 21, 2022
Thursdays from 9:00 PM to 10:00 PM Eastern Time
Moderated by Trained Servants from Area 29 (Maryland)

Zoom Meeting ID: 860 3152 9877
Password: 280181
Dial-in number for those calling: +1 (301) 715-8592

We invite all AA members to this virtual study of the **CONCEPTS, PRINCIPLES, & THE A.A. SERVICE MANUAL**

Jan 6, 2022 - Registration & Orientation
Jan 13, 2022 - Traditions 1, 2 & 3
Jan 20, 2022 - Traditions 4, 5 & 6
Jan 27, 2022 - Traditions 7, 8 & 9
Feb 3, 2022 - Traditions 10, 11 & 12
Feb 10, 2022 - Service Manual, pp. 1-101, 1-4, 96-104
Feb 17, 2022 - See Man Ch 1-2 & 3 pp. 105-14, 16-20
Feb 24, 2022 - See Man, Chapters 4, 5, 6, 8 to 10-3
Mar 3, 2022 - See Man, Chapters 7, 8 & 9 pp. 103-71
Mar 10, 2022 - See Man Ch 10-11 12 & 9 pp. 143
Mar 17, 2022 - Service Manual, pp. 110-134
Mar 24, 2022 - Concepts pp 1-101, Ch 1-2 & 3 pp. 1-23
Mar 31, 2022 - Concepts 4, 5 & 6
Apr 7, 2022 - Concepts 7, 8 & 9
Apr 14, 2022 - Concepts 10 & 11
Apr 21, 2022 - Concepts 12

CONTRA Study Materials (provided via email upon request):
Twelve Steps and Twelve Traditions, 8-2 (free download at www.aa.org)
The A.A. Service Manual combined with The Twelve Concepts for World Service, BM 31, 2017-2023 edition
All Grapevine Traditions Checklist, July 2015 revision
2022 CONTRA Study Servant Manual Questions
A.A.W.S. Concepts checklist, SMP-21, 2014 edition

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

Presented by District 29, Area 29
For more information, contact:
2022contra@ocaa.org