

THE JOURNEY AT THE BEACH

J U L Y 2 0 2 2

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
Fran W	33	06/23/89	07/29/22	Happy, Joyous & Free • River Church	10:00 am
Patricia G	34	07/04/88	Acknowledged	Berlin 101 • St Paul's Episcopal Church	9:00 am
Dick S	41	07/05/81	07/09/22	Happy Risers • Atlantic Club	9:00 am
Kurt C	35	07/27/87	Acknowledged		

Please submit all anniversary information to 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 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/>

Bookstore *Summer Sale*

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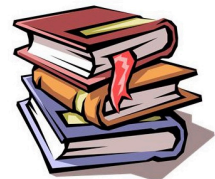
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See the Front Desk

at the

Atlantic Club



THE JOURNEY AT THE BEACH

Did you know... Celebrating New Orleans-style

In New Orleans, the sounds of jazz welcome some 22,500 paid attendees as they arrive at the Superdome on July 3, 1980 — the first evening of the 45th Anniversary International Convention. A procession of nations, with A.A. members from around the globe carrying their national flags, is the prelude to two days of workshops, a three-day alkathon (round-the-clock meeting) at the Marriott Hotel, and the appearance at the Sunday morning Spiritual Meeting of Lois W. and “Smitty,” the son of the late Dr. Bob.

CARRYING THE MESSAGE TO A.A.s WITH PHYSICAL DISABILITIES AND/OR CHRONIC ILLNESSES

Our Fellowship includes A.A. members who are brain injured, confined to their beds with a chronic illness, or who use wheelchairs, walkers or crutches. Members of a group may feel stymied when first faced with these out-of-the-ordinary challenges but, in fact, there are many modifications which can be made so that alcoholics with diverse needs can be active, participating members of a “regular” group. Some adjustments are simple and some are more complicated—but there are many that are possible. Often A.A.s take a meeting to an A.A. member who is home- or housebound. “I can’t tell you,” one hospitalized A.A. reported, “what a difference it made in my mental and emotional state when those six people showed up in my room carrying the message of A.A. and all the love and support of our Fellowship. And they did it twice a week for three months, until I was able to make meetings again! I was so down in the dumps before; I really had sort of given up—and, to be honest, I had started thinking I might as well have a drink, since I was dying anyway. But hearing the experience, strength and hope of others in the program inspired me to fight both my illnesses—the cancer and my alcoholism. I don’t know what I would have done without A.A. at that low point in my life.” For members with physical diversities who aren’t confined to bed, A.A.s in their group often drive them to and from meetings, install wheelchair ramps over steps to the meeting room, and arrange the room so that there is ample space for wheelchairs or walkers. It is important to identify meetings accessible for wheelchair users in local meeting schedules. It is also important to make sure restrooms at the meeting place are truly wheelchair accessible, with space enough to maneuver in the room or stall. Services and material available for members who are chronically ill and/ or have limited ambulatory ability include the Loners/Internationalist Meeting (LIM), a newsletter for A.A. members who are in isolated areas, at sea, or home- or hospital-bound (known as Homers) and stay in touch with other members by mail and newsletters. For information about LIM call G.S.O., 212-870-3400, or email LIM@aa.org. Many A.A.s share via online meetings. You may contact the Online Intergroup of A.A. (www.aa-intergroup.org) for further information.

https://www.aa.org/sites/default/files/literature/assets/mg-16_accessibilityforallalcoholics.pdf

65th Annual Sessions by-the-Sea

**Roland E. Powell Convention Center
Ocean City, MD
September 6-11, 2022**

info@sessionsbythesea.com



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, August 2nd 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!** via Zoom [https://us02web.zoom.us/j/81287097062?](https://us02web.zoom.us/j/81287097062?pwd=TlJSNzRHS2l0SzVIRGVZRGJWZl1hZQT09)
[pwd=TlJSNzRHS2l0SzVIRGVZRGJWZl1hZQT09](https://us02web.zoom.us/j/81287097062?pwd=TlJSNzRHS2l0SzVIRGVZRGJWZl1hZQT09) Dial in: +1 (301)-715-8592 Meeting ID: 812 8709 7062 Password: 646266

Deaf in Recovery

Guest Speaker on 8/21/22
ASL, Deaf Outreach,
Plain Language & More!

NORTH/SOUTH CONNECTIONS
VIRTUAL SPECIAL FORUM —
A.A. IN REMOTE COMMUNITIES
SATURDAY, JULY 16, 2022 —
11AM-7PM EDT
MEMBERS FROM THE SERVICE STRUCTURES OF
ARGENTINA, CANADA, CHILE
AND THE UNITED STATES WILL SHARE THEIR
EXPERIENCE, STRENGTH AND HOPE
IN EXTENDING THE HAND OF A.A. TO REMOTE
COMMUNITIES.
ALL SESSIONS WILL BE INTERPRETED INTO
AMERICAN SIGN LANGUAGE (ASL)
AND ENGLISH, FRENCH AND SPANISH.
THE EVENT IS OPEN TO ALL MEMBERS!
REGISTRATION AND PROGRAM WILL BE AVAILABLE
JUNE 13, 2022, AT WWW.AA.ORG.
IF YOU HAVE ANY QUESTIONS, PLEASE
CONTACT THE REGIONAL FORUMS
DESK AT G.S.O.:
NORTHSOUTHCONNECTIONS@AA.ORG
OR (212) 870-3400

Accessibilities
Committee
meets the 3rd
Sunday of the
month @ 3PM EDT

841 2499 3206
pw 326186

9/18/22
& 10/16/22
ACCESSIBILITIES
FOCUS TURNS TO
**A.A. History and
the Armed
Services**

Alcoholics Anonymous

AREA 29 Accessibilities

DEAF COMMUNITY

Access, Info, Outreach

Guest Speaker on Outreach,
ASL, Plain Language, and more!

Sunday 8/21/22 @ 3 pm EDT
(note: new time!)
ID: 841 2499 3206
pw 326186

Accessibilities@Marylandaa.org

ALCOHOLICS ANONYMOUS AND THE ARMED SERVICES

TWO HISTORY
PRESENTATIONS
BY ROGER W.

**9/18/22 & 10/16/22
@ 3 PM EDT**

**ID: 841 2499 3206
PW 326186**

accessibilities@marylandaa.org