

THE JOURNEY AT THE BEACH

O C T O B E R 2 0 2 2

Tradition Ten • “Alcoholics Anonymous has no opinion on outside issues; hence the A.A. ought never be drawn into public controversy.”

Twelve Steps and Twelve Traditions, page 176

ANNIVERSARY CELEBRATIONS

“To thine own self be true”

NAME	YEARS	SOBRIETY DATE	CELEBRATING	WHERE	WHEN
Gail A	30	10/03/92	10/08/22	Happy Risers • Atlantic Club	9:00 am
Kate H	7		10/07/22	Happy Risers • Atlantic Club	7:30 am
Happy Risers	38	Group Anniversary	10/16/22	Happy Risers • Atlantic Club	9:00 am
Chip G	21	10/27/01	10/29/22	Happy Risers • Atlantic Club	9:00 am
Linda B	34	10/28/88	10/28/22	Happy, Joyous and Free • River Church	10:00 am
Jeff C	29	11/01/93	11/01/22	Happy Risers • Atlantic Club	7:30 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 Ten • “Continued to take personal inventory and when we were wrong promptly admitted it.”

Twelve Steps and Twelve Traditions, page 88

Tenth Step Prayer for Growth and Effectiveness • God, please help me Watch for Selfishness, Dishonesty, Resentment and Fear. When these crop up in me, help me to immediately ask you to remove them from me and help me discuss these feelings with someone. Father, help me to quickly make amends if I have harmed anyone and help me to resolutely turn my thoughts to someone I can Help. Help me to be Loving and Tolerant of everyone today.

Alcoholics Anonymous, page 84:2

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Box 4-5-9 I Heard it Through the...

News and Notes from the General Service Office of A.A. ® Vol. 68, No. 2 / Summer 2022

Since its founding in 1944, AA Grapevine has expanded from a pamphlet to a magazine; to publishing books, calendars and the “Man on the Bed” poster; to establishing the Spanish-language magazine La Viña; to having a website (including the new one, launched in 2020). And then, last October, Grapevine released its first podcast. Every Monday since last October 4, 2021, a variety show—style podcast has appeared on the AA Grapevine website, as well as wherever podcasts can be found. From the first episode, the entertaining, affable and longtime-sober hosts, Don M. and Sam M., have aimed for a casual, “meeting after the meeting” atmosphere. Regular readers of Grapevine will feel right at home with this audio version, which reflects the spirit of “our meeting in print.” The half-hour show has such regular features as “Ask the Oldtimer,” “What’s in a Name?,” “Stump the Thumper” (trivia from the Big Book), “Blasts from the Past: Historic Talks from A.A. Pioneers,” and, of course, humor from the magazine, “At Wit’s End.” It all begins with light banter from the hosts and the question, “Where did you hear that?” followed by the refrain, “I heard it through the Grapevine!” The podcast is already a success. As of this spring, the podcast has had over 80,000 downloads, averaging over 3,000 listens per episode, with listenership steadily growing. The podcast came about thanks to the efforts of the chair of the Grapevine board, Josh E., and the publisher of Grapevine, Chris C. As Josh recalls, “It was back in 2017 at the General Service Conference and we were imagining different ways Grapevine could work



with social media and redoing the website.” This led to the AA Grapevine Digital Transformation Working Group. Chris C. adds, “We formed a working group from the Grapevine Board to see what we could do with digital media, and the Conference last year [2021] gave the Vol. 68, No. 2 / Summer 2022 www.aa.org News

and Notes from the General Service Office of A.A. ® green light for a podcast.” Josh had been a guest of “The Boiled Owl,” an hourlong podcast about A.A. recovery hosted by Sam and Don, so when the decision was reached for Grapevine to have a podcast, Josh knew where to turn. “There was no audition

process,” Josh says, “as Sam and Don stood out as hosts directly parked in the guidelines of the Traditions. They have a strong sense of the service structure and the Concepts.” Sam, recalling Josh being a guest on the prior podcast, says, “It was really important on the first podcast to hold ourselves to the Traditions. That was a big attraction for Josh having us host.” Don breaks down the way a podcast episode is put together, which generally starts two months ahead of airing: “We choose three writers to contact, then we send those names to Chris, who provides the contact information.” The first Monday of the month is a tie-in episode interviewing writers and following up on themes in the current issue of Grapevine. Don continues, “The rest of the content is made up of suggestions from the Grapevine board.” Don (from Greensboro, North Carolina) and Sam (from Palm Beach, California) then interview a guest virtually, after which Don edits the interview down to 20 minutes. After

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adding the duo's introduction and other segments, he sends the 30-minute show to Chris C. "I listen to it every week," Chris says. As the last person to hear the podcast before it goes out on Mondays, he says his goal is to "try to keep the rhythm going so there are no long pauses. I edit out the 'ums' and 'ahs' and the stuttering. If I have any concerns (like a 10-second pause or questionable language) we fix that. Then it goes to a web hosting site and is loaded up and pushed out." "I might push the envelope on appropriate language or mention a product too many times," Don acknowledges, "and Chris catches that before it goes out." While the Grapevine podcast can be found on Apple, Stitcher and other large podcast hosting sites, it is also published on the Grapevine website, where one can find every podcast from the first, all clearly arranged. "It's not the meeting, it's the casual 'meeting after the meeting,'" Sam says. "It's hard to get to know people in a meeting; it's before and after that you get to know someone." Josh echoes the sentiment, saying, "The podcast emulates the tone we have as a Fellowship. There is enough lightness that it is not overwhelming. People who come onto the show walk into a meeting. It's important to maintain the lighthearted tone." That tone began with "The Boiled Owl." "The Boiled Owl' started four and a half years ago after a Saturday men's meeting," Don recalls via teleconference. "We would go to a coffee shop just talking recovery, and someone said we should just put a phone down and record these talks. That's how it started." Airing twice a month, "The Boiled Owl" podcast consisted of these post-meeting conversations. Sam adds that with the AA Grapevine podcast, "We went from two one-hour podcasts a month to five halfhour podcasts a month." ("The Boiled Owl" podcast was retired in September

2021, but it is archived and available online.) Don and Sam have also found their access to the potential guests open up. "For the old podcast the guests were all people we knew adjacently," Sam says. "Now we get recommendations for guests across the country and Canada, and we don't know who all of these people are." The heart of the podcast, as with any meeting, is the sharing of experience, strength and hope. Chris C. mentions one interview with A.A. member Graylin from White Plains, New York, as "the most successful podcast so far." The interview appeared on the April 11 episode (Season 2, Episode 15) and 3,000 people listened to it on the first day. Both hosts mentioned being "charged up" talking to Graylin, especially about his Third Step experience. (They also both assert, "There should be less and less of Don and Sam, and more and more of the Fellowship.") There are ambitions to expand. Josh E. says, "The next evolution is expanding our staff to enable us to put out a daily podcast or at least more frequent podcasts. This is one more way for people to access the A.A. way of recovery — it is all part of an effort by Grapevine to become more relevant via digital means." Future plans for the podcast include featuring one of the many books Grapevine publishes, and to have Grapevine editor Jon W. record a segment about the book. And both Don and Sam are excited for the future, hoping to reach out to more members, especially Grapevine reps, as well as "actively recruiting oldtimers." Don, who has a history as a professional entertainer, says, "My wife says now I'm finally famous. But I'm anonymous."



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2022 Conference Advisory Actions Conference Advisory Actions represent recommendations put forward by the standing committees of the General Service Conference that have been discussed, voted on and approved by the Conference body as a whole with substantial unanimity (defined as a majority of at least two-thirds). A sampling of Advisory Actions from the 2022 General Service Conference appears below in abbreviated form. A complete list, along with the full report of additional items considered by each Conference committee, will be published in the Conference Final Report (available from G.S.O. in late summer).

Agenda — That the theme of the 2023 Conference be “A.A.’s Three Legacies – Our Common Solution.”

Literature — That text regarding safety and A.A. be added to the pamphlet “Questions and Answers on Sponsorship” and the booklet Living Sober; the draft of the pamphlet “Young People and A.A.” be approved; these updated pamphlets be approved: “Is A.A. for You?,” “Is There an Alcoholic in Your Life?,” “Frequently Asked Questions About A.A.” and “This Is A.A.”

Policy and Admissions — That the compilation of all Conference committee background be made available simultaneously in English, French and Spanish.

Public Information — That revisions be made to the pamphlet “Understanding Anonymity” regarding virtual A.A. meetings and in the section “Anonymity in the digital age”; the outdated “A.A. Fact File” be retired; a 2022 A.A. Membership Survey be conducted.

Report and Charter — That The A.A. Service Manual be revised to correct inaccuracies and to provide clarity and consistency on the roles, responsibilities and relationships between the General Service Office, AA Grapevine and A.A. World Services, Inc.

Treatment and Accessibilities — That the Long Form of Tradition Five be added to the pamphlet “The A.A. Group” in the section “What is an A.A. Group?” at its next printing.

Trustees — That the trustees’ Literature Committee revise the pamphlet “Do You Think You’re Different?” to update the stories to represent greater diversity.

Floor Action — That the trustees’ Literature Committee continue to make edits to the draft pamphlet “The Twelve Steps Illustrated.”

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, November 1st at 6:00 pm

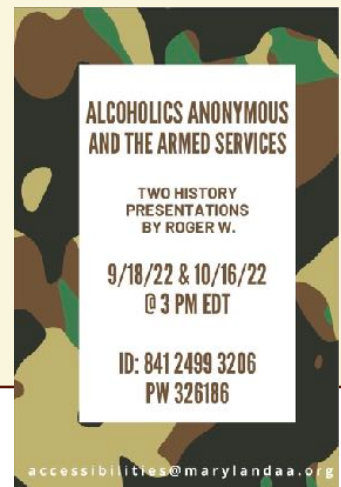
AA Meetings

Please visit the ocaa.org/meetings for the latest updates.

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