

THE JOURNEY AT THE BEACH

D E C E M B E R 2 0 2 2

Tradition Twelve • *"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."*

Twelve Steps and Twelve Traditions, page 180

ANNIVERSARY CELEBRATIONS

"To thine own self be true"

NAME	YEARS	SOBRIETY DATE	CELEBRATING	WHERE	WHEN
Kristina B	2	11/28/20	11/29/22	Come As You Are • Seaside Plumbing	6:00 pm
Susan B	22	11/29/00	12/04/22	Happy Risers • Atlantic Club	9:00 am
Heather K	18	12/03/04	12/06/22	Come As You Are • Seaside Plumbing	6:00 pm
Michele S	3	12/11/19			
Pat L	13	12/13/09	12/13/22	Fresh Air • Crossway Church	8:00 pm
Jennie R	14	12/20/08	12/20/22	Come As You Are • Seaside Plumbing	6:00 pm
Stephanie L	36	12/19/86	12/21/22	Seaside Group • Church of the Holy Spirit OC	6:00 pm
Jason P	12	12/23/10	12/24/22	Positive Attitude • Stevenson UM Church Berlin	7:00 pm
Howard B	35	12/24/87	12/31/22	Positive Attitude • Stevenson UM Church Berlin	7:00 pm
Keith L	6		01/01/23	Happy Risers • Atlantic Club	9:00 am
Mike B	27	12/28/95	01/07/23	Positive Attitude • Stevenson UM Church Berlin	7:00 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 Twelve • *"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."* **Twelve Steps and Twelve Traditions, page 184**

Twelfth Step Prayer • *Dear God, Having had a spiritual experience, I must now remember that "faith without works is dead." And PRACTICAL EXPERIENCE shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. So, God, please help me to carry this message to other alcoholics! Provide me with the guidance and wisdom to talk with another alcoholic because I can help when no one else can. Help me secure his confidence and remember he is ill.*

Alcoholics Anonymous, page 89:1
<http://silkworth.net/pages/aa/prayer.php>

THE JOURNEY AT THE BEACH

THE PRINCIPLES OF AA STEP 12 ARE:

Honesty, Hope, Faith/Action, Courage, Integrity, Willingness, Humility, Brotherly/Sisterly Love, Discipline/ Justice, Perseverance, Spiritual Awareness, Service

AA STEP 12: SPIRITUAL AWAKENING

The concept of “spiritual awakening” has many meanings. Keeping it simple, a spiritual awakening is really just a psychic change that, among other things, eliminates our obsession to drink. For some it can be quite a powerful and immediate experience, for others it is an ongoing co-current part of working the 12 steps.

The co-founder of AA, Bill W. mentions in his autobiography that for him it was a sudden, strong “white light” and life-changing event: “I stood upon a summit where a great wind blew. A wind not of air, but of spirit. In great, clean strength it blew right through me. Then came the blazing thought, ‘You are a free man.’”

It gives me chills every time I read that, because after that moment, Bill never took another drink. Thanks to him there are many more free men and women today. For most of us, the “aha” moments, that may not be a white light, are regular events and part of the spiritual awakening that happens over time in a subtle and gradual way.

AA STEP 12: CARRYING THE MESSAGE

I am responsible when anyone, anywhere, reaches out for help, I want the hand of AA always to be there, and for that I am responsible.

The second part of the 12th step is about carrying the message of recovery to other people. This is not because AA is a cult, it's because “we keep what we have by giving it away.” To keep it simple, when we work with others, our lives change. So, we don't help another alcoholic because they're sick—we help another alcoholic because we are sick, and part of our recovery is that we need to be helping others.

The most important things to remember about this part of the AA Step 12 are:

- The Twelve Steps are a program of attraction, not promotion. We lead by our own example, so talk to people when they are ready and when the time is right they'll ask: “How can I get what you've got?”
- Keep your message for the person who's dependent on alcohol (and/or drugs) to what it was like for you, the result of your steps, and that you have not gotten drunk or stoned.
- When talking to a newcomer, let go of labels and referring to them as alcoholics or addicts. Truthfully tell your story and let other people decide if it rings true for them.

Sometimes carrying the message can be as simple as making sure that there is a warm, caring, non-judgmental place for other alcoholics to come back to and a hand shake or hug that says “We're here for you—come on in—and keep coming back!”

The beauty and eloquence of AA Step 12 is part of many promises of working the A.A. program. Life really does take on new meaning when watching people recover, seeing them help others, and watching loneliness vanish. Frequent contact with newcomers, and with each other, is the bright spot of our newfound lives.

THE ICING ON THE CAKE: PRACTICING THE PRINCIPLES

When we have had a spiritual awakening as a result of our efforts we are finally able to do, feel, and believe that which we could not do before. This gift, which is a new state of consciousness and being, is really the icing on the cake of sobriety.

On a daily basis we have the opportunity to put into practice things that we are finally in possession of: a degree of honesty, tolerance, unselfishness, peace of mind, and love. Practicing the 12 steps in all our affairs, trusting a higher power, cleaning house, sharing our experience strength and hope, staying active in service one day at a time, for the rest of our life...is like eating cake, with icing, everyday.

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

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 3rd at 6:00 pm

AA Meetings

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

Inquires

24 Hour Hotline: 410-600-5219

Email: info@ocaa.org

... **SAVE THE DATE** ...
August 4-6, 2023

51st Annual Area 29 Maryland State Convention

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

Held at the Delta Hotel by Marriott—Hunt Valley • 245 Shawan Road, Hunt Valley, MD 21031



SPEAKERS • WORKSHOPS
HOSPITALITY SUITE • ALCATHONS
SAT BANQUET • DELEGATE REPORT
SOBRIETY COUNTDOWN
OLDTIMERS PANEL
AA HISTORY PRESENTATION
Ice Cream Social & Live Music
Friday & Saturday Evenings

Registration \$36 (cash or check)

\$38 (credit card or PayPal)

Convention Pin free for the first 600 Pre Registrations

Convention Hotel Room Rate: \$124/per night + tax

Hotel reservations must be made by Sunday, July 9, 2023

For hotel reservations, call 844-781-7404. (Code: MGS 2023 State Convention)

or online hotel registration click on—

[Book your group rate for MGS 2023 State Convention](#)

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1666295673654&key=GRP&app=revlink>



or scan



Spanish & ASL Interpretation will be provided
with additional accommodations for the hard of hearing



Footprints in the Winter Sand

Clarion Resort Fontainebleau Hotel

10100 Coastal Highway

Ocean City, MD 21842

Friday, February 3rd - Sunday, February 5th, 2023

To print an application, visit:

<https://ocaa.org/footprints-in-the-winter-sand>



NEW Al-Anon Meeting

Sundays at 6 pm at the
Atlantic Club

• Concurrent with
Assateague AA Group •
Tell your friends!



I am responsible

When anyone, anywhere,
reaches out for help, I want
the hand of A.A. always to
be there.

And for that: I am
responsible

THE JOURNEY AT THE BEACH



Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



2 Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



3 Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



4 Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.



5 Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



6 If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



7 Don't think you have to stay late. Plan in advance an "important date" you have to keep.



8 Worship in your own way.



9 Don't sit around brooding. Catch up on those books, museums, walks, and letters.



10 Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



11 Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



12 "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

"Reprinted from Holiday Issue 2008-2009, page 10, with permission of A.A. World Services, Inc."