

THE JOURNEY AT THE BEACH

F E B R U A R Y 2 0 2 3

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
Nate	1		02/04/23	Happy Risers • Atlantic Club	9:00 am
Denise	1		02/02/23	Happy Risers • Atlantic Club	9:00 am
Capt. John	1	02/12/22	02/14/23	Come As You Are • Seaside Plumbing	6:00 pm
Poe H	32	02/01/91	02/24/23	Happy Joyous and Free • River Church	10:00 am
Pat G	47	02/03/76	02/24/23	Happy Joyous and Free • River Church	10:00 am
Laura P	10	02/19/13	02/25/23	Happy Risers • Atlantic Club	9:00 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 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



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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

Election of New Officers

At the March meeting, we will be electing officers for the following positions for 2023-2025 term:

- Intergroup Chair
- Alternate Chair
- Secretary
- Treasurer

In addition, we have positions available on the following committees:

- Workshops
- Correctional Facilities

Ocean City Area Intergroup Homegroup Representatives or Alternates are eligible to propose new officers or run for office themselves. Each group receives one vote toward the election of new officers. Please plan on having a Representative from your Homegroup attend this meeting to help us see our way forward.

AA Meetings

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

Inquires

24 Hour Hotline: **410-600-5219**
 Email: info@ocaa.org

TWO WAY PRAYER

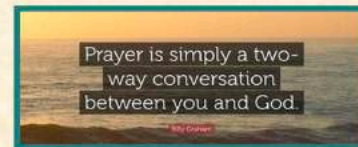
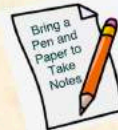
A LOST TOOL FOR PRACTICING THE
 11TH STEP

WORKSHOP

Date: Sunday, February 19th, 2023
Time: 11:00 AM to 2:30 PM
Location: The Atlantic Club
 11827 Ocean Gateway, OC MD 21842

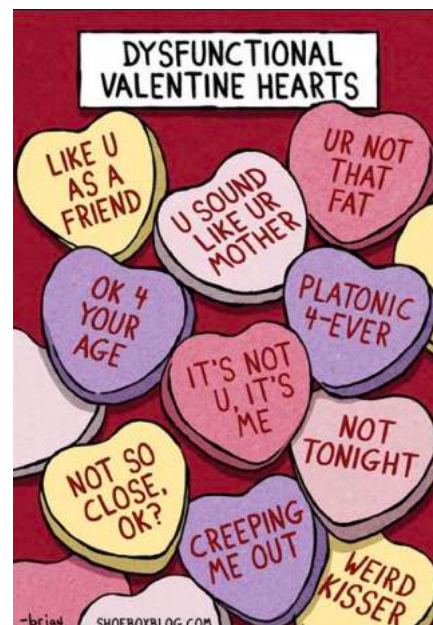
Join us as we discuss:

- What is Two Way Prayer?
- How to Practice Two Way Prayer & Listen to God
- How to Start a Two Way Prayer Group
- Two Way Prayer Practice
- "Ask It Basket" and Questions at the End



Sponsored by: Ocean City Intergroup

Light Lunch Provided



THE JOURNEY AT THE BEACH

Events

Footprints in the Winter Sand!

Clarion Resort Fountainebleau Hotel
 10100 Coastal Highway
 Ocean City, MD 21842
 Friday, February 4th - Sunday, February 6th, 2022



34th International Men's Conference 2023 Washington DC

"Keeping the Legacy ALIVE 2023 and BEYOND"
www.IAAMC-DC23.org

When: April 21-23, 2023
 Where: The Doubletree by Hilton Crystal City
 300 Army Navy Drive, Arlington VA, 22202
<https://book.passkey.com/go/AAMensConference>

Make room reservations AS SOON AS POSSIBLE due to limited rooms availability at \$149.00 per night. For Room Reservations: Call (703) 416-4100. Use Promo Code: 39A and mention IAA to receive conference rate of \$149.00 (plus tax per night) visit our webpage: www.IAAMC-DC23.org

for more information contact

Chair: Lee M. (202) 441-0111 Chair: IAAMC23@gmail.com
 Co-chair: Willie S. (301) 257-3320 Co-chair: IAAMC23@gmail.com
 Treasurer: Stan C. (301) 598-5953 Treasurer: IAAMC23@gmail.com

Conference Registration Options

Reserve Banquet AS SOON AS POSSIBLE Due to Limited Seating	Price	Quantity	Amount
General registration and banquet <i>(Circle your meat choice: Salmon, chicken or sliced pork (tenderloin, vegetarian))</i>	\$ 120.00		
Registration Only	\$ 50.00		
Tour of Washington, DC by Motor Coach	\$ 39.00		
Ball Cap	\$ 17.00		
Tee-shirt (sizes Large to 5X): State size: _____ (sizes run small)	\$ 23.00		
Donate to the 34 th IAAMC 2023			
	Total		

please visit our website for details and updates @ www.IAAMC-DC23.org

Mail Registration to: IAAMC-DC23, PO Box 12226, Silver Spring, MD 20906-1548

Make check or money order payable to: IAAMC-DC23 or register online using our webpage: www.IAAMC-DC23.org

Name: _____ Phone: _____
 Address: _____ City, State, Zip: _____
 Email: _____ Home Group: _____
 Meal Preference: _____ Amount Enclosed: _____

Badges Required for ALL Sessions

... 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=res/link>



or scan



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



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