

THE JOURNEY AT THE BEACH

M A R C H 2 0 2 3

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
Ellen O	42	03/14/81	03/15/23	Seaside Group • Church of the Holy Spirit	6:00 pm
John S	37	03/19/86	03/20/23	Joy of Living • Atlantic Club	Noon
Dave H	22	03/20/01	03/24/23	Action Group • Holy Savior Catholic Church	8:00 pm
Larry L	19	03/14/04		Happy Risers • Atlantic Club	9:00 am
Nancy M	33	03/21/90		Happy Hour • Seaside Plumbing	6:00 pm
Kenny G	35	03/28/88	04/02/23	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

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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>



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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>

Intergroup

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 7th 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

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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: IAA 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.IAAMCDC23@gmail.com
Co-chair Willie S. (301) 257-3320 Co-chair.IAAMCDC23@gmail.com
Treasurer Stan C. (301) 598-5953 Treasurer.IAAMCDC23@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



**Area 29
Maryland
State
Convention**

51st Annual Area 29 Maryland State Convention August 4-6, 2023

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

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

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

AA Speakers	Friday, August 4th	Saturday, August 5th
Amalia C.—Farmington, CT <i>(Friday, 7 pm)</i>	7:00 am Registration Opens 8:15 am Prayer and Meditation	7:00 am Registration Opens 8:15 am Prayer and Meditation
Stephanie L.—Eastampton, NJ <i>(Friday, 4 pm)</i>	10:00 am Workshops 11:30 am Lunch on your own	9:00 am AA Speaker Meeting 10:30 am AA Speaker Meeting
Barclay R.—Nashville, TN <i>(Friday, 7:30 pm)</i>	11:30 am Workshops/Delegate Report 1:00 pm AA Speaker Meeting	12:00 pm Lunch A La Carte 1:00 pm Old Timers Panel
Greg T.—South Deerfield, MA <i>(Saturday, 9 am)</i>	2:30 pm Workshops 4:00 pm AA Speaker Meeting	2:30 pm Workshops 4:00 pm Delegate Report
Jimmy A.—Spring Lake Heights, NJ <i>(Saturday, 7:30 pm)</i>	6:00 pm Dinner on your own 7:30 pm AA Speaker Meeting	5:30 pm Dinner Banquet 7:00 pm Meet Area 29 Officers and Sobriety Countdown
Sara V.—Frederick, MD <i>(Sunday, 10 am)</i>	9:00 pm Ice Cream Social with Live Music	7:30 pm AA Speaker Meeting 9:00 pm Ice Cream Social/Live Music
AA-Anon Speaker Katie C.—Frederick, MD <i>(Saturday, 10:30 am)</i>	10:00 pm AA History Presentation: Founding Moments	10:00 pm Recovery Talent Show
Open AA and AA-Anon Meetings at intervals each day		
Evening Activities Ice Cream Socials (\$5 each night) Live Music and Talent Show	Pre-Registration Gift Limit 600 See Back	Sunday, August 6th 9:15 am Prayer and Meditation 10:00 am AA Speaker Meeting

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)
For online hotel reservations 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=resvlink)
<https://www.marriott.com/event-reservations/reservation-link.mi?id=1666295673654&key=GRP&app=resvlink>

or scan

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

