

THE JOURNEY AT THE BEACH

A P R I L 2 0 2 3

Tradition Four - "Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

Twelve Steps and Twelve Traditions, page 146

ANNIVERSARY CELEBRATIONS

"To thine own self be true"

NAME	YEARS	SOBRIETY DATE	CELEBRATING	WHERE	WHEN
Kenny G	35	03/28/88	04/02/23	Assateague Group • Atlantic Club	6:00 pm
Amy L	15	04/06/08	04/06/23	Happy Risers • Atlantic Club	7:30 am
Sam G	2	04/04/21	04/08/23	Happy Risers • Atlantic Club	7:30 am
Bradley S	11	04/17/12	04/21/23	Action Group • Holy Savior 17th St OC	8:00 pm
Mike K	4	04/21/19	04/21/23	Happy Risers • Atlantic Club	7:30 am
Frankie L	9	04/01/14	04/28/23	Happy, Joyous and Free Women • River Church	10 am
Mike B	40	04/23/93	TBD	Action Group • Holy Savior 17th St OC	8 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 Four • "Made a searching and fearless moral inventory of ourselves."

Twelve Steps and Twelve Traditions, page 42

Fourth Step about dealing with Fear • "The verdict through the ages is that faith means courage. All men of faith have courage. They trust their God. We never apologize for God. Instead we let Him demonstrate, through us, what He can do. We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear."

Alcoholics Anonymous, page 68

THE JOURNEY AT THE BEACH

Step 4 of AA: Make a Moral Inventory Of Yourself

Last Updated: February 14, 2022 | **Author:** Marisa Crane, BS

<https://alcoholicsanonymous.com/step-4-of-aa/>

AA Step 4 is all about self-examination and reflection—as scary as it may sound, you have to take a good hard look at your character defects and negative behaviors that have led you to cause pain and suffering. As the name of Step 4 suggests, you need to sit down and make an actual list of these defects. Confronting your past is never easy, and it can stir up a lot of negative emotions, so it's important to rely on your support system and “higher power” during this step.

If you have sincerely completed the first three AA steps—**admitting you were powerless** over alcohol, **believing a power greater than yourself** can restore your sanity, and **turning your will over to your higher power**—then you are ready for Step 4, which is the first step on the list that requires action.

No doubt it's going to take courage to take a good hard look at yourself, but on the other side of that self-examination will be the ability to release your past and move forward into a happier, sober life. Step 4 of AA lays the groundwork for the rest of the steps because without identifying your moral defects, you can't begin to admit them to others, rid yourself of these shortcomings, and make amends with those you've harmed. All of the AA steps after Step 4 are dependent upon approaching Step 4 with the intention of truly interrogating your character and behaviors.

How to Start AA Step 4

Beginning Step 4 is easy enough: buy a notebook and a pen or pencil and start writing. If you're struggling early on, try not to overthink the process—simply write whatever comes to you, and that will hopefully get the ideas flowing. You may find that writing down everything you've been holding in to be a freeing experience.²

From there on, you move at your own pace. Some people may find this step harder than others, and that's okay. It's not a competition or a race—you will complete Step 4 when you are ready, and sometimes, that readiness doesn't come easily. Regardless, it's important not to rush through AA Step 4 because doing a thorough job on Step 4 will set you up for success throughout the rest of the steps.

AA is a great resource if you're thinking of getting sober, and many people **attend AA meetings** for life, but sometimes professional treatment is needed.



"April Fool's on her!"

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Tips for Working Step 4 in AA

If you are having trouble identifying your problems and the way your behavior has affected yourself and others, don't worry—attending AA meetings and listening and learning from your fellow members will provide you with the clarity necessary to complete Step 4. Most likely, you'll be surprised at what you discover about yourself. You can also take this time to consult with your [sponsor](#), who has been through Step 4 and has successfully completed a moral inventory of himself.

Step 4 can be emotionally exhausting and painful, but there are some helpful tips for working Step 4 in AA, including:

- **Do Step 4 honestly:** If you don't approach the fourth step from a place of [vulnerability and honesty](#), you aren't going to get as much out of it as you'd like. Having a positive attitude, intent on identifying your negative behaviors and how they've affected others can make all the difference.
- **Search for serenity:** Approach Step 4 from a place of wanting to find peace, mentally, physically, and spiritually, and acknowledging that you can only achieve that by becoming aware of your actions.
- **Set up an appointment for Step 5:** Because [Step 5](#) (read moral inventory to another person) occurs immediately after you complete Step 4, make your life easier by setting up an appointment with someone as you begin Step 4.
- **Remember you are not being graded:** Don't stress over grammar, punctuation, or grammar—Step 4 is not an English paper or a final exam. Yes, you will, in Step 5, share with someone, but ultimately, this written inventory is for you and your sobriety. Try not to worry about being judged.
- **Welcome both good and bad feelings:** Write out all of your fears, guilts, hates, hang-ups, and resentments, and welcome the feelings that arise when confronted with these hang-ups.
- **Keep your eye on the immediate goal:** Step 4 isn't about changing your defects or behaviors (that comes later). For now, focus on your list and do the best job you can do so that you can pursue positive changes later.

Common Misconceptions about AA Step 4

You may have heard some myths about AA like you [have to be religious](#) or you're required to get a sponsor, and these are fundamentally untrue. These AA myths are, unfortunately, what prevent some people from attending a meeting and giving it a shot.

A common misconception about AA Step 4 is that this step is meant to tear you down and make you feel bad about yourself and your past. This couldn't be further from the truth. Writing down a moral inventory is intended for you to confront the issues you've been avoiding so that you can then let them go and move on. In this way, Step 4 of AA is actually an empowering and important step of your sobriety journey.

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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 meetings are Tuesday, April 4th and May 2nd at 6:00 pm

Election of New Officers

We will be electing officers for the following positions for 2023-2025 term the next time we have a quorum:

- Intergroup Chair
- Alternate Chair
- Secretary
- Treasurer

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

- Workshops
- Correctional Facilities
- Newsletter/Website

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 the next 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

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



Area 29
Maryland State Convention

Without Unity, the Heart of AA would cease to beat...
Sin Unidad, el Corazon de AA dejaria de latir...

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

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

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, 1 pm)</i>	7:00 am Registration Opens	7:00 am Registration Opens
Stephanie L.—Eastampton, NJ <i>(Friday, 4 pm)</i>	8:15 am Prayer and Meditation	8:15 am Prayer and Meditation
Barclay R.—Nashville, TN <i>(Friday, 7:30 pm)</i>	10:00 am Workshops	9:00 am AA Speaker Meeting
Greg T.—South Deerfield, MA <i>(Saturday, 9 am)</i>	11:30 am Lunch on your own	10:30 am Al-Anon Speaker Meeting
Jimmy A.—Spring Lake Heights, NJ <i>(Saturday, 7:30 pm)</i>	1:00 pm AA Speaker Meeting	12:00 pm Lunch A La Carte
Sara V.—Frederick, MD <i>(Sunday, 10 am)</i>	2:30 pm Workshops	1:00 pm Old Timers Panel
Al-Anon Speaker Katie C.—Frederick, MD <i>(Saturday, 10:30 am)</i>	4:00 pm AA Speaker Meeting	2:30 pm Workshops
Open AA and Al-Anon Meetings at intervals each day	6:00 pm Dinner on your own	4:00 pm Delegate Report
Evening Activities Ice Cream Socials (\$5 each night) Live Music and Talent Show	7:30 pm AA Speaker Meeting	5:30 pm Dinner Banquet
	9:00 pm Ice Cream Social with Live Music	7:00 pm Meet Area 29 Officers and Sobriety Countdown
	10:00 pm AA History Presentation: Founding Moments	7:30 pm AA Speaker Meeting
		9:00 pm Ice Cream Social/Live Music
		10:00 pm Recovery 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=revslink)
<https://www.marriott.com/event-reservations/reservation-link.mi?id=1666295673654&key=GRP&app=revslink>

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