

# THE JOURNEY AT THE BEACH

M A Y 2 0 2 3

*Tradition Five - "Each group has but one primary purpose - to carry its message to the alcoholic who still suffers."*

*Twelve Steps and Twelve Traditions, page 150*

## ANNIVERSARY CELEBRATIONS

*"To thine own self be true"*

NAME	YEARS	SOBRIETY DATE	CELEBRATING	WHERE	WHEN
Bootsie F	17	05/09/06	05/11/23	Happy Risers • Atlantic Club	7:30 am
Elwood J	2	05/11/21	05/15/23	Berlin Friendship Group • River Church	7:00 pm
Patrick	2		05/20/23	Happy Risers • Atlantic Club	9:00 am
Tom D	8	05/22/15	05/21/23	Happy Risers • Atlantic Club	9:00 am
Mary Lou J	5	05/04/18	05/26/23	Happy, Joyous and Free • River Church	10:00 am
Butch A	20	05/03/03	05/27/23	Positive Attitude • Stevenson UM Church	7:00 pm
Rob A	25	04/26/98	05/27/23	Positive Attitude • Stevenson UM Church	7:00 pm
Tom S	24	05/09/99	05/28/23	Happy Risers • Atlantic Club	9:00 am
Judy B	33	05/28/90	05/28/23	Happy Risers • Atlantic Club	9:00 am
Jennifer O	2	06/13/21	06/13/23	Come As You Are • River Church	6:00 pm

Please submit all anniversary information to Carla H at [info@ocaa.org](mailto:info@ocaa.org) by the 28<sup>th</sup> 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 Five • "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."*

*Twelve Steps and Twelve Traditions, page 55*

*Fifth Step Prayer • "Higher Power, Thank you for helping me complete my housecleaning. I can now look the world in the eye. I can be alone at perfect peace and ease. My fears have fallen from me. I have begun to feel your nearness. I have begun to have a spiritual experience. I feel I am on the Broad Highway, walking hand in hand with the Spirit of the Universe."*

*based on Alcoholics Anonymous, page 75*

# THE JOURNEY AT THE BEACH

## Incredible Benefits of AA's 5th Step

For many newcomers to sobriety, the steps look like a tall order. I remember, at a very young age, reading the steps where I went to church. Too young to understand their purpose, I remember thinking whoever practiced those steps must be pretty extreme. Even as an upcoming alcoholic and drug addict in grade school, I knew the steps sounded a little... well... cultish.

Even the Big Book addresses the neurotic newcomer exclaiming, "What an order! I can't go through with it." Truth be told, the steps are extreme. Unfortunately addiction is, by its very nature, exceptionally extreme. And alcohol addiction is no exception. To arrest an extreme illness, a treatment that employs drastic measures must be taken.

A lot of sober newcomers bounce out of the program after the 3rd step. The ones that do make it through the 4th step hit snags on the 5th step because it demands rigorous honesty. That's rigorous, not partial honesty or mostly honest... rigorous honesty!

### Fifth Step – Incredible Benefits

In his book [The 12 Steps and 12 Traditions](#), Bill Wilson explains the benefits of thoroughly completing a 5th step. The fifth step of the 12 step recovery program states that we, "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs." This vital exercise begins to provide emotional, mental and spiritual relief. By sharing wrong with a trusted confidant, guilt and shame start to melt away. Newcomers begin to realize their troubled past isn't as unique as once thought. Both painful and rewarding, the 5th step is essential to the fundamental change of personality required to overcome alcohol and drug addiction. In its simplest form, the fifth step is simply a confession of personal wrong-doings. Confession is a long standing practice in the Judeo/Christian tradition, and alcoholics usually store a vast collection of closet skeletons. By sharing the depths of their conscience with another person, alcoholics allow fresh air to enter their soul's closely-guarded closet of shameful skeletons.

Repentance, similar to confession (and equally painful), is also espoused in the Buddhist verse found in Practices and Vows of Samantabhadra Bodhisattva (chapter 40):

"For all the evil deeds I have done in the past,  
Created by my body, speech and mind,  
From beginningless greed, hatred and delusion,  
I now know shame and repent them all."

The original architects of the 12 steps wove the powerful, spiritual tradition of confession for a reason. It is effective. It is healing. It is one of the most valuable tools to alleviate past burdens. As Bill Wilson notes:

"If we have swept the search light of Step Four back and forth over our careers, and it has revealed in stark relief those experiences we'd rather not remember, if we have come to know how wrong thinking and action have hurt us and others, then the need to quit living by ourselves with those tormenting ghosts of yesterday gets more urgent than ever. We have to talk to somebody about them." (12×12, pg.55).

This is precisely what the 5th Step of the 12 step process requires of those who genuinely desire sobriety – a candid discussion in light of a 4th step inventory. Although the word "required" repels many an alcoholics or drug addicts, Bill Wilson further warns that "without a fearless admission of our defects to another human being we could not stay sober." (12×12, pgs. 56&57). Obviously, staying sober is a prerequisite for meaningful, fulfilling recovery.

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## The Fifth Step is More Than Just Relief

But personal admission of one's checkered past offers more than mere relief. The Big Book states that the fifth step, if conducted fearlessly and thoroughly, produces unhealthy patterns of behavior. Destructive behaviors reflect underlying character defects, the engine that drives off-the-wall actions. Before freshly sober members can begin to address these core issues, they must undertake an identification process to understand their precise nature.

Of course, personal admission of a rag-tag past is sobering in and of itself. As Wilson points out, however, meaningful insights offer the potential to initiate a purging of core issues that drive alcoholics to drink. Incredible emotional and mental relief, coupled with profound personal insight, makes the fifth step a valuable exercise for anyone. Successful completion marks a return to sanity, or a clear recognition of who and what we are.

For most with a truly self-addicted mind, the 12 step recovery process provides an invaluable method to rid oneself of self pity, emotional entanglements, delusions of grandeur and 'playing the victim.' Step five initiates the change. But remember, there are seven to go!

<https://discoveryplace.info/incredible-benefits-of-aas-5th-step>

From <https://www.aacle.org/twelve-spiritual-principles/>

Bill W. considered each step to be a spiritual principle in and of itself. However, particularly in the 12 & 12, he outlined the spiritual principles behind each step. Some of them seem like common sense, but understand going into the exercise that reading these principles and actually *practicing them in your day-to-day lives* are two entirely different things (and that the latter requires vigilance and willingness).

1. **HONESTY** – Fairness and straight forwardness of conduct; adherence to the facts.
2. **HOPE** – To expect with desire; something on which hopes are centered.
3. **FAITH** – Complete confidence; belief and trust.
4. **COURAGE** – Firmness of mind and will in the face of extreme difficulty; mental or moral strength to withstand fear.
5. **INTEGRITY** – The quality or state of being complete or undivided; soundness.
6. **WILLINGNESS** – Prompt to act or respond; accepted and done of choice or without reluctance.
7. **HUMILITY** – Not proud or haughty; not arrogant or assertive; a clear and concise understanding of what we are, followed by a sincere desire to become what we can be.
8. **LOVE** – Unselfish concern that freely accepts another in loyalty and seeks his good to hold dear.
9. **DISCIPLINE** – Training that corrects, molds, or perfects the mental faculties or moral character; to bring under control; to train or develop by instruction.
10. **PATIENCE/PERSEVERANCE** – Steadfast despite opposition or adversity; able or willing to bear; to persist in an understanding in spite of counter influences.
11. **AWARENESS** – Alive and alert; vigilance in observing.
12. **SERVICE** – A helpful act; contribution to the welfare of others; useful labor that does not produce a tangible commodity.

By *Unknown Author*



# THE JOURNEY AT THE BEACH

## 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, May 2nd and June 6th 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](http://ocaa.org/meetings) for the latest updates.

## Inquires

24 Hour Hotline: **410-600-5219**

Email: [info@ocaa.org](mailto: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...

## 51<sup>st</sup> 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
<b>Al-Anon Speaker</b> Katie C.—Frederick, MD <i>(Saturday, 10:30 am)</i>	4:00 pm AA Speaker Meeting	2:30 pm Workshops
<b>Open AA and Al-Anon Meetings</b> at intervals each day	6:00 pm Dinner on your own	4:00 pm Delegate Report
<b>Evening Activities</b> Ice Cream Socials (\$5 each night) Live Music and Talent Show	7:30 pm AA Speaker Meeting 9:00 pm Ice Cream Social with Live Music	5:30 pm Dinner Banquet
	10:00 pm AA History Presentation: Founding Moments	7:00 pm Meet Area 29 Officers and Sobriety Countdown
	<b>Pre-Registration Gift</b> Limit 600 See Back	7:30 pm AA Speaker Meeting
		9:00 pm Ice Cream Social/Live Music
		10:00 pm Recovery Talent Show
		<b>Sunday, August 6th</b>
		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>

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