

THE JOURNEY AT THE BEACH

J U N E 2 0 2 3

Tradition Six - "An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose."

Twelve Steps and Twelve Traditions, page 155

ANNIVERSARY CELEBRATIONS

"To thine own self be true"

NAME	YEARS	SOBRIETY DATE	CELEBRATING	WHERE	WHEN
Bruce P	14		06/03/23	Happy Risers • Atlantic Club	9:00 am
Kristina	6		06/03/23	Happy Risers • Atlantic Club	9:00 am
Daniel	31		06/04/23	Happy Risers • Atlantic Club	9:00 am
Chris S	4	06/08/19	06/08/23	Happy Risers • Atlantic Club	7:30 am
Brian D	1		06/11/23	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
Joe C	43	06/16/80	Acknowledged	Proud To Have Served • Atlantic Club	6:00 pm
Paul B	6	06/20/17	06/20/23	Happy Risers • Atlantic Club	7:30 am
Allison K	14	06/25/09		Fresh Air • Crossway Church	8:00 pm
Meegan O	33	06/27/90		Happy Hour • Seaside Plumbing	6:00 pm
Cindy C	1	06/11/22	06/30/23	Happy, Joyous and Free • River Church	10:00 am
Fran	34	06/23/89	06/30/23	Happy, Joyous and Free • River Church	10:00 am

Please submit all anniversary information to 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 Six • "Were entirely ready to have God remove all these defects of character."

Twelve Steps and Twelve Traditions, page 63

"This is the Step that separates the men from the boys." . . . the difference between "the boys and the men" is the difference between striving for a self-determined objective and for the perfect objective which is of God. . . . It is suggested that we ought to become entirely willing to aim toward perfection. . . . The moment we say, "No, never!" our minds close against the grace of God. . . . This is the exact point at which we abandon limited objectives, and move toward God's will for us.

Daily Reflections, page 165

THE JOURNEY AT THE BEACH

Crosstalk

A.A. has often been referred to as a “*Benign anarchy*” – a world in which autonomy from group to group can seem like an invitation to chaos. Yet, unruly as some groups appear, when guided by the need for unity that underlies all A.A. activity and shaped by the recognition that the Fellowship is built on the connection that happens when one alcoholic shares his or her experience with another, a kind of order takes hold of almost every A.A. meeting.

As Bill W. notes in the introduction to the long form of the Traditions in the Big Book, “*We alcoholics see that we must work together and hang together, else most of us will finally die alone.*”

One thing many groups have discovered that can test that unity within meetings, however, is crosstalk – sharing that is often considered intrusive and generally disruptive.

Crosstalk can mean different things to different people. Some groups define any comments, negative or positive, about another person’s sharing beyond “*Thank you for your share*” as crosstalk or interference. Some outline crosstalk as engaging directly in conversation with another alcoholic during the meeting or providing commentary or feedback on what another has shared.

The Washington Heights Group in Upper Manhattan has a statement, born of the group conscience, which is read at every Thursday evening meeting: “*Feedback and crosstalk are discouraged here. Crosstalk is giving advice to others who have already shared, speaking directly to another person rather than to the group and questioning or interrupting the person speaking at the time. If crosstalk occurs, the chair will remind you of this policy.*”

Of course, there can be a fine line between sharing and intrusion, as many groups have discovered, and what works in one location may not work in another.

The main thing most groups can agree on, however, is that all sharing needs to be nonjudgmental. “*From the very beginning, one drunk talking to another has made the A.A. program go round,*” says Anne T., of Rome, New York. “*When someone shares in response to something I’ve said, that’s okay, but only so long as there’s not even a hint of censure, belittlement, scolding or preaching, all under the guise of sharing. Knowing there’s no risk of judgement makes me feel safe.*”

J.P., of Spokane, Washington, has also found that crosstalk of a giving nature is “*sort of a language of the heart. It occurs with familiarity and can be very helpful. If members know one another well, as they tend to in small groups, they feel comfortable about saying, ‘I’d like to add something to what Jane said...’ To me the key is comfort and the hope that sharing one’s experience in recovery will help another alcoholic to stay sober and face life’s challenges with greater ease.*”

Noting of crosstalk that “*until the 1990s the word wasn’t even in A.A. vocabulary,*” Susan U. of the 79th Street Workshop in New York City cautions against setting up too many rules and regulations in response to what – and how – people share in meetings: “*There are no rules in A.A., just customs and the conscience of each autonomous group, and experience shows that for most groups attempts to control don’t work very well. On the other hand, the nonjudgmental sharing we receive at meetings in response to something we have said can be beneficial to our recovery. It’s how we learn to live sober, productive lives, and that’s what sharing our experience and strength is about.*”

In general, then, when it comes to crosstalk, giving advice or disruptive sharing in meetings, keeping the focus on A.A. unity – and on our own personal experiences as they may be helpful to another recovering alcoholic – can provide a useful guideline to keep group sharing on track and resentments from creeping in.

As many groups have found, however, from time to time it may require a living reminder from the group’s chair.

By General Service Office, Box 459 Newsletter – Vol. 63, No. 1 / Spring 2017

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SAFETY CARD FOR A.A. GROUPS

The General Service Office has made this optional card available as an A.A. service piece for in-person/online groups that wish to use it. Please feel free to utilize, choose a section(s) or adapt the text to your group's needs.

Tradition Five states: Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.

Any person seeking help with a drinking problem is welcome at this group. No A.A. entity determines an individual's membership in Alcoholics Anonymous. It is this group's conscience that if any person endangers another individual or disrupts the group's efforts to carry A.A.'s message, the group may ask that person to leave the meeting.

This group strives to safeguard the anonymity of A.A. members and attendees; however, keep in mind that anonymity in A.A. is not a cloak for unsafe and illegal behavior. Addressing such behavior and/or contacting the proper authorities when appropriate, does not go against any A.A. Traditions and is meant to ensure the safety of all in attendance.

The short form of Tradition One states: "Our common welfare should come first; personal recovery depends upon A.A. unity." Recognizing the importance of group unity, our group strives to create a safe meeting environment in which alcoholics can focus on achieving sobriety.

Service Material from the General Service Office



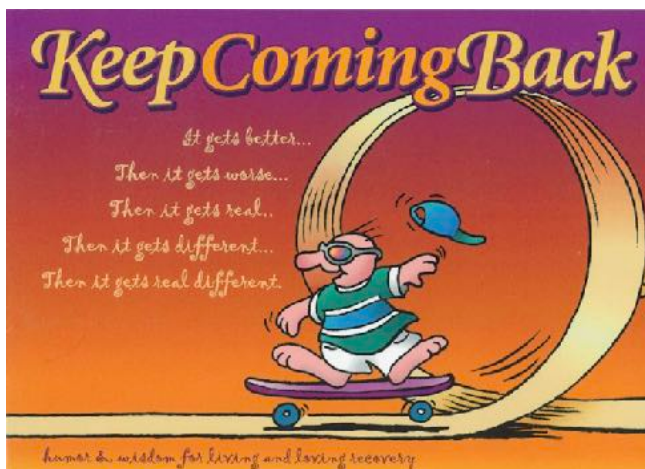
Additional Sharing:

- Safety is a topic within A.A. that groups and members can address. Developing workable solutions to help keep meetings safe can be based on the principles of A.A. In discussions about safety, keep the focus on our primary purpose, our common welfare, and placing principles before personalities.
- Predatory behaviors and unwanted sexual advances are in conflict with carrying the A.A. message of recovery and with A.A. principles.
- A.A. does not provide medical advice or detox services; it has no opinion on outside issues, including medication. Medical advice should come from a qualified physician.
- The only requirement for A.A. membership is a desire to stop drinking. Groups and members strive to create a safe environment for the alcoholic who still suffers.
- If safety concerns arise, individuals can speak with a sponsor, members of the group, a trusted friend and/or a professional to address the concern.
- Service entities, such as areas, districts and intergroup/central offices, are available to help provide A.A. services and shared experience. All groups and entities in A.A. are autonomous. There is no government within A.A. and no central authority to control or direct its members, but we do share our experience, strength and hope.

For more information on this topic, see the service piece "Safety and A.A.: Our Common Welfare" (SMF-209) at aa.org.

Rev. 4/22

F-211



66th Annual Sessions by-the-Sea

**Roland E. Powell Convention Center
Ocean City, MD
September 5-10, 2023**

sessionsbythesea.com



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 is Tuesday, 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 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>

or scan

