

THE JOURNEY AT THE BEACH

J U L Y 2 0 2 3

Tradition Seven - "Every A.A. group ought to be fully self supporting, declining outside contributions."

Twelve Steps and Twelve Traditions, page 160

ANNIVERSARY CELEBRATIONS

"To thine own self be true"

NAME	YEARS	SOBRIETY DATE	CELEBRATING	WHERE	WHEN
Tara D	1	07/04/22	07/28/23	Happy, Joyous and Free • River Church	10:00 am
Taryn W	10	07/09/13	07/12/23	Seaside Group • Church of the Holy Spirit	6:00 pm
Evelyn W	16	07/17/07	07/28/23	Happy, Joyous and Free • River Church	10:00 am
Kurt C	36	07/27/87	08/07/23	One Day at a Time • Hebron	6:00 pm

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 Seven • "Humbly asked Him to remove our shortcomings."

Twelve Steps and Twelve Traditions, page 70

Seventh Step Prayer • "My Creator, I am now willing that you should have all of me, good & bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you & my fellows. Grant me strength, as I go out from here to do Your bidding."

Big Book of Alcoholics Anonymous, page 76, Chapter 2

THE JOURNEY AT THE BEACH

Embracing Humility - Perspectives on Step 7

By Dominica A.

When I think about Step 7, I think about humility, as it tends to be the central theme of this step.

Humility to me means viewing myself with an honest and realistic perspective. It's NOT thinking I'm bigger than my addictions or other people. When I thought I was "all that" and had control over my life, I was living in an alternate reality, because my life—and more specifically my emotional life—was a hot mess.

Then, once I entered recovery and lay down my addictions, I still had to contend with some things I wasn't crazy about, such as:

- Anxiety.
- Irritability.
- Anger.
- Depression.
- Shame.
- Regret.
- Judgment.
- Envy.
- And more.

All of the previous steps led me to the importance of Step 7 and surrendering my will and life over to my Higher Power, asking for help once again.

It's pretty humbling to ask a Higher Power to remove shortcomings. It's saying:

You know, I really can't do this on my own. Like, this guilt that plagues my mind. It's slowly killing me and I can't let go on my own. Will you help me?

Honestly, I was ready to live a life of humility. I'd had enough of trying to do it on my own, because on my own I usually ended up in a mess.

For this step, I did ask my Higher Power to remove my shortcomings. Were they all removed at once?

No.

What I did notice, though, was that as I consciously invited my Higher Power to remove my shortcomings each day, they were less and less evident.

For example, one of my shortcomings was anger when things didn't go my way. I would react with anger or pout like a little girl when I didn't get my way. This was not attractive to say the least.

So, when I began working Step 7, I asked for my Higher Power to remove this anger and help me stay calm, cool, and collected when the universe didn't cater to my every desire.

The result?

I eventually learned how to observe things through a different lens. A lens that was not filtering my life through the perspective of a lonely, disheartened, scared little girl, but rather from a mature, healed, lovable adult.

It's not some magic trick that our Higher Power does to remove our shortcomings (though some are removed miraculously quickly). We gradually learn how to let go, overcome, manage, control, and so on when it comes to shortcomings. It's a journey of self-love and insights on life!

Partner with your Higher Power in Step 7, with the intent to give your "stuff" to whatever that power is. You do the legwork and trust your Higher Power for the rest.

I think you'll see that over time, you'll notice less of your shortcomings (harsh reactions, fear, pride, shame, jealousy, anger, envy, greed, etc.) popping up and more positive things popping up instead, such as love, acceptance, humility, patience, kindness, gentleness, self-control, etc.

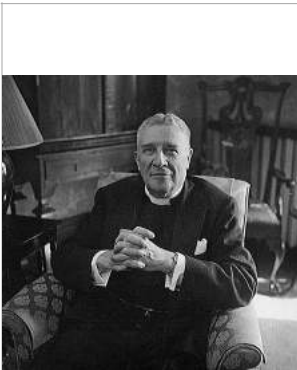
<https://www.recovery.org/alcoholics-anonymous/step-7/>



THE JOURNEY AT THE BEACH

Did You Know... A Biography of Sam Shoemaker

Samuel Moor Shoemaker was born on December 27, 1893, in Baltimore, Maryland. He attended St. George's, an Episcopal



Sam Shoemaker 1957.

boarding school in Newport, Rhode Island, and later attended Princeton University starting in 1912. In 1917, he went to China to start a branch of the YMCA and teach business courses. While there, he met Frank Buchman, founder of the Oxford Group. After his time in China, Sam returned to Princeton in 1919. From 1922 to 1933 he was visited frequently by Buchman and later travelled with Buchman in Europe, the Middle East and India, performing missionary work similar to their time in China. In 1925, he married Helen Smith.

During the winter of 1923 and 1924, while still on his trip with Buchman, Sam was contacted by Calvary Church in New York. They were seeking a young and energetic new rector and believed he could fill that role. Through Sam's efforts, attendance grew considerably over his first few years. He also recognized that the buildings of Calvary Church were old and in need of an update. Between 1927 and 1928, he sold some of the Church property, razed the old rectory, and built Calvary House, a multipurpose building which housed church facilities. It opened in 1928. In 1951, Sam was contacted by Calvary Church in Pittsburgh to become the rector there. The Bishop for that church personally called Sam to convince him to accept the position. He accepted, and in 1952 became the rector of that church. After ten years at Calvary Church in Pittsburgh, Sam retired as the rector there on January 1, 1962. The following year, on

October 31, 1963, he passed away in Maryland.

Sam Shoemaker: Friend of A.A.

Bill W. once wrote in the A.A. Grapevine that "Dr. Sam Shoemaker was one of A.A.'s indispensables. Had it not been for his ministry to us in our early time, our Fellowship would not be in existence today." His help for A.A. was tangible even before the Fellowship began to exist. As the head of Calvary Church, Sam built Calvary House, which served as a hostel where Ebby T. stayed for a time. Sam also ran Calvary Mission, a place for "the down-and-out," which Bill W. visited in 1934 near the end of his drinking.

Sam was also an early member of the Oxford Group, having met Frank Buchman in 1918 in China. The close association of early A.A. to the Oxford Group ensured Sam's association with the Fellowship and Bill W. Initially, he was unhappy with the decision by Bill and other alcoholics to hold meetings independent of the Oxford Group. Later, after Sam left that Group in 1941, he apologized to Bill W. for the disapproval of the Oxford Group and the fact that it gave little encouragement to A.A.

Bill W. made it clear that Sam Shoemaker "passed on the spiritual keys by which we were liberated." The first three Steps of Alcoholics Anonymous, the starting point for sobriety in the A.A. program, were inspired in part by Shoemaker. Bill further explained that "the early A.A. got its ideas of self-examination, acknowledgement of character defects, restitution for harm done, and working with others straight from the Oxford Groups and directly from Sam Shoemaker, their former leader in America, and from nowhere else."

Dr. Shoemaker helped A.A. in fundamental ways. Physically, he provided refuge for alcoholics in New York through Calvary Church. Of greater importance was his spiritual aid, which directly influenced the Twelve Steps and the nature of A.A.'s program of recovery. His long and close friendship with Bill W. provided support to the co-founder, and helped the Fellowship weather its fledgling years.

https://aa.org/pages/en_US/a-biography-of-sam-shoemaker

65th Annual Sessions by the Sea

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

www.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, August 1st 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
dejaría 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 <small>(Friday, 1 pm)</small>	7:00 am Registration Opens	7:00 am Registration Opens
Stephanie L.—Eastampton, NJ <small>(Friday, 4 pm)</small>	8:15 am Prayer and Meditation	8:15 am Prayer and Meditation
Bardley R.—Nashville, TN <small>(Friday, 7:30 pm)</small>	10:00 am Workshops	9:00 am AA Speaker Meeting
Greg T.—South Deerfield, MA <small>(Saturday, 9 am)</small>	11:30 am Lunch on your own	10:30 am Al-Anon Speaker Meeting
Jimmy A.—Spring Lake Heights, NJ <small>(Saturday, 7:30 pm)</small>	1:00 pm AA Speaker Meeting	12:00 pm Lunch A La Carte
Sara V.—Frederick, MD <small>(Sunday, 10 am)</small>	2:30 pm Workshops	1:00 pm Old Times Panel
Al-Anon Speaker Katie C.—Frederick, MD <small>(Saturday, 10:30 am)</small>	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 (53 each night) Live Music and Talent Show	7:30 pm AA Speaker Meeting with Live Music	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](http://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

