

JULY 1, 2025



# Journey at the Beach

## Step 7

**“Humbly asked Him to remove our shortcomings.”**

*Twelve Steps and Twelve Traditions, pg. 70*

*“My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character that stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.”*

*Alcoholics Anonymous, pg. 76*

## Tradition 7

**“Every A.A. group ought to be fully self-supporting, declining outside contributions.”**

*Twelve Steps and Twelve Traditions, pg. 161*

*“Then our trustees wrote a bright page of A.A. history. They declared for the principle that A.A. must always stay poor. Bare running expenses plus a prudent reserve would henceforth be the Foundation’s financial policy. Difficult as it was, they officially declined that ten thousand dollars, and adopted a formal, airtight resolution that all such future gifts would be similarly declined. At that moment, we believe, the principle of corporate poverty was firmly and finally embedded in A.A. tradition.*

*Twelve Steps and Twelve Traditions, pg. 166*

## Concept 7

**“The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.”**

<https://www.aa.org/the-twelve-concepts>

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## Anniversary Celebrations – JULY

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*“To thine own self be true”*

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!

NAME	YEARS	SOBRIETY DATE	CELEBRATING	WHERE	WHEN
Taryn W.	12 Years	7/9/2013	7/9/2025	Seaside Group • Ocean City	6 PM
Glen A.	13 Years	7/5/2012	7/7/2025	Beginners Big Book • Atlantic Club	6:30 PM
Don D.	3 Years	7/7/2022	7/12/2025	Happy Risers • Atlantic Club	9 AM
Jeff R.	19 Years	7/4/2006	7/16/2025	Seaside Group • Ocean City	6 PM
Neil P.	1 Year	7/14/2024	7/23/2025	Seaside Group • Ocean City	6 PM
Evelyn W.	18 Years	7/17/2007	7/25/2025	Happy, Joyous & Free Women • River Church	10 AM
Danielle D.	28 Years	7/29/1997	7/30/2025	Seaside Group • Ocean City	6 PM



## Ocean City Area Information

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**The Ocean City Area Fellowship Intergroup** meets every first Tuesday of the month at the Atlantic Club, 11827 Ocean Gateway, Ocean City, MD 21842 (Route 50 Westbound) at 6PM. All are welcome to attend. *Next meetings are Tuesday, August 5th and September 2nd.*

**AA Meetings** · Please visit the [ocaa.org/meetings](https://ocaa.org/meetings) for the latest updates.

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



The Meeting Guide app helps people find A.A. meetings and resources near them. A.A. service entities provide the meeting data for the app. Meeting Guide is available for iOS and Android smartphones.

## AA History – JULY

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### A.A's First International Convention



In July 1950, Alcoholics Anonymous' 15th anniversary is marked with an international convention in Cleveland, with some 3,000 people in attendance. One of the most significant events is the adoption of the Twelve Traditions. The convention, held at the Cleveland Public Auditorium, also features the last public message to the Fellowship by Dr. Bob, who stresses, in his brief remarks, kindness and "keeping it simple."

### July 2025 | AA Celebrates 90 Wonderful Years!

AA's International Conventions, held every five years since 1950, mark the anniversary of Bill W.'s first meeting with Dr. Bob and the birth of the Fellowship in 1935. "One of the extraordinary experiences in a sober alcoholic's life and memory is the overwhelming, larger-than-life impact of an AA International Convention. From the moment a member registers to attend, something begins to happen which can be described poorly and explained not at all. It is as though dividends are set aside in his personal account to be paid – with interest – at the convention and long after." *Grapevine, November, 1969*



**Language of the Heart**  
**Lenguaje del corazón**  
**Le langage du cœur**

## AA Message

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**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.**

JULY 2005 – Grapevine

# Step Seven: An Adventure in Humility

By: Dan D. | New York, New York

My first adventure with Step Seven--getting on my knees in Trinity Church on Wall Street and earnestly reciting the Seventh Step Prayer--was an unassuming and useful exercise in willingness to follow AA suggestions and to seek divine help. But I was too embarrassed and angry at the ever-guilty-one (me) to note that my shortcomings remained unaffected and in healthy condition.

In the years since that church visit, I have noticed encouraging changes in many of my character flaws, but no neat pattern of change. My life-destroying obsession with vodka and other drinks was easily lifted at my first AA meeting, even before I was prepared to acknowledge to myself that it was a problem. I had readily acknowledged--and tried for years to break--my dependence on nicotine. On my first AA anniversary, I stopped smoking. It was easy, although I experienced emotional turmoil: sometimes I leaned toward murder, sometimes suicide, but never cigarettes. One neurotic symptom--procrastination, which had crippled me since childhood and which was so deeply embedded that I never thought it would be possible to lose--was lifted without any conscious request, humble or otherwise. On the rare occasions when defects have been lifted, their departures have generally been preceded by a horrendous bout of the problem; in this case, procrastinating on a task with a deadline. Since then, putting projects off has never been a serious problem.

On the other hand, my obsession with food, especially sweet stuff, which replaced my obsession with alcohol and nicotine, has been quite prayer-resistant.

I have noted that, each year that I continue trying to live by the guidelines set out in the Twelve Steps, my neurotic twitches and kinks seem to decrease and calmness and enjoyment seem to grow; my record with specific shortcomings, however, has been wildly erratic. I have concluded that, while God has power over the character defects that I cannot control, unfortunately I have no power over him.

That is my present view of the Seventh Step: I don't control my own deepest self; God does. What is more, I don't control God, though I sometimes have power to refuse God's help. He is an unpredictable mystery. Those are humbling realizations, but it is a relief to turn those aspects over to a Power More Competent than Myself.

**Humility —**  
*from a plaque on Dr. Bob's desk.*

**Perpetual quietness of heart.  
It is to have no trouble.  
It is never to be fretted or vexed, irritable or sore;  
to wonder at nothing that is done to me,  
to feel nothing done against me.**

**It is to be at rest when nobody praises me,  
and when I am blamed or despised,  
to have a blessed home in myself  
where I can go in and shut the door  
and kneel to my Father in secret and be at peace,  
as in a deep sea of calmness,  
when all around and about is seeming trouble.**



# What's Happening

68th ANNUAL A.A.  
SESSIONS By - The - Sea  
Tuesday thru Sunday  
September 2-7, 2025  
CONVENTION HALL - OCEAN CITY, MARYLAND

We are pleased to announce an outstanding program:

THURSDAY EVENING Don D. Lordsburg, NJ 8:00-10:00	FRIDAY EVENING Joseph D. Baltimore, MD 8:00-10:00
RECOVERING EVENING Darryl W. Largo, MD 8:00-10:00	KEEP REVEALING MORNING (KRM) James J. Chesham, NJ 8:00-10:00
THE REVEAL EVENING Richard W. Chesham, NJ 8:00-10:00	SATURDAY EVENING Paul J. Baltimore, MD 8:00-10:00
FRIDAY MORNING (FM) Robert T. Baltimore, MD 8:00-10:00	SUNDAY MORNING (SM) Jill Chesham, NJ 8:00-10:00

REGISTRATION WILL BE OPEN MONDAY ON THE CONVENTION HALL

Interpret for the hearing impaired

- Golf Fellowship

- Golf Tournament

- A.A. Luncheon

- Golf Spectator

- Golf Shop

- Fishing Trip

Registration is online only. Registration badges must be picked up at the Convention Center and the name badge must be worn visibly to avoid any issues at the Convention Center. There will be no other Registrations or Name Badges available at the site.

GO TO <https://www.seasessions.com/> FOR REGISTRATION AND INFORMATION

FIRING LINE PRESENTS:

THE  
SUMMER  
SOLUTION

FREE OF CHARGE!

A 12 STEP WORKSHOP IN  
COOPERATION WITH DISTRICT 19

SARAH I.- PHILADELPHIA, PA  
JACK D.- BALTIMORE, MD  
WILL H.- NEW ORLEANS, LA  
ADRIANE B.- WILMINGTON, DE

SATURDAY,  
JULY 12<sup>TH</sup>  
2025

10AM-4PM  
LUNCH  
PROVIDED

CATHEDRAL OF THE INCARNATION,  
4 E. UNIVERSITY PKWAY  
BALTIMORE, MD 21218

Ball Day Fishing on the Bay-Friday September 5, 2025  
Where: Bahia Marina 2307 Herring Way Ocean City, MD  
Price: \$20 per person pre-registration via check by July 31, 2025  
In-Person Registration \$35 via cash only (September 3rd-4th) in Sessions Registration room.

SESSIONS BY THE SEA FISHING TRIP

Registration MUST BE RECEIVED BY JULY 31, 2025

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Phone number \_\_\_\_\_

Registrations \_\_\_\_\_ Amount Enclosed \_\_\_\_\_ Check # \_\_\_\_\_

Make checks payable to: Brian Houghenolt

Mail Fish Trip Registration with check to: Brian Houghenolt / 1140 Hillendale Way Prince Frederick, MD 20678

Sessions Registrations WILL NOT be accepted if sent to this address.

Serenity Cup Golf Tournament September 6, 2025  
Where: Ocean City Golf Club Newport Bay Course (3040 Country Club Dr, Berlin, MD 20831)  
Registration Deadline: August 22, 2025  
Price: \$105.00 (includes 18 holes of golf, lunch, and prizes)  
On-site registration: \$105.00 if available. Check at the Convention Center registration.  
Shotgun Start: 9:00 (Captains choose, ball/tee, make provided before play starts)

SESSIONS BY THE SEA SERENITY CUP GOLF TOURNAMENT

REGISTRATION REQUEST FORM

Name \_\_\_\_\_ Email \_\_\_\_\_

Mailing Address \_\_\_\_\_

Team Members (when known) \_\_\_\_\_

Handicap \_\_\_\_\_ Amount Enclosed \_\_\_\_\_ Check # \_\_\_\_\_

Make checks payable to: Serenity Cup Golf Tournament

Mail Golf Registration and Check Only to: Serenity Cup Golf Tournament, P.O. Box 3112 Ocean Pines, MD 21842

JOIN US FOR

District 1  
Summer  
picnic

Saturday, July 26, 2025  
12-5 p.m.

1140 Hillendale Way,  
Prince Frederick, MD  
20678

PLEASE BRING YOUR SWIMSUIT,  
TOWEL, SIDE DISH OR DESSERT TO  
SHARE. MEATS AND DRINKS WILL  
BE PROVIDED.

Click Here—2025 Carry the Message Project

Journey at the Beach

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