

NOVEMBER 2025



Ocean City MD Area Fellowship Intergroup Of Alcoholics Anonymous

Journey at the Beach

Step 11

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Twelve Steps and Twelve Traditions, pg. 96

"As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day, 'Thy will be done.' We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves."

Alcoholics Anonymous, pg. 87-88

Tradition 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and film.

Twelve Steps and Twelve Traditions, pg. 183

"Therefore, a great responsibility fell upon us to develop the best possible public relations policy for Alcoholics Anonymous. Through many painful experiences, we think we have arrived at what that policy ought to be. It is the opposite in many ways of usual promotional practice. We found that we had to rely upon the principle of attraction rather than of promotion."

Twelve Steps and Twelve Traditions, pg. 184

Concept 11

The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

Alcoholics Anonymous, pg. 575

Inside The Journey at the Beach:

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Anniversary Celebrations – NOVEMBER

“To thine own self be true”

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!

NAME	YEARS	SOBRIETY DATE	CELEBRATING	WHERE	WHEN
Chip G.	24 Years	10/27/2001	11/1/2025	Happy Risers • Atlantic Club	9 AM
Jeff C.	32 Years	11/1/1993	11/1/2025	Happy Risers • Atlantic Club	9 AM
Patti F.	14 Years	11/8/2011	11/12/2025	Seaside Group • Holy Spirit Episcopal • OC	6 PM

Ocean City Area Information

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, November 4th & December 2nd.*

AA Meetings · Please visit the ocaa.org/meetings for the latest updates.

Inquires · 24 Hour Hotline: 410-600-5219

“Intergroup’s primary purpose is to assist the AA groups in carrying the message of Alcoholics Anonymous to those who still suffer. Intergroup derives its legitimate authority from, and is responsible to the member groups which it serves. In all its activities, policies and proceedings, Intergroup observes the practice and spirit of AA’s Twelve Traditions and Twelve concepts for World Service, as well as its three legacies of Recovery, Unity and Service.”

*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.*

A.A. History — NOVEMBER



Dr. Bob dies of cancer on November 16, 1950. During the Akron physician's 15 years of sobriety, the Fellowship he started with Bill W. had transformed the lives of close to 100,000 men and women and their loved ones.

“To the day he died, he felt that if he only had more spiritual understanding, some way or another he could pass this message on.”
[Dr. Bob and the Good Oldtimers, p. 309]

A.A. Literature Corner

[AA.org](#) has literature/pamphlets to help the Fellowship learn about A.A. and all it's facets. History, Intergroup, General Services, Home Groups and so much more.

Want to learn how your DOLLAR is distributed in A.A.?

[F-3 Self-Support: Where Money and Spirituality Mix](#)

Want to learn the history of the Traditions and how they evolved?

[P-17 A.A. Tradition – How It Developed](#)

Learn how to support alcoholics suffering from mental illnesses.

[P-87 A.A. for Alcoholics with Mental Health Issues – and their sponsors](#)

Click Here—[2025 Carry the Message Project](#)

November 2008 | Take Step 11 By Bill W. (*from June 1958*)

When it comes to the practice of AA's Step Eleven--"Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of his will for us and the power to carry that out"--I'm sure I am still very much in the beginner's class; I'm almost a case of arrested development.

Around me I see many people who make a far better job of relating themselves to God than I do. Certainly it mustn't be said I haven't made any progress at all over the years; I simply confess that I haven't made the progress that I might have made, my opportunities being what they have been, and still are.

My twenty-fourth AA anniversary is just ahead; I haven't had a drink in all this time. In fact, I've scarcely been tempted at all. This is some evidence that I must have taken and ever since maintained Step One: "We admitted we were powerless over alcohol--that our lives had become unmanageable." Step One was easy for me.

Then, at the very beginning, I was fortunate enough to receive a tremendous spiritual awakening and was instantly "made conscious of the presence of God" and "restored to sanity"--at least so far as alcohol is concerned. Therefore I've had no difficulty with AA's Step Two because, in my case, its content was an outright gift. Step Four and Step Five, dealing with self-survey and confession of one's defects, have not been overly difficult, either.

Of course, my self-analysis has frequently been faulty. Sometimes I've failed to share my defects with the right people; at other times, I've confessed their defects, rather than my own; and at still other times, my confession of defects has been more in the nature of loud complaints about my circumstances and my problems.

Nevertheless, I think I've usually been able to make a fairly thorough and searching job of finding and admitting my personal defects. So far as I know, there isn't at this moment a single defect or current problem of mine which hasn't been discussed with my close advisers. Yet this pretty well-ventilated condition is nothing for self-congratulation. Long ago I was lucky enough to see that I'd have to keep up my self-analysis or else blow my top completely. Though driven by stark necessity, this continuous self-revelation--to myself and to others--was rough medicine to take. But years of repetition has made this job far easier. Step Nine, making restitution for harms done, has fallen into much the same bracket.

In Step Twelve--carrying the AA message to others--I've found little else than great joy. We alkie are folks of action and I'm no exception. When action pays off as it does in AA, it's small wonder that Step Twelve is the most popular and, for most of us, the easiest one of all.

This little sketch of my own "pilgrim's progress" is offered to illustrate where I, and maybe lots of other AAs, have still been missing something of top importance. Through lack of disciplined attention and sometimes through lack of the right kind of faith, many of us keep ourselves year after year in the rather easy spiritual kindergarten I've just described. But almost inevitably we become dissatisfied; we have to admit we have hit an uncomfortable and maybe a very painful sticking point.

Twelfth-stepping, talking at meetings, recitals of drinking histories, confession of our defects and what progress we have made with them no longer provide us with the released and the abundant life. Our lack of growth is often revealed by an unexpected calamity or a big emotional upset. Perhaps we hit the financial jackpot and are surprised that this solves almost nothing; that we are still bored and miserable, notwithstanding.

As we usually don't get drunk on these occasions, our bright-eyed friends tell us how well we are doing.

But inside, we know better. We know we aren't doing well enough. We still can't handle life, as life is. There must be a serious flaw somewhere in our spiritual practice and development.

What, then, is it?

GRAPEVINE STORY CONTINUED...

The chances are better than even that we shall locate our trouble in our misunderstanding or neglect of AA's Step Eleven--prayer, meditation, and the guidance of God. The other Steps can keep most of us sober and somehow functioning. But Step Eleven can keep us growing, if we try hard and work at it continually. If we expend even five percent of the time on Step Eleven that we habitually (and rightly) lavish on Step Twelve, the results can be wonderfully far-reaching. That is an almost uniform experience of those who constantly practice Step Eleven.

In this article, I'd like to develop Step Eleven further--for the benefit of the complete doubter, the unlucky one who can't believe it has any real merit at all.

In lots of instances I think that people find their first great obstacle in the phrase "God as we understand him." The doubter is apt to say: "On the face of it, nobody can understand God. I half believe that there is a First Cause, a something, and maybe a Somebody. But I can't get any further than this. I think people are kidding themselves when they say they can. Even if there were a Somebody, why should he bother with little me, when, in making the cosmos run, he already has plenty to do? As for those folks who claim that God tells them where to drill for oil, or when to brush their teeth--well, they just make me tired."

Our friend is clearly one who believes in some kind of God--"God as he understands him." But he doesn't believe any bigger concept or better feeling about God to be possible. So he looks upon meditation, prayer, and guidance as the means of a self-delusion. Now what can our hard-pressed friend do about this?

Well, he can strenuously try meditation, prayer, and guidance, just as an experiment. He can address himself to whatever God he thinks there is. Or, if he thinks there is none, he can admit--just for experimental purposes--that he might be wrong. This is all-important. As soon as he is able to take this attitude, it means that he has stopped playing God himself; his mind has opened. Like any good scientist in his laboratory, our friend can assume a theory and can make an experiment. He can pray to a "higher power" that may exist and may be willing to help and guide him. He keeps on experimenting--in this case, praying--for a long time. Again he tries to behave like the scientist, an experimenter who is never supposed to give up so long as there is a vestige of any chance of success.

As he goes along with his process of prayer, he begins to add up the results. If he persists, he will almost surely find more serenity, more tolerance, less fear, and less anger. He will acquire a quiet courage, the kind that doesn't strain him. He can look at so-called failure and success for what they really are. Problems and calamity will begin to mean instruction, instead of destruction. He will feel freer and saner. The idea that he may have been hypnotizing himself by autosuggestion will become laughable. His sense of purpose and of direction will increase. His tensions and anxieties will commence to fade. His physical health is likely to improve. Wonderful and unaccountable things will start to happen. Twisted relations in his family and on the outside will unaccountably improve.

Even if few of these things happen, he will still find himself in possession of great gifts. When he has to deal with hard circumstances he can face them and accept them. He can now accept himself and the world around him. He can do this because he now accepts a God who is All--and who loves all. When he now says, "Our Father who art in Heaven, hallowed be thy name," our friend deeply and humbly means it. When in good meditation and thus freed from the clamors of the world, he knows that he is in God's hands; that his own destiny is really secure, here and hereafter.

A great theologian once declared, "The chief critics of prayer are those who have never really tried it enough." That's good advice, good advice I'm trying to take ever more seriously for myself. Many AAs have long been striving for a better conscious contact with God and I trust that many more of us will presently join with that wise company.

I've just finished re-reading the chapter on Step Eleven in our book Twelve Steps and Twelve Traditions. This was written almost five years ago. I was astonished when I realized how little time I had actually been giving to my own elementary advice on meditation, prayer, and guidance--practices that I had so earnestly recommended to everybody else!

In this lack of attention I probably have plenty of company. But I do know that this is a neglect that can cause us to miss the finest experiences of life, a neglect that can seriously slacken the growth that God hopes we may achieve right here on earth; here in this great day at school, this very first of our Father's many mansions.

2026 FOOTPRINTS IN THE WINTER SAND



**TICKETS
ONLINE
ONLY**

**REGISTRATION
BEGINS**

SEPTEMBER 15, 2025

footprintsinthewintersand.com

HYATT REGENCY RESORT & SPA CAMBRIDGE, MD

JANUARY 30th ~ FEBRUARY 1st 2026

What's Happening

2025 Sober Camping Schedule Mid-Atlantic Region



Sober camping is fun – nothing like sitting around a campfire in the evening after a good home cooked meal with a pot of coffee (or two) and enjoying an A.A. meeting with other sober folks.

The Polar Bear Club has been enjoying the outdoors since before 1990. **Everyone is welcome!**

Note: Not affiliated with Alcoholics Anonymous though most of us are regular meeting attendees

William G. – Elkton, MD 717-504-5833

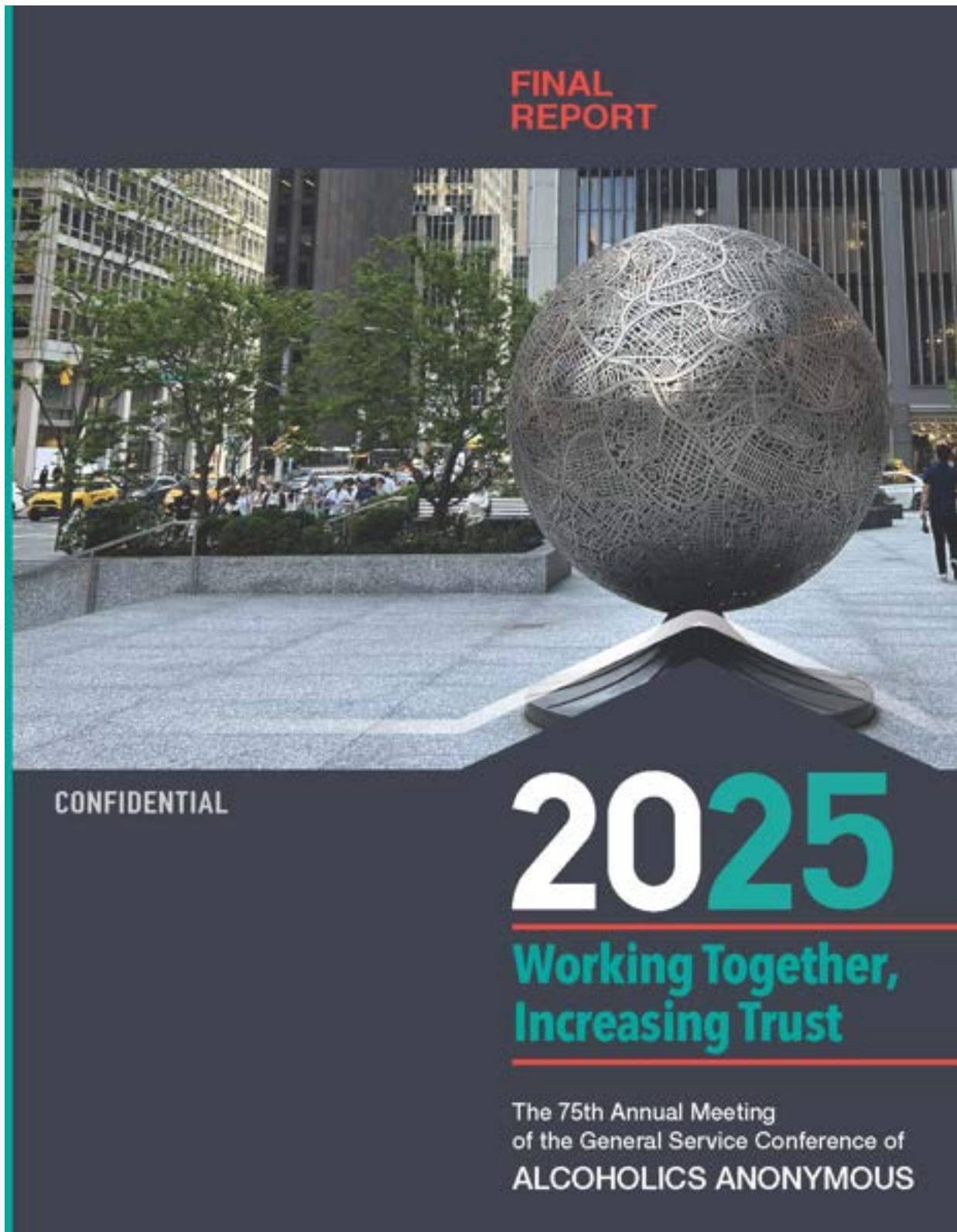
Tom E. – Georgetown, DE 301-602-8680

Jim W. – Frederick, MD/Lewes, DE ... 717-858-5617

April 25-27	Tuckahoe State Park, Maryland https://parkreservations.maryland.gov/
May 16-18	Martinak State Park, Maryland https://parkreservations.maryland.gov/
June 20-22	Pocomoke River State Park - Milburne Landing https://parkreservations.maryland.gov/
July 3-6	International Convention, Vancouver, British Columbia Canada
Aug 22-24	Caledonia State Park, Pennsylvania https://pennsylvaniastateparks.reserveamerica.com/
Sep 19-21	French Creek State Park, Pennsylvania https://pennsylvaniastateparks.reserveamerica.com/
Oct 17-19	Pocomoke River State Park – Shad Landing https://parkreservations.maryland.gov/
Nov 14-16	Trap Pond State Park – Delaware https://delawarestateparks.reserveamerica.com/

All campsites have modern baths and showers.
Check the campgrounds for information on
pets. Bring a frisbee or ball & glove.





REVIEW OF THE 2025 FINAL CONFERENCE REPORT



Working Together, Increasing Trust

THE 75TH ANNUAL MEETING OF THE
GENERAL SERVICE CONFERENCE
OF ALCOHOLICS ANONYMOUS

Sundays @ 7 pm EDT

Date	Presentations	Presenters	Position
11.02.25	Comprehensive Media Plan Trustees & Conference Committee: Public Information	Nick K	Delegate Area 41
11.09.25	CPC, Treatment and Accessibilities	Vera F	AA World Services Non-Trustee Director
11.09.25	Treatment and Accessibilities	Jon S	Delegate Area 32
11.09.25	Cooperation with the Professional Community	Alex W	Delegate Area 9
11.16.25	General Service Conference General Sharing Session	David S	General Service Trustee
11.23.25	Agenda	Erik L	Delegate Area 20
11.23.25	Policy/Admissions	Kerri K	Delegate Area 46
11.23.25	Trustees	Steve M	Delegate Area 75
11.30.25	Conference Inventory & Planning Report and Charter	Jimmy W	Delegate Area 64

ID: 812 3740 8344 PW: FCRR

Dial in 301-715-8592

MORE INFORMATION:

aa.fcrr@gmail.com or
finalconferencereportreview@gmail.com



Scan For
Updates

Spanish
Interpretation
provided



Area 29 Maryland PI/CPC

PUBLIC INFORMATION AND COOPERATION WITH THE PROFESSIONAL COMMUNITY COMBINED 2025 COMMITTEE

Table Exhibitions

Give presentations about A.A. to schools and organizations, and set up exhibitions at professional events

Audio, PSAs, Internet

Ensure local media has accurate information about A.A. through PSAs, anonymity-protected interviews and digital press kits

A Resource for Professionals

Professionals who work with alcoholics share a common purpose with Alcoholics Anonymous: to help alcoholics stop drinking and lead a healthy, productive life.

**DISTRICT CHAIRS AND INTERESTED
A.A. MEMBERS ARE INVITED!**

Join us online
at 3 p.m. EDT
on the 3rd Sunday
of the month
862 7457 8272
Pw: 199887

WWW.MARYLANDAA.ORG
A29CPCPI@GMAIL.COM



Fall 2025 CONTRA Study

September 11, 2025 through December 18, 2025
Thursdays from 9:00 PM to 10:00 PM Eastern Time (US/Canada)

Moderated by Past Delegates from
Areas 29 (Maryland), 44 (Northern New Jersey) & 45 (Southern New Jersey)



Zoom Meeting ID: 847 4641 4040

Passcode: 330331

Dial-in number for phone callers: +1 (301) 715-8592

We invite all A.A. members to this virtual study of the
CONcepts, TRAditions & The A.A. Service Manual.
No Registration Fees!

Sep 11, 2025 – Registration & Orientation

Sep 18, 2025 – Traditions 1, 2 & 3

Sep 25, 2025 – Traditions 4, 5 & 6

Oct 2, 2025 – Traditions 7, 8 & 9

Oct 9, 2025 – Traditions 10, 11 & 12

Oct 16, 2025 – Service Manual, pp. I-VIII, 1-6, 89-108

Oct 23, 2025 – Svc Man Ch 1 2 3 & pp 109-18, 166-69

Oct 30, 2025 – Svc Man, Chapters 4 5 6 & pp 171-75

Nov 6, 2025 – Svc Man, Chapters 7 8 9 & pp 176-180

Nov 13, 2025 – Svc Man Ch 10 11 12 & pp 161-5, 170

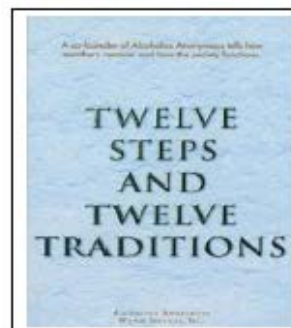
Nov 20, 2025 – Service Manual, pp. 119-159

Nov 27, 2025 – Concepts pp I-VII, C1-C2, Con 1, 2, 3

Dec 4, 2025 – Concepts 4, 5 & 6

Dec 11, 2025 – Concepts 7, 8 & 9

Dec 18, 2025 – Concepts 10, 11 & 12



CONTRA Study Materials

(provided via email following registration):

Twelve Steps and Twelve Traditions, B-2 (free participant download at www.aa.org)

The A.A. Service Manual combined with *The Twelve Concepts for World Service*, BM-31, 2024-2026 edition

AA Grapevine Traditions Checklist, July 2018 revision

Fall 2025 Contra Study Service Manual Questions

A.A.W.S. Concepts Checklist, SMF-91, 08/18 edition

We will cover approximately three chapters of reading material per week, with associated questions.
Only those who have read the assignment and have written answers to the weekly questions will be invited
to read their answers to the group. All others are welcome to join the meeting and listen.

Presented by Past Delegates from
Areas 29 (Maryland), 44 (Northern New Jersey) & 45 (Southern New Jersey)
For more information, contact:
2025contrastudy@gmail.com

11th Annual National A.A. Technology Workshop

November 7-9, 2025

Registration is Now Open
for our **Hybrid Workshop!**

Join us in person at
The Hilton at the
Cincinnati/Northern
Kentucky International
Airport (CVG)

Or register to attend
online via Zoom



<https://naatw.org/2025-naatw-workshop/>

2025 Theme
Adapt | Connect | Protect:
Building the A.A. Technology Toolbox



Scan Here
for 2025
Event Page



What's Happening

Registration Form

Prayer and Meditation Retreat at the Springs Sunday, July 26 to Tuesday, July 28, 2026

"Practicing your Path" – an 11th Step retreat to broaden the path of conscious contact. We will look at different ways to express our desire to know our God in a deeper, more intimate way." This Retreat is for women members of AA only.

St. Francis Springs Prayer Center
477 Grogan Rd.
Stoneville, North Carolina 27048



Focusing on AA's 11th Step, this retreat offers space for peace, clarity, and a deeper connection with our Higher Power. It's a time for stillness and spiritual renewal. *Open to AA women.*

The cost of the Retreat is \$300.00. Registration fee includes two nights' accommodations, dinner on Sunday, three meals on Monday, and breakfast and lunch on Tuesday.

Our Retreat Leader: Cynthia "Cindy" Sloan

Cindy is a member of We Need Each Other and attends the Women's Serenity and AA Work in Progress groups in Matthews, NC. She has served as a hospital chaplain and substance abuse counselor in several treatment centers and has been a licensed clinical addiction specialist (LCAS) since 2006. Cindy also worked as Assistant Program Director for the Special Program on Substance Abuse and Related Violence with the United Methodist Board of Global Ministries. Trained at the Betty Ford Treatment Center in intervention and certified in Spiritual Caregiving for Addicts and Families, Cindy brings deep experience and compassion to her work. She is a trained retreat leader and is completing certification in Spiritual Direction. Cindy is passionate about reducing shame and stigma around addiction. In her free time, she enjoys gardening, knitting, and painting with oils and watercolor.

For more information text or call Betty Gregory @ 980-515-8325. For Cash App call Betty G. Pay by check or with Zelle @ 704-491-1519 for "Prayer & Meditation Retreat."
Clip & mail to: Betty G., Prayer & Meditation Retreat, 2422 Purser Dr., Charlotte, NC 28215

Name _____ Email _____

Phone _____ Amount Enclosed: \$ _____

St. Add. _____ City, State, Zip _____

Special needs: _____

SMIA
Gratitude Dinner

November 08, 2025



Tickets - \$25

- ❖ Tantalizing Entrees
- ❖ Succulent Sides
- ❖ Decadent Desserts
- ❖ Beverages (hot & cold)

Info / Tickets

Calvert
Rob D.
240-619-6557

Charles
Sheri R.
301-848-3467

St. Mary's
Michele H.
240-298-8072

Doors Open 5:30 pm

Immaculate Conception Church
28297 Old Village Road
Mechanicsville, MD

- ❖ Dinner
- ❖ Fellowship
- ❖ Speaker(s)
- ❖ Entertainment
- ❖ 50/50 Raffle !!!
- ❖ Basket Raffles !!!
- ❖ Door Prizes !!!

Hosted by:
Southern Maryland Intergroup Association (SMIA)
Event POC: Michele H. 240-298-8072

What's Happening



Scan for more info!

Southern States Alcoholics Anonymous Service Assembly

13 Areas are included in the Southern States!! Come and represent yours!

What: SSAASA 8, hosted by Area 71

When: December 5-7, 2025

Where: Hyatt Regency Dulles 2300 Dulles Corner Blvd., Herndon, VA 20171

Go to: www.SSAASA.com to register, reserve your room, and then plan to have FUN!!

Who is SSAASA for? SSAASA is for anyone interested in or involved in A.A. service (GSRs, DCMs, District & Area Committee Members, Intergroup/Central Office representatives). All A.A. members are welcome to attend to learn more about our Third Legacy – Service!

What happens at an SSAASA event? A program is set up by the host committee where there are general sharing sessions, panels on specific topics, and workshops or roundtables where A.A. members holding the same jobs can share their experience with each other and learn more about each service opportunity.

Is there a cost? Yes, and it's only \$35.00! The SSAASA event is self-supporting through your registration fee. Home groups, districts, and areas can honor the 7th tradition by supporting your trusted servants so that they may attend.

Come experience Virginia hospitality and get to know some of your neighboring AA members - we'll be happy to have you!

Still have questions? Please email Chair@ssaasa.com