

Journey at the Beach



January 2026

Step 1

We admitted we were powerless over alcohol—that our lives had become unmanageable.

Twelve Steps and Twelve Traditions, pg. 21

"We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people, as presently may be, has to be smashed."

Alcoholics Anonymous, pg. 30

"That we were alcoholic and could not manage our own lives."

Alcoholics Anonymous, pg. 60

Tradition 1

Our common welfare should come first; personal recovery depends upon A.A. unity.

Twelve Steps and Twelve Traditions, pg. 21

"The unity of Alcoholics Anonymous is the most cherished quality our Society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies. Without unity the heart of A.A. would cease to beat; our world arteries would no longer carry the life-giving grace of God; His gift to use would be spent aimlessly."

Twelve Steps and Twelve Traditions, pg. 187

Concept 1

Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

Alcoholics Anonymous, pg. 574

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Anniversary Celebrations – JANUARY

“TO THINE OWN SELF BE TRUE”

Please submit all anniversary information to Carla H at info@occaa.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
Keith L.	9 Years	1/1/2017	1/1/2026	Happy Risers • Atlantic Club	7:30 AM
Billy C.	28 Years	1/2/1998		Seaside Group • Holy Spirit Episcopal • OC	
Mike B.	30 Years	12/28/1995	1/3/2026	Positive Attitude • Stevenson United • Berlin	7 PM
Jim L.	39 Years	1/1/1987	1/3/2026	Happy Risers • Atlantic Club	9 AM
Stephanie L.	39 Years	12/19/1986	1/7/2026	Seaside Group • Holy Spirit Episcopal • OC	6 PM
Tom H.	10 Years	1/23/2016	1/29/2026	Seaside Group • Holy Spirit Episcopal • OC	6 PM

A.A. History – JANUARY



At the age of 75, Bill W. dies on January 24, 1971 at the Miami Heart Institute in Miami Beach, Florida. On February 14, groups around the world hold memorial meetings honoring Bill's work as co-founder of Alcoholics Anonymous, author of the Big Book and other publications, and architect and articulator of the Fellowship's principles.



Ocean City Area Information – JANUARY

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, January 6, 2026 & February 3, 2026.*

“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.”

AA Meetings • Please visit OCAA.org for the latest updates.

Inquiries • If you want to drink, that’s your business. If you want help to stop drinking, that’s OUR business! 24 hour hotline 443-754-4051.

New OCAA Bookstore Policy

Attention Intergroup Representatives: Notice of New AA Bookstore Policy – If you want to purchase books or pamphlets for your Home Group, please contact our new Intergroup Literature Rep., Frank S, at fvsica@aol.com. Welcome packets for newcomers are also available and are free. Materials are available for purchase (cash only) after any morning Happy Risers meeting at the Atlantic Club, Monday - Friday at 8:30 am, Saturday and Sunday at 10:00 am.”

Meditation Workshop



OCAA Intergroup is asking for YOUR input.

Date: 4/11/2026

Location/Time: TBD

Speakers: Kimberly K and Rosie R, Carroll County, MD

By filling out [The Interest Form](#) you’re letting us know you’d like to be part of a quiet, retreat-style 11th Step Meditation Workshop with light lunch, simple teachings on meditation and Step 11, guided mini-meditations, a Y12-style sharing circle with gentle, accessible yoga, and a 30-minute sound bath for deep relaxation and “listening” in stillness, followed by a brief closing and reflection. No prior meditation or yoga experience is needed – just a desire to grow in conscious contact in a calm, supportive AA setting.

[**Click Here For the Interest Form**](#)

Thank you for your interest and support.

Finally Surrendered

BY: JACKIE H. | BEFORD, TEXAS

I had a desire to get sober at my first meeting of AA. Yet at the same time, I had a desire to keep drinking. I was hoping that somehow I could continue to drink. Stuck between two worlds, I somehow raised my hand in the meeting and walked toward the person who handed me a 24-hour chip.

I thought it was ridiculous, holding this small chip given to me for not drinking for 24 hours, because I thought I wasn't supposed to drink for the rest of my life! I didn't know how to grasp the concept of one day at a time.

People in AA were talking about how to live sober, how to live comfortably without drinking. But I thought I was going to die from not drinking, with all the feelings and emotions and reality sinking in. I just wanted to run. I was used to running away from myself. I wanted to get in the car and go to another city or another state and begin a new life. For many years I did run. The people in meetings seemed relaxed, but I just wanted to go home and never come back. My heart and mind raced, and the fear of some impending bad event would not subside. My body craved alcohol.

Someone gave me a Big Book, which I later threw in the wastebasket back at my apartment. Who was this Bill W. anyway? And why had he written this boring book that I didn't understand? Members at meetings were talking too much about their personal lives. I wondered how they could feel so comfortable talking about their lives like this. I was raised not to talk about my thoughts or feelings. My family avoided the elephant in the living room, which was my alcoholic uncle.

I was not grateful at first that I found AA, even as it offered a solution to what was going on with me. I was told that I could get better, but a sober life looked sedated and boring, and I was used to chaos. I recoiled from discipline.

After a few more relapses, through the pain of my own self-will, I finally surrendered. I became willing to follow the suggestions I was given by a sponsor. Surrendering was a real gift for me. It gave me freedom to move forward and learn how to live sober and actually like it.

After I surrendered, I was able to say my name and the word alcoholic out loud. My sponsor helped me go through the Steps as my craving for alcohol left. I was able to sit in a meeting and focus on what others shared.

I began eating meals, as I barely ate during my drinking. My fears began to subside. I became committed to the program. I learned it's progress, not perfection. What a gift. I can relax now, knowing that one day at a time I can grow and enjoy life without having to constantly struggle anymore.

One Day at a Time



"First explain to me what a 'slip' is ..."

Heard at a Meeting

"God grant me the serenity to expect the things I cannot change."

B. D., Wilder, Vt.



"My sponsor says I need to make amends for stealing your cheese."

– Jen H., Woodstock, Ill.

A.A Message

*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.*





**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

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: _____

What's Happening



NERAASA 2026

NorthEast Regional A.A. Service Assembly



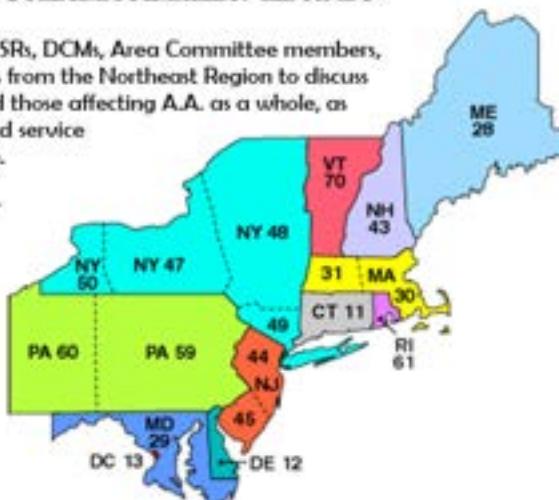
All A.A. members are welcome! #ComeMeetMaine! Area 28

PURPOSE: The purpose of NERAASA is for GSRs, DCMs, Area Committee members, and Intergroup/Central Office Representatives from the Northeast Region to discuss General Service Conference- related issues and those affecting A.A. as a whole, as well as pertinent aspects of recovery, unity, and service common to the Areas of the Northeast Region.

February 20-22, 2026

Holiday Inn By the Bay
88 Spring St
Portland, ME 04101

**Deadline for hotel
registrations 1/19/2026**



What's Happening

SOUTHERN MARYLAND'S 15TH ANNUAL ROUNDUP
with Al-Anon Participation

March 20-22, 2026

DoubleTree by Hilton Annapolis, Maryland

SPEAKERS

Ginny Q.	Ocala, FL
Clif G.	Oklahoma City, OK
Amy D.	Louisville, KY
Ralph W.	Los Angeles, CA
Lori G.	Oklahoma City, OK

Let Go and Let God

Registration Opens September 1, 2025

To register and for lodging information, visit www.southernmarylandroundup.org Email Questions to info@southernmarylandroundup.org

PRICING

Early Bird Registration through January 31, 2026:	\$50
Saturday Buffet Dinner (WILL SELL OUT QUICKLY):	\$40
Registration Beginning February 1, 2026:	\$60

"WE HAD TO FEARLESSLY FACE THE PROPOSITION THAT EITHER GOD IS EVERYTHING OR ELSE HE IS NOTHING."
- BB, PG. 53

-PRICING-

Early-bird registration fee \$50 per person, includes all meetings, workshops, events and fellowship for the 3-day conference. Beginning February 1, 2026, registration fee is \$60 per person.

Register by mail by March 1, 2026.

Check or money order payable to:

Southern Maryland Roundup
PO Box 3714, Crofton, MD 21114

After March 1, 2026, check our website for ticket availability www.southernmarylandroundup.org
ALL REGISTRATIONS ARE FINAL - NO REFUNDS.

Saturday Night Banquet Buffet is \$40 per person, includes: Pork Steak with caramelized onions & demi-glace, Salmon with lemon butter, Mediterranean grilled vegetables with risotto, roasted potatoes, vegetable medley, salad, rolls & butter, dessert & beverages (iced tea, water, coffee).

Pre-order your T-Shirts, Hoodies, and Travel Mugs online at www.southernmarylandroundup.org

Rooms available at Doubletree of discounted rate of \$115/night through February 17, 2025. Beginning February 18, rooms can be booked directly with the hotel at regular rates based on availability. Book your room at www.southernmarylandroundup.org or call the hotel directly at 410-224-3150 and mention "Southern Maryland Roundup."

15th Annual Southern Maryland Roundup

DoubleTree by Hilton, Annapolis, MD
March 20 - 22, 2026

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Email: _____

Phone: _____

Special Needs: Yes No Describe: _____

Registration Only: \$ _____

Registration & Dinner: \$ _____

Scholarship Donation: \$ _____

Hospitality Suite Donation: \$ _____

TOTAL: \$ _____

Attending Friday Meet & Greet Pizza Party? Yes No

Please Check One of the Following:

Member of AA
 Member of Al-Anon
 Double Winner
 Other _____

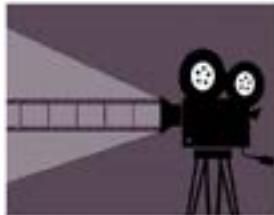
Let Go and Let God

For conference and lodging information, visit www.southernmarylandroundup.org
Email Questions to: info@southernmarylandroundup.org



What's Happening

DISTRICT 1 PRESENTS



THE AA FILM FESTIVAL 2026

February 1, 2026 - 2-6 pm

at

THE CINEMA ARTS THEATER IN LEWES
17701 Dartmouth Dr. Lewes, DE 19958

- Tickets will be \$5 at the door on the day of the event. We will be viewing
- Markings on the Journey, home-movie footage of A.A.'s co-founders, Bill W. and Dr. Bob, and their wives, filmed in the early 1940s in the garden at Steppingstones.
- And Smashed (2012), a film that explores what happens when one partner tries to get sober in AA.
- In between the two movies we will be having a panel discussing AA and the cinema.

Please join us for fellowship, great films, and of course popcorn!!

