

February 2026



# Journey at the Beach

## Step 2

**Came to believe a power greater than ourselves could return us to sanity.**

*Twelve Steps and Twelve Traditions, pg. 25*

*"Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem."*

*Alcoholics Anonymous, pg. 45*

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## Tradition 2

**For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants and do not govern.**

*Twelve Steps and Twelve Traditions, pg. 132*

*"Where does A.A. get it's direction? Who runs it?...our Society has no president having authority to govern it, no treasurer who can compel the payment of any dues, no board of directors who can cast an erring member out into darkness, when indeed no A.A. can give another a directive and enforce obedience..."*

*Twelve Steps and Twelve Traditions, pg. 132*

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## Concept 2

**The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.**

*Alcoholics Anonymous, pg. 574*

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## Anniversary Celebrations—FEBRUARY

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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
Cindy M.	7 Years	2/2/2019	2/7/2026	Happy Risers • Atlantic Club	9 AM
Pat G.	50 Years	2/3/1976	2/9/2026	Berlin Friendship Group • River Church	7 PM
Sue H.	5 Years	2/15/2021	2/18/2026	Seaside Group • Holy Spirit Episcopal • OC	6 PM
Laura B.	13 Years	2/19/2013	2/21/2026	Berlin 101 • St. Paul's Episcopal • Berlin	9 AM
Poe H.	35 Years	2/1/1991	2/27/2026	Happy Joyous & Free Women • River Church	10 AM
Pat G.	50 Years	2/3/1976	2/27/2026	Happy Joyous & Free Women • River Church	10 AM
Robin C.	7 Years	2/21/2019	2/27/2026	Happy Joyous & Free Women • River Church	10 AM
Nancy H-S	18 Years	2/25/2008	2/27/2026	Happy Joyous & Free Women • River Church	10 AM
Colleen W.	33 Years	2/18/1993			

## A.A. History—FEBRUARY

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### *Rockefeller's Stance*



Frank Amos



John D. Rockefeller

Frank Amos, who attended the December meeting and is a close friend of John D. Rockefeller, Jr., agrees to assess the Akron group and explore the possibility of opening a small hospital for alcoholics. In February 1938 he spends several days in the city. Impressed by the recovery rate of Akron group members, he proposes a recuperative facility to be run by Dr. Bob. To Rockefeller he recommends a sum of \$50,000 for the early work, but Rockefeller thinks the Fellowship should be self-supporting. The philanthropist does, however, contribute \$5,000 toward Bill and Dr. Bob's basic needs.

## Ocean City Area Information—FEBRUARY

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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, February 3, 2026 & March 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](http://OCAA.org) for the latest updates.

- **Meeting Change**—The Berlin 101 Women's Group will be held at the Atlantic Club on Saturday, February 7, 2026. It will be joining the Happy Risers group at 9 AM.

**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](mailto: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.

### **Maryland General Service Information**

As of January 1, 2026, the NEW mailing address for contributions to Area 29, Maryland General Service, Inc., is as follows:

*Maryland General Service, Inc.  
PO Box 234  
Crownsville, MD 21032*



# *Open Heart & Mind*

By: Joanne M. | Winnipeg, Manitoba

Alcohol was my Higher Power for as long as I could remember. I yielded to that power every waking moment. If I wasn't drinking, I was thinking about drinking. It had power. It had control. It had me. That relationship was killing me, and I knew I had to get through the Steps if I wanted to survive.

I had a wonderful sponsor. She was kind, understanding and easy to talk to. But maybe most importantly, she was very firm about following the suggestions in the Big Book. Of course, as an alcoholic I wanted to pick and choose which Steps I was going to work, and Step Two was definitely not on my list. I had also started to rewrite sections of the Big Book, and she just smiled when I tried to impart my great wisdom to her. She reminded me that my best thinking was what brought me to AA in the first place, and I needed to follow the suggestions as written. I had to concede. So there I was, face to face with Step Two.

But where was I going to find this elusive power? I really didn't want alcohol to be my Higher Power any longer. I remember someone telling me that each one of us was a drop in the ocean. Exactly. I'm just an insignificant drop, and no one would notice if I were gone. I guessed I had some work to do.

My sponsor suggested that I start looking around in nature. At her urging I walked along the creek near my house every day. I would ask myself, OK, what do I believe about all this? What does it have to do with me? And how can this help? Day after day, I would walk, pondering these questions. I got frustrated because I didn't feel I was getting anywhere. I wanted to have a sudden and profound spiritual experience. I didn't want the educational kind I had read about. Typical alcoholic thinking. I wanted the easier, softer way.

My sponsor reminded me of the slogan, "Easy does it." She told me to try to get out of my head and just enjoy the walks. So I started trying to relax. I had been complicating things again. I slowed down and looked around. It was nice to be outside.

The first thing I noticed was the beautiful sound of the birds. I learned that there were a lot of red winged blackbirds and chickadees that seemingly sang just for me. I looked forward to listening to their song every morning. Had they always been there? Why hadn't I noticed them before? I also heard the trickling of the creek, winding southward toward the lake.

I started to wonder what else I was missing. The next thing I noticed was the freshness of the air and the sweet smell of the flowers, grass and trees. I lay down in the grass one day and watched the fluffy clouds dance across the sky. I was a kid the last time I looked for images in the clouds. It was so peaceful. I still didn't have my Higher Power, but I knew that I hadn't felt this serene in, well, maybe ever. I was making progress.

## Grapevine—FEBRUARY 2026 / Getting Through Tough Times / Step Two

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One day I noticed a rabbit eating grass near the water. On the other side of the creek a duck was dipping its bill in for a refreshing drink. I looked all around me. I looked at the rabbit, at the grass and trees, at the water in the creek and the sunny sky, and I understood. Everything is connected! We need each other to survive—the plants, the animals, the water and the sun. We all play an important part. I now understood that I contribute to life just by breathing. I breathe out carbon dioxide, which plants need to create oxygen.

I always felt like I had to justify my existence. I had to prove that I deserved to be on this planet. In my belief, I never measured up. But now I understand that I contribute to life just by breathing. That story of the drop in the ocean came to mind. *I am* a drop in the ocean. I am no more or less important than any other drop. I am part of something so much bigger than myself! This was the beginning of my understanding (or not understanding) my Higher Power.

That was many years ago. Through prayer and meditation, my faith has continued to grow. I'm afraid I don't have all the answers, but the beauty is that we all get to discover it for ourselves. Sobriety is amazing. When we open our heart and minds, the possibilities are endless.



*“In my day, the most complicated service position was emptying the ashtrays.”*

## What's Happening

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Ocean City AA Intergroup presents:

# 11TH STEP MEDITATION WORKSHOP

April 11, 2026  
12:30 PM - 4:30 PM  
@ HOLY SAVIOR CHURCH  
>> 1705 PHILADELPHIA AVE. <<  
OCEAN CITY, MD 21842

Lunch provided

Speakers: Kimberly K & Rosie R. (Carroll County.)

Special guest: Chrissy E (Berlin, MD)

*No experience needed.  
Only a willingness to grow  
in conscious contact.*

Register now at:  
• [ocaa.org](http://ocaa.org)  
• (443) 754-4051



2-Part Workshop

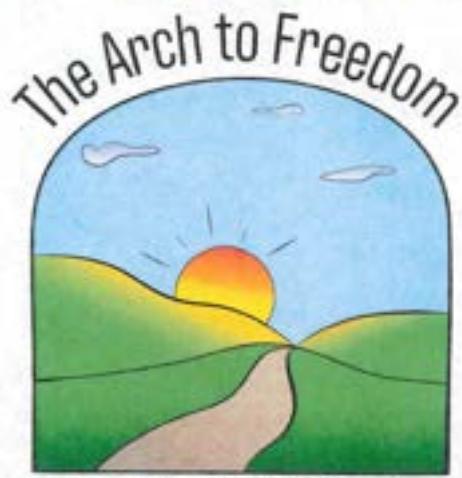
- Lunch
- Step 11 Overview
- Mini-meditations
- - B R E A K -
- Y12-style sharing
- Gentle yoga
- Sound bath

Stay for all or just part

**BYO mat & blanket**  
(only a few extras available)

MARYLAND GENERAL SERVICE, INC

# SAVE THE DATE



## 52nd Maryland State Convention

June 19-21, 2026

Sheraton Baltimore North Hotel, Towson, Maryland

Register at:

**[www.marylandaa.org](http://www.marylandaa.org)**

Early Bird Registration January 30 - May 18: \$40 online, \$38 mail in

Regular Registration May 19 - June 12: \$47 online, \$45 mail in

### Join us for:

Speakers  
Workshops  
Alcatrinos  
Old Timers Panel  
Meditation  
Delegate Report

AA Play  
History Presentations  
AA & Al Anon Literature  
Speaker recordings for sale  
Banquet Dinner  
Ice Cream Social

Hospitality Suite  
DJ Dance  
Game Room  
Song Circle  
Coffee

## What's Happening

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# Registration Form

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

"Practicing your Path" – an 11<sup>th</sup> 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**

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

Phone \_\_\_\_\_ Amount Enclosed: \$ \_\_\_\_\_

St. Add. \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Special needs: \_\_\_\_\_

## What's Happening

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# NERAASA 2026

*NorthEast Regional A.A. Service Assembly*



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

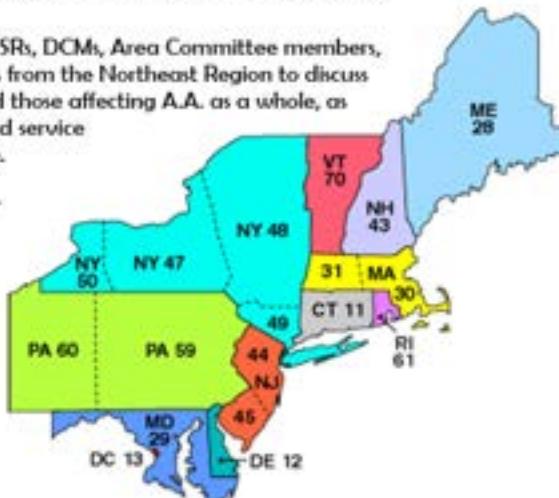
**PURPOSE:** The purpose of NERAASA is for GSRs, DCMs, Area Committee members, and Intergroup/Central Office Representatives from the Northeast Region to discuss General Service Conference- related issues and those affecting A.A. as a whole, as well as pertinent aspects of recovery, unity, and service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

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**February 20-22, 2026**

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

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





*District 36*

## **Sunday Covered Dish and Speaker Jam**

**March  
1st**

**1 PM - 4 PM**

**FIRST SAINTS  
COMMUNITY CHURCH**

**25550 POINT LOOKOUT RD  
LEONARDTOWN, MD 20650**

***Bring a dish and  
Join us for fun!***



### **Speakers**

*Contact Mary F for information*

*piscesbaby82mf@gmail.com*

*John B., Prince Frederick*

*Dawn R., Annapolis*

*Sara S., Lusby*

## What's Happening

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*Bowl 4 Sobriety*

AAIG + District 22 Presents

SUNDAY FEBRUARY 15, 2026

**\$5 CONTRIBUTION PER PERSON \$5**

VISIT: [D22MD.ORG](http://D22MD.ORG)

EMAIL: [D22DCM@GMAIL.COM](mailto:D22DCM@GMAIL.COM)

JOIN FOR BOWLING AND  
FELLOWSHIP 2-4PM  
SUNDAY 2/15/26  
KIDS FREE

ANNAPO利S BOWL  
2057 GENERALS HWY.  
ANNAPO利S MD 21401

BOWLING TEAMS OF 5  
SOLO PLAYERS PLACED  
WITH A TEAM  
SHOES SUPPLIED

CHECK-IN BY 1PM  
BOWLING STARTS 2PM

PLEASE R.S.V.P.  
[d22md.org](http://d22md.org)



## 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](http://www.southernmarylandroundup.org) Email Questions to [info@southernmarylandroundup.org](mailto: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](http://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](http://www.southernmarylandroundup.org).

Rooms available at Doubletree at 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](http://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 \_\_\_\_\_

**QR Code**  
For conference and lodging information, visit [www.southernmarylandroundup.org](http://www.southernmarylandroundup.org)  
Email Questions to: [info@southernmarylandroundup.org](mailto:info@southernmarylandroundup.org)

## What's Happening

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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.*

**WANT TO HELP ANOTHER ALCOHOLIC?**

**Give a Gift Subscription**  
to an alcoholic who needs it.

Great for:

- Sponsees • Newcomers • Prisons • Detoxes
- Doctors' Offices • Group Celebrations
- District and Area Events • Giveaways

**Grapevine & La Viña are Great Twelfth Step Tools!**

Get your group, district, area or AA friends to join in. Carry the Message, it's easy!

Go to [aagrapevine.org/carry-the-message](http://aagrapevine.org/carry-the-message) to get started and see our new Carry the Message video at [www.youtube.com/@aagrapevine](https://www.youtube.com/@aagrapevine)

**CARRY THE MESSAGE PROJECT**