

THE JOURNEY AT THE BEACH

O C T O B E R 2 0 1 8

Tradition Ten • “Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”

Twelve Steps and Twelve Traditions, page 176

ANNIVERSARY CELEBRATIONS

“To thine own self be true”

NAME	YEARS	SOBRIETY DATE	CELEBRATING	WHERE	WHEN
Tim B	34	10/01/84	10/01/18	Happy Hour • CCOP	6 pm
Gail A	26	10/03/92	10/03/18	Happy Risers • Atlantic Club	7:30 am
Gail G	23	9/25/95	10/05/18	Happy, Joyous and Free • OPCC	10 am
Chip G	17	10/27/01	10/27/18	Happy Risers • Atlantic Club	9 am
Martha J	8	10/29/10	10/30/18	Fresh Air Group • Crossway Church	8 pm
Jeff C	25	11/01/93	11/01/18	Happy Risers • Atlantic Club	7:30 am

Please submit all anniversary information to Carla H at ocmdaa.news@gmail.com 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 Ten • “Continued to take personal inventory and when we were wrong promptly admitted it.”

Twelve Steps and Twelve Traditions, page 88

Tenth Step Prayer for Growth and Effectiveness • God, please help me Watch for Selfishness, Dishonesty, Resentment and Fear. When these crop up in me, help me to immediately ask you to remove them from me and help me discuss these feelings with someone. Father, help me to quickly make amends if I have harmed anyone and help me to resolutely turn my thoughts to someone I can Help. Help me to be Loving and Tolerant of everyone today.

Alcoholics Anonymous, page 84:2

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News and Events

District 32 and 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).

Next meeting is **Nov 6th**
District Reps **5:30 pm**
Intergroup Reps **6:00 pm**

Participation in Service Work •

There are many ways to participate in service work in your AA community. Answering services, Correctional Facilities visits, and volunteering at Workshops and Events are just a few. Please speak to your Intergroup Rep before or after a meeting to learn more. We are grateful for your participation in helping to carry the message of AA!



AA Speaker Jam at the Beach

Free Pizza and Refreshments will be Served

<p>Saturday, October 27 3:00 - 6:30 PM The Atlantic Club 11827 Ocean Gtwy Ocean City, MD 21842</p>	<p>Speakers to Include: Scott S. from Philadelphia, PA Marianne D. from Ellicott City, MD Tom O'Neil from York, PA</p> <p>Event Hosted by Ocean City Intergroup</p>
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Help Wanted • General Services Representative (GSR) Secretary needed. Commitment: 1/2 hour meeting on the first Tuesday of the month at the Atlantic Club. Volunteer records meeting minutes and types them up. Contact Gail G at 410-206-1414.

Website • Visit Ocean City Fellowship Intergroup of AA's website at www.ocaa.org.

AA Books • Literature is available for purchase online at www.aa.org and at the Atlantic Club. See someone at the front desk for assistance.

Grapevine • Founded in 1944, the AA Grapevine® is the monthly, international journal of Alcoholics Anonymous in print, digital and audio. Often referred to as our "meeting in print," A.A. Grapevine communicates the experience, strength, and hope of its contributors and reflects a broad geographic spectrum of current A.A. experience with recovery, unity, and service. For more information, visit www.e-aa.org.

Would you consider Hosting a Workshop? • The Area 29 Workshop Committee's purpose is to assist local groups, districts, and inter groups who wish to present workshops on various topics related to AA. Contact workshop@marylandaa.org with questions.

OCAA Phone Schedule 410-600-5219

Jess B is the chair of the OCAA phone committee. He can be reached at 443-235-3472.

October - Positive Attitude November - Happy Risers December - Action Group January - Fresh Air

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The Tenth Step of Alcoholics Anonymous: Progress, Not Perfection

The Bottom Line

So, what is the bottom line message conveyed in the 10th step of Alcoholics Anonymous and other [12-step groups](#)? What does making a daily personal inventory and keeping spiritual progress front and center help in our recovery? When you work the 10th step, you are preventing toxic emotions and attitudes such as self-pity, shame and irrational fears from appearing in your life and wreaking havoc on your recovery. You must be diligent in working a solid program of recovery and practice the principles outlined in the steps; there is no time to rest on your laurels or have the thought that your work in recovery is done.

Working an individual program of recovery is an ongoing process that is never done.

When you consistently perform a personal inventory on a daily basis and work on yourself through a candid and honest self-appraisal, the need to make amends for your mistakes towards others becomes minimal. When you focus on yourself, we find that your moral consciousness grows stronger and you become more in tune in how your actions and attitudes not only affect our own lives but the lives of those around us. Repeating the same mistakes over and over without making the proper amends (wherever appropriate) will do nothing but keep you stuck in your recovery.

Through personal inventories, you can learn the art of self-restraint in your recovery. With self-restraint, you as a person in recovery will learn that responding thoughtfully is better than mindlessly reacting to situations and regretting those reactions down the road. Most importantly, when you work the 10th step, you realize that you must go with the flow of what life brings you and work on what you can handle at that moment. That is truly living and accepting life on life's terms.

01-01-16 | By [Tim Powers](#) via <https://sobernation.com>



Principles Before Posting

A workshop about anonymity and social media
Presented By District 20

Saturday, November 3, 2018 9:00 am – 12:00 pm

Emmanuel United Methodist Church
802 Summit Avenue
Hagerstown, MD 21740

Enjoy Great Speakers • Lively Discussions
Lite Lunch and Beverages

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OCEAN CITY AREA FELLOWSHIP INTERGROUP

CHAIR - Tom M ALT CHAIR - Dave H SECRETARY - Allison K TREASURER - Bradley S

GROUP	INTERGROUP REP	LOCATION	ADDRESS	DAY & TIME
Action Group	Bradley S	Holy Savior Catholic Church	17 th & Philadelphia Ocean City	Friday 8 PM
Assateague Group - Living Sober	Kenny G	Bethany United Methodist Church	6848 RT 611 Berlin	Sunday 6 PM
Beginner's Big Book	Joe P	Atlantic Club	11827 RT 50 West Ocean City	Monday 6:30 PM
Berlin 101 Women's (CLOSED)	Patricia G	St. Paul's Episcopal Church	3 Church Street Berlin	Saturday 9 AM
Berlin Friendship	VACANT	Friendship United Methodist Church	Friendship Road Berlin	Monday 8 PM
Come As You Are	Jennie R.	The River Church of the Nazarene	11004 Worcester Hwy Berlin	Tuesday 6 PM
Entirely Ready	Robin D	Atlantic Club	11827 RT 50 West Ocean City	Friday 6 PM
Free To Be Women's	Nancy C	Atlantic Club	11827 RT 50 West Ocean City	Wednesday 8 PM
Fresh Air	Allison K	Crossway Church	11811 RT 50 West Ocean City	Tuesday 8 PM
Growing Up Sober	Tom I.	Atlantic Club	11827 RT 50 West Ocean City	Saturday 8 PM
Happy Hour	Bob M/ Laurie C	Community Church at Ocean Pines	11227 Race Track RD Ocean Pines	Monday 6 PM
Happy, Joyous & Free Women's Step Study	Carla H	Community Church at Ocean Pines	11227 Race Track RD Ocean Pines	Friday 10 AM
Happy Risers	Jeff C	Atlantic Club	11827 RT 50 West Ocean City	M thru F / 7:30AM S & S / 9 AM
It's 5 O' Clock Somewhere	Chris R	Atlantic Club	11827 RT 50 West Ocean City	Tuesday 5 PM
Joy of Living	Bonnie B	Atlantic Club	11827 RT 50 West Ocean City	M thru F Noon
Men's 12&12 Step	Jeff S / Eck S	Atlantic Club	11827 RT 50 West Ocean City	Wednesday 8 PM
Not A Glum Lot	Jerome N	All Hallows Episcopal Church	109 West Market Street Snow Hill	M/W/F 7:30 PM
One Step At A Time	Martha J	Atlantic Club	11827 RT 50 West Ocean City	Saturday 6 PM
Positive Attitude	Rob A	Stevenson United Methodist Church	123 N Main Street Berlin	Saturday 7 PM
Primary Purpose	VACANT	St Peter's Lutheran Church	10301 Coastal Hwy Ocean City	Thursday 7 PM
Proud To Have Served	John M	Atlantic Club	11827 RT 50 West Ocean City	Wednesday 6 PM
Seaside Group	Ellen O	St Peter's Lutheran Church	10301 Coastal Hwy Ocean City	Wednesday 6 PM
Serenity Group	Noraleesha W	St Peter's Lutheran Church	10301 Coastal Hwy Ocean City	Wednesday Noon
Serenity & Sand	Angie P	On the Beach	at 2nd St • Weather Permitting	Friday 10 PM Mem. Day - Labor Day

District 32
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Berlin, MD 21811

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Ocean City, MD 21842

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