

THE JOURNEY AT THE BEACH

N O V E M B E R 2 0 1 8

Tradition Eleven • *“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.”*

Twelve Steps and Twelve Traditions, page 180

ANNIVERSARY CELEBRATIONS

“To thine own self be true”

NAME	YEARS	SOBRIETY DATE	CELEBRATING	WHERE	WHEN
Jeff C	25	11/01/93	11/01/18	Happy Risers • Atlantic Club	7:30 am
Bill J	28	11/05/90	11/05/18	Happy Hour • OPCC	6:00 pm
Jeanie J	42	11/22/76	11/27/18	Joy of Living • Atlantic Club	12:00 pm
Heather K	14	12/03/04	12/04/18	Come As You Are • OP Chamber Commerce	6 pm

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 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.”*

Twelve Steps and Twelve Traditions, page 96

Eleventh Step Nightly Review Prayer • *“God, help me to constructively review my day. Where was I resentful, selfish, dishonest or afraid? Do I owe an apology? Have I kept something to myself which should be discussed with another person at once? Was I kind and loving toward all? What could I have done better? Was I thinking of myself most of the time? Or was I thinking of what I could do for others, of what I could pack into the stream of life? Please forgive me for my harms and wrongs today and let me know corrective measures I should be take.”*

Alcoholics Anonymous, page 86:2

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News and Events

Group Anniversary Celebration and Location Change • The Come As You Are group will celebrate a 5 year anniversary on Tuesday, November 13th at River Church of the Nazarene. 'Eating Meeting' is at 5 pm, AA Meeting at 6 pm. The location of this 6 pm meeting will change on November 20, to The Ocean Pines Chamber of Commerce, 11031 Cathell Road, Berlin Md 21811.

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). All are welcome to attend.

Next meeting is **Dec 4th**
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!

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.

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.

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

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.



Principles Before Posting

**A Workshop on Anonymity in the Digital Age
presented by MD General Service District 32
and the Ocean City Area Fellowship Intergroup**

Saturday, December 1, 2018 10:15 am – 2:00 pm
Atlantic Club, 11827 Ocean Gateway, Ocean City, MD 21843

Free Admission • Lively Discussions • Lunch and Beverages

THE JOURNEY AT THE BEACH

First Person Interview

submitted by Pam F
the Roving Sobriety
Reporter

How do you want to be identified?

Esperanza



What is your sobriety date?

March 26, 1987

Describe your bottom.

I seemed to slide down to the bottom the last three months of my drinking. In the end I didn't want to live any more. I felt my family would be better off without me. I didn't think about God or whether he cared if I lived or died. In fact, I wasn't sure if there was a God. It seemed completely logical to swallow a bottle of aspirin. I just wanted to go to sleep and never wake up.

What is your favorite slogan and why?

"Time takes time." It didn't used to be my favorite slogan. In fact, I use to hate all of the slogans. Whenever I had a problem in my first year my sponsor would pitch one of the slogans to me. Easy Does it, Let Go and Let God etc. etc. I finally said to her one day what is with this Time takes Time stuff. She told me that I was in a big hurry to get things done – the Steps, sobriety, get a job, get out of debt and that I would not believe in the program until I waited for time to prove to me that I could do all things One Day at a Time (another hated slogan). She told me that I needed a track record. The track record would show me that as I began

doing "The Next Right Thing" (not another one) I would begin to find serenity in life. I didn't believe her. In fact, I heard that same story over and over and over again in my first 18 months. Then I started to get some of the lost things back. First I got a job, then over time I got out of debt, then my family began to forgive and trust me. I did begin to have serenity. When I had a set back she would say "You are developing a track record." As I developed the track record I could look back and see that everything took time and that when I passed one or two or three of the same hurdles they all turned out okay and often better then what I thought they should turn out. So when my gerbil in my head started racing around I would chant silently "Not my will but Thy will be done." Amazingly I suddenly got distracted and forgot the gerbil was there – in fact I think he went to sleep. When he would lift his head I would chant "One Day at a Time". He would very nicely put his head back down.

Ahhh peace, serenity and joy. As each year passed I developed a longer and longer track record and suddenly I realized that no matter what happened the situation would turn out as good or better than I had hoped for. Am I perfect at putting those things in perspective? No. But what I am good at is chanting the slogans. Astonishingly, I don't hate the slogans any more. They are like old friends.

OCAA Phone Schedule 410-600-5219

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

November - Happy Risers December - Action Group January - Fresh Air February - Happy Hour

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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.	Ocean Pines Chamber of Commerce	11031 Cathell Rd 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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