



OCEAN CITY AREA FELLOWSHIP

INTERGROUP/ DISTRICT 32 NEWSLETTER

P.O. BOX 913 - OCEAN CITY MARYLAND 21842

410-219-2117 www.ocaa.org

June 2, 2009

Part of Area 29

UPCOMING ANNIVERSARIES...We have a lot to celebrate! AA Works!!!!

NAME	YEARS	SOBRIETY DATE	CELEBRATING	WHERE & WHEN
Carolyn B.	1	06-07-08	06-08-09 (Mon)	Big Book Study Group-Atlantic Club-8pm
Sarah C.	22	06-08-87	06-12-09 (Fri)	Action Group-St. Paul's-3 rd & Baltimore-OC-8pm
Steve W.	2	06-08-07	06-13-09 (Sat)	A Positive Attitude-Stevenson Church-Berlin 8pm
Jim S.	2	06-09-07	06-13-09 (Sat)	Saturday Night Alive-Atlantic Club-8pm
Hannah E.	34	06-15-75	06-15-09 (Mon)	Fenwick BB Study -St.Matthew's by the Sea-7pm
Celeste D.	3	06-17-06	06-20-09 (Sat)	A Positive Attitude-Stevenson Church-Berlin 8pm
Joe C.	29	06-16-80	06-19-09 (Mon)	Action Group-St. Paul's-3 rd & Baltimore-OC-8pm
Mike Q.	12	06-26-97	06-28-09 (Sun)	Sponsor/Sponcee Mtg.-Bethany UM -Rte.611 6pm
Jack C.	8	06-24-01	06-29-09 (Mon)	I64 Group -Stevenson Church-Berlin 8pm
Ray V.	1	06-24-08	06-29-09 (Mon)	I64 Group -Stevenson Church-Berlin 8pm
John W.	2	07-05-07	07-11-09 (Sat)	A Positive Attitude-Stevenson Church-Berlin 8pm

Step 6: Were entirely ready to have God remove all of these defects of character.

"Are we now ready to let God remove from us all of the things which we have admitted are objectionable?"

Can He now take them all-every one? If we still cling to something we will not let go, we ask God to help us be willing. Alcoholics Anonymous p.76

Tradition 6: An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of property and prestige divert us from our primary purpose.

CHECKLIST FROM THE AA GRAPEVINE

- Is it good for a group to lease a small building?
- Should my fellow group members and I go out and raise money to endow several AA beds in the local hospital?
- Should the secretary of our group serve on the Mayor's advisory committee on alcoholism?



6th Step:

F.C. New York, NY 1977

I HAVE attacked Step Six many times. It has attacked me in return. We have had open warfare, and we have had moratoriums. For periods of time, I have purposely ignored this Step. Often, I have stated that it did not make sense to me.

The battle began some years back, when I regularly attended Step-discussion meetings. I had done my best on the first five Steps, I thought. I had even made a written list of all my defects. They counted up to twenty-seven.

Following the example of an old-timer friend of mine, whose quality of sobriety I admired, I printed, in ink, each one of my separate defects on a white poker chip. Then all twenty-seven chips went into a small, fat, yellow pitcher. Every morning on awaking, I plunged my hand into it (like picking a number from a goldfish bowl) and came up with the "chip for today." The defect might be anger, fear, pride, resentment, gossip, snobbery, self-pity, and so on, but whichever one it was had to be concentrated upon for the next 24 hours, and either reduced to a minimum or cast away.

It was a kind of game. I enjoyed wrestling with one "defect" a day. I felt I was making progress, really working the AA program. It hadn't yet occurred to me that I had gone overboard on this "defect" business. Twenty-seven indeed! How is that for the "pride" defect? Of course, most of them were not serious flaws of character, such as the inability to be honest with oneself. Most were bad habits possessed, in some degree, by most humans.

Nevertheless, I kept up this game for two or three years, telling many AA friends about it and urging them to go and do likewise. I explained that, although the Step suggested that God would remove these defects when and if I became ready to let go of them, I was of the school that believed in the saying "Pray for potatoes, but reach for the hoe." I did ask my Higher Power to lend a hand on the day's defect I happened to confront, but I felt that He expected me to use energy on rooting it out of my character.

Still, these dozens of defects I had laid claim to kept cropping up again and again, over and over. It seemed that the harder I fought them, the harder they fought back. I became quite discouraged. I decided I had been willing, I had tried, and I would now let Number Six, and myself, have a vacation. I put the little yellow pitcher on a shelf behind some books and only now and then dipped into it. I kept busy and active in AA; I felt comfortable being sober; I was trying to practice the AA principles in all my affairs. Then, out of nowhere, came a deep resentment toward an AA friend. I agonized over it, prayed over it, but discussed it with no one. I had insomnia, indigestion, and fatigue. (Any good doctor can tell you that negative emotions make people physically ill.)

Fortunately, just about that time our group was slated for discussion of Step Six. I opened my copy of *Twelve Steps and Twelve Traditions* and read the Step all the way through. Although I had read it many times before, it seemed as if I saw its meaning for the first time. I gathered that, instead of fighting mightily against a defect, I had to let go of it. Just simply open up my hands, my heart, and my mind and say to

my Higher Power. "Here it is, this defect. I give it to you. Please remove it from me." In this case, it was the bitter and destructive resentment that I wished to be rid of. And so it happened. It faded away and never returned.

Since then, I have followed the same procedure on other serious emotional problems, with the same result. I just have to keep in mind that if I am not 100 percent sincere in my willingness to be rid of the problem, the procedure won't work. I have come to realize that Step Six means exactly what it says. No more, no less. When, and if, I become ready to have painful, inhibiting, or long-standing flaws removed, they will be. Not always permanently, not all of them. But if and when they return, they will be weaker and much easier to let go of. As for all those bad habits I once listed as defects, I am trying to arrest them a day at a time, as I do my alcoholism. A little progress has been made on pride. I can now admit that most of my troubles stem from one large and glaring defect: self-centeredness. For how can I wallow in self-pity, weep over resentments, be sick with righteous anger, ache with envy, tense up with fears and anxieties unless all my thoughts are exclusively on poor me?

A long time ago, a very wise man, Marcus Aurelius, wrote: "A man's life is what his thoughts make it." Through Step Six, I have learned how true this is. I may never comprehend it fully, yet I know its value to me. It calls forth the most precious asset any recovering alcoholic can have: the willingness to get out of the driver's seat, to stop trying to run the show. I need to keep the Sixth Step message of letting go and letting God in my own thoughts at all times.



"I've changed it slightly to God is my cope-pilot."

Reprinted from Grapevine Magazine Volume 42 Issue 5 ([October 1985](#))

OCEAN CITY AREA FELLOWSHIP INTERGROUP – GROUP INFORMATION

☺ These groups made a monetary contribution to Intergroup during the 1st quarter of 2009-THANK YOU!!!!!!!!!!!!!!

<u>GROUP</u>	<u>INTERGROUP REP.</u>	<u>ADDRESS</u>	<u>TIME</u>
Action Group	Sarah C. / [REDACTED]	St. Paul's By the Sea – 3 rd & Baltimore- OC	M. & F.-8pm
A Positive Attitude ☺	Celeste / [REDACTED]	Stevenson's Church- 123 N. Main St.-Berlin	Sat-8pm
Back to Basics	Lynn A / [REDACTED]	Atlantic Club- Rt. 50 – West OC	Th.-8pm
Beach Group	Alex B. / [REDACTED]	Atlantic Club- Rt. 50 – West OC	F-6pm
Beginner's BB	Joe P. / [REDACTED]	Atlantic Club- Rt. 50 – West OC	M-8pm
Berlin Friendship	John W. / [REDACTED]	Friendship Church- Rt.113 & 452-Berlin	M-8pm
By The Book	John M. / [REDACTED]	Atlantic Club- Rt. 50 – West OC	Sun.-6pm
Men's 12&12 ☺	Prez. / [REDACTED]	Atlantic Club- Rt. 50 – West OC	W-8pm
Daily Reflections	VACANT	Atlantic Club- Rt. 50 – West OC	Tue-8pm
Free To Be	Bonnie / [REDACTED]	Atlantic Club- Rt. 50 – West OC	W-8pm
Fresh Air	Heather K / [REDACTED]	Crossway Church-West OC	Tue-8pm
Beginner's Literature	Robin D. / [REDACTED]	Atlantic Club- Rt. 50 – West OC	F-8pm
Happy, Joyous & Free	Kathy G. / [REDACTED]	Community Church – Rt.589- Ocean Pines	F-10am
Happy Hour ☺	Mary G. / [REDACTED]	Community Church – Rt.589- Ocean Pines	M-6pm
Happy Risers☺	Maureen C. / [REDACTED]	Atlantic Club- Rt. 50 – West OC	Mon-Fri 7:30am Sat. & Sun. 9am
Joy of Living	VACANT	Atlantic Club- Rt. 50 – West OC	M,Tu,W,Th,F-Noon
Primary Purpose	Rich B. / [REDACTED]	St. Peter's Church- 103 rd St- OC	Thurs-7pm
Sat. Night Alive ☺	Mary M. / [REDACTED]	Atlantic Club- Rt. 50 – West OC	Sat-8pm
Seaside	Watson / [REDACTED]	St Peter's Church-103 rd St- OC	W-6pm
Serenity	Billy C. / [REDACTED]	St Peter's Church-103 rd St- OC	W-Noon
Snow Hill	VACANT	Whatcoat Church-Federal & Wash. St	W-8pm
Sponsor & Sponcee	Chris L. / [REDACTED]	Bethany U.M. Church Rte.611 @ Snug Harbor	Sun-6pm
164 Big Book ☺	VACANT	Stevenson's Church-123 Main Street-Berlin	Mon.-8pm

A.A.
Happenings
Check it out!

**TO ALL GSRs...
PLEASE DON'T
FORGET THAT
DISTRICT 32
MEETS ON THE
LAST TUESDAY
OF THE MONTH
AT 6:30 IN THE
BOOKSTORE AT
THE ATLANTIC
CLUB**



**MD State
Convention**

The 2009 [State
Convention
Committee](#) invites
you to attend the
39th Maryland State
Convention of
Alcoholics
Anonymous!

Date June 18-21,
2009
Location Clarion Hotel
and Hager
Hall
Conference
Center
Hagerstown,
Md



O C Intergroup

What's going on?...

Treasurer's Report: No current report

Bookstore: If your group needs books you may
contact the following people/groups who have keys
to the bookstore:

Rob A. [REDACTED]
Mark P. [REDACTED]
Happy Risers-Atlantic Club-Every Morning
Joy of Living-Atlantic Club- M, T, W, Th. & F-Noon

COMMITTEES HAVE CHAIRPERSONS!

Welcome!!! and THANKS! To our new
Committee Chairpersons. ...

Delaware Liaison- Susan W.
Salisbury Liaison- Mary G.
Workshop Committee – Celeste D.

The **Grapevine Committee** is still in need of a
Chairperson. If you would like to take on this
important service work, please come to the next
Intergroup meeting and find out more about how
you can help. You do not need to be an Intergroup
Representative to Chair an Intergroup Committee.

PLEASE HELP CARRY THE MESSAGE !!!!

How about helping Chris L., our Corrections
Committee Chairperson to take some meetings to
the jail in Snow Hill??
It's a one evening a month service commitment that
is most beneficial for all! Call Chris to find out
how and when! [REDACTED]

Addresses of AA Service Offices

Ocean City Intergroup
P.O. Box 913
Ocean City, MD 21842
District 32
P.O. Box 1831
Ocean Pines, MD 21811
MD General Service
(Area 29)
P.O. Box 2683
Salisbury, MD 21802
General Service Office
Box 459
Grand Central Station
New York, NY 10163

2009 Intergroup Officers

Chairperson
Krista R. [REDACTED]
Alternate Chair
Lynn A. [REDACTED]
Secretary
Jillian M. [REDACTED]
Treasurer
Prez [REDACTED]

Some groups currently
are not represented at
Intergroup meetings.
If your group does not
have a representative,
please ask if there is
anyone who might like to
serve A.A. by attending
the next Intergroup mtg:
July 7th - 6pm @
The Atlantic Club

The Ocean City Intergroup Newsletter is published each month and is mailed to subscribers and other Intergroups and is distributed at each Intergroup meeting.

Ocean City Intergroup meets the first Tuesday of every month at 6pm at The Atlantic Club. You may email information for publication to Lynn A. at plynna@yahoo.com