

History of the Wednesday 7 AM Ocean Beach Women's Step Study
Compiled by Corie S.
August 6, 2018

Our beloved Women's Step Study meeting at the Ocean Beach Clubhouse had its origins from the Tuesday 6:45 AM Women in Harmony meeting. From what I gather, it was late 2005 or possibly early 2006 when the Women in Harmony relocated temporarily to the Ocean Beach Clubhouse, 2229 Bacon St., due to renovations being made at the church at 2083 Sunset Cliffs Blvd. When it came time for the Harmony meeting to move back to the church, some of the ladies decided it would be a good idea to have a step study meeting at the clubhouse on Wednesdays. They decided that 7 AM would work better than the 6:45 AM time slot, as for some of us that 15 minutes makes all the difference in the world.

Some of the founding members were: Faith, Connie, Diana G. and possibly Mary Ellen. Please correct me if I am wrong. In the early days Timmie B. was both secretary and coffee maker for a few years. I got sober in May of 2010 and joined the meeting I think in August of that year. I remember that winter as being pretty wet, and also remember that we would only have 3, maybe 5 members per meeting. Soon after the winter of 2010 a group of ladies from the recovery home Turning Point began making our meeting a regular part of their schedule. This boosted our numbers and seemed to get some momentum going. Recently Pat W. dug up a phone list dated March 2011 that listed 12 members. Our current phone list boasts more than 25 members, and on any given Wednesday you will find our meeting filled with the love, support, and laughter of that many and more. Another important highlight in the growth of our meeting occurred when Janet G was secretary and noticed that our meeting was not registered with the General Service Office. It was on July 29th of 2015 that Janet G. registered us with GSO, and the Ocean Beach Women's Step Study Meeting became official. Prior to that we had been sending in contributions to the "Pie Chart" without a group number.

Formats that have been used over the years include: Language of the Heart, the Joe and Charlie tapes (yes, cassette tapes for you millennials), and the Twelve Steps and Twelve Traditions, though it was only recently that we took a group conscience and decided to study not only the 12 steps, but also the 12 traditions.

That is all I have for now. Please let me know if you have any information on the history of our meeting that I might include. It has been an honor to compile this history. Thank you.