

# The Scoop

May 2026

## INSIDE

### Integrity

What's so special about the number 5?

**12 Steps: A Poem**  
Member Contribution

**Reality Check**  
Anonymous

**Show Me the Money!**  
Group Contributions



### ***A Life of Integrity***

The number five signifies balance and transformation. How fitting this is in relation to the fifth step, tradition, and principle. Integrity, the quality of being honest, having strong moral principles, and maintaining consistent, upright character, is necessary for spiritual growth.

**Step Five: “Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”**

At the personal level, Step Five takes us from private reflection to honest disclosure. Having completed a moral inventory in Step Four, we are ready to share that truth openly. This requires:

- complete honesty without minimizing or blaming
- accountability for actions and patterns
- , willingness to be vulnerable with another person

Here, integrity means alignment between what you know and what you admit. No more secrecy and denial. By sharing the full truth, we begin to rebuild trust with ourselves and others and create a foundation for real change.

**Tradition Five: “Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.”**

As for integrity at the group level, Tradition Five keeps every AA group focused on its core mission: helping people recover.

- staying true to purpose
- avoiding distractions or outside agendas
- prioritizing recovery over social or personal interests

A group practices integrity when its actions consistently reflect its purpose.

Both emphasize consistency between values and actions.

- Step Five = personal integrity → telling the truth about yourself
- Tradition Five = group integrity → staying true to the mission
- In Step Five: *Do I honestly admit who I've been?*
- In Tradition Five: *Are we truly helping those who still suffer?*

Together, they show that recovery depends on truthfulness—personally and collectively in Alcoholics Anonymous.

Morgan J.

<p><b>AV Intergroup of AA</b>  43619 N. 17<sup>th</sup> Street West,  Suite 106  Lancaster, CA 93534  661-945-5757  17<sup>th</sup> Street West / Avenue K</p> <p><b>Web Site:</b>  <a href="http://www.avcentraloffice.org">www.avcentraloffice.org</a></p> <p><b>Central Office Email:</b>  <a href="mailto:avcentraloffice@gmail.com">avcentraloffice@gmail.com</a></p> <p><b>Scoop submissions:</b>  <b>Morgan Johnson</b>  <a href="mailto:recoveredmojo@yahoo.com">recoveredmojo@yahoo.com</a></p> <p><b>300-word limit, please!</b></p>	<p><b>12 Steps: A Poem</b></p> <p>I took Step One, began to moan  I can't do this on my own.</p> <p>I took Step Two, began to pray  Restore me God, please now, today.</p> <p>I took Step Three, gave up my will  Maybe God could love me still.</p> <p>I took a Fourth, I looked inside  Nothing more would I hide.</p> <p>And on the Fifth, I said aloud  I've done some wrong, and I'm not proud.</p> <p>I took Step Six, and got prepared  To lose the defects, I was scared.</p> <p>Now I'm at Seven, take them away  My God, for this I do pray.</p> <p>And on Eight, the list was long  Amends to make for all the wrongs.</p> <p>I took Step Nine, put down my pride  Amends made; I will not hide.</p> <p>Step Ten I take, each day I pray  I make amends along the way.</p> <p>And on Eleven I pray to know  Each day His will, which way to go.</p> <p>I take Step Twelve, I'm like a bird  To others now, I spread the word ...</p> <p>(Author unknown)</p>	<p><b>Reality Check</b></p> <p>How do you stop the world from turning into a monster? You don't. The monsters are within human beings who live amongst us. In the grocery store, at the park, even in your own head. Have you ever thought about how good or bad a person you are? I'm sure you have. I have. I'd like to think I'm always a nice person, and everyone should just love me because I've been through so much.</p> <p>Reality check: It's been almost two years ago when I decided to allow others and a higher power to help me get through whatever I was going through at the time. To help me see that the world doesn't revolve around me, my world doesn't revolve around me. I always said I was happy and had no grudges. Reality check, that was a lie. No, I did not take a lie detector test; I took a life cleansing test. I guess you can say I passed because I'm still here. I poured my heart and soul into a program that was designed to change not only my life but my thoughts. A program that has changed me in every possible way. So here I am, almost two years later, and again I ask myself, am I a monster? The answer is no. Now, that doesn't mean I can't be the monster. That just means I can see the monster within, and I choose not to give it power.</p>	<p>I'd also like to say that I'm perfect and I know how to handle everything. Reality check, I can't.</p> <p>I don't know how to handle the fact that I want commitment with people who are not ready and have never been ready. I don't know how to handle the fact that I don't know what the future has in store for me. Therefore, I live one day at a time because if I think too far ahead, I might get convicted of murder.</p> <p>Murder of these things called dreams, which for a long time I killed. Today, most of those dreams are dead, and half of them still live within my mind and heart. My head is like a bad neighborhood; I never go there alone. That's not an original thought; I just thought I should restate it because it touches a soft spot in my life. My head is out to get me. Our heads are out to get all of us, but it's up to us to make a decision on whether or not we should let it go through with its plan. Now, back to the opening question, how do you stop the world from turning into a monster?</p> <p>Again, you don't. The monster is within. Are you going to release its wrath? Or are you willing to continue to fight with God and AA? Keep it simple, stupid, just for today.</p> <p>Anonymous</p>
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# May 2026 Office Manager Report

	Jan - Mar	Apr	YTD Total
Sales of Goods	\$14,967.61	\$4,970.43	\$19,938.04
Expenses	(\$16,169.40)	(\$6,981.57)	(\$23,150.97)
Cost of Goods	(\$17,721.74)	(\$3,496.74)	(\$21,218.48)
Contributions	\$9,311.55	\$3,341.64	\$12,653.19
<b>Net Income</b>	<b>(\$9,611.98)</b>	<b>(\$2,166.24)</b>	<b>(\$11,778.22)</b>



## Contributions

Group	Jan - Mar	Apr	Total
A Gathering of Women	\$190.00		\$190.00
AM/Mid-Day Mod	\$1,427.48	\$906.07	\$2,333.55
Anonymous	\$448.87	\$540.39	\$989.26
Any Lengths Group	\$0.00		\$0.00
AV Men's Stag	\$340.76		\$340.76
AV Roundup	\$0.00		\$0.00
AVYPAA	\$0.00		\$0.00
Birthday	\$75.00		\$75.00
Cal City Clubhouse	\$0.00		\$0.00
Crown Valley Group	\$239.00	\$712.00	\$951.00
Daily Reflections	\$0.00		\$0.00
District 7	\$646.87	\$120.00	\$766.87
Faithful Fiver	\$1,140.00	\$440.00	\$1,580.00
High Desert BB Grp	\$1,986.41		\$1,986.41
Intergroup Fundraisers	\$75.00		\$75.00
Into Action	\$0.00		\$0.00
Joe & Charlie Book Study	\$0.00		\$0.00
Lake Hughes Group	\$263.00		\$263.00
New Beginnings	\$0.00		\$0.00
Open Door	\$0.00		\$0.00
Open Participation	\$0.00		\$0.00
Palmdale Grp	\$940.33		\$940.33
Palmdale Mon Noon 12 & 12	\$0.00		\$0.00
Pearblossom Grp	\$13.50		\$13.50
Pearblossom 24 Hr/Daily Ref	\$0.00		\$0.00
PM Mod	\$129.20		\$129.20
Quartz Hill Unity Grp	\$280.00	\$280.00	\$560.00
Rainbow Grp	\$50.00		\$50.00
Recovery @ The Ranch	\$0.00		\$0.00
Rosamond Sun Night	\$0.00		\$0.00
Rule 62 Grp	\$50.00		\$50.00
Sat AM Men's Stag	\$0.00		\$0.00
Step Workshop Meeting	\$0.00		\$0.00
Sun Love & Tolerance	\$0.00		\$0.00
Sun Night BBS	\$0.00		\$0.00
Thursday Night Step Study	\$0.00		\$0.00
Tuesday Topic Mtg - Alano	\$0.00		\$0.00
Unity Group	\$0.00		\$0.00
We Care	\$0.00		\$0.00
Wed Night BBS	\$0.00	\$133.32	\$133.32
Westside Grp	\$0.00		\$0.00
Women in Recovery	\$0.00		\$0.00
Women Seeking Progress	\$374.11		\$374.11
Women Seeking Serenity	\$0.00		\$0.00
Sober Sisters	\$0.00		\$0.00
Homebound Grp	\$0.00		\$0.00
<i>Digital Contributions</i>	<i>\$642.02</i>	<i>\$209.86</i>	<i>\$851.88</i>
<b>TOTALS</b>	<b>\$9,311.55</b>	<b>\$3,341.64</b>	<b>\$12,653.19</b>

Jeff M.	5/22/2023	3	James S.	5/12/2000	26
Adolfo T.	5/3/2015	11	Liz K.	5/30/2000	26
Erica B.	5/9/2015	11	Stephanie H.	5/27/2000	26
Jaclvn W.	5/13/2015	11	Carl F.	5/27/1999	27
Terry B.	5/16/2015	11	Scott T.	5/30/1998	28
Joel	5/11/2013	13	Terry M.	5/30/1998	28
Andre' A.	5/31/2013	13	Bob H.	5/27/1997	29
Brice C.	5/22/2012	14	Kathy D.	5/5/1997	29
Frank M.	5/4/2012	14	Paul M.	5/29/1997	29
Tom K.	5/1/2012	14	Rav R.	5/17/1997	29
Brian W.	5/6/2011	15	David P.	5/30/1995	31
Diane M.	5/29/2011	15	Erich R.	5/15/1994	32
Karen M.	5/10/2011	15	Linda M.	5/31/1994	32
Mario G.	5/17/2011	15	Ron H.	5/14/1994	32
Tammv S.	5/15/2011	15	Ron J.	5/9/1994	32
Theresa B.	5/7/2011	15	Tom H.	5/7/1994	32
Valerie Jo H.	5/25/2011	15	Earl W.	5/16/1993	33
Ernesto H.	5/3/2010	16	Marsha Y.	5/15/1993	33
Kevin G.	5/10/2010	16	Steve W.	5/9/1993	33
Paul B.	5/20/2010	16	Tom M.	5/14/1993	33
Wendell F.	5/27/2010	16	Betty G.	5/27/1992	34
Amy M.	5/2/2009	17	David C.	5/16/1992	34
Danielle G.	5/29/2009	17	Laura E.	5/17/1992	34
Edward S.	5/20/2009	17	Lee M.	5/25/1992	34
Eric M.	5/31/2009	17	Cathy R.	5/1/1991	35
Kathi D.	5/6/2009	17	De Andre M.	5/29/1991	35
Kathryn M.	5/29/2009	17	Kevin Mc	5/16/1991	35
Kathy S.	5/19/2009	17	Sharon L.	5/10/1991	35
Lisa K.	5/20/2009	17	Deto	5/21/1990	36
Yvonne E.	5/5/2009	18	Joh F.	5/22/1990	36
Chris G.	5/21/2008	18	Robert G.	5/9/1990	36
Georgia A.	5/21/2008	18	Scott T.	5/5/1990	36
Jonie R.	5/21/2008	18	Walt B.	5/13/1990	36
Michael S.	5/13/2008	18	Robin K.	5/6/1989	37
Rickev C.	5/17/2008	18	Bill M.	5/20/1988	38
Robert M.	5/13/2008	18	Kim C.	5/18/1988	38
Ashlev A.	5/8/2007	19	Sandy C.	5/1/1987	39
Bayla	5/15/2007	19	Gene S.	5/7/1986	40
Brian O.	5/21/2007	19	Lou B.	5/1/1986	40
Cathleen K.	5/30/2007	19	Michele R.	5/26/1986	40
Melissa G.	5/14/2007	19	Tom K.	5/27/1986	40
Rive C.	5/10/2007	19	Kim T.	5/12/1985	41
Stan V.	5/9/2007	19	Beverly M.	5/12/1984	42
Dave K.	5/14/2006	20	Paul E.	5/4/1984	42
Charlie P.	5/26/2005	21	Barbara	5/8/1983	43
Kevin M.	5/4/2004	22	Dawn E.	5/22/1983	43
Steve H.	5/2/2004	22	Herbert H.	5/12/1983	43
Sylvia	5/7/2004	22	Lori H.	5/15/1983	43
Cathy W.	5/9/2003	23	John C.	5/3/1982	44
Dave M.	5/15/2003	23	Jose T.	5/3/1982	44
Debbie T.	5/7/2003	23	Loretta R.	5/25/1978	48
Patti B.	5/21/2001	25	Don M.	5/2/1976	50
Robert B.	5/27/2001	25	Ken L.	5/7/1976	50
Tomas C.	5/29/2001	25			

**Get your groups birthday list to Central Office  
... That's how they appear here!**

Total Years = 2,831

## Managers Corner

Contributions are down and inflation is rising. Please consider joining the Faithful Fiver club!  
Be well, my friends.

Be safe &

### Thank You Saturday Volunteers!!

- 1st ~ Larry W. & Vacant
- 2nd ~ Wendy W. & Vacant
- 3rd ~ Nonna W. & Vacant
- 4th ~ Heather C. & Vacant
- 5th ~ Heather C. & Vacant

Thank you for allowing me to be of service!!

Jeffrey Harlow

Don't forget to visit us on the Web!

