

THE SCOOP

July 2026

Humility



Humility in Action.

AA co-founder Dr. Bob frequently shared his personal concept and definition of humility. He emphasized a quiet heart, freedom from irritability, and finding peace regardless of the external praise or blame.

I used to think that humility meant being humiliated in front of the world and not defending yourself. When I came to AA, I had already done, lived and accepted the humiliation of my life but did not accept that it was my fault. It was here, in AA, that I learned the difference, the meaning, and the importance of remaining humble. I have been sober for 23 years and I can honestly say it was not because of anything I did other than being humble enough, desperate enough to accept what AA had to offer. Steps 6 and 7 invite us to become humble enough to know we will never be perfect, but we should strive for it. Steps 6 and 7 are about acknowledging your character defects and wanting them gone. This requires that you have a relationship with your higher power and that you have looked through the first 5 proposals thoroughly and honestly with the assistance and trust of a sponsor.

Step 6 – “Were entirely ready to have God remove all these defects of character.”

Step 7- “Humbly asked Him to remove our shortcomings.

We identified our character defects in Step Four and discussed them honestly with our sponsor in Step Five. We saw how our flaws affected others and recognized the harm we had caused. By accepting our part in each situation, we began to see the patterns that shaped our character. Do we still want to be defined by that long list of defects, or do we want to grow closer to the likeness of our Creator? Do we truly want all of them

removed? Which ones do we want to keep, and why? This is where humility challenges pride. It is easy to say we want all our character defects removed, but do we really mean it? What would be left? I have found that I still like some of my defects, so I ask God for the willingness to want them removed—all of them. Has that happened yet? Not completely. I suppose I must wait for God to remove them in His time. Is there anything I should do in the meantime or should I just wait?

If I am doing a daily nightly inventory, I can see the same patterns and how my character defects are in play and the damage they are causing. If I continue to want to grow in the likeness of my creator, I should have an honest request from to remove my shortcomings. I have found that denial of our shortcomings keeps me stagnant, and I feel like I am only existing. I love that I feel different as to how I felt last year. My relationship with God is the most important relationship in my life. I love steps 6 and 7 for after all are the steps that separate the men from the boys.

Tradition 7 – Every AA group ought to be fully self-supporting, declining outside contributions.

I remember when I first got to AA, I saw the basket passing around and was so broke to put anything in the basket. I felt bad and other members co-signed my feelings. However, I have a sponsor that didn't and she is still my sponsor. My sponsor told me that if I had money for cigarettes and a cell phone, I could put money in the basket. How true that is. Here I am in the place that has saved my life, and I can't seem to find two dollars for the basket. I will drink the coffee, eat some cake but feel entitled instead of appreciative. the spare pennies I have. The spare change is not what AA deserves, does it?

Bill W. said "There is a place in AA Where spirituality and money would mix, and that was in the hat"

It was through reading Bill's own personal experience of giving a hungover drunk \$5 dollars, but later only put a dime into the meeting basket, highlighting the need to balance ego and true service. I was able to see how important it is to contribute to the organization that saved my life. After all I support other organizations like Starbucks, In and Out, McDonalds, and the gym. It is surprising to see how easily one will pay \$20 to \$50 dollars a month to get physically fit but only give a dollar or two for their recovery. Let's say you want a sponsor for the gym (a personal trainer) That is another \$100-\$200 a month. Ladies, how about that manicure or pedicure. How about those visits to Vegas or LOTTO tickets. We will spend money on all these things seeking more of what AA has given yet cringe to the idea of putting more than a dollar or two in the basket. I am glad I have the kind of sponsorship that encourages me to read the history of AA, to see how through God's grace and the experience of our founders and their ability to humbly see their deficiencies that the traditions came to be.

It is a sad thing to see Alcoholics Anonymous groups and central offices struggle to stay open.

**As we celebrate our independence from Alcohol,
*Let us show our gratitude.***

Please feel free to send me your thoughts, your story, your jokes and whatever you feel might help us make The Scoop a fun read. Email all to mickypalmdale@hotmail.com

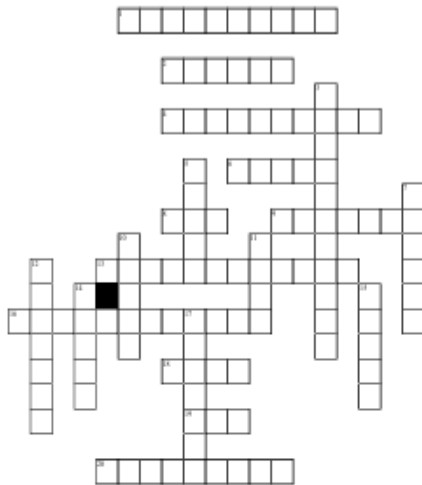
Phone Number (661)582-9470

Name: _____ Date: _____ Period: _____

Alcohol Crossword Puzzle

Across

1. The process of ceasing to drink.
2. Strong distilled liquor such as brandy, whiskey, gin, or rum.
4. An addiction to the consumption of alcoholic liquor or the mental illness and compulsive behavior resulting from alcohol dependency.
6. Alcohol, especially hard liquor.
8. An alcoholic liquor distilled from sugar-cane residues or molasses.
9. The intoxicating constituent of wine, beer, spirits, and other drinks, and is also used as an industrial solvent and as fuel.
13. Driving while under the influence of alcohol.
16. The habitual misuse of alcohol.
18. An alcoholic drink made from yeast-fermented malt flavored with hops.
19. A clear alcoholic spirit distilled from grain or malt and flavored with juniper berries.
20. The legal age for someone to drink.



Down

3. Alcoholism can cause this type of cancer.
5. When someone has had so much to drink that they lose control of themselves.
7. A mutual support organization for the families and friends of alcoholics, especially those of members of Alcoholics Anonymous.
10. A measure of how much alcohol is contained in an alcoholic beverage.
11. An alcoholic drink made from fermented grape juice.
12. A deterioration in someone's state of health after a temporary improvement.
14. An alcoholic spirit of Russian origin made by distillation of rye, wheat, or potatoes.
15. A major ingredient of beer.
17. Weight that is gained in the abdominal region from drinking alcohol.

Name: _____ Date: _____

Alcohol Crossword Puzzle

C O A A U H D P M E E L H I H E V
K N S G C U D N B N G K X H W P H
Q X Q L A W A R D H T I W X R D O
M P X T R X G Y X W K W N O R E Y
A L C O H O L A B U S E O U L Z M
A J C U L M B E B E U F N I V W K
P K A B R Z P X N A R K V H B J U
N F D E N U S O L M D E D E E X L
P L E O D V Y C F R R T E R A Y U
W B Q W V T O A I C E R S L U L P
K V T A N H S V A S G N C A U N S
A T W E O P I N P U P O I Q E A K
O V W L I N C A T Q H C T W L Y Q
N T I R G E L Y B O O Z E A U V P
Q S I R R E O O L V P M N U V A V
M T C A R U M H R J C O S D D K G
Z Z W P C K I W M I N G K F Y M T

Gin	Rum	Vodka	Twenty-one
Beer Gut	Yeast	Proof	Drunk driving
Relapse	Booze	Liver cancer	Spirit
Wine	Beer	Withdrawal	Alcohol Abuse
Alcoholism	Al-Anon	Alcohol	Drunk

As the Month of July passes us by, let's celebrate with love, charity, friendship, and gratitude.
As my dear friend use to say "**Don't forget to remember**" Paul M.



July 2026 Office Manager Report

	Jan - May	Jun	YTD Total
Sales of Goods	\$23,706.86	\$5,598.43	\$29,305.29
Expenses	(\$28,477.29)	(\$5,548.78)	(\$34,026.07)
Cost of Goods	(\$22,603.15)	(\$2,053.94)	(\$24,657.09)
Contributions	\$17,832.72	\$3,616.37	\$21,449.09
Net Income	(\$9,540.86)	\$1,612.08	(\$7,928.78)



Contributions			
Group	Jan - May	Jun	Total
A Gathering of Women	\$290.00	\$110.00	\$400.00
AM/Mid-Day Mod	\$5,609.68	\$58.00	\$5,667.68
Anonymous	\$1,363.46	\$170.00	\$1,533.46
Any Lengths Group	\$0.00	\$0.00	\$0.00
AV Men's Stag	\$532.16	\$46.20	\$578.36
AV Roundup	\$0.00	\$0.00	\$0.00
AVYPAA	\$0.00	\$0.00	\$0.00
Birthday	\$120.00	\$12.00	\$132.00
Cal City Clubhouse	\$0.00	\$0.00	\$0.00
Campfire Meeting	\$41.69	\$0.00	\$41.69
Crown Valley Group	\$951.00	\$0.00	\$951.00
Daily Reflections	\$0.00	\$0.00	\$0.00
District 7	\$766.87	\$0.00	\$766.87
Faithful Fiver	\$1,842.00	\$409.00	\$2,251.00
High Desert BB Grp	\$1,986.41	\$0.00	\$1,986.41
Intergroup Fundraisers	\$75.00	\$0.00	\$75.00
Into Action	\$0.00	\$0.00	\$0.00
Joe & Charlie Book Study	\$0.00	\$0.00	\$0.00
Lake Hughes Group	\$403.00	\$36.00	\$439.00
New Beginnings	\$0.00	\$0.00	\$0.00
Open Door	\$0.00	\$0.00	\$0.00
Open Participation	\$0.00	\$0.00	\$0.00
Palmdale Grp	\$940.33	\$1,936.33	\$2,876.66
Palmdale Mon Noon 12 & 12	\$0.00	\$0.00	\$0.00
Pearblossom Grp	\$13.50	\$0.00	\$13.50
Pearblossom 24 Hr/Daily Ref	\$0.00	\$0.00	\$0.00
PM Mod	\$129.20	\$43.00	\$172.20
Quartz Hill Unity Grp	\$560.00	\$280.00	\$840.00
Rainbow Grp	\$50.00	\$0.00	\$50.00
Recovery @ The Ranch	\$0.00	\$0.00	\$0.00
Rosamond Sun Night	\$0.00	\$0.00	\$0.00
Rule 62 Grp	\$50.00	\$0.00	\$50.00
Sat AM Men's Stag	\$488.75	\$0.00	\$488.75
Step Workshop Meeting	\$0.00	\$0.00	\$0.00
Sun Love & Tolerance	\$0.00	\$0.00	\$0.00
Sun Night BBS	\$0.00	\$0.00	\$0.00
Thursday Night Step Study	\$0.00	\$0.00	\$0.00
Tuesday Topic Mtg - Alano	\$0.00	\$0.00	\$0.00
Unity Group	\$0.00	\$0.00	\$0.00
We Care	\$0.00	\$0.00	\$0.00
Wed Night BBS	\$133.32	\$0.00	\$133.32
Westside Grp	\$0.00	\$0.00	\$0.00
Women in Recovery	\$0.00	\$0.00	\$0.00
Women In Progress	\$374.11	\$0.00	\$374.11
Women Seeking Serenity	\$0.00	\$115.00	\$115.00
Sober Sisters	\$0.00	\$0.00	\$0.00
Homebound Grp	\$0.00	\$0.00	\$0.00
Digital Contributions	\$1,112.24	\$400.84	\$1,513.08
TOTALS	\$17,832.72	\$3,616.37	\$19,936.01

Scott B.	7/4/2023	3	Lynn K.	7/1/2004	22
Brianna W.	7/21/2019	7	Diane C.	7/25/2003	23
Trish J.	7/16/2018	8	Garv G.	7/11/2003	23
Rhonda C.	7/7/2017	9	Marc A.	7/28/2003	23
Kevin B.	7/10/2014	12	Mary A.	7/1/2003	23
Melissa M.	7/14/2013	13	David S.	7/5/2002	24
Eric R.	7/10/2012	14	Kelly O.	7/5/2001	25
Lisa L.	7/24/2012	14	Peter U.	7/24/2001	25
Angela J.	7/5/2011	15	Samuel G.	7/23/2001	25
Cathy W.	7/6/2011	15	Martie M.	7/31/2000	26
Deanna R.	7/11/2011	15	Rebecca S.	7/6/2000	26
Eric M.	7/11/2011	15	Val H.	7/24/2000	26
Donna T.	7/18/2011	15	Alicia B.	7/10/1999	27
John S.	7/7/2011	15	David L.	7/1/1999	27
Mark P.	7/13/2011	15	Gordy S.	7/11/1999	27
Heather D.	7/4/2010	16	Jeff H.	7/7/1999	27
Janet P.	7/28/2010	16	Andrew H.	7/15/1998	28
Natasha H.	7/28/2010	16	Myrna T.	7/5/1998	28
Paula T.	7/23/2010	16	Mike G.	7/7/1997	29
Reyna H.	7/17/2010	16	Cottrell O.	7/19/1997	29
Rusty R.	7/4/2010	16	Jimmy R.	7/20/1996	30
Stacia V.	7/2/2010	16	Lydia V.	7/27/1996	30
David W.	7/6/2009	17	Terry M.	7/15/1996	30
Dean M.	7/30/2009	17	Addie T.	7/14/1995	31
Jamie B.	7/27/2009	17	Bill G.	7/4/1995	31
John P.	7/5/2009	17	Charles A.	7/27/1995	31
Melinda W.	7/4/2008	18	Aaron A.	7/20/1994	32
Bill G.	7/22/2008	18	Pete K.	7/14/1994	32
Carol C.	7/19/2008	18	Mike B.	7/6/1992	34
Catherine J.	7/3/2008	18	Stephanie M.	7/8/1992	34
Randy D.	7/2/2008	18	Valentina S.	7/25/1992	34
Steven V.	7/27/2008	18	Brenda C.	7/17/1991	35
Susan C.	7/28/2008	18	Dick O.	7/15/1991	35
Yvette L.	7/19/2008	18	Jerry L.	7/4/1990	36
Anna N.	7/15/2007	19	John W.	7/5/1990	36
Anthony H.	7/5/2007	19	Rebecca R.	7/9/1990	36
Deana R.	7/13/2007	19	Herb S.	7/3/1989	37
John Carney	7/19/2007	19	Sandra West	7/8/1989	37
Michael L.	7/9/2007	19	Debbie S.	7/3/1988	38
Nancy C.	7/25/2007	19	Diana C.	7/25/1987	39
Pat G.	7/6/2007	19	Len T.	7/30/1987	39
Scott C.	7/16/2007	19	Lorraine	7/30/1987	39
Talisa C.	7/16/2007	19	Marian G.	7/12/1987	39
Valerie D.	7/17/2007	19	Frank L.	7/16/1986	40
Bryan A.	7/5/2006	20	Jeanie S.	7/22/1986	40
Joe King	7/11/2006	20	Val D.	7/11/1986	40
Kim J.	7/11/2006	20	Susan H.	7/10/1985	41
Polly P.	7/26/2006	20	H. M. Mc.	7/1/1984	42
Rebecca E.	7/4/2006	20	Larry R.	7/7/1981	45
Richard L.	7/10/2006	20	Luanne	7/16/1981	45
Jeromee	7/21/2005	21	Kate M.	7/28/1978	47
Monica M.	7/20/2005	21	Jerry G.	7/28/1976	48
Tammie M.	7/22/2005	21	Mike H.	7/21/1976	50

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

Total Years = 2,628

Managers Corner

Have you considered participating in the **Faithful Fivers** club of alcoholics who are so grateful for our sobriety we want to share it with others? **SIGN UP TODAY!!**



Thank You Saturday Volunteers!!

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

Thank you for allowing me to be of service!!

Jeffrey Harlow

Don't forget to visit us on the Web!

