

Booze News

July 2026

Pruning for New Growth

Anyone who gardens knows that pruning can feel counterintuitive. Healthy branches are intentionally cut away —not because they're bad, but because they keep the plant from becoming what it's capable of becoming. Left alone, a rose bush grows crowded. Airflow decreases. Disease spreads. Blooms become smaller. **Pruning isn't punishment, but preparation.** Step Seven asks us to trust that our Higher Power knows what needs trimming. Pride. Fear. Control. Resentment.

**The goal isn't to become less ourselves.
The goal is to remove what keeps us from flourishing.**

STEP SEVEN

Humbly asked Him to remove our shortcomings

TRADITION SEVEN

Every A.A. group ought to be fully self-supporting, declining outside contributions.

LONG FORM

The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.

TRADITION SEVEN

a checklist for groups

“EVERY AA GROUP OUGHT TO BE FULLY SELF-SUPPORTING, DECLINING OUTSIDE CONTRIBUTIONS.”

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new person who can't afford it yet? How generous was I when drunk in a barroom?
2. How do I (or my group) support our International Journals of Alcoholics Anonymous, Grapevine and La Viña?
3. If GSO runs short of funds some year, wouldn't it be OK to let the government subsidize AA groups in hospitals and prisons?
4. Is it more important for a group to get a big AA collection from a few people, or a smaller collection in which more members participate?
5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
6. Does my group have a "prudent reserve"? If yes, do I know what that amount is?
7. If a family member, work colleague or close friend who is not an AA member wants to make a financial contribution to my group, should the group accept it? What if my group is short on funds?

**These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.*

dictionary definitions

Words matter. Sometimes slowing down to understand the language of a Step can deepen our understanding of its spiritual principle.

Contributions

Something that is contributed, such as money, time, effort, or ideas given to help achieve a common purpose.

Humble

Not proud or haughty; not thinking of yourself as better than other people.

Humility

Freedom from pride or arrogance; the quality or state of being humble.

Humbly

In a humble manner; without pride or arrogance.

Remove

To eliminate or get rid of; to take away or off.

Self-supporting

Able to support oneself or itself without outside assistance.

Shortcomings

An imperfection or lack that detracts from the whole; a defect or weakness.



We don't bloom
because we become
someone new.

We bloom
because we're
willing to let go
of who we no
longer are.

Spiritual Principle Spotlight

"We are not saints. The point is, that we are willing to grow along **spiritual lines**. We claim **spiritual progress** rather than **spiritual perfection**."

— Alcoholics Anonymous, p. 60

Humility

Humility isn't thinking less of yourself.
It isn't shame. It isn't weakness.

Humility is seeing yourself honestly—with your strengths, your flaws, your gifts, and your limitations—and understanding that growth is always possible.

In recovery, humility isn't about lowering ourselves. It's about lowering the barriers that keep us from connection.

Bill W. on Progress

One of Bill W.'s enduring themes was that recovery is a **lifelong process of spiritual growth**—not a destination. His writings consistently remind us that our defects are not removed all at once. Instead, **recovery is a daily practice of willingness, honesty, and dependence on a Higher Power**.

That's why Step Seven comes after becoming entirely ready. Before anything changes outwardly, something changes inwardly: **our willingness**.

Journal Prompts

- Where does **pride** still show up in my life?
- What shortcomings am I still trying to remove **myself** instead of **surrendering**?
- What does humility look like **outside of the rooms**?
- When have I experienced **growth** because I became **teachable**?
- What would I be free to do if I weren't so concerned with being right?

Thoughts From our Membership . . .

Tradition 7 – Self Supporting

Before coming into Alcoholics Anonymous (AA) my background in this subject was from business, political, and other types of charitable/noncharitable organizations. These types of groups accepted all donations no matter the source they came from. I was confused at first with the AA principle at the beginning of my sobriety. How can any organization self-support? The longer in AA the more patient you become and start understanding the core principle of Tradition 7.

Tradition 7 allows AA financial independence and spiritual integrity. It protects AA from outside influence so its mission remains to help alcoholics recover and is not shaped by corporate sponsors, government funding, or wealthy donors. By relying solely on members' voluntary contributions, AA preserves its unity and remains focused on recovery.

The principal underlying is responsibility. We are each responsible for sustaining the fellowship that sustains us. This allows us to maintain the original contents of the "Big Book" which has flourished. The AA elders know the past history, but for those who don't I will provide a little history. AA's primary text, the "Big Book," written in 1938 and officially published on April 10, 1939. Although Bill Wilson is credited with most of the writing, many others contributed before and after its publication. I was especially surprised to learn that the 12 Traditions were not included in the original edition.

Key milestones in their development include:

April 1946: The Traditions first written and published by Bill W. in an article titled "Twelve Suggested Points for A.A. Tradition" (later called "Twelve Points to Assure Our Future") in the A.A. Grapevine.

December 1947–November 1948: The Traditions published individually in the A.A. Grapevine as a way to gather feedback and group consensus.

November 1949: The short form of the Twelve Traditions first printed collectively in the A.A. Grapevine.

1950: The Traditions formally and unanimously adopted by the membership at AA's First International Convention in Cleveland, Ohio.

In a nutshell Tradition 7 emphasizes self-support. By declining outside contributions, the fellowship protects its independence, integrity, and focus on helping people achieve sobriety. At its heart is shared responsibility. Members sustain the fellowship that supports them. Contributions help fund essential services such as literature, public outreach, meeting spaces, online resources, and accessibility support. Giving is voluntary and based on individual means, with no set amount required. Even small, regular donations help ensure AA's resources remain available for future generations and the alcoholic who still suffers.

My closing thought is that Tradition 7 encourages more than financial giving. Service, support, and participation also strengthen the fellowship. If you are unsure how to contribute, talk with your sponsor or an AA elder. I made mistakes when I was new, but others kindly helped me learn. It is a wonderful feeling to see people walk into an AA meeting that is safe, welcoming, and supported by everyone's contributions. What are yours?

John D.

AAWS Update: Everything AA App Joins AA World Services

Alcoholics Anonymous World Services (AAWS) has officially acquired the Everything AA app, a popular digital resource used by members around the world to access A.A. literature, meeting information, and recovery tools.

Over the coming months, members can expect gradual updates to the app as AAWS reviews its content, aligns it with Conference-approved literature and A.A.'s Twelve Traditions, and introduces new features and resources. The app will also offer an optional subscription to help support ongoing maintenance, accessibility, and future development.

AAWS expressed its gratitude to the app's creator, Ben S., for his years of dedicated service. In his farewell message, Ben shared his confidence that AAWS is well-positioned to continue growing the app while preserving its purpose: making A.A. more accessible to alcoholics seeking recovery. Members are encouraged to be patient and supportive during this transition as the app enters its next chapter of service.

From ANGELA H. in District 14
Submitted through the [Booze News Contact Form](#) on the District 14 website!

"On 5/23/2026 I was 3 years sober. It has not been easy but with meetings and sponsors that are amazing will lead you in the right direction...UP!!!! One day at a time is all we need to know. GOOD LUCK. Love you all."

Thank you & Congratulations Angela H!

IN MEMORIAM



Tracy Hermanson
Passed on 20 May 26 with
32 years of Sobriety

Upcoming Events

Speaker & Potluck ft. Cheryl-Anne J.

July 2 @ 5:00 PM

New Day Recovery Club
4046 Forest Blvd, East Saint Louis

District 14 GSR Meeting & Area 21 Delegate Report

July 12 @ 12:00 PM

In Person at 623 Club
120 N. 3rd Street, Belleville
Or online via Zoom Meeting ID: 720
074 2222

623 Legacy Group's 10th Annual Speaker Jam

July 18 @ 8:00 AM - 10:00 PM

623 Club, 120 N. 3rd Street, Belleville

Annual Potluck in District 18

July 27 @ 6:00 PM

St. Jerome Catholic Church
511 S. Main Street, Troy

District 14 Elections & GSR Meeting

ALL POSITIONS ARE OPEN!

August 9 @ 1:00 pm - 3:00 pm

In Person at New Day Recovery Club 4046
Forest Blvd, East Saint Louis

We Want to Hear
From you!



You can now submit your own content to the Booze News for publication!

There is a submission form on the District 14 Website where you can submit feedback, articles, art work, events, poetry, quotes, your favorite sober stuff, literature recommendations, sober playlists, ANYTHING!

Submissions will be reviewed & may be lightly edited for clarity or space, but the original will not be modified. Submissions may not include harmful language, images, or violent content. Being included in the Booze News is at the sole discretion of the committee. Please remember our 12 Traditions where applicable when making a submission.

FULL DETAILS FOR THESE EVENTS ARE LISTED ON THE DISTRICT 14 WEBSITE!

Reminder!

You can always reach us via email to make suggestions or comments at:
boozenews.d14.a21@gmail.com

RECOVERY IN PRINT

District 14's monthly newsletter offering encouragement, inspiration, and education grounded in AA literature and the program of Alcoholics Anonymous.

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to the
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Interested in Getting
Involved?

The Booze News Committee welcomes trusted servants who want to support recovery through service. Writers, editors, and creative contributors are always needed!

Contact Us:

boozenews.d14.a21@gmail.com