



October
2025
A.A. Newsletter
Volume 141

Groupvineeditor@gmail.com
<http://aa-nia-dist43.org>

Step 10
**“Continued to take
personal inventory and
when we were wrong,
promptly admitted it.”**

Step 10 is crucial for me. It allows me to continuously take personal inventory and promptly admit when I'm wrong. This daily practice is essential for maintaining a healthy spiritual condition. By acknowledging my character defects, I live my life in the positive aspects of myself.

I constantly remind myself of what God would want for me. If I feel I've done something wrong or hurt someone's feelings, I pause, pray, and sincerely apologize for my behavior. Apologizing isn't just about saying sorry; it's about making a change.

I pray daily to remind myself of the importance of this step. If I don't follow these principles, it affects my emotional sobriety. When I realize I've wronged someone—whether it's losing my temper, gossiping, being dishonest, or neglecting a responsibility—I acknowledge it and try to make amends quickly, avoiding the buildup of guilt or resentment.

I can't afford to be resentful anymore. I refuse to walk on eggshells around anyone, and I certainly don't want others feeling the same way about me. To maintain balance, I keep track of the good things they've done that day, moments of kindness, patience, or honesty. This helps prevent self-criticism from becoming overwhelming.

I make it a goal to do something nice for someone every day without expecting anything in return. I also make sure to compliment others often. When I promptly address mistakes, I maintain emotional sobriety, nurture healthier relationships, and prevent the onset of guilt or resentment that could lead to relapse or other destructive patterns. A spot check inventory is also crucial for me. Whenever I feel agitated or off during the day, I pause and ask myself important questions: what is my role? Am I being selfish, afraid, dishonest, or resentful? If any of my character flaws surface, I must acknowledge them promptly and make amends as quickly as possible. Consistently repeating this process ensures the health of my relationships and reduces stress, guilt, and shame, which further prevent relapse and promote my well-being and emotional sobriety.

When working with a sponsee, my primary focus is on the process of change. We must transform our attitudes, reactions, and responses to every situation. It's essentially relearning everything we thought we knew and adopting a new way of life. I genuinely needed a sponsor to guide me through this process. I must diligently work through the first nine steps. My sponsee is encouraged to take actions along the way, not just read and make decisions. One of the actions I have them undertake is to text me throughout the day whenever they deviate from their usual behavior. This helps them become aware of the possibility of change. Awareness is essential for working the tenth step daily.

Sometimes, I find myself unsure of the right course of action in a situation. In such cases, I seek guidance from my sponsor or someone else who is diligently following a solid program. All of this involves change and seeking help. When I incorporate these practices and share my experiences over the past ten years, when I conduct my daily inventory, there are rarely any instances where I feel compelled to apologize. I continue to strive to maintain a clean slate on my side of the street. Step 10 holds a special place in my heart as it holds me accountable for my actions. I am eternally grateful for the opportunity I've been given in this program—to live a fulfilling and healthy life and contribute to the recovery of others.

- Alison B

We are looking for D43 members that are curious or interested in being of service as the New Chair and co-chair of The Groupvine. The position starts in January of 2026. We will help with the transition for the positions. Please contact us at: groupvineeditor@gmail.com

As Bill Sees it:

The perverse wish to hide a bad motive underneath a good one permeates human affairs top to bottom. This subtle and and elusive kind of self righteousness can underline the smallest act or thought. Learning daily to stop, admit, and correct these flaws is the essence of character building and good living.

The deception of others is nearly always rooted in the deception of ourselves.

Somehow, being alone with God doesn't seem as embarrassing as facing up to another person. Until we actually sit down and talk aloud about what we have so long hidden. Our willingness to clean house is still largely theoretical. When we are honest with another person, it confirms that we have been honest with ourselves and with God.

1:Twelve And Twelve, P. 60., PP. 94-95. 2. Grapevine, Aug. 1961

Step W, Bill. As Bill Sees It. New York: Alcoholics Anonymous World Services.



Volume 141
October
2025

SAVE
the
DATES



I learned early in recovery that Step 10 was going to be one of the critical maintenance steps in my program. After all, the first paragraph of Step 10 in the Twelve Steps and Twelve Traditions states: "Then comes the acid test: can we stay sober, keep in emotional balance, and live with good purpose under all conditions?" I desperately wanted to stop drinking, but more than anything I wanted emotional balance in my life regardless of the circumstances. The guidelines contained in Step 10 for taking a daily inventory proved to be very useful in early recovery. I learned from my sponsor, meetings, and other alcoholics that a daily review of my reactions and behavior throughout the day was the best way to help me keep my side of the street clean in the future.

Over the years, I have come to appreciate the wisdom contained in this step that helps me keep my side of the street "cleaner" and keep those inventory "wrongs" on the shorter side.

My favorite line in the step is "For we can neither think nor act to good purpose until the habit of self-restraint has become automatic."

Why is this so important? Step 10 indicates that our first objective should be the development of self-restraint. Moreover, when I reflect on my day (or life), it is almost impossible to find a situation when this was employed that led to me feeling disturbed. Love and tolerance is our creed. Self-restraint is often the starting point for practicing this principle and allowing for a better chance at emotional balance. -Jim M



"When in doubt we can always PAUSE, saying, "not my will, but Thine, be done." And we can often ask ourselves, "Am I doing to others as I would have them do to me-- today?"
P. 93. Alcoholics Anonymous. (2001). Alcoholics Anonymous (4th ed.). Alcoholics Anonymous World Services.

Celebrating



Your voice makes a difference, so please join us at our next District meeting! We will be holding elections for the upcoming year, and this is a great opportunity to get involved. If you have questions or want to learn more about the positions, please join us! We look forward to seeing you our next Zoom!**All are welcomed to attend!**
October 15th
District 43 Monthly Business meeting
7-8 p.m.
(Third Wednesday of each month)
ZOOM MEETING ID: 96566590236

October 18th
Big Book Conference
"A vision for you"
9:30-3:30 p.m.
***For more information, please see the flyer aa-nia-dist43.org**

12 Step House Mens (Closed)AA Fall Retreat
Starts October 24th -October 26th
St Mary's Retreat House
14230 Main St.
Lemont, IL 60439
Any questions, please contact us via text or call:
Dwight M (773)844-4956
Mark W (773) 216-0263

Friday November 14th through -Sunday November 16th
2025 Illinois State Conference
aa-nia-dist40.org
2025ilstconf@gmail.com

A.A. members in District 43 of Northern Illinois publish this newsletter. Admissions are to keep members informed of local events, service activities and to share experiences and strength in recovery from alcoholism, and its impact on our families. Ideas are those of the authors and not necessarily those of A.A. PLEASE SEND US any articles, ideas, or questions to groupvineeditor@gmail.com. Comments are most welcomed and encouraged!