



ILLINOIS DISTRICT 43

Groupvine

MARCH 2026

Step Three

Reviewing Step Three brings my relationship with my sponsor, Bryan, to mind. Early on in my sobriety, the two of us were going for a walk outside and he asked me if I was familiar with the “Step Three prayer“. I let him know that I did not know this prayer. Bryan looked back at me, slightly puzzled and said “Dude, this is a tool that’s available for you to use. This is something that can help you“. After that conversation, I got to work on learning that prayer. I saved the audio version of the prayer on my phone and repeated it back multiple times until I had it down by heart. I am proud to say that every morning after I get out of the shower, I recite the third step prayer and it is a great way to start my day anew.

Another moment that comes to mind with Bryan is when he and I were driving home from having coffee together. The song “My Way“ by Frank Sinatra came on the radio. Brian alluded to the fact that his father, also an alcoholic, loved that song and used to sing it aloud when it came on. I commented that my dad did the exact same thing (and he was an alcoholic too)! This discovery further cemented our bond with one another. In addition, both of us listened closer to the lyrics of that song: “Regrets...I’ve had a few. But then again, too few to mention... I did...what I had to do...and saw it through without exemption... To think I did all that...and may I say...not in a shy way...Oh no, no, not me. I did it my way“. To say the least, this does

not sound like someone who wants to make amends with anybody. We recognized together that this song and the lyrics are the antithesis to Step Three. Our culture often encourages and applauds self promotion, and self aggrandizing behavior. This famous song is a great example. Step Three reminds me that I am not in control, God is in control. The self aggrandizing behavior is what led me and so many others to self destruction. I like to think of the image of Frank Sinatra belting out this song in a different setting. I believe a more appropriate setting would be him singing “My Way“ behind bars and wearing a prison suit. This ironic twist would better illustrate the effects of self-centeredness on a suffering alcoholic. In reality, doing things “my way“ shackles me from recognizing what God sees as best and what the world around me needs from me.

Praying the “Third Step Prayer“ each morning in my “birthday suit“ is a good reminder for an alcoholic, like me, to enter the new day and step into the world with gratitude and recognition where I stand in God’s eyes.

The truth, in my life experience, is that I live my best moments in life, and I feel the most “happy, joyous, and free“ when I do things “His way“.

-Ryan G.

It's in the Book

(a quote from our literature)

“ The more we become willing to depend upon a Higher Power, the more independent we actually are. Therefore dependence, as A.A. practices it, is really a means of gaining true independence of the spirit. ”

Twelve Steps and Twelve Traditions, Page 35

Upcoming Events!

(in and around District 43)

March

2026 NIA AREA 20 SPRING ASSEMBLY

March 14 (8:00 am - 1:00 pm)
@ Hyatt Regency Schaumburg
1800 E. Golf Rd
Mahogany Room

*8am registration and
fellowship/continental breakfast
9am meeting begins, Adjourn 1pm*

*Attention GSRs: This is a voting
meeting. Your attendance or your
alternate is needed at this meeting.*

DISTRICT 43 BUSINESS MEETING

March 18 (7:00 pm)
Attend via Zoom
Zoom ID: 965 6659 0236
Password: 932879

April

DISTRICT 43 BINGO LOCO

April 18 (6:00pm-9:00pm)
@ Community United
Methodist Church
20 N. Center Street
Naperville, IL

Glow Foam Sticks,
Music, Dancing, Singing
and oh... **BINGO**