



ILLINOIS DISTRICT 43

# Groupvine

MAY 2026

## Step Five

---

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

---

Those of us who may not be used to the confessional, might find this step a daunting task. While Step 4 is the heavy lifting of discovery, Step 5 is the courageous act of disclosure. It is the moment we stop being as sick as our secrets.

For many of us, the weight of our past wasn't just in the actions themselves, but in the isolation of carrying them alone. By admitting the exact nature of our wrongs, we bridge the gap between our isolated selves and the rest of humanity.

The fear of judgment is usually the biggest hurdle. We imagine that our "exact nature" is so uniquely dark that another person couldn't possibly understand. However, the reality of the Step 5 experience is often the opposite. When we finally speak these truths aloud to a sponsor or a trusted confidant, we usually find shared humanity rather than condemnation. There is a profound psychological relief in hearing another person say, "I've felt that too," or simply watching them listen with unconditional love. This human connection serves as a tangible mirror for God's grace.

Spiritually, this step is an exercise in humility. It's one thing to admit our flaws in the privacy of our own minds, but voicing them to another person makes them real. It strips away the ego's ability to rationalize or minimize our behavior. This isn't just a confession of our sins, we are identifying the patterns and character defects that fueled our addiction. This honesty is the "medicine" that begins to heal the soul. In the "darkness" of secrecy, our defects grow, or worse repeat. In the "light" of confession, they lose their power to haunt us.

Often, we are either too hard or too easy on ourselves. Our sponsor can help us see where we were truly at fault and where we might be taking on unnecessary guilt. As we finish this step, a strange thing happens. The "terrible" secrets lose their teeth. We walk away with a lighter step and a clearer conscience. We have finally stopped running from ourselves. This experience doesn't just "get it over with"—it sets the stage for an entirely new way of living based on integrity and openness. We find that the world didn't end because we told the truth; in fact, our new life has just begun.

**-Brian V.**

# It's in the Book

(A quote from our literature)

“ Hence it was most evident that a solitary self-appraisal, and the admission of our defects based upon that alone, wouldn't be nearly enough. We'd have to have outside help if we were surely to know and admit the truth about ourselves – the help of God and another human being. ”

*Twelve Steps and Twelve Traditions, Page 59*

## Upcoming Events!

(In and around District 43)

### May

See our district website for more information on these events!

#### **2026 NIA AREA 20 SPRING COMMITTEE MEETING**

May 16th  
8am-3pm  
Lord of Life Lutheran Church  
40W605 IL Rt 38  
Elburn, IL United States

#### **44TH ANNUAL NORTHEAST INDIANA CONVENTION AND 81ST ANNUAL BANQUET**

May 8th-10th  
Grand Wayne Convention  
Center, 120 W. Jefferson Blvd,  
Fort Wayne, IN 46802

#### **31ST ANNUAL FOX VALLEY OPEN**

May 16th  
Doors open at 7pm  
Lord of Life Lutheran Church  
40W605 IL Rt 38  
Elburn, IL United States

#### **DISTRICT 43 BUSINESS MEETING**

May 20th (7:00 pm)  
Attend via Zoom  
Zoom ID: 965 6659 0236  
Password: 932879

### June COMING SOON...

**2026 NIA AREA 20 SUMMER ASSEMBLY**  
ATTENTION GSRS: ATTEND THIS PLEASE  
June 20th, 8-3pm

**2026 ECR & AREA 72 CONFERENCE**  
June 26th-28th  
@ University of Wisconsin-Eau Claire (Davies Center)