



ILLINOIS DISTRICT 43

Groupvine

JUNE 2026

Step Six

“Were entirely ready to have God remove all these defects of character”

My first time working Step 6 was a blur. I was about nine months sober, but my life was still in shambles and my head was like a beehive. Like most experienced sponsors, my sponsor ushered me through Steps 6 and 7 so that I could begin the amends process. I had just given up alcohol, and I don't think I could fully understand how to give up all my defects of character.

I do remember that he wrote out a list of my character defects on the left side of the page and what the opposite good action would look like on the right. He said, “If you do what's on the right side of the page, your life is going to get really good fast.” He was right!

My second time working Step 6, I was one and a half years sober. I had just moved to a new city, found a new sponsor, and begrudgingly started the steps over. My own conscience had started to evolve, and there were some things I was doing that I knew were not God's best for me.

One of those things was my online activities. My sponsor invited me to another 12-step fellowship that dealt with that issue. I was not excited to add more recovery to my weekly schedule, but I followed the suggestion. I think following my sponsor's suggestion demonstrated my readiness for God to remove the defect. After nine months of struggling with that issue, God did remove it, and it has been close to five years since that has been in my life.

My third time working Step 6, I was five and a half years sober. I had reconnected with my first sponsor, and we started reading Step 6 in the 12 & 12 each week for almost a month. During this season of life, I was faced with some serious health problems and a disappointing end to a romantic relationship. The main defect that was plaguing my joy and peace was self-pity.

It was not something I could see; it had to be pointed out by my sponsor. He said that I didn't have to have a terrible day just because I was lonely and in pain. That was what I needed to hear. I needed to learn to press into God, even when I was not getting the results I wanted.

I kept up with my daily inventory, meeting commitments, sponsoring other men, and weekly step work, despite the difficult season. I would like to say God has removed the self-pity, but He has not. It is still something I struggle with each day, but most mornings I wake up and ask God to remove it.

I don't know if He will remove the defect of self-pity, but I know that it is not fully controlling my thoughts and life today. It's incredible how much you can grow up in AA by simply following a sponsor's suggestion and not living life alone anymore.

-John F.

It's in the Book

(A quote from our literature)

“ If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety. ”

from *The Next Frontier: Emotional Sobriety*” by Bill Wilson

Upcoming Events!

(In and around District 43)

June

See our district website for more information on these events!

2026 NIA AREA 20 SUMMER ASSEMBLY

June 20th
8am-3pm
Venue: TBD

Attention GSRs- Because this is a voting meeting your attendance or your alternate's is needed at this assembly. Thank you!

2026 ECR & AREA 72 CONFERENCE

June 26th-28th
@ University of Wisconsin-Eau Claire
(the Davies Center)

Register online at www.area74.org
This conference will feature speakers, panels, archives, banquet, entertainment and

DISTRICT 43 BUSINESS MEETING

June 17th (7:00 pm)
Attend via Zoom
Zoom ID: 965 6659 0236
Password: 932879

July

DISTRICT 43 BUSINESS MEETING

July 15th (7:00 pm)
Attend via Zoom
Zoom ID: 965 6659 0236
Password: 932879