



ILLINOIS DISTRICT 43

Groupvine

JULY 2026

Step Seven

“Humbly Asked Him to Remove Our Shortcomings”

So let's start with the definition for “humbly.” In the 12 & 12 dictionary humbly is defined as with humility - in a humbly way, manner, or method /not showy / not claiming or demanding special merit, distinction or consideration / showing patience and humility. Humility is defined as - being humble / lacking in vanity, pride, or self-importance / “down to our right size”, “it amounts to a clear recognition of what and who we are, followed by a sincere attempt to become what we could be”, “a desire to seek and do God's will” and last but not least, RULE #62 “Don't take yourself too damn seriously.”

So the question remains, are you humble? Am I humble so that I can ask THE Father, on a daily basis, to remove a shortcoming or two?

When I came back after a 5 year relapse, having been “sober”(going to meetings and lots of fellowship) for 12ish years, I knew I would have to do things differently or get the same results. So I got a great sponsor who walked me through the program of Alcoholics Anonymous out of the book Alcoholics Anonymous and taught me to love & practice the principles of the steps.

First I had to get honest. Why is that so hard for us alcoholics? For me, it was a relief because I didn't have to remember what I told you because it was all the same thing. The hope I found in Step 2 learning that I really

have a God of my own understanding. Also that I can grow a bigger God whenever I need to. The faith in making the decision to continue working the steps and turning my will and life over to MY GOD. What a breath of fresh air! All of that lead to the courage needed for the 4th step and the integrity to share with another person and my God. Which brought me to be willing to get ready to release some of my character defects. And now, having done all of the work so far, I've gained some humility by trusting in God and remaining teachable.

If I look to what the Oxford Group shared with us in the four absolutes of honesty, purity, unselfishness and love, remembering that they are in the Step 4 questions on AA p67, the Step 10 directions AA p84 and the Step 11 questions AA p86, humility is attainable.

My sponsor shared with me that:
*The first Three Steps get us here,
The Last Three Steps keep us here, but
The middle Six, worked in pairs,
Determines the Quality of our sobriety.*

So work the middle six, you'll and change the quality of your sobriety!

If nobody's told you lately that they love you, I love every single one of you! Thanks for letting me be of service.

-PJ

It's in the Book

(A quote from our literature)

“ For just so long as we were convinced that we could live exclusively by our own individual strength and intelligence, for just that long was a working faith in a Higher Power impossible. ”

from *The Twelve Steps and Twelve Traditions, Step Seven (pg 72)*

Upcoming Events!

(In and around District 43)

July

See our district website for more information on these events!

CHICAGO WINDY CITY WORKSHOP

July 25th (9am-2pm)
@ First Baptist Church of Oak Park
820 Ontario Street in Oak Park, Illinois

Join us in welcoming a national panel of sober members from Oklahoma and Chicago, including a lively workshop with Q & A.

Session 1: Sponsorship & Home Group (panel)
Session 2: Alanon Speaker-Marlena
Session 3: AA Speaker-Brandon

Family is invited. Free breakfast and lunch!

NIA AREA 20 GSR MONTHLY MEETINGS (ZOOM & IN-PERSON)

July 27th (7:30pm)
On Zoom (zoom number TBD)

Join us at this meeting. The actual zoom number will be shared on the district 43 website closer to the 27th.

DISTRICT 43 BUSINESS MEETING

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

August

DISTRICT 43 BUSINESS MEETING

August 19th (7:00 pm)
Attend via Zoom
Zoom ID: 965 6659 0236
Password: 932879

DISTRICT 43 ANNUAL "LUAU" PICNIC AUGUST 29, 2026 (1:30PM - 3:30PM) DUPAGE RIVER PAVILLION 808 ROYCE RD NAPERVILLE

August 29th (1:30-3:30pm)
DuPage River Pavillion 808
Royce Road in Naperville, IL

Get out your grass skirt, hawaiian shirt, etc Best look wins a PRIZE