



ILLINOIS DISTRICT 43

Groupvine

AUGUST 2026

Step Eight

"Made a list of all persons we had harmed, and became willing to make amends to them all"

Make a list. Seems simple enough, right? Not for me. I'm an over-thinker. Just how many names is enough? How many names did you have on yours? How could I possibly remember the name of every person I've ever harmed? My fourth step was a good place for me to start, specifically my resentment list, focusing only on the first and last columns – the name of the person, and what my part was (how did I handle it?) Did I harm that person? For most, if not all of them, the answer was yes. So without realizing it, I already had a start on my Step Eight list. But what about the people I harmed but didn't resent?

My sponsor had me make this list as part of step four. As I'm writing this now, I'm realizing I had the list ahead of time.

Okay, so I have my list. I could take more time, waiting to see who or what may pop into my head, and add them to the list. But for now, this is everything, everyone I can think of. Now to become willing to make amends to them all. The 12&12 notes there may be obstacles in this Step: "reluctance to forgive, non-admission of wrongs to others, purposeful forgetting". To be willing means to take action.

Also noted in the 12&12 is the "necessity of an exhaustive survey of our past. Deepening insight results from thoroughness." Sure, they harmed me, but that's not how Step Eight reads. This is about the harm I've done.

What kinds of harm have I done to others? The first name on my Step Eight list was the first name on my Step Four (resentment) list: resentment number one (or in my mind at the time, public enemy number one). I obsessed over how they harmed me. But how did I harm them? I retaliated, terrorized, disrupted, disturbed. I drank (and drove) over it, and so the harm done to others continued. It was through this exhaustive survey of my past (thoroughness) that I was able to refocus on the harm I've done.

Before moving on to step nine, my sponsor wanted to know: "If they pick up the phone, what are you going to say? If they don't, what will you say in a voicemail? If they don't get back to you, what will you write to them?"

I worked this step very closely with my sponsor. I took his suggestions, one of which was that what I write to resentment number one should contain plenty of humility.

"Humility is not to think less of yourself – it's to think of yourself less."

My suggestion is, based on my experience, to work closely with a sponsor on this step. God will show us the way as we work with Him.

-Adam S.

It's in the Book

(A quote from our literature)

“ Every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparing survey of the human wreckage he has left in his wake. ”

from The Twelve Steps and Twelve Traditions, Step Eight (pg 77)

Upcoming Events! (In and around District 43)

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

2026 ILLINOIS STATE CONFERENCE “HUMILITY IN ACTION”

August 21st-23rd
@the Doubletree Oakbrook
Join us for Speakers, Literature, Archives, Workshops, Alcahthon, Panels, Entertainment, Fellowship, Hospitality Room, Fun

DISTRICT 43 ARCHIVES LONGTIMERS PANEL

Sunday, August 9, 2026 (1:30-4:30pm)
@West Suburban Fellowship Club 710
East Ogden Avenue – Suite 430

Sept.

DISTRICT 43 BUSINESS MEETING

September 16th (7:00 pm)
Attend via Zoom
Zoom ID: 965 6659 0236
Password: 932879

2026 NIA AREA 20 FALL ASSEMBLY

September 12 @ 8:00 am - 3:00 pm
This is a voting assembly, so GSRs should attend. Zoom options will be available.

We Need Volunteers!

Several district 43 positions are available and we need your help. See above for information on how to attend the next district meeting.