



ILLINOIS DISTRICT 43

Groupvine

SEPTEMBER 2026

Step Nine

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

In the rooms, I often hear that Step Nine "is a sponsor-directed step". And what a relief that is! My sponsor helped me make my Step 8 list when we worked Step 5. She took notes. There was no avoiding anyone on my Step 8 list when it came time to work Step 9.

She did allow me to choose the order of the amends. Some alcoholics want to knock off a difficult amends first. That is 100% NOT me. I went with the softball approach and started with my parents. They were incredibly supportive of my recovery and my work in AA, so I felt they would receive my amends well. And they did. My dad made it 30 whole minutes before he left the room to watch college football!

Once I completed an amends, I immediately started on the next one. I told my sponsor who was next and got her approval that I was ready to make that particular amends. Next I typed up an amends for the person which my sponsor reviewed and also approved. Then I reached out to the person and made an appointment – just like it's suggested in the Big Book. When I got to the appointment, I had the amends pulled up on my phone – so there was no chance of chickening out and skipping the hard stuff. Most of the time I had to read the amends as written. It was scary to make eye contact and I was afraid to explicitly state how I had harmed that person. But I did it every time. As soon as I was done reading, I put my phone away and listened. This was also guidance from my sponsor.

My Higher Power showed up in the amends I was most fearful of. I shared things that happened 20 or 25 years ago and to my surprise, my friend had no idea what I was talking about – she had zero recollection of the event. I had held onto this for decades and she didn't even remember it had happened! Nothing to do but laugh about that.

On the flip side, an amends I thought would be easy (relatively-speaking) was difficult. One high school friend remembered things I didn't remember – sometimes because I was drunk and sometimes because I was just so caught up in my alcoholic thinking. My Higher Power showed up here as well. I was able to respond with grace and kindness and took responsibility for my actions in the moment. Before working the AA program, there was no chance I would have responded that way.

The impact of working Step Nine thoroughly healed 9 normie friendships – some from high school, college, and my time in Los Angeles.

While I maintain an army of women in AA, I also treasure my normie friends. I regularly get stuck in my own head and appreciate the perspective of my sponsor, my AA women, and my normie friends. Having myriad women in my life ensures there's always someone there when I need help. For me, however, one woman was the foundation of my Step Nine – my sponsor. I will always be grateful for her time and energy as I worked this step.

-Kate R.

It's in the Book

(A quote from our literature)

“ We feel a man is unthinking when he says that sobriety is enough. He is like the farmer who came up out of his cyclone cellar to find his home ruined. To his wife, he remarked, "Don't see anything the matter here, Ma. Ain't it grand the wind stopped blowin'?" ”

from The Twelve Steps and Twelve Traditions, Step Nine

Upcoming Events!

(In and around District 43)

September

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.

October

2026 NIA AREA 20 FALL COMMITTEE MEETING

September 12 @ 8:00 am - 3:00 pm
Lord of Life Lutheran Church
40W605 IL Rt 38
Elburn, IL

2026 NIA AREA 20 BIG BOOK CONFERENCE

October 17 @ 9:00 am - 4:15pm
Wauconda, IL
Come see great speakers and
excellent panels!

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 or reach out via the website listed below.