



ILLINOIS DISTRICT 43

Groupvine

OCTOBER 2026

Step Ten

“Continued to take personal inventory and when we were wrong promptly admitted it.”

When I was drinking, I carried around a lot of weight—the harms I caused, the shame of my behavior, and the feeling that I was condemned to relive it all over and over. That weight hung around my neck like a lead noose. I was doing hard time in the worst prison of all: my own head.

I stumbled into AA and dove into the steps. And I soon saw results. The first nine Steps helped free me from the weight of my past. Then Step 10 gave me a tool to keep me from putting that weight back on in the present. Continued inventory and self-restraint became the order of the day.

And it would be put to the test. Frequently. Particularly at work.

I had a junior co-worker who seemed to have it in for me. She would criticize and insult me seemingly every chance she had. It was becoming a daily problem. It all came to a head when, during a team meeting, she went at me so hard that two people in the room gasped out loud. One even admonished her. I kept my mouth shut, as I had been well trained on the benefits of restraint, and simply said, “I’ll take that under consideration”. I said it calmly and kindly, but inside I was fuming.

During this time, I started to pray for her. The Resentment Prayer, the Serenity Prayer, the St. Francis Prayer. It worked! And my disturbance would go away, for a while. But my troubles with her always returned. It began to affect my work. I couldn’t concentrate. I hated going in. I soon thought about leaving this job and even started looking for another one.

I was at the end of my rope when my sponsor asked me if I had inventoried it. I said yeah, I did a spot check many times, and always kept my mouth shut. He said that’s great, but it sounds like you might benefit from some further insight, and suggested that I do a more searching inventory. So I went to work.

Was I resentful? Certainly. And if there was ever a case for a justified resentment it was this one. After all, she had not only disrespected my authority publicly, but (God forbid!) she had made me look bad. How could anyone commit such a heinous crime? I mean, I had NEVER done anything so horrible!

Fortunately, I’d had some good teachers in AA, and they taught me early on that there was no such thing as a justified resentment for an alcoholic. Justifying it would only keep me stuck in a negative loop of anger and fear. And if I kept accumulating fear and resentment, eventually I would drink.

Fear—that word struck a note. I thought of how I’d been afraid in the early days of my career, full of insecurities and doubts about my abilities. And how my large, yet fragile, ego felt threatened by the work of a more experienced co-worker. And how that co-worker became a sort of nemesis for me,

Then... BOOM! It hit me. She had reacted exactly as I had. Feeling threatened, she lashed out at what seemed like the cause of her fear, and I had become her adversary. I thought “There but for

the grace of God go I.” And with those thoughts, I was free from that resentment. The weight had been lifted, and I had gained a little humility and empathy in the process. Bonus!

I never felt the pains of that resentment again. And I began to treat that co-worker with kindness and tolerance rather than just self-restraint. I don’t know if it changed her,

but it changed me. The inventory, reflection, and prayer caused me to see her in a different light. She was no longer the source of my troubles, but a person just trying to make their way through life. A child of God. Just like me.

-Chris K.

It’s in the Book

“ Every day is a day when we must carry the vision of God's will into all of our activities. "How can I best serve Thee - Thy will (not mine) be done." These are thoughts which must go with us constantly. We can exercise our will power along this line all we wish. It is the proper use of the will. ”

from The Big Book of Alcoholics Anonymous, Page 85

Upcoming Events!

(In and around District 43)

October

2026 NIA AREA 20 FALL COMMITTEE MEETING

October 3rd @ 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!

NIA AREA 20 GSR MONTHLY MEETINGS

(Zoom & In Person)
October 19th
Zoom Info TBD

TNDG FALL RETREAT

Focused on Step 12
Saturday, October 17
8am-3pm
Celebration Campus
919 S. Washington St.
Naperville, Illinois

November

DISTRICT 43 COMEDY NIGHT!!!!

Sat Nov 7th 7:00PM - 8:30PM
VFW 908 Jackson, Naperville

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.