



ILLINOIS DISTRICT 43

Groupvine

NOVEMBER 2026

Step Eleven

“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”

Am I doing all I can to get closer to god on a daily basis? The obvious answer is no. I could, of course, be doing so much more. I could pray more, meditate more, serve more, choose more spiritual habits and so on. However, compared to 20 years ago, my outlook on life has changed drastically for the better.

Coming into AA in my 20s, life was a total mess. I was living in a constant state of terror which rarely let up. Panic attacks happened hourly, I was unable to work anymore and had moved home with my parents. It seemed like ages since I had felt peace or joy in my life, in fact I had struggled to feel much of anything the last few years of my drinking.

A good-natured psychiatrist pointed me towards AA. It was more of an ultimatum actually. He bluntly said that I had to seek help for my drinking or he was done seeing me. I refused treatment but said I would attend meetings.

I am of the type that was surprised to find out drinking had anything to do with my problems. This was because it was the only thing still providing relief from my loud head. A head that had become louder over

time as I kept blotting out more and more of my sober existence.

Well, AA stuck. I'm not saying I was thrilled to be here. At first, it was quite the opposite. But what I could not argue with is that it had started to work.

Coming in desperate and crazy, I started taking suggestions: I got a sponsor, home group, started the steps and began calling other AAs. These things all worked together to pull me out of paralyzing self-obsession and back into reality. Doing this gave me hope that I had found a way to live once again. As I finished most of my amends, I started to experience freedom from obsessions of the mind like never before.

Today, step 11 has become the tool I use most often to quiet the mind and focus on what god would have me be in any given moment. I've learned that I can't win an argument with the committee in my head. I have to turn to my higher power for help and direction often to keep things moving in the right direction and most importantly to stay at peace. I pray that the freedom I've found continues to grow as does my relationship with a god of my understanding.

-Aaron F.

It's in the Book

(A quote from our literature)

“ There is a direct linkage among self-examination, meditation and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life. ”

from The Twelve Steps and Twelve Traditions, Step Eleven

Upcoming Events!

(In and around District 43)

November

DISTRICT 43 COMEDY NIGHT

COME SEE FOUR SOBER COMEDIANS
FROM THE CHICAGO AREA
Tickets are available online.

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

DISTRICT 43 BUSINESS MEETING

November 18th (7:00 pm)
Attend via Zoom
Zoom ID: 965 6659 0236
Password: 932879

37TH ANNUAL MCHENRY SOBERFEST

November 20-22nd
@the Grand Geneva Resort
Lake Geneva, Wisconsin
Mention AA when booking a room
to get a discounted rate

December

NIA AREA 20 WINTER ASSEMBLY

December 12th
8am-3pm
Attention GSRs: This is a voting event
and your attendance is needed.

DISTRICT 43 BUSINESS MEETING

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

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.