



BREAKTHROUGH

THE BI-MONTHLY NEWSLETTER FOR ALCOHOLICS ANONYMOUS NORTHERN ILLINOIS, AREA 20, DISTRICT 42
SERVING BURR RIDGE, CLARENDON HILLS, DARIEN, DOWNERS GROVE, HINSDALE, OAKBROOK, WESTMONT & WILLOWBROOK

Resentment's Kryptonite – Part 3

We began this reflection in the May-June Issue of the Breakthrough. Tom H. talks about a three part formula for dealing with resentment. First, **Name It**. Second, **Claim It**. This is the Third and final part, **Tame It**. We hope his reflection has been helpful to all “trudging the road to happy destiny.”

Tame It

Naming and claiming are just the start. To truly heal, I have to tame the resentment. That's where the real work begins.

By this point, I've seen that the harm others did to me is now dwarfed by the harm I do to myself by holding onto it. I've suffered enough from other people's actions; I don't need to keep suffering through my own self-righteousness.

Taming resentment begins with commitment — a decision to do the spiritual work required to be free.

There are pitfalls to avoid:

1. **Rationalization and minimizing.** Pretending the resentment isn't there (or so small) doesn't work. Distraction, busyness, denial — none of it heals the wound. Saying “I'm over it” without doing the work is like asking, “How much poison can I drink without dying?” Any amount is too much.

2. **Defiance.** Sometimes I know I “should” forgive but don't want to. I tell myself that hating them keeps me safe, that forgiveness is weakness. When I get here, the only prayer that helps is an honest one:

“Father in heaven, you know how much I hate this person. I want justice, I want them to suffer. But I also know I need to let this go. Please help me become willing — even if I'm not willing yet. Help me see them through your eyes. Help me find freedom.”

God isn't impressed by my fake reverence. He can handle my real heart — rage, confusion, and all. Honest prayer, no matter how clumsy, opens the door to grace.

3. **Confusing forgiveness with reconciliation.** Forgiveness doesn't mean forgetting, excusing, or reuniting. Some people are unsafe. Some relationships should stay broken. Forgiveness simply means I stop drinking the poison. I can forgive and still set boundaries.

In some cases, forgiveness brings clarity. Once I've let go of the resentment, I might see that reconciliation is possible — or that it isn't. Either way, I can make that decision with wisdom instead of bitterness.

Sometimes there's middle ground — polite coexistence, not friendship or enmity. Neutral ground. That's what freedom looks like.



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So how do I actually get free? In a word: Prayer.

Praying for the person I resent is my secret weapon. Resentment feeds on energy and attention; prayer starves it.

This isn't new — it's ancient spiritual wisdom. Every major faith tradition teaches it: love your enemies, pray for those who persecute you, wish good for those who wrong you. AA didn't invent that idea; it simply rediscovered a timeless truth.

When I commit to praying daily for the person I resent — honestly, awkwardly, fiercely — something shifts. My prayers might start out angry and sarcastic. Sometimes I'm basically asking God to smite them. But over time, the prayer changes me.

Eventually, I start asking for God's justice His way, not mine. I start asking Him to bless them the same way He blesses me. I start thanking Him for freeing me.

The resentment loses its grip.

Bad things still happen. Some of life's pain defies explanation. The story of Job reminds me that evil and suffering are real — but so is God's presence. I don't pretend to understand why terrible things occur. I don't believe God "has His reasons" for tragedy. But I do believe He can meet me there, heal me there, and walk me through it.

Prayer is how I let Him in. It's how I hand over what I cannot fix. It's how I stop feeding the resentment and start reclaiming my soul.

Prayer is quite simply, "resentment's kryptonite." -- Tom H.



The most common alcoholic fantasy seems to be: "If I just don't drink, everything will be all right." Once the fog cleared for me, I saw—for the first time—the mess my life had become. I had family, work, financial and legal problems; I was hung up on old religious ideas; there were sides of my character to which I was inclined to stay blind because they easily could have convinced me that I was hopeless and pushed me toward escape again. The Big Book guided me in resolving *all* of my problems. But it didn't happen overnight—and certainly not automatically—with no effort on my part. I need always to recognize God's mercy and blessings that shine through any problem I have to face.

– Daily Reflections Jan. 13th

"Life is not easy for any of us. But what of that? We must have perseverance and above all confidence in ourselves."
— Marie Curie

Our Members Share...



I personally find it hard to describe and express my feelings. Music is the best way for me to do that. That all being said since joining the program I have been looking for some encouragement from musical sources. One of my favorite bands is called *Dream Theater*. Their drummer is Mike Portnoy (who is a legendary drummer). Mike Portnoy happens to be a friend of Bill W and wrote five songs (known as The Twelve-step Suite) about his experience in the program. I have found a lot of comfort and support from these songs. These lyrics are from the first song entitled The Glass Prison, which deals with steps 1-3 (Which I am personally working on.). *Dream Theater* is a Prog/Math Metal band known for extremely long songs (This one clocks in at 13:53!) so I will be splitting the lyrics in half. I hope this possibly helps anyone on these steps or just gives some more support to someone who needs it.. -- Kevin A.



A Spiritual Moment

While visiting the Acadia National Forest in Bar Harbor, Maine last October, I noticed a lone hawk soaring over the valley. It was allowing the wind to keep it airborne, and was not exerting any energy by flapping it's wings and fighting the currents. I reflected on what a great reminder this was for me to not try "fighting" the "currents" of my life, remembering to live each day as it comes, to practice "living life on life's terms." I Googled "what does it mean when you see a soaring hawk", and saw this: "When a hawk flies over you, it's often seen as a sign that you are being watched over and protected by spiritual forces. It might also be a reminder to look at the bigger picture and to rise above the challenges that you're facing." – TC

Have you had any similar "spiritual moments"? We'd love to hear about them, and share with our readers. Please consider sharing at:

breakthrough@aa-nia-dist42.com

Cunning, baffling, powerful
Been beaten to a pulp
Vigorous, irresistible
Sick and tired and laid low
Dominating, invincible
Black-out, loss of control
Overwhelming, unquenchable
I'm powerless, have to let go

I can't escape it,
It leaves me frail and worn
Can no longer take it
Senses tattered and torn
Hopeless surrender
Obsession's got me beat
Losing the will to live
Admitting complete defeat

Fatal descent
Spinning around
I've gone too far
To turn back round

Desperate attempt
Stop the progression
At any length
Lift this obsession

Crawling to my glass prison
A place where no one knows
My secret lonely world begins
So much safer here
A place where I can go
To forget about my daily sins
Life here in my glass prison
A place I once called home
Fall in nocturnal bliss again
Chasing a long lost friend
I no longer can control
Just waiting for this hopelessness to end

Meetings and Events

For a list of Meetings , Service Opportunities
And Upcoming Events
in District 42
go to:

aa-nia-dist42.com

Women's Meetings

Serendipity Group - Hybrid
Tuesdays 10 a.m.
New Day Center

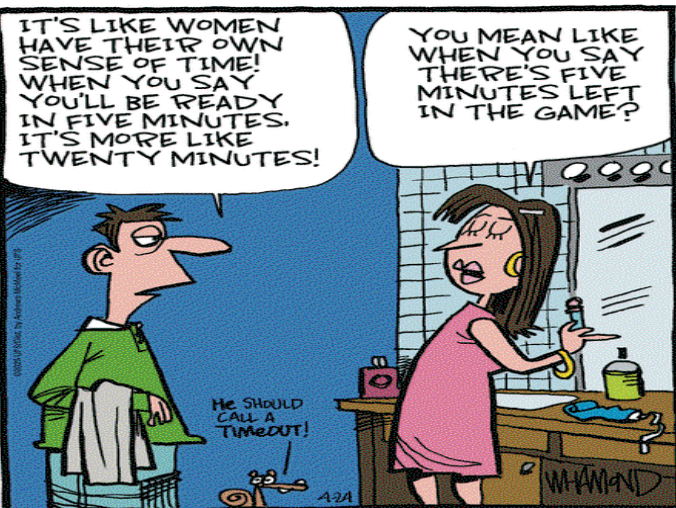
740 Pasquinelli Drive, Suite 104
Westmont
Discussion
Zoom Meeting ID 5200041125
Password 1212

Step into Sobriety -Remote
Thursday 10 am
12 steps and 12 traditions
Zoom Meeting ID 5200041125
Password 1212

Thank God Women's Group Meeting
Fridays at 7 pm
Avenue Christian Church
5750 Holmes Ave.
Clarendon Hills (Enter Door #4)
1st and 3rd Friday: Big Book Topic
2nd and 4th Friday: Step Reading
5th Friday: Speaker and Food ☺

Reality Check

Dave Whamond



Dist. 42 Answering Service

630-387-9942

Upcoming District 42 Workshops

St. Andrew's Episcopal Church
1125 Franklin
Downers Grove,
10 am – 12 noon
2nd Saturday of the Month

Please consider supporting these workshops by attending, and having your group volunteer to present a workshop.

Ask your group's GSR for details.



Each month, on the 3rd Tuesday, the District 42 meeting is held at St. Andrews Episcopal Church, in Downers Grove.

The meeting begins at 7:00 pm. All are welcome. It's a great way to learn about all of the outreach the our district is involved in as we try to "carry the message". Volunteering through service work is an excellent way to build strength in our recovery. Plus, it feels good!

Did you know that one of the District Committees focuses on taking meetings to those in Nursing homes, and Rehabilitation Centers? This is a very rewarding "ministry" that is always looking for volunteers. The district is always looking for help with the Answering Service. Won't you consider giving your time, and talents to these, or any of the other service opportunities in the district? Ask your group GSR for details.

Articles /Announcements
Are due by November 6th

Send to:
breakthrough@aa-nia-dist42.com