



PASS IT ON

Eastside Intergroup Newsletter

Issue 81 April 2024

Page 2

Office Report
by Doug H.

Page 3

From The Spiral
by Matthew T.

Page 4-9

AA Info and Flyers

Page 10

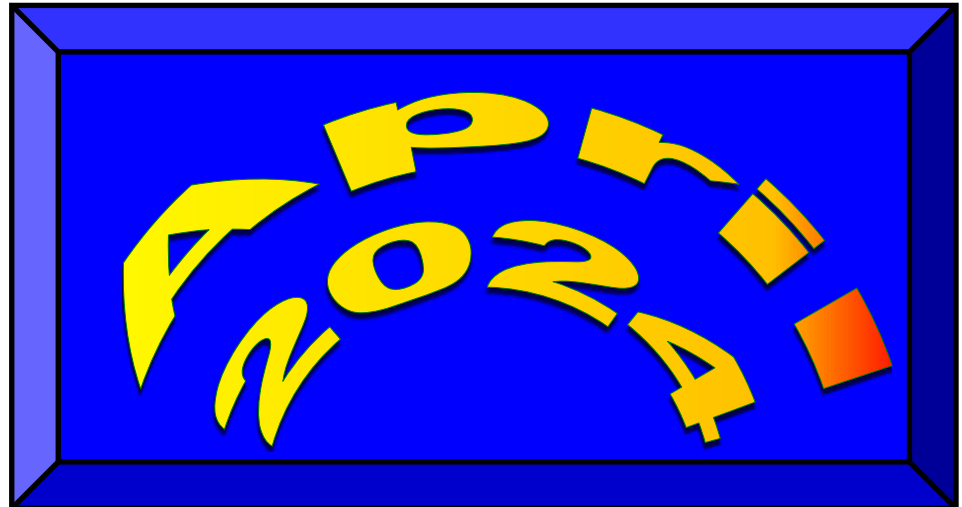
Volunteers! Generosity!
Birthday Club!

Page 11

Group Contributions

Page 13

Office Information



From the Spiral #49

by Matthew T.

The following are just a few one-liners from our fellowship to help us stay close to our program in addition to some commentary about the quote.

1. *What makes us unhappy is to want something.*

If you truly surrender to the program of Alcoholics Anonymous, there's a very good chance that you will want for nothing. A new freedom and a new happiness has a lot to do with this because you realize that you already have all that you need. For some of us, we feel that we have so much that we are all too eager to give what we have away. When I am unhappy, my inner calculator is in adding mode. Addition might provide some happiness, but that will only last about as long as a cocktail. Subtraction, more often than not, is the key to getting back on the beam. Letting go of anger, purging your home of things you no longer need, and giving your fears to your Higher Power is happiness by subtraction. When we add, we are headed for unhappiness.

2. *If a Higher Power isn't in your life, the ego is driving.*

Remember that we deal with EGO: cunning, baffling, powerful. Without help, it is too much for us. Yes, our preamble tells us this is the case as it pertains to alcohol, but I have come to learn that my ego is the driving force, but one of its ideas is "let's have a drink." It takes a long time for me to recognize that my ego has taken the wheel, but I can avoid this altogether if I make my Spiritual Practice priority number one. I haven't had a drink in over five years, but I can still veer of course and behave just as bad (if not worse) as I did when I was in my cups. The only difference is that my breath doesn't smell as bad. How do I get or rid of ego? Ego never goes away. There is a use for it, but that's another conversation. My ego needs to be put in its place so my Higher Power can show me what peace and reliability looks like. Pausing is the key, which takes a lot in some cases, but working this program will setup your property with highly sensitive security sensors so you will know when a course correction is needed before it's too late. Keep in mind that non of this is pass or fail. The more we learn about ourselves, the better we will be at loving and accepting who we really are.

3. *Turn it over and the results are instantaneous.*

By nature, I am a very private person. That's a nice way of saying that I can do it myself and I don't like to share. A friend of mine made a suggestion to me a few weeks ago that made a powerful impact. His suggestion was in the form of a question. "Why don't you bring God into it?" My friend could tell that I was trying to take on and manage too much and it should come as no surprise to you that this approach was not working as I would have it. When I started in the program, I kept hearing people share about turning it over, which made me think about cooking for some reason. Sometimes how things are worded throw me off. My friend put it another way when he suggested including God in my ideas and challenges. If I have no problem asking my friends for help, then why do I hesitate to seek God first when I am overwhelmed from trying to do everything myself?

I hope this helps, and I'll see you at a meeting.

-Matthew T.

ESIG Office Report

3/7/2024 ESIG Intergroup General Meeting

Annual Inventory

The Annual Inventory was done on Monday February 19, 2024. Participating were Holly F., Ken T., Chris D., Christine O., Lisa S., and Doug H. We started at 9:30 in the morning and were able to get through the inventory counts by 3:00. All the participants did an outstanding job locating and counting as well as resolving discrepancies in real-time. We are also starting the process of identifying items to consider no longer selling.

Store/Office Activity:

February was a little above average for us in terms of retail sales. As with last year, we had a huge sale to Lakeside Milam in January, however, unlike last year, we exceeded the regular sales from January by about \$800.00.

As always, an outstanding group of volunteers supported us throughout the month: Chris D., Christine O., Ted W., Ken T., Lynn B., Jim M., Lisa S., Vince Y., Carla L., Wallene D., Ally V.

Hotline Activity:

We had 64 incoming calls to the Hotline in February. Early in the month we had a combined Hotline/12th Step training at the office. It was well attended and yielded 8 new volunteers for the Hotline.

Miscellaneous:

The Property Manager provided us with our rent increase for 2024. Rent goes up by \$7.25/mo. That's a relief!

Save the Date!

2025 A.A. International Convention

July 3-6, 2025



AA.org/International-Convention

Language of the Heart
Lenguaje del corazón
Le langage du cœur

May the 4th be with you

Coloring Party! Presented by Geeks Who Don't Drink

1 Hour Meeting followed by coloring and fellowship with a Star Wars movie playing in the background. Art materials and Star Wars coloring pages provided!

LOCATION: SEATTLE INTERGROUP
5507 6TH AVE, SEATTLE, WA 98102

Saturday, May 4, 2023

12pm-3pm



**\$10 suggested
Donation
Benefitting
WSCYPAA**



Women In Sobriety Retreat 2024!

Bloom Where You Are Planted... *Growing Through The Steps*

Join us for our annual Women In Sobriety Retreat
August 2nd, 3rd & 4th, 2024
Rainbow Lodge, North Bend, WA
Register Online at: womeninsobriety.info - \$285*

Speakers, Workshops, Nature Walks,
Yoga, Meditation, Arts & Crafts,
Food, Fellowship, Fun, Connection

Questions? Email us at womeninsobriety@outlook.com

**scholarships available*



Step Ashore

“The Northwest Woodstock Of AA”

AUGUST 8 - 11, 2024

OCEAN SHORES CONVENTION CENTER

2024 SPEAKERS

Aaron Z. - Molalla, OR

Marty J. - Richmond, B.C.

Tami P. - Sonoma County, CA

Rick J. - Ontario, CA

Sheldon F. - Henderson, NV.

Chris C. - Sisters, OR

Don L. - Bellingham, WA

Nancy D. - Lake Mary, FL

Hiro S. - Long Beach, CA

David T. - Edmonton, AB

Judith R. - Bismarck, ND

Linda L. - Cookeville, TN

2024 FULL PROGRAM ON WEB!

All Speakers and schedule of events are subject to change

EASY ONLINE REGISTRATION



2024 Wallowa Lake AA Campout & Speaker Meeting

When: August 23rd, 24th, & 25th

Where: Creating Memories

59895 Pollock Rd, Joseph, OR 97846

Tent and RV Camping Available

Schedule: **August 23rd, Friday:** 7pm Open AA Meeting

August 24th, Saturday: Breakfast by District 29 @ 8am

9am to 5pm - swimming, hiking, games, fishing.

Enterprise Group Dinner (Cost for dinner TBA) at 5pm to 6pm.

Speaker Meeting 6:30pm: Dan L. - Corbett, OR

August 25th Sunday, Breakfast by District 29 at 8am.

Open AA Meeting at 9am



Reservations: Willy: 503-964-1363

Rocky: 541-398-1194

Northwest **Girlstock**

7th Annual

Women's Big Book 12 Step Conference

April 19-21, 2024

Silver Reef Casino & Resort

Ferndale, WA

Hotel Group Rates Available

- Eden L. ~ Anchorage, AK*
- Leslie S. ~ Atlanta, GA*
- Mari G. ~ Toronto, Canada*
- Pat Y. ~ Seal Beach, CA*
- Paula P. ~ Champaign IL*
- Polly P. ~ Jacksonville, FL*
- Rena K. ~ Punta Gorda, FL*
- Yvonne S. ~ Los Angeles, CA*
- Julie P. ~ Olympia, WA (Al-Anon)*

Online Registration

www.nwgirlstock.org

Volunteers! Generosity! Birthday Club!

Thank You Hotline Volunteers!

Carmen A.	John W.	Chuck M.	Marisa S.	Katie K.
Tomi D.	Tom Z.	Ginny K.	Travis S.	Ryan P.
Doug H.	Cindy S.	Mark J.	Jamie C.	Peter K.
Tammy K.	Richard J.	Jim M.	Ben D.	Michael L.

24 Hours



425-454-9192

Thank You Office Volunteers!

Jim M. Chris D. Sarah M. Carla L. Sally M. Robin R. Lisa S. Charlie G.
Lynn B. Ken T. Wallene D. David N. Ted W. Vince Y. Ed H.

Faithful Fivers!

Faithful Fivers donate \$5/month to support ESIG

Nancy O. Terri P.

Birthday Club! A.A. Works!



**Yes, Your Name
Can Be Here!**



Join the Eastside Intergroup Birthday Club!

Many of our members contribute to ESIG \$1, \$2, or \$5 per year during their

AA Anniversary month.

We'll print your name, sobriety date and home group in our Newsletter.

Your Birthday Club contributions directly support your Eastside Intergroup Office which provides a 24 hour phone line, literature, coins and more!

Get your name & home group in the newsletter!

Send this form to: Eastside Intergroup
13401 Bel Red Rd. #B6
Bellevue, WA 98005

Or Venmo: @Eastside-Intergroup

Name _____

Home Group _____

Sobriety Date _____

Contribution \$ _____

ESIG YTD Group Contributions

Group Name	Jan 24	Feb 24	Mar 24	TOTAL
Anchor Group		\$ 150.00		\$ 150.00
Anonymous	\$ 176.30	\$ 489.30	\$ 283.54	\$ 949.14
Bel-Kirk Saturday Breakfast		\$ 225.00		\$ 225.00
Bellevue Group		\$ 250.00		\$ 250.00
Benevity Fund Donation	\$ 300.00	\$ 1,100.00	\$ 400.00	\$ 1,800.00
Better Odds Sober	\$ 500.00			\$ 500.00
Came To Believe (Carnation)		\$ 109.70		\$ 109.70
District 39		\$ 750.00		\$ 750.00
Eastside Beginners		\$ 64.70		\$ 64.70
Eastside Stag		\$ 227.00		\$ 227.00
Eastside Women	\$ 280.00			\$ 280.00
Friday Night Firehouse	\$ 75.00		\$ 60.00	\$ 135.00
Friday Night Live and Let Live			\$ 187.50	\$ 187.50
Frontstream	\$ 2,240.00			\$ 2,240.00
Grace Rules		\$ 111.00		\$ 111.00
Keep it Simple	\$ 25.00			\$ 25.00
Kenmore Big Book		\$ 215.82		\$ 215.82
Kirkland Attitude Modification	\$ 50.00			\$ 50.00
Ladies Step Study		\$ 86.40		\$ 86.40
Lifeline		\$ 200.00		\$ 200.00
Living Sober	\$ 375.00			\$ 375.00
Living Sober Online			\$ 773.25	\$ 773.25
Maximum Service		\$ 300.00		\$ 300.00
Moss Bay	\$ 750.00			\$ 750.00
Nameless Bunch Of Drunks	\$ 1,000.00	\$ 1,000.00	\$ 1,018.71	\$ 3,018.71
Nameless Bunch of Drunks International	\$ 321.20	\$ 718.69	\$ 439.27	\$ 1,479.16
Nooners			\$ 500.00	\$ 500.00
Nooners Online		\$ 40.00	\$ 40.00	\$ 80.00
No Perfect People Allowed	\$ 130.85			\$ 130.85
North Creek Study Group	\$ 75.00			\$ 75.00
Online Solutions Group		\$ 50.00		\$ 50.00
Redmond Recovery		\$ 250.00		\$ 250.00
Regla 62 Grupo		\$ 80.00		\$ 80.00

ESIG YTD Group Contributions

Pg2

Group Name	Jan 24	Feb 24	Mar 24	TOTAL
Saturday Women's Share		\$ 20.00	\$ 20.00	\$ 40.00
Serenity Break	\$ 845.34		\$ 1,540.79	\$ 2,386.13
Serenity Break Online	\$ 325.00		\$ 463.81	\$ 788.81
Seven & Sober	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	\$ 3,000.00
Silverlake Study Group		\$ 229.57		\$ 229.57
Sisters of the Forest	\$ 102.00	\$ 22.00	\$ 2.00	\$ 126.00
Sno-Valley Young Peoples	\$ 59.00	\$ 84.00	\$ 28.00	\$ 171.00
Sober At Cottage Lake	\$ 50.00			\$ 50.00
Solutions Sunday			\$ 50.00	
Sunrise		\$ 1,151.91		\$ 1,151.91
The AA Team	\$ 125.00		\$ 30.00	\$ 155.00
The Fourth Dimension Group	\$ 300.00			\$ 300.00
Tiger Mountain OSAT		\$ 268.00		\$ 268.00
Tons of Grace	\$ 366.00			\$ 366.00
Tuesday Night Issaquah Big Book Stag		\$ 266.50		
Up The Creek		\$ 100.00		\$ 100.00
Wake Up	\$ 63.08	\$ 52.70	\$ 69.01	\$ 184.79
Women's Big Book Study	\$ 110.12			\$ 110.12
Women's Saturday Share			\$ 20.00	\$ 20.00
Women's Saturday Steps	\$ 232.77	\$ 25.00		\$ 257.77
Women In Recovery			\$ 200.00	\$ 200.00
	\$ 9,876.66	\$ 9,637.29	\$ 7,125.88	\$ 26,323.33

Office Information

Address: 13401 NE Bel-Red Rd., Suite B6
Bellevue, WA, 98005

Phone: 425-454-9192
24-Hours a Day

Email: esig@eastsideaa.org

Website: eastsideaa.org

Office Hours: Open!
Mon - Thurs 10AM-5:30PM
Fri 10AM-5:00PM

Office Manager: Doug H.
Email: doug_h@eastsideaa.org

Intergroup Representative Meeting

First Thursday of each month
7:30 pm-8:30 pm via Zoom

[https://zoom.us/j/181768191?
pwd=MG02L21hZXk1Y3N0UG1pZnlLSVFKQT09](https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnlLSVFKQT09)
All members welcome!

Pink Can Donations YTD

- Anonymous
- Eastside Women
- Kirkland Sobriety Headquarters
- Ladies Step Study
- Pine Lake Stag
- Sever and Sober
- Sunrise Group
- Women's Step Study

\$862.28



Newsletter Contributors

Office Report	Doug H.
Matthew T.	From the Spiral
Newsletter Editor	Kyle E.

Interested in sharing your experience, strength, and hope in this newsletter? Send your story to us!

newsletter@eastsideaa.org

Errata

- Probably something! Let you know next month!

Ed: This is where I provide corrections to the previous newsletters! As a volunteer and humble servant of Eastside Intergroup and A.A., I am prone to mistakes, and this new column is where I get to practice the principle of righting wrongs.

Eastside Intergroup, Districts, General Service Office & Area 72 Information

Eastside Intergroup
13401 NE Bel Red Rd. #B6
Bellevue, WA, 98005

Western Washington Area 72
1901 Cornwall Ave #745
Bellingham, WA, 98225

General Service Office (GSO)
P.O. Box 459
Grand Central Station
New York, NY, 10163

District 34
Bellevue, Redmond, East Lake
Sammamish, & Mercer Island
PO Box 50081
Bellevue, WA, 98015

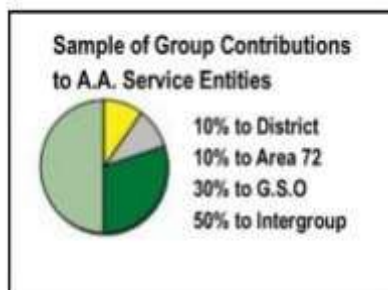
District 35
Issaquah
P.O. Box 442
Issaquah, WA, 98027

District 36

Snoqualmie Valley, Duvall, North Bend
P.O. Box 1963
North Bend, WA, 98045

District 38
Kirkland
P.O. Box 322
Kirkland, WA, 98083

District 39
Bothell, Kenmore, Woodinville
P.O. Box 1695
Bothell, WA, 98041-1695



Publication Information

The *Personal Stories*, *From the Spiral*, and *And Finally...* sections in *Pass It On* are the recovery experiences of the individual contributor. They are neither conference approved nor endorsed by the General Service Office of Alcoholics Anonymous

Pass It On is a publication of Eastside Intergroup

