



PASS IT ON

Eastside Intergroup Newsletter

Issue 82 May 2024

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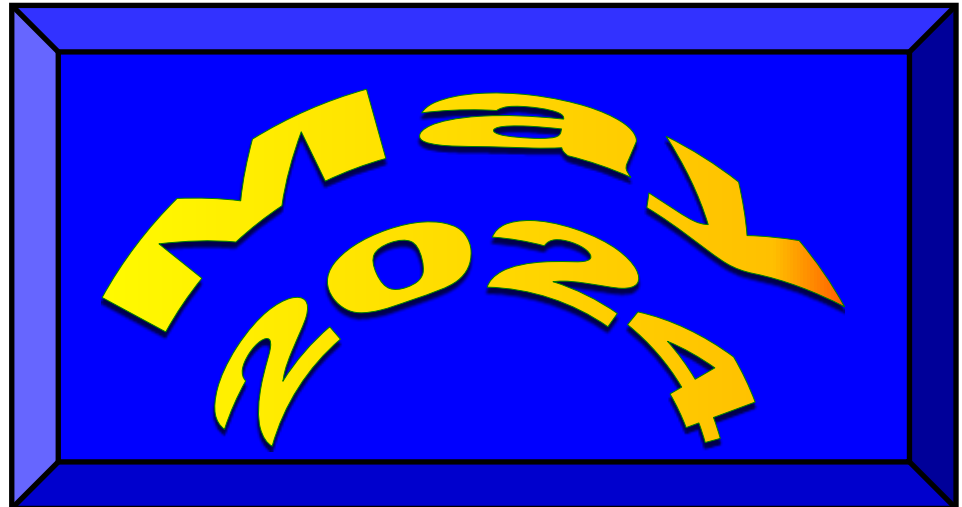
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From the Spiral #50

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. *If I'm not the problem, there is no solution*

A regular and almost predictable occurrence in our lives in recovery is that we are tempted by the thought factory that is our ego. I tend to liken our ego to the Devil. The Devil never acts, but it proposes, asks questions, and is reactionary. When we decide with the ego in mind, we are running with the Devil, as Van Halen teaches us. Yes, I just quoted Van Halen. If we fail to take ownership of our actions, then we are absolved. We are the victim, which we lean on to attract attention, albeit the wrong kind of attention. Attraction over promotion is one of our guiding principles in recovery, but the appropriate kind of attraction is the goal. Appropriate attraction is a side effect of a pattern of behavior. My Sponsor taught me that you can either take the lead and do things right, or cause harm and then need to do the right thing. If you get this in the wrong order, you might be due for a 4th, 8th, and 9th Step. Ask your Sponsor for more on that. When you concede that you are the problem, you now are in the position of the predator, not the victim. If we are remotely in touch with our Higher Power, you will be guided toward the next right action, which is usually something along the lines of making amends. If you are new and reading this, do not confuse making amends with saying you're sorry. Making amends is to repair damage you have caused, try not to cause additional harm in the future, and to ask for forgiveness.

2. *Reality is my Higher Power*

My dad used to refer to Nordstrom as the Cocaine Store because if you go inside, you will see one thing you like, buy it, and then go nuts and walk out with a bunch of stuff you don't need purchased with money you do not have. I must confess that while I did not have a Cocaine Problem, I still struggle with my Nordstrom Problem, and there really isn't much difference between the two. I have mentioned before that my first thought is wrong, consistently. My second thought is usually sourced from my Higher Power, or my heart as I tell the newcomer who initially wants no part of the God component. The essence of my second thought and its source is the reality of whatever decision I am dealing with. How does my Higher Power want me to show up in this situation, regardless of other's behavior?

3. *When I fight reality, I suffer. (Suffering is optional)*

Fighting reality is your recovery trying to break through. If you're NOT fighting reality, you're likely in acceptance. A manageable amount of suffering in life is inevitable, but our concern is with unnecessary suffering. We fight reality, suffer as a result, and it becomes too much for us, so we escape into comfort or even numbness. Whether we use alcohol to achieve this numbness is irrelevant because the drinking is not our problem. The escape is our problem because we resist reality, sober or not. Page 417 in the Big Book is our antidote to unnecessary suffering. This page reminds us that we do not have to suffer. Suffering, as we have experienced it, is optional. This is also why we ask for our Higher Power to relieve us from the bondage of self.

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

-Matthew T.



ESIG OFFICE REPORT 5/2/2024

What's Selling!

Items sold for the month of April:

Big Books	86	Grapevine Books	16
12x12 Books	34	Schedules	261
Other AA Books	38	Al-Anon Books	1
AA Pamphlets	272	Bookmarks, Greeting Cards	72
Coins	750	Gifts	37
Hazelden, Other Books	19		

Literature of the Month:



AA Book of the Month: **Come To Believe**

AA Grapevine Book of the Month: **Spiritual Awakenings – Journeys of the Spirit**

AA Pamphlet of the Month: **Many Paths to Spirituality (P-84)**

Pancake Breakfast:

I believe it's safe to say that the breakfast was a success! We are really pleased with the entire event. Thank you to all the groups and individuals that donated and/or volunteered. Please thank your groups for any participation that they offered. Here is a list of those groups/meetings that donated raffle baskets or raffle basket money.

Anchor Group	Any Lengths Group	Bellevue Group
Better Odds Sober	Eastside Beginners	Eastside Stag
Eastside Women	Kirkland Sobriety HQ	Ladies Step Study
Lifeline	Living Sober	Living Sober Online
NBD	NBDI	North Creek Study Group
Serenity Break	Seven and Sober	Tuesday Night Solutions
Women of Worth	Women Saturday Steps	Woodinville Wednesday Fellowship

Volunteers:

Our volunteer activity in April was outstanding! Ted W, Ken T, Debbie G, Lynn B, Lisa S, Vince Y, Carla L, Aly V, Jim M. We could not operate without volunteers! Most of these folks work 2-hour shifts once a week (or volunteers can work once a month!). During that time, they answer hotline calls, ring up sales, help keep the office shelves stocked, and fold schedules. We have good conversation and fellowship as well as coffee/tea/chocolate. Give us a call if you want to join our volunteer team!

Submitted by Brenda E

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



Live at Pine Lake

Speakers Meeting

Saturday May 11, 2024
7:00 PM

Featuring

Line B.

from San Diego, CA

Pine Lake Covenant Church

1715 228th Ave SE, Sammamish, WA



This meeting provides **free childcare!**
Please bring your friends
to experience the Fellowship of AA

Livestream Zoom ID: 977 787 8779
Password: 1212

Speakers subject to change

MAY
11

SAFETY IN A.A. WORKSHOP



WHEN

Sat, May 11th
10am - 12pm

WHERE

Kelsey Creek Church
1221 148th Ave NE,
Bellevue, WA 98007



ZOOM INFO

Meeting ID: 861 1315 5017

Passcode: AAD39

Link: <https://us02web.zoom.us/j/86113155017?pwd=dWNqU1RNcWZNNXIDcGZNSG14ZG9SQT09>

Please join us at the first Safety in A.A. Workshop of the year and learn about vital current safety topics and issues within our community! Our amazing panelists will offer their varied experiences, strength, and hope on the subject and will be followed by a Q&A and open sharing session.

- ➡ **PANEL ON SAFETY IN A.A. TOPICS**
- ➡ **Q&A AND OPEN SHARING**
- ➡ **LEARNING, FELLOWSHIP, AND SNACKS**
- ➡ **7TH TRADITION WILL BE OBSERVED**

Hosted by Districts 33, 34, 35, 36, 39, and the Area 72 Young People's Committee

Pacific Northwest
AA

The Olympic Roundup

RECOVERY THROUGH ACTION

Our 22nd!
May 17-19,
2024

Friday

Registration
Welcome
Ice Cream
Social

Saturday

Al-Anon
Spiritual
Breakfast
Buffet Dinner
Sobriety
Countdown

Sunday

AA
Spiritual
Breakfast



AA Speakers

Amanda B	Montgomery, AL
Virginia B	Port Angeles, WA
Mathew F	Graham, WA
Cindy M	Louisville, KY
Omar M	Charlotte, NC
Jim P	Anchorage, AK

Al-Anon Speaker

Chere F Graham, WA

Joint AA & Al-Anon Speaker Workshop:

“Living The Traditions in Relationships”

Register at <https://olympicroundup.org>

Vern Burton Convention Center, 308 E 4th Street, Port Angeles, WA
ALL MEALS MUST BE PURCHASED BY MAY 3rd.



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

Birthday Night!

Last Saturday each Month

Living
Sober



Coins, Cake & Fellowship!

Open Meeting at 5:30pm

Birthday Celebration at 6:30pm

Alano Club of the Eastside
12302 NE 8th St. Bellevue 98005

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

Pg1

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. and Brenda E
Matthew T.	From the Spiral
Newsletter Editor and Publisher	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

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

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

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

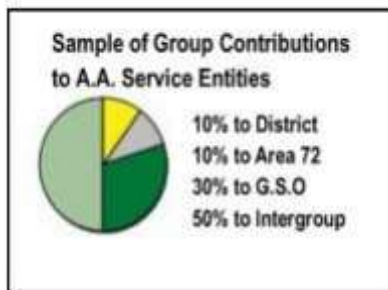
General Service Office (GSO)
P.O. Box 459
Grand Central Station
New York, NY, 10163

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

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



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

