



PASS IT ON

Eastside Intergroup Newsletter

Issue 83 June 2024

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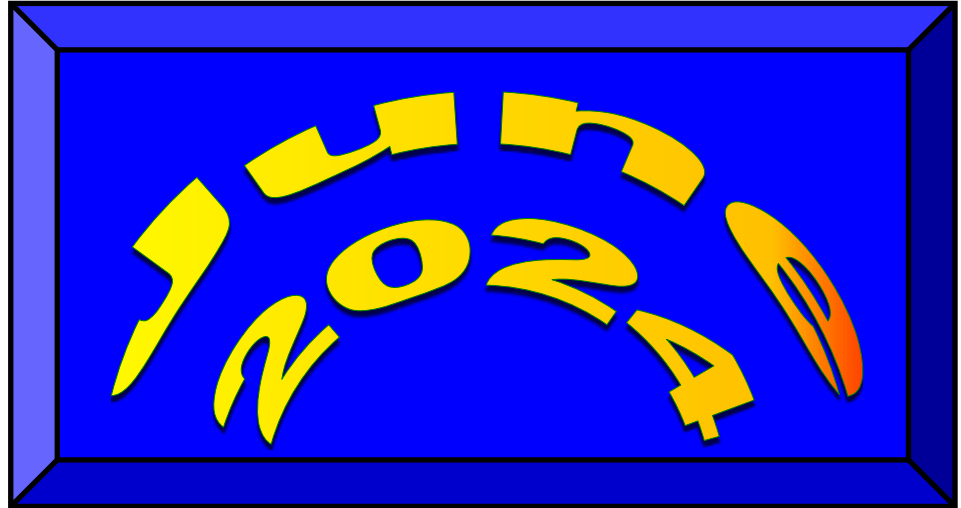
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From the Spiral #50

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. One gift of this program is that it allows me to function and be devastated at the same time.

Like a lot of shares, you never know when a piece of wisdom will knock you out of your thinking and force you to consider another hidden benefit of going to meetings. When I first started out in the program, I met people who talked about going from being the Black Sheep of the family to being the leader. Taking care of aging parents, for example, takes its toll, but it's also a privilege to be of service especially when no one else can step up. Losing people we love to this disease is devastating, but in recovery, we are able to function and do the next indicated thing.

2. My business belongs at the end of my nose.

It seems like a knee-jerk reaction to impart unsolicited advice when someone shares their anxieties, but the ability to pause keeps us on our side of the street. The longer I stick around in the program, the more I get reminded that I am available to listen, not to interfere. Some of the best Sponsors I know do not make suggestions, give orders, or take control. The best Sponsors ask questions. Regardless of intentions, my business belongs at the end of my nose. God's will for us will be revealed if we are open and accepting. Staying in your lane is putting your recovery first and leaving the rest up to your Higher Power, which keeps us safe, sober, and approachable.

3. It's easier to stay sober than to get sober.

It took me 17 years to surrender to my disease. In retrospect, it was blatantly obvious that I did not use alcohol like a "normie". Even when I started going to meetings, I was reluctant to dive in and I was hoping to discover a way to learn how to drink like a gentleman. After about two months of being in the rooms, it dawned on me that I found a home and that I did not want to drink anymore because I wanted what you had. Life could and would go on without booze and only continued to get better the more I leaned into the fellowship that became my Higher Power. Staying sober is not always a piece of cake, nor do I work this program perfectly. The newcomer who has two days shows me how hard it is to finally surrender to this disease and what it takes to fight it with the Twelve Steps. We are surrounded by miracles, and I remain grateful that I continue to choose a solution that keeps me away from alcohol.

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

-Matthew T.



What's Selling!

Items sold for the month of May:

Big Books	877	Grapevine Books	4
12x12 Books	105	Schedules	243
Other AA Books	37	Al-Anon Books	2
AA Pamphlets	177	Bookmarks, Greeting Cards*	49
Coins	740	Gifts	34
Hazelden, Other Books	25		

****We have Recovery Anniversary Greeting Cards specific to a year! \$3.00 per**

Literature of the Month:



AA Book of the Month:
Our Great Responsibility

AA Pamphlet of the Month:
The Twelve Traditions Illustrated

AA Grapevine Book of the Month:
Our Twelve Traditions – AA Members share their own stories of experience

What's New:

- **Picnic Ticket Sales and Planning are Underway!** Ticket sales are under way, \$10 per, and will be available online via Venmo/PayPal or through ESIG by phone or in person. We are also soliciting volunteers, so let us know if you want to help- half price ticket for you!
- **Saturdays Status:** Saturdays have been going pretty well. We are making sales, fielding phone calls, getting visitors and using the time to work on organizing and tidying.
- **ESIG at Live at Pine Lake!** We are now selling recovery coins, Big Books and 12 & 12s at *Live at Pine Lake*. It'll take a couple more months to decide whether it is a good idea.

Volunteers:

Our volunteer activity in June was very strong! In the office, we had Ted W, Ken T, Debbie G, Lynn B, Lisa S, Vince Y, Carla L, Ali V, Jim M. David N, and a new volunteer, Tim C. Most of these folks work 2-hour shifts, once a week, but volunteers can work once a month if they wish! Give us a call if you want to join our volunteer team!

Hotline:

Hotline support continues to excel! There were 68 off hour calls and 42 went to 12 Step List volunteers. Find out how to join this list and be a vital part of this critical service to the still suffering alcoholic by

sending an email to Tom Z., 12thstep@eastsideaa.org. Volunteers for June were: Terry M (10 Calls!!), Ryan P, Richard J, Carmen A, John W, Chuck M, Tomi D, Sheree P, Ginny K, Laine V, Ali R, Mark J, Marisa A, Grace O, Moniece C, Happy P, Ben D, Michael L, Evan P, Brenda E, Tammy K, Nancy L, Brian H, Jody K, Marc R, Alex L, Tom Z and Doug H. The hotline continues to be a bright spot for Eastside Intergroup.

Respectfully 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

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

2024 Eastside Intergroup's Annual

PICNIC Saturday, July 27th - 11am to 3pm

*The Pavilion at Beaver Lake
25103 SE 24th St., Sammamish 98075*



**50/25&25
Raffle!**

**Grand
Prize
Drawing!**

BRING YOUR:
Lawn Chair
Games to Share
Water Toys & Swimsuit
Summer Smiles!

POTLUCK:
Bring food by Sober Month:
Jan-Apr: Dessert/Sweet
May-Aug: Salad/Fruit/Veg
Sep-Dec: Side Dish/Snack



\$10 for Adults & Kids 6+
Burger/Dog, Chips, Drink, Raffle Ticket!
← **Venmo or PayPal** →
Please type Attendee(s) and "Picnic"
Eastside Intergroup Office
Pay by CC over the phone or in person.



Want to Volunteer and get in for \$5? Call us at 425-454-9192

Men's Recovery Retreat at St. Andrew's House

August 2nd, 3rd and 4th, 2024

You are cordially invited to join with other recovering alcoholic men for the annual weekend at St. Andrew's Retreat, sponsored by Union Club. St. Andrew's is a magnificent historic hunting lodge located on Hood Canal near Union, WA. This is an exceptional facility in a beautiful location.

Our time together starts with dinner from 6 to 7 PM on Friday, August 2nd, and ends around noon to 1pm on Sunday. The registration fee includes 5 delicious meals, a bed with linens, Shared treats, and recovery-based discussions. In addition, we will discuss the book "You Can't Make Me Angry" by Dr. Paul O. He is also the author of "Acceptance Was the Answer" which appears on pages 407 - 420 of the 4th Edition of "Alcoholics Anonymous".

Registration Fee \$240, Same as last year! PLEASE CONSIDER "ROUNDING UP" TO KEEP THIS RETREAT VIABLE. **DEADLINE FOR REGISTRATION IS JUNE 15th. PREPAID REGISTRATION ONLY!**

Full refunds will be available until July 1st. After that date we are obligated to pay St. Andrews the full retreat fee. If you need to make alternate payment arrangements, or assistance, please let me know by June 1st. You can call or text me at: 253-590-7129. Of course, if there is anything else you would like to discuss about the retreat, please give me a call. I encourage your feedback. Our goal is to have a total of 15 attendees.



A Journey through the 12 Steps

And a glimpse of living life, on life's terms.

One of the greatest challenges we face in recovery is incorporating the steps and traditions into our lives. The retreat will focus on various approaches to merging these tools into our lives, helping create healthy personal and family structures. Topics such as honesty, openness, willingness, sharing experience, strength and hope. Living life in sobriety. If you are willing to participate in leading some of these discussion sessions or planning activities, please let me know.

Directions to St. Andrew's

Directions to St. Andrew's house can be found on their website www.saintandrewshouse.org ph.360-898-2362
7550 E. Hwy. 106 Union, WA 98592

What to Bring...

Bring casual clothes, toiletries, goodies, your favorites, etc. Bed linens and towels are provided.

Please make checks or money order payable to "Greg Rolsma"
With "Men's Retreat" in the memo line.

Greg Rolsma (253) 590 7129
4411 - 64th Ave. W.
University PL. WA. 98466 grolsma@comcast.net

*Have you considered "sponsoring"
someone for this retreat? Please, add
some extra dollars for the
Mark Kagi Scholarship Fund.*



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*



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

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





DISTRICT 38 PRESENTS:

SUMMER PICNIC AUGUST 24TH 4 - 8 PM

BURGERS, HOT DOGS, & BEVERAGES
WILL BE PROVIDED

WHAT TO BRING: SIDE OR CHIPS
GAMES

JOIN US FOR A FUN DAY OF FOOD,
GAMES, SWIMMING, & FELLOWSHIP!!!

LOCATION:

O.O. DENNY PARK
12032 HOLMES POINT DR NE
KIRKLAND, WA 98034

QUESTIONS ?

CONTACT D38 DCM RAY H. @RVBUTCHER@YAHOO.COM

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	Apr 24	May 24	TOTAL
59 Minutes At Pine Lake				\$ 240.00		\$ 240.00
Anchor Group		\$ 150.00				\$ 150.00
Anonymous	\$ 176.30	\$ 489.30	\$ 283.54	\$ 126.54	\$ 177.54	\$ 1,253.22
Bel-Kirk Saturday Breakfast		\$ 225.00				\$ 225.00
Bellevue Group		\$ 250.00			\$ 300.00	\$ 550.00
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
Duvall Candlelight				\$ 120.00		\$ 120.00
Eastside Beginners		\$ 64.70			\$ 132.90	\$ 197.60
Eastside Stag		\$ 227.00				\$ 227.00
Eastside Women	\$ 280.00				\$ 192.00	\$ 472.00
Fresh Start				\$ 300.00	\$ 300.00	\$ 600.00
Friday Night Firehouse	\$ 75.00		\$ 60.00			\$ 135.00
Friday Night Live and Let Live			\$ 187.50			\$ 187.50
Frontstream	\$ 2,240.00			\$ 1,920.00		\$ 4,160.00
Grace Rules		\$ 111.00				\$ 111.00
Issaquah Breakfast Club					\$ 21.00	\$ 21.00
Keep it Simple	\$ 25.00					\$ 25.00
Kenmore Big Book		\$ 215.82				\$ 215.82
Kirkland Attitude Modification	\$ 50.00			\$ 100.00		\$ 150.00
Kirkland Sobriety Headquarters		\$ 125.00		\$ 250.00		\$ 375.00
Ladies Step Study		\$ 86.40			\$ 83.20	\$ 169.60
Lifeline		\$ 200.00				\$ 200.00
Living Sober	\$ 375.00			\$ 668.06	\$ 31.09	\$ 1,074.15
Living Sober Online			\$ 773.25			\$ 773.25
Maximum Service		\$ 300.00				\$ 300.00
Moss Bay	\$ 750.00					\$ 750.00
Mt Si Friday Night				\$ 687.78		\$ 687.78
Mt Si Saturday Night				\$ 687.78		\$ 687.78

ESIG YTD Group Contributions

Pg2

Group Name	Jan 24	Feb 24	Mar 24	Apr 24	May 24	TOTAL
Nameless Bunch Of Drunks	\$ 1,000.00	\$ 1,000.00	\$ 1,018.71	\$ 1,000.00	\$ 1,000.00	\$ 5,018.71
Nameless Bunch of Drunks International	\$ 321.20	\$ 718.69	\$ 439.27	\$ 910.88	\$ 798.90	\$ 3,188.94
Nooners			\$ 500.00			\$ 500.00
Nooners Online		\$ 40.00	\$ 40.00	\$ 45.00		\$ 125.00
No Perfect People Allowed	\$ 130.85					\$ 130.85
North Creek Study Group	\$ 75.00			\$ 100.00		\$ 175.00
Online Solutions Group		\$ 50.00				\$ 50.00
Pine Lake Stag				\$ 100.00		\$ 100.00
Practicing The Principles					\$ 663.00	\$ 663.00
Redmond Big Book Group					\$ 225.00	\$ 225.00
Redmond Recovery		\$ 250.00				\$ 250.00
Regla 62 Grupo		\$ 80.00		\$ 80.00	\$ 40.00	\$ 200.00
Saturday Women's Share		\$ 20.00	\$ 20.00			\$ 40.00
Serenity Break	\$ 845.34		\$ 1,540.79	\$ 899.28		\$ 3,285.41
Serenity Break Online	\$ 325.00		\$ 463.81			\$ 788.81
Serenity on Sunday				\$ 220.00		\$ 220.00
Seven & Sober	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	\$ 5,000.00
Silverlake Study Group		\$ 229.57			\$ 443.58	\$ 673.15
Sisters of the Forest	\$ 102.00	\$ 22.00	\$ 2.00	\$ 31.00	\$ 9.00	\$ 166.00
Sno-Valley Young Peoples	\$ 59.00	\$ 84.00	\$ 28.00	\$ 22.00	\$ 20.00	\$ 213.00
Snoqualmie Stag					\$ 199.80	\$ 199.80
Sober At Cottage Lake	\$ 50.00			\$ 50.00		\$ 100.00
Solutions Sunday			\$ 50.00			\$ 50.00
Steps to Freedom				\$ 100.00		\$ 100.00
Stillwater Serenity					\$ 57.00	\$ 57.00
Sunrise		\$ 1,151.91				\$ 1,151.91
The AA Team	\$ 125.00		\$ 30.00			\$ 155.00
The Camel and I				\$ 104.00		\$ 104.00
The Fourth Dimension Group	\$ 300.00			\$ 120.00		\$ 420.00
Tiger Mountain OSAT		\$ 268.00				\$ 268.00
Tons of Grace	\$ 366.00				\$ 300.00	\$ 666.00
Tuesday Night Issaquah Big Book Stag		\$ 266.50				\$ 266.50
Up The Creek		\$ 100.00				\$ 100.00
Wake Up	\$ 63.08	\$ 52.70	\$ 69.01	\$ 60.04	\$ 81.30	\$ 326.13
Women's Big Book Study	\$ 110.12					\$ 110.12
Women's Saturday Share			\$ 20.00	\$ 25.00	\$ 20.00	\$ 65.00
Women's Saturday Steps	\$ 232.77	\$ 25.00		\$ 469.99		\$ 727.76
Women In Recovery			\$ 200.00			\$ 200.00
Woodinville Wed. Fellowship				\$ 174.50		\$ 174.50
	\$ 9,876.66	\$ 9,762.29	\$ 7,125.88	\$ 10,611.85	\$ 6,095.31	\$ 43,246.99

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

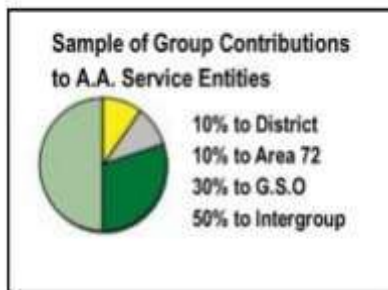
General Service Office (GSO)
P.O. Box 459
Grand Central Station
New York, NY, 10163

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

