



PASS IT ON

Eastside Intergroup Newsletter

Issue 84 July 2024

Page 2

Office Report

by Doug H. and Brenda E.

Page 3-11

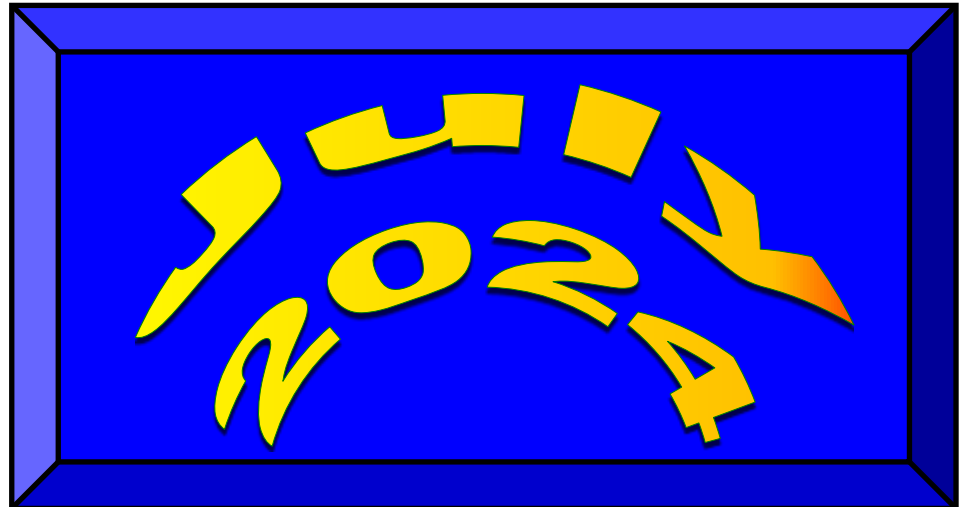
AA Info and Flyers

Page 12

Group Contributions

Page 14

Office Information





What's Selling!

Items sold for the month of May:

Big Books	77	Grapevine Books	9
12x12 Books	17	Schedules	233
Other AA Books	63	Al-Anon Books	1
AA Pamphlets	330	Bookmarks, Greeting Cards	49
Coins	373	Gifts	21
Hazelden, Other Books	46		

Specialty Coin of the Month: Rule 62 – *Don't Take Yourself Too Damn Seriously*



Literature of the Month:



AA Book of the Month:

As Bill Sees It

AA Pamphlet of the Month:

Newcomer Packet

AA Grapevine Book of the Month:

Step by Step – Real AAs, Real Recovery

Support:

Eastside Intergroup needs support as contributions are down and expenses are up. We are currently running at an unacceptable loss and need to turn that around so we can continue to support Eastside AA at the level that we currently do. The office is working on cutting expenses and holding off on any ordering that is not essential.

If your group is already distributing funds to us, and the other entities in the AA structure – WE THANK YOU! If your group has money to distribute, we ask that you consider doing that and including us in that distribution. Individual donations are always welcome, and we hope that the next time you need a book or coin, you come to our office and spend your dollars with us. THANK YOU!

Volunteers:

Excellent support from our group of office volunteers throughout the month, Lynn B, Lisa S, Debbie G, Vince Y, Carla L, Ted W, Jim M, Patti B, Ken T, Tim C, and Ali V. They are a joy to have in the office!

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

RECOVERY DAY WITH THE MARINERS

Sunday, Sept. 15th at 1:10pm



VS



Seattle Mariners vs. Texas Rangers

ESIG has a block of 40 tickets to sell.

First come, First serve to join our Group!

\$25 View Level Ticket which includes a

Limited-Edition Recovery Day T-Shirts

(while supplies last).

****Call ESIG at 425-454-9192**

or stop in to purchase your tickets**

ESIG YTD Group Contributions

Pg1

Group Name	Jan 24	Feb 24	Mar 24	Apr 24	May 24	Jun 24	TOTAL
12 & 12 Fellowship Hall						300.00\$	300.\$
59 Minutes At Pine Lake				240.00\$			240.\$
Anchor Group		150.00\$				300.00\$	450.\$
Anonymous	176.30\$	489.30\$	283.54\$	126.54\$	177.54\$	357.15\$	1,610.\$
Bel-Kirk Saturday Breakfast		225.00\$					225.\$
Bell East Lunch Group						250.00\$	250.\$
Bellevue Group		250.00\$			300.00\$		550.\$
Benevity Fund Donation (Employee Gift Match)	300.00\$	1,100.00\$	400.00\$			400.00\$	2,200.\$
Better Odds Sober	500.00\$						500.\$
Came To Believe (Carnation)		109.70\$					109.\$
District 39		750.00\$					750.\$
Duvall Candlelight				120.00\$			120.\$
Eastside Beginners		64.70\$			132.90\$		197.\$
Eastside Men's Group		227.00\$					227.\$
Eastside Stag						400.00\$	400.\$
Eastside Women	280.00\$				192.00\$		472.\$
Fresh Start				300.00\$	300.00\$	300.00\$	900.\$
Friday Night Firehouse	75.00\$		60.00\$				135.\$
Friday Night Live and Let Live			187.50\$				187.\$
Frontstream	2,240.00\$			1,920.00\$			4,160.\$
Grace Rules		111.00\$					111.\$
Issaquah Breakfast Club					21.00\$		21.\$
Juanita Triangle						250.00\$	
Keep it Simple	25.00\$						25.\$
Kenmore Big Book		215.82\$					215.\$
Kirkland Attitude Modification	50.00\$			100.00\$			150.\$
Kirkland Sobriety Headquarters		125.00\$		250.00\$			375.\$
Ladies Step Study		86.40\$			83.20\$		169.\$
Lifeline		200.00\$					200.\$
Living Sober	375.00\$			668.06\$	31.09\$	170.05\$	1,244.\$
Living Sober Online			773.25\$				773.\$
Maximum Service		300.00\$					300.\$
Millennium Group						425.00\$	425.\$
Moss Bay	750.00\$						750.\$
Mt Si Friday Night				687.78\$			687.\$
Mt Si Saturday Night				687.78\$			687.\$
Nameless Bunch Of Drunks	1,000.00\$	1,000.00\$	1,018.71\$	1,000.00\$	1,000.00\$	1,000.00\$	6,018.\$
Nameless Bunch of Drunks International	321.20\$	718.69\$	439.27\$	910.88\$	798.90\$	100.00\$	3,288.\$

ESIG YTD Group Contributions

Pg2

Group Name	Jan 24	Feb 24	Mar 24	Apr 24	May 24	Jun 24	TOTAL
Nooners			500.00\$			500.00\$	1,000.\$
Nooners Online		40.00\$	40.00\$	45.00\$			125.\$
No Perfect People Allowed	130.85\$						130.\$
North Creek Study Group	75.00\$			100.00\$			175.\$
Online Solutions Group		50.00\$					50.\$
Pine Lake Stag				100.00\$			100.\$
Practicing The Principles					663.00\$		663.\$
Redmond Big Book Group					225.00\$		225.\$
Redmond Recovery		250.00\$					250.\$
Regla 62 Grupo		80.00\$		80.00\$	40.00\$		200.\$
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\$	1,000.00\$	6,000.00\$
Silverlake Study Group		229.57\$			443.58\$		673.15\$
Sisters of the Forest	102.00\$	22.00\$	2.00\$	31.00\$	9.00\$	10.00\$	176.00\$
Sno-Valley Young Peoples	59.00\$	84.00\$	28.00\$	22.00\$	20.00\$	28.00\$	241.00\$
Snoqualmie Stag					199.80\$		199.80\$
Sober At Cottage Lake	50.00\$			50.00\$		50.00\$	150.00\$
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\$	67.09\$	393.22\$
Women's Big Book Study	110.12\$						110.12\$
Women's Saturday Share			20.00\$	25.00\$	20.00\$	20.00\$	85.00\$
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\$	5,927.29\$	49,149.28\$

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=MG02L21hZXk1Y3N0UG1pZnlhSVFKQT09](https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnlhSVFKQT09)
All members welcome!

Pink Can Donations YTD

- Anonymous
- Eastside Women
- Friday Night Firehouse
- Kenmore Friday Nighters
- Kirkland Sobriety Headquarters
- Ladies Step Study
- Pine Lake Stag
- Sever and Sober
- Sunrise Group
- Women's Sat Steps
- Women's Step Study

\$1448.76



Newsletter Contributors

Office Report	Doug H. and Brenda E
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

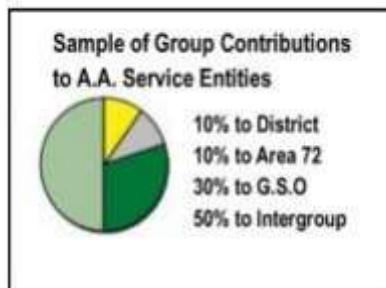
General Service Office (GSO)
P.O. Box 459
Grand Central Station
New York, NY, 10163

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

