



PASS IT ON

Eastside Intergroup Newsletter

Issue 85 August 2024

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From the Spiral #51

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. *Let us love you until you love yourself.*

I met a newcomer two weeks ago at my home group when someone provided us with the message about love. For me, loving myself was always a struggle, but the meetings tell me why I struggle to clear this hurdle. **How can you love someone you've never met? When I came in, I was a stranger to myself. As I worked the steps and listen to people share their thoughts and challenges in living life on life's terms, I got to know who I was and what I could do if I could break free from alcohol. My actions changed as well as how I learned to respond to thoughts and feelings. My new behaviors were that of a person I could follow with inspiration. When I made a different decision when faced with a situation I found unacceptable, I saw myself for the first time and decided I prefer that guy over the guy who used to drink too much. We will take you in and love on you when you have yet to meet yourself. If you work with us and the program, you will see yourself for the first time maybe ever. The steps are the key to freedom. The ultimate promise of A.A. is for you to learn love of self first so that you can love others. If you get this in the wrong order, you're in trouble.**

2. *Step 8 is just a list.*

The idea of Step 8 is and should be uncomfortable. You may ask yourself how can I make this list as short as possible knowing that Step 9 is just around the corner. Last week, I heard that Step 8 is just a list. **Let me repeat that again...Step 8 is just a list. Make the list, show it to your Sponsor, and leave the rest up to your Higher Power.** I went too far on my first 8th Step and my Sponsor let me know I was being too hard on myself. He also said that your 9th Step amends should be difficult, but you can do them. The list is for your Sponsor, so take the time to look back on people, places, things, and events the best you can. Like our grocery list, you may not always come home with every item on that list. You may come home with a thing or two not on the list, but the point is that you made it. Do not be scared. We are in this together.

3. *I have the classic obsession of the mind.*

King Alcohol has been bested, but not my mind. This battle rages on with each passing day. Sponsorship is crucial to fight this battle because it reminds you to reconsider that you are not your mind. My mind reacts to what I experience, see, do, and get presented with. This program gives me a buffer zone between the ideas my mind offers and whether or not I decide to do what it tells me. The best way to push back the obsession of the mind is to look for someone to help who is not me. Random acts of kindness are not opportunities, but the medicine that can humble you and get you out of self. How many acts you choose to do will depend on how free you want to be. We took when we were in our cups. Welcome the chance to give. You will not regret it.

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

-Matthew T.



Office Activity:

Hotline System Replacement:

Tim B and I have been at work setting up our new phone forwarding system, Grasshopper. It looks as though we'll not totally transition until mid August. The new service will be an automated call forwarding system, bypassing the current live operator. I'd like to thank Tim B for his efforts in working out most of the kinks as we implement.

What's Selling!

Items sold for the month of July:

Big Books	47	Grapevine Books	8
12x12 Books	13	Schedules	206
Other AA Books	68	Al-Anon Books	0
AA Pamphlets	368	Bookmarks, Greeting Cards	37
Coins	527	Gifts	15
Hazelden, Other Books	30		

Specialty Coin of the Month:

This feature will return in September

Literature of the Month: This feature will return in September



AA Book of the Month:

AA Pamphlet of the Month:

AA Grapevine Book of the Month:

Support: We have needs in the following areas: Hotline volunteers - these volunteers have the ESIG phone forwarded to them when the office is closed (5:00 pm - 10:00 am weekdays, all day Saturday and Sunday). We do periodic training for Hotline volunteers; my experience is that if we get someone with a good base of recovery, they can pretty much read the manual and do just fine. We can always use 12th step list volunteers. The Hotline volunteers should only keep someone on the line for about 10 - 15 minutes, then, if the call warrants, they would turn them over to someone on the 12th Step list who may arrange to get them to a meeting.

We have a need for office volunteers whose primary responsibility is to answer the phones in the office during working hours. Office volunteers can also perform other tasks based on their abilities and willingness. Other tasks are helping with inventory counts, stocking shelves, and ringing up sales. Ideally, at least for the next few months, I'd like to have a small pool of volunteers who could be by themselves in the office for an hour or two in the morning (opening the office), or in the afternoon (closing).

Lastly, we have 3 Service Focal openings: Corrections, PI/CPC, and Young People. At ESIG, we get requests for AA Service work from time to time and our service focals coordinate with the district and area service committees to get the opportunities to the right place and support them in making it happen.

Volunteers: As always, an outstanding group of volunteers supported us in the office throughout the month, Ted W, Jim M, Ken T, Lynn B, Lisa S, Debbie G, Vince Y, Carla L, Patti B, Tim C, and Ali V. We have lost the services of Lynn B, a longtime volunteer. Thank you, Lynn, for your years of dedicated service!

Respectfully Submitted by Doug H

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

The Alano Club of the Eastside

51st Annual



**SATURDAY
AUGUST 17TH
1-4 PM**

BBQ

Live Music & Entertainment



50/50 Raffle,
+ Raffle prizes

**BBQ Meats, chips,
Beverages, provided for \$15**
Pre-sale Tickets available
at the Alano Club
All Proceeds go to support the Club!
Membership Specials available



Potluck by sobriety month
Jan—Apr: Side dishes
May—Sept: Snacks
Oct—Dec: Salads



ALANO CLUB OF THE EASTSIDE.ORG
12302 NE 8TH STREET, BELLEVUE, WA 98005
CALL: 425-455-5700, OR TRENA 206 307-9409

Holy Innocents Catholic Church
26526 NE Cherry Valley Road
Duvall, WA

EASTSIDE DISTRICTS PRE-ASSEMBLY



Saturday
August 17
10AM—2PM



Join Online
<https://us02web.zoom.us/j/83634784424>
Dial In: (253) 205 0468
Meeting ID: **836 3478 4424**
Contact: Paul C
dcm@snovalleyaa.org



Zoom QR

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

1ST EASTSIDE ALANO BBQ - SPKR MTG - CONCERT

**BENEFIT
FOR THE
ALANO
CLUB**

SUMMER

SOBER SPECTACULAR

\$20 DOLLA MAKE YA HOLLA!

DINNER INCLUDED IN THE COVER CHARGE!

Aug 24th, Blakely Hall Issaquah
2550 NE Park Dr

- ✓ 5:30pm to 7pm DINNER
- ✓ 7pm to 8pm MEETING
- ✓ 8:30pm to 11pm LIVE MUSIC


LIVE
MUSIC

BBQ
party



**LIMITED TO 150 PEOPLE
FOR INFO OR TICKETS CALL:**

425-455-5700



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**

NOT GLUM LOT RETREAT

An exploration of the AA principles

“Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, To have a host of friends --- this is an experience you must not miss! P. 89 Big Book



Seabeck Front Porch

Most people go to an AA meeting to figure out their problem with alcohol – not to develop a way of living. Over time, a “way of living” does develop, based upon a certain set of principles

hidden in the 12 steps. Join us as we delve into the principles for a weekend of fellowship, fun, and principles!

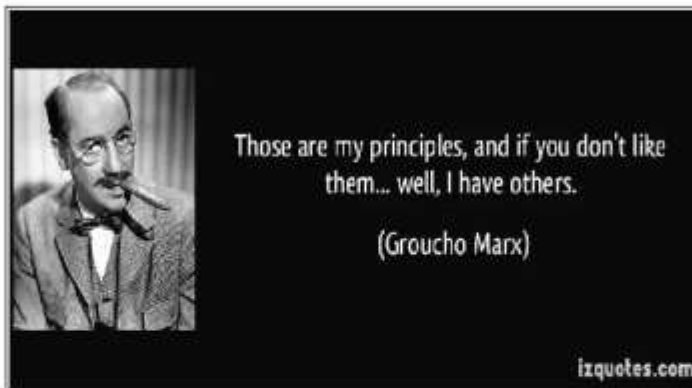
We are not a glum lot!

AA Men’s Retreat

“Not A Glum Lot”: An Exploration of the AA Principles

How do YOU practice these principles?

Date: September 20 – 22, 2024



\$350 – Double Occupancy **

Time: Friday 4 PM – Sunday 1 PM

Location: Seabeck Conference Center on the Hood Canal

Hosts: John F. / Bill B. / Dante T. / Barry M. / Doug H. / Randy N.

Contact info@notaglumlotretrat.com or (425) 681-3496 for more info

** Limited single occupancy available for a higher rate upon request. \$450

ESIG YTD Group Contributions

Pg1

Group Name	Jan 24	Feb 24	Mar 24	Apr 24	May 24	Jun 24	Jul 24	TOTAL
12 & 12 Fellowship Hall						\$300.00		\$300.00
59 Minutes At Pine Lake				\$240.00				\$240.00
A Way Up							\$500.00	\$500.00
A Womans Way							\$62.40	\$62.40
Anchor Group		\$150.00				\$300.00		\$450.00
Anonymous	\$176.30	\$489.30	\$283.54	\$126.54	\$177.54	\$357.15	\$448.54	\$2,058.91
Bel-Kirk Saturday Breakfast		\$225.00						\$225.00
Bell East Lunch Group						\$250.00		\$250.00
Bellevue Group		\$250.00			\$300.00			\$550.00
Bellevue New Group							\$600.00	\$600.00
Benevity Fund Donation	\$300.00	\$1,100.00	\$400.00			\$400.00	\$400.00	\$2,600.00
Better Odds Sober	\$500.00							\$500.00
Big Book Step Study							\$96.00	\$96.00
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 Men's Group		\$227.00					\$557.00	\$784.00
Eastside Stag						\$400.00		\$400.00
Eastside Women	\$280.00				\$192.00			\$472.00
Fresh Start				\$300.00	\$300.00	\$300.00		\$900.00
Friday Night Firehouse	\$75.00		\$60.00				\$120.00	\$255.00
Friday Night Live and Let Live			\$187.50					\$187.50
Frontstream	\$2,240.00			\$1,920.00			\$2,240.00	\$6,400.00
Grace Rules		\$111.00						\$111.00
Issaquah Breakfast Club					\$21.00		\$50.00	\$71.00
Juanita Triangle						\$250.00		\$250.00
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			\$250.00	\$625.00
Ladies Step Study		\$86.40			\$83.20			\$169.60
Lifeline		\$200.00						\$200.00
Living Sober	\$375.00			\$668.06	\$31.09	\$170.05	\$177.05	\$1,421.25
Living Sober Online			\$773.25					\$773.25
Maximum Service		\$300.00					\$300.00	\$600.00
Millennium Group						\$425.00		\$425.00
Moss Bay	\$750.00							\$750.00
Mt Si Friday Night				\$687.78				\$687.78
Mt Si Saturday Night				\$687.78				\$687.78
Nameless Bunch Of Drunks	\$1,000.00	\$1,000.00	\$1,018.71	\$1,000.00	\$1,000.00	\$1,000.00	\$1,005.00	\$7,023.71
Nameless Bunch of Drunks Intl	\$321.20	\$718.69	\$439.27	\$910.88	\$798.90	\$100.00	\$692.22	\$3,981.16

ESIG YTD Group Contributions

Pg2

Group Name	Jan 24	Feb 24	Mar 24	Apr 24	May 24	Jun 24	Jul 24	TOTAL
Nooners			\$500.00			\$500.00		\$1,000.00
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			\$125.00	\$300.00
Online Solutions Group		\$50.00						\$50.00
Pine Lake Stag				\$100.00				\$100.00
Pocket of Enthusiasm							\$150.00	\$150.00
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				\$669.89	\$1,458.70
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	\$1,000.00	\$7,000.00
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	\$22.00	\$198.00
Sno Valley Women in Recovery							\$107.00	\$107.00
Sno-Valley Young Peoples	\$59.00	\$84.00	\$28.00	\$22.00	\$20.00	\$28.00	\$32.28	\$273.28
Snoqualmie Happy Hour							\$150.00	\$150.00
Snoqualmie Stag					\$199.80			\$199.80
Sober At Cottage Lake	\$50.00			\$50.00		\$50.00		\$150.00
Sober Rebels							\$150.00	\$150.00
Sober Sisters East							\$450.00	\$450.00
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				\$50.00	\$205.00
The Camel and I				\$104.00				\$104.00
The Fourth Dimension Group	\$300.00			\$120.00				\$420.00
Tiger Mountain OSAT		\$268.00					\$320.00	\$588.00
Tons of Grace	\$366.00				\$300.00			\$666.00
Tuesday Night Issaquah Big Book Stag		\$266.50					\$106.50	\$373.00
Tuesday Night Solutions							\$100.00	\$100.00
Up The Creek		\$100.00						\$100.00
Wake Up	\$63.08	\$52.70	\$69.01	\$60.04	\$81.30	\$67.09	\$97.36	\$490.58
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			\$190.95	\$918.71
Women In Recovery			\$200.00				\$300.00	\$500.00
Woodinville Wed. Fellowship				\$174.50			\$114.50	\$289.00
	\$9,876.66	\$9,762.29	\$7,125.88	\$10,611.85	\$6,095.31	\$5,927.29	\$11,633.69	\$61,032.97

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
- 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

\$1596.51



Newsletter Contributors

Office Report	Doug H.
From the Spiral	Matthew T.
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

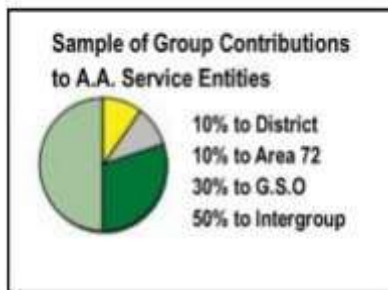
General Service Office (GSO)
P.O. Box 459
Grand Central Station
New York, NY, 10163

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

