



PASS IT ON

Eastside Intergroup Newsletter
Issue 88 November 2024

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by Matthew T.*

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November 2024



From the Spiral #52

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. Discuss the credits not just the debits

*Last night, the chair of my meeting read from Step 10 in the 12X12. Once again, I was shocked to read this because I have read the step many times and don't recall ever finding this incredible component of daily inventory. Before tonight, I thought that an inventory is all bad things, negativity, and shame. If I spend too much time in negativity, it begins to appear in every aspect of my life. Conversely, if I spent enough time focusing on the positive, it also begins to appear in every aspect of my life. Step 10 is all about making note of what is working and what is not working to get the whole picture of the day. It cannot be all bad, or you would not be reading this. **It's not all roses and sunshine either, but it is very easy to forget the credits.** Personally, I am very quick to beating myself up even when I win, succeed, or am given a gift. Moving forward, I need to discuss the debits and the credits in order to be fair so that I can stay in an attitude of being a learner on a journey instead of an irredeemable prisoner.*

2. I can't suffer if my attention isn't on me

*This is a good reminder, but it does not exactly roll off the tongue. At this point in my life, I am an expert at the manufacturing of suffering, but still a rookie at shifting my attention toward others. **On second thought, maybe it's not a matter of inexperience.** Perhaps shifting my attention is an intentional choice similar to choosing love over fear or being kind instead of being right. It makes things easier when you have a toddler at home who requires a lot of attention, stimulation, and love. **He also likes to get into everything and isn't yet qualified to be on his own without bumping his head, falling, or putting something in his mouth that will send us to Urgent Care.** When my attention is on him, I am far from suffering.*

3. I had to go until I got to go

*In the beginning, there were no more moves left. Alcoholics Anonymous was an unlocked door that I could afford. **The walk from the car to the room gave me that feeling I used to experience on the way to the principal's office at Bennett Elementary.** The best way for me to no longer be addicted to something is to replace it with another. Going to meetings became my replacement addiction that ended up lifting my desire to drink. Every meeting added more names and numbers into my phone that ended up getting me out of trouble more times than I can count. My meetings became my sanctuary. If I could make it to the next one, I knew I would be okay. When I left a meeting, I **felt lighter, calmer, and more prepared to deal with life on life's terms.** Meetings are my medicine. I need it, but I can walk away any time I want. After nearly six years, I cannot think of a good reason to quit. Today I am grateful that I get to go, but in the beginning, I had to.*

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

-Matthew T.

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



Traditions Study



Every 1st/3rd Wednesday
 Starting on September 4th
 6:00 - 7:00 pm
 Zoom ID: 872-6503-5661
 No Passcode



Using AA Published Literature and Pamphlets

Literature Study



Every 2nd/4th Wednesday
 Starting on September 11th
 4:00 - 5:00 pm
 Zoom ID: 327-332-6606
 Passcode: 062977



An in-depth look at the Pamphlets published by AA

DISTRICT 38 PRESENTS
2024
GRATITUDE DINNER

SATURDAY, NOVEMBER 9TH

EASTSIDE CHURCH
14520 100TH AVE. NE BOTHELL WA. 98011
DOORS OPEN 4:30 EVENT STARTS 5:30

PLEASE BRING THE FOLLOWING SIDE DISH
ACCORDING TO YOUR SOBRIETY BIRTHDAY MONTH:

JAN-JUNE: POTATOES, RICE, OR PASTA

JULY-AUGUST: GREEN SALAD

SEPT-OCT: COLD SIDE DISH OR VEGETABLES

NOV & DECEMBER: DESSERT

MEAT WILL BE PROVIDED BY D38 HOME GROUPS

SPEAKERS

50/50 RAFFLE

SOBRIETY COUNTDOWN

SUGGESTED DONATION OF \$10

FOR MORE INFORMATION: RAY H.
206-427-8228





Live at Pine Lake

Speaker Meeting
Saturday, November 9, 2024
7:00 – 8:30 PM

Featuring

Marilyn S.

from Los Angeles, CA

Pine Lake Covenant Church

1715 228th Ave SE, Sammamish, WA 98075

This meeting provides free childcare.

Please bring your friends to
experience the fellowship of AA.

Live cast Zoom ID: 977 787 8779

Password: 1212

Speakers subject to change



District 39 | 2024 Gratitude Dinner

District 39 present nationally known AA speaker,
Bob D. (Darrell). from Las Vegas, NV.

Where: Gold Creek Community Church
Address: 4326 148th St SE,
Mill Creek, WA 98012
When: Friday, Nov. 15th
Time: 5 PM -9 PM



MILL CREEK

Opportunity to sell **advanced tickets** through your home group.
Cost is \$10.00 per ticket.
Limited tickets available at the door.

Join the fun, experience, strength and hope, with opportunity to buy raffle tickets and win raffle prizes.

Please bring a side dish based on first letter of your last name:

A - F:	Appetizer
G - L:	Sides
M - R:	Salads
S - Z:	Dessert

Groups: Please Supply a sliced Turkey or Ham
If you can bring two sides, it would be much appreciated.

District 39



District 35

Gratitude Dinner

November 16th, 2024
5:00-9:30 PM

Doors open/Raffle Starts	5:00 PM
Dinner	6:00 PM
Speakers & Sobriety Countdown*	7:00 PM
Raffle Drawing	9:00 PM
Closing	9:30 PM

**Childcare available during speakers*

Turkey and Ham Provided by Groups
Please bring a side dish based on your AA Birthday:

Jan – May	Potatoes/pasta/other starch
Jun – Jul	Green Salad
Aug – Sep	Vegetable Side
October	Bread/Stuffing
Nov – Dec	Dessert

Pine Lake Covenant Church
 1715 228th Ave SE, Sammamish, WA 98075
Questions? Call Carmen: 425-890-0283

Candlelight



December 6, 2024

Please join us for Candlelight, an annual celebration for women in recovery and those exploring a sober life.

6:30 pm doors open
7:00 pm lite hors-d'oeuvres
7:30 – 9:00 pm program

Reserve your free ticket
Scan QR code below to register

See registration page for additional details and parking information



Mobius Hall | UW Bothell Cascadia Campus
North Garage 18500 Campus Way NE, Bothell, WA 98011



ESIG YTD Group Contributions

Pg1

Group Name	Jan 24	Feb 24	Mar 24	Apr 24	May 24	Jun 24	Jul 24	Aug 24	Sep 24	Oct 24	TOTAL
12 & 12 Fellowship Hall						300.00		61.50			361.50
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			150.00		600.00
Anonymous	176.30	489.30	283.54	126.54	177.54	357.15	448.54	227.74	127.74	129.74	2,544.13
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 (Emp Gift Match)	300.00	1,100.00	400.00			400.00	400.00	400.00	400.00	1,150.00	4,550.00
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				73.30		270.90
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		100.00		200.00	1,200.00
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			1,920.00	8,320.00
Gay Men In Recovery								168.00			168.00
Grace Rules		111.00								87.00	198.00
Issaquah Breakfast Club					21.00		50.00		50.00		121.00
Juanita Triangle						250.00					250.00
Joy Of Living										450.00	450.00
Keep it Simple	25.00										25.00
Kenmore Big Book		215.82						142.00			357.82
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
Live and Let Live								402.00			402.00
Living Sober	375.00			668.06	31.09	170.05	177.05	719.96	150.44	150.51	2,442.16
Living Sober Online			773.25								773.25
Maximum Service		300.00					300.00				600.00
Mercer Island Thursday Night									100.00		100.00
Millennium Group						425.00					425.00
Moss Bay	750.00								281.00		1,031.00
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	1,000.00	1,000.00	1,002.00	10,025.71
Nameless Bunch of Drunks Intl	321.20	718.69	439.27	910.88	798.90	100.00	692.22	667.54	645.42	117.00	5,411.12

ESIG YTD Group Contributions

Pg2

Group Name	Jan 24	Feb 24	Mar 24	Apr 24	May 24	Jun 24	Jul 24	Aug 24	Sep 24	Oct 24	TOTAL
Nooners			500.00			500.00		500.00			1,500.00
Nooners Online		40.00	40.00	45.00							125.00
No Perfect People Allowed	130.85									213.50	344.35
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					125.00	350.00
Redmond Recovery		250.00							250.00		500.00
Regla 62 Grupo		80.00		80.00	40.00			80.00	40.00	40.00	360.00
Saturday Women's Share		20.00	20.00								40.00
Serenity Break	845.34		1,540.79	899.28				9,000.00	881.00		13,166.41
Serenity Break Online	325.00		463.81				669.89	250.00	50.00		1,758.70
Serenity on Sunday				220.00						250.00	470.00
Seven & Sober	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	1,000.00	10,000.00
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	2.00	90.00		290.00
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			13.00	286.28
Snoqualmie Happy Hour							150.00				150.00
Snoqualmie Stag					199.80					177.76	377.56
Sober At Cottage Lake	50.00			50.00		50.00		50.00			200.00
Sober Camels								500.00			500.00
Sober Rebels							150.00				150.00
Sober Sisters East							450.00				450.00
Solutions Sunday			50.00							213.50	263.50
Steps to Freedom				100.00					100.00		200.00
Stillwater Serenity					57.00			82.40			139.40
Sunrise		1,151.91						2,169.00			3,320.91
The AA Team	125.00		30.00				50.00			50.00	255.00
The Camel and I				104.00							104.00
The Fourth Dimension Group	300.00			120.00						374.78	794.78
Tiger Mountain OSAT		268.00					320.00		20.00		608.00
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
Thursday Night Candlelight								150.00			150.00
Up The Creek		100.00									100.00
Wake Up	63.08	52.70	69.01	60.04	81.30	67.09	97.36	73.83	100.52	13.72	678.65
Women's Big Book Study	110.12									97.10	207.22
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			350.00	850.00
Women of Worth									30.00	30.00	60.00
Woodinville Wed. Fellowship				174.50			114.50			160.50	449.50
Totals	9876.66	9762.29	7125.88	10611.85	6095.31	5927.29	11633.69	17745.97	5539.42	8315.11	92633.47

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:
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

\$2,118.51



Newsletter Contributors

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

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

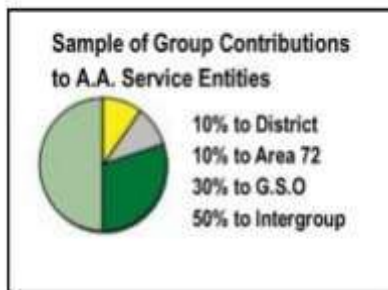
Snoqualmie Valley, Duval, North Bend
P.O. Box 1963
North Bend, WA, 98045

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

