



# PASS IT ON

Eastside Intergroup Newsletter

Issue 89 December 2024

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# December 2024



# From the Spiral #53

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. I need to get outside myself and think about what's good for other people.*

Last night's meeting had a topic about the internal steps. If you're not familiar with this, I understand, but the next time you talk with your Sponsor, ask him or her about it. Whether you're new or have been in the program for awhile, this idea is the key to true freedom. I drank to escape my thoughts, feelings, and life on life's terms. Even now, I find myself making choices without taking time to consider how they might affect other people who care about me. Staying connected and sharing what's going on in your life to your Sponsor creates the space to get outside yourself. Step 4 and Step 11 are major opportunities to discuss and understand what it's like for the other people in your life who have suffered as a result of your drinking. You can carry this over to life after drinking so you can get compassion for others and be open to the intuitive thought or decision that can make the difference between a good day and a day with an amends in it.

*2. I have to invite God into all areas of my life.*

My ego is not my amigo. I asked another member about what it is that prevents me from including my Higher Power in every aspect of my life. "It could be any number of things and not necessarily the ego", he said. He then went on to share with me how he prays and when. It cannot be limited to first thing in the morning and when we retire at night if serenity is what we really want.

*3. There's more to do.*

Why is it that we are so obsessed with completing something? The Big Book doesn't talk a lot about a stopping point, or completion unless it pertains to Step Four. Words that come to mind are "continued", and "sought." You may have experienced this for yourself when you complete 90 in 90 or you get through the steps and say to yourself, "Now I can relax. I'm finally done." There is no such thing as done in the program. There is more to do. Complacency is common in our journey so watching out for that feeling is a signal that you're ready for the next indicated step. What specifically that next step is can be best determined by your Sponsor. If something you're doing is no longer working, replace it. If you're bored with your Service Position, nominate yourself for one that carries more responsibility. Your disease is not done with you, therefore, you cannot be done with your recovery.

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

Get ready for a wonderful

# Surrender At 7- 9th Annual Holiday Party & Speaker's Meeting

Join other sober women for fellowship, delicious  
food, & two great speakers.

TUESDAY, DECEMBER 10TH, 2024

5:45PM – POTLUCK DINNER | 7PM – SPEAKERS

QUEEN ANNE PRESBYTERIAN - 414 W. HOWE\*

Hosted by Surrender at 7 - A Tuesday, Women's meeting.  
The meeting will provide the main dishes.

Please bring the following to share based on the first letter of your  
LAST name: **A-L:** Sides, Veggies, Apps **M-S:** Dessert or Fruit **T-Z:** Drinks

\*2 blocks from the #2 Bus line



# Gratitude Tree Celebration

6:00 pm on Saturday December 14<sup>th</sup>

Hope Hall Snoqualmie  
3805 Meadowbrook Wy SE

*Come Share the Gift of Recovery*

Potluck snacks





# Live at Pine Lake

Speaker Meeting

Saturday, December 14, 2024

7:00 – 8:30 PM

Featuring

## Marty J.

from Richmond, BC

### Pine Lake Covenant Church

1715 228<sup>th</sup> 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 36

# HOLIDAY ALCOTHONS

*Round the Clock AA Meetings!*

## Hope Hall

8305 Meadowbrook Way – Snoqualmie

### Christmas Alcothon

Christmas Eve @ 5:00 PM – Christmas Day @ 7:00 PM

### New Year's Alcothon

New Year's Eve @ 5:00 PM – New Year's Day @ 2:00 PM

*Bring your favorite snacks to share*

Sign up to Secretary an Alcothon Meeting:  
[alcothon@snovalleyaa.org](mailto:alcothon@snovalleyaa.org)



Website: [snovalleyaa.org](http://snovalleyaa.org)



**5<sup>TH</sup> ANNUAL** **NBdI**

# *Christmas* **ALCATHON**

**FIRST MEETING STARTS**  
12/24 5:30PM PT

**LAST MEETING STARTS**  
12/25 11PM PT

**HOSTED BY**  
NAMELESS BUNCH  
OF DRINKS  
INTERNATIONAL

**MEETING ID**  
950 676 929 81

**RECOVERY SERVICE**  
**UNITY**



**A NEW MEETING EVERY HOUR ON THE HOUR**

**NAMELESSBUNCH.COM**  
NO PASSWORD REQUIRED





## Office/Store Activity

November Sales data from The Store: Coins – 288; AA Published Literature - 925 copies; Hazelden and Other Literature – 15 copies; Cards – 15; Eastside Schedules – 108; Seattle Schedules – 8; Gift Items – 3; Decals – 1; Jewelry – 2; Other Literature - 3; Grapevine Literature – 5.

Featured in our literature sales were the first printing of the Plain Language Big Book. We took reservations for 40 copies, bought 80 and were sold out in one week. AA World Services also sold out of the first printing of 70,000. The next printing will be delayed an undetermined length of time due to some edits to the text that were not initially incorporated into the first printing.

Our office hours have changed beginning December 2, 2024. We are now open Mon – Fri 9:30 am to 5:00 pm. Based on the tracking we've been doing for the past 5 months these seem like the optimal hours.

Volunteer support for the month of November was excellent! We had: Michelle W, Ulf W, Vince Y & Carla L, Ted W, Jim M, Ali V, Patti B, Ken T, Tim C and Ed H. A great crew! I'm especially thankful that we were able to put a group together to run the office while I was out of town for a week. As usual, the volunteers provided help with the essential tasks in keeping the office running Smoothly! You are all appreciated!

This past month the Hotline fielded 39 phone calls in November, 6 calls went to voicemail. Hotline volunteers were: Ben, Happy, Carmen, Chuck, Sheree, Ginny, Lane, Ali, Mark, Marisa, Grace, Moniece, Brian, Tammy, John W, Tomi, Jim, Tom, Evan, Marc R, and Michael. Thank you!

As many of you are aware, The Eastside Intergroup Office is funded primarily by contributions from groups and individual AA members. The month of November was the lowest contribution volume from groups that I've seen since I've been here. Our sales operation runs in pretty low margins as our primary sales are in AA Literature. We do not mark the literature up from what it sells on the AAWS Online bookstore. If your group contributions are down, we understand. If you're not contributing for any other reason, whether it's awareness of the purpose of the Intergroup Office, or the groups don't feel like we're fulfilling our purpose, let us know.

In love and service,

Doug H

## Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



**1** Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



**2** Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



**3** Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



**4** Find out about the special holiday parties, meetings, or other celebra-

tions given by groups in your area, and go. If you're timid, take someone newer than you are.



**5** Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



**6** If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



**7** Don't think you have to stay late. Plan in advance an "important date" you have to keep.



**8** Worship in your own way.



**9** Don't sit around brooding. Catch up on those books, museums, walks, and letters.



**10** Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



**11** Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



**12** "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

Reprinted from *Box 459* with permission.

# Happy Holidays



# 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	Nov 24	TOTAL
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	1,010.00	11,035.71
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	820.37	6,231.49
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	40.00	400.00
Saturday Women's Share		20.00	20.00									40.00
Serenity Break	845.34		1,540.79	899.28				9,000.00	881.00		3.00	13,169.41
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	1,000.00	11,000.00
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		1.00	291.00
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	2.00	288.28
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 Iss Big Book Stag		266.50					106.50					373.00
Tuesday Night Solutions							100.00					100.00
Thursday Night Candlelight								150.00			125.00	275.00
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	37.00	715.65
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
	<b>9,876.66</b>	<b>9,762.29</b>	<b>7,125.88</b>	<b>10,611.85</b>	<b>6,095.31</b>	<b>5,927.29</b>	<b>11,633.69</b>	<b>17,745.97</b>	<b>5,539.42</b>	<b>8,315.11</b>	<b>4,917.67</b>	<b>97,551.14</b>

## 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](mailto:esig@eastsideaa.org)  
**Website:** [eastsideaa.org](http://eastsideaa.org)

**Office Hours:**  
Mon - Thurs 10AM-5:00PM  
Fri 10AM-5:00PM

**Office Manager:** Doug H.  
Email: [doug\\_h@eastsideaa.org](mailto: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?](https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnlLSVFKQT09)  
[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

**\$2,424.41**



**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](mailto: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

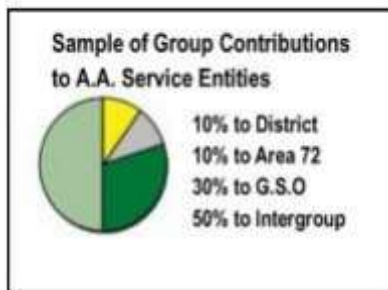
**District 34**  
Bellevue, Redmond, East Lake  
Sammamish, & Mercer Island  
PO Box 50081  
Bellevue, WA, 98015

**District 35**  
Issaquah  
P.O. Box 442  
Issaquah, WA, 98027

**District 36**  
Snoqualmie Valley, Duvall, 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

