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PASS IT ON

Eastside Intergroup Newsletter

Issue 91 February 2025



From the Spiral #54

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. Maintenance is an action word.

Our daily reprieve is contingent. If you're new and you're reading this, sobriety is a gift, but keeping it requires effort. The truth, however, is that a little effort does go a long way. My Sponsor suggests taking 60 seconds out of your day to pray for someone who isn't you. People, places, and things are relentless, so a useful tool is to pray about them. "God, please give my boss everything he/she needs to be happy, safe, and successful." You might be new to prayer and to forming your own conception of a Higher Power, but you might become more open to these concepts when you see them begin to work with you in life. Calling your Sponsor or someone in the program is good, but be prepared for the person on the call to not listen to you complain for very long. They are not a sounding board; they are your solution and if you are willing to listen, you will feel better. Calling someone in the program not only helps you, but it helps who you're calling, and that qualifies as maintenance.

2. Get their number and call them.

After being in the program for awhile, it was a mind-blowing concept to work with others with initiative instead of passivity. Originally, it was suggested that I not chase a Sponsee. When someone at my home group shared about being more proactive, I found it reinvigorating. In the past, I would give my number to a new Sponsee only to rarely or never hear from them. Moving forward, I will take a different approach and I hope you consider doing the same. When I was new, I wasn't exactly a fully functional human being. I needed to be lead. I needed directions. The best I could do was to simply show up to a meeting and say yes when a suggestion was made. The next time you're approached about being a Sponsor, take the lead. Instead of giving your number, take his, call him, and lay out the path one step at a time.

3. I didn't want the consequences anymore.

Questions are asked about when you finally quit drinking for the last time or why you finally had enough. Recently, a friend of mine explained his reason for stopping. He had enough of the consequences of his drinking. You know that when it comes to trying to achieve a Spiritual Experience through "spirits", it tends to bring out the complete opposite, and yet we wake up the next afternoon and try again because something in our brain tells us that this time things will be different. There is no such thing as "different" when it comes to active use; it only gets worse. What works for me is to occasionally look back on my consequences and ask myself if I ever want to experience them again. You will have tough days. Life never lets up. I am willing to bet that your sober consequences far outweigh the drunk ones.

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

-Matthew T.



Office/Store Activity

Here is the January Sales data from the store: Coins – 573 ; AA Published Literature (Books) - 160 copies; AA Published Literature (Pamphlets) - 227 copies; Grapevine Literature – 2 copies; Hazelden and Other Literature – 40 copies; Cards – 26; Eastside Schedules – 434; Seattle Schedules – 0; Gift Items – 11; Decals – 1; Jewelry – 5; Alanon Literature – 3 Copies.

Volunteers in the office were much appreciated in January! Thank you to Ulf W, Vince Y & Carla L, Ted W, Ali V, Amber A, Ken T, Tim C.. We can't keep the doors open without you, Thank you tons for being there!! For those who have some spare time during the day, please consider being an office volunteer!

In January, there were 36 after hour/weekend phone calls, 8 calls went to voicemail. Hotline volunteers are 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 for your service not just to Eastside Intergroup but to AA as a whole! This request is very important. Tim B, who has been in this position for quite some time, is rotating out and this is a position that is as critical as any! We need someone to take this position on! Tim has refined this down to a very workable task and whoever takes this on will benefit from all of the hard work he has put into this. **Please, we need a new Hotline Coordinator!!**

There are still several service focal positions that are open. We can use folks in the following areas: Accessibility, Public Information/Cooperation with the Professional Community (PI/CPC), Young Peoples, and Events. And yes, Hotline! Please give us a call in the office or stop by for a cup of coffee and a chat!

The Pancake Breakfast is in less than 45 days! March 15 at St Thomas Episcopal in Medina. See the ESIG website for details, we've still got plenty of volunteer opportunities!

In love and service,

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



Live at Pine Lake

Speaker Meeting

Saturday, February 8, 2025

7:00 – 8:30 PM

Featuring

Ali H.

from Toronto, Ontario

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





PARTY

WHEN:

SUNDAY FEBRUARY 9TH @ 3:00 PM

WHERE:

HOPE HALL

8305 Meadowbrook Way SE, Snoqualmie, WA 98065

POTLUCK:

BRING YOUR FAVORITE SUPERBOWL PARTY DISH TO SHARE

EASTSIDE ALANO CLUB



FEB. 12 WEDNESDAY 3PM-5PM

ANNEX ROOM FUN PRIZE'S

HELPS WITH EXPENSES FOR KITCHEN

CARDS 3\$ PLUS DONATIONS

PLEASE COME OUT TO PLAY.

CLEAN & SOBER

FAMILY FRIENDLY

DISTRICT 36 VALENTINES DAY



WHEN: SATURDAY FEBRUARY 15TH 2025

GUEST SPEAKER @ 6:00 / DANCE 7:00 PM -11:00PM

SEND SONG REQUESTS TO djkruser@gmail.com

WHERE: HOPE HALL 8305 Meadowbrook Way SE, Snoqualmie, WA 98065

50/50 RAFFLE

BRING YOUR FAVORITE SNACK OR TREAT TO SHARE



You're
INVITED

Saturday, 2.22.25

Love Yourself

DINNER @ 6PM
SPEAKERS @ 7PM

Benson Hill Friday Night Women's Meeting's

31ST ANNIVERSARY

POTLUCK

Main Dish provided

Childcare Provided

WISH TO CONTRIBUTE? LAST NAME INITIAL:
A-G: COLD SIDE: H - N: HOT SIDE: O-Z: APP OR DESSERT

King of King Lutheran Church - 18207 108th Ave SE, Renton

Female Identifying Only Please



52nd Annual

Saturday, March 1, 2025

“Working Together / Increasing Trust”

Burien Little Assembly is sponsored by Area 72 AA Districts 14, 15, 16, 17, 18, 31, 32, 33, 54, Greater Seattle Intergroup and in 2025 with participation from Al-Anon Family Groups.

Panel Topics:

1. Delegating: It is OK to ask for help.
2. Closing the Gap: How do we make the voice of every group count?
3. Our Financial Responsibility in Carrying the Message.

Schedule:

10:00 AM – 11:20 AM	Gathering and potluck
Anniversary Month	Jan – Apr: Main Dish May – Aug: Side Dish Sept – Dec: Dessert
11:30 AM – 12:20 PM	Panels Session 1
12:30 PM – 1:20 PM	Panels Session 2
1:30 PM – 2:20 PM	Panels Session 3
2:30 PM – 3:20 PM	Panels Session 4
3:30 PM – 3:50 PM	Anniversary Countdown
4:00 PM – 5:00 PM	Speakers

Grace Lutheran Church

22975 24th AVE S • Des Moines, WA 98198

For more information, volunteer or contribute go to:

BurienLittleAssembly.org

Annual ESIG Pancake Breakfast

Saturday, March 15th, 9:00 am to 1pm
St. Thomas Episcopal Church - 8398 NE 12th St, Medina, WA



Pancakes • Eggs • Bacon • Sausage • Hash Browns • Coffee • Tea • Juice
•Vegan Options Available •

Speakers: AA — Christie D Al-Anon — Randy N

\$10 per person - Capacity is 150 - We expect to sell out!

Reserve your seat! Here's how:

Venmo or PayPal (QR Codes Below): Type Name(s) and "Pancake Breakfast" in comments

ESIG Office – Pay over the phone or in person

Homegroup Intergroup Rep – Reserve through your Rep

*children 5 and under are free



Doors Open at 9 am
Breakfast served 10:00 - 11:15am
Speakers begin at 11:30am
Raffle at 12:30pm – Must be
present to win!



Volunteers and Raffle Contributions Needed!

Please contact the office at (425) 454-9192

Okanogan Valley

25th
Anniversary

Round-up

March 28 - 30, 2025

AA & Al-Anon Speakers - Meditation

Silent Auction - 50/50 Raffle

and new this year...

Friday Night Potluck and

Cookie Bake Off

Winthrop Barn

51 St. Rt. 20 Winthrop, WA

Register Online at:

www.okanoganvalleyroundup.com

8th Annual

NW Girlstock

Women's Big Book 12 Step Conference

APRIL 25, 26, & 27, 2025

At Four Points by Sheraton Hotel & Conference Center in Beautiful Bellingham, WA.

Treat yourself and invite your friends to an infusion of happy recovery!

*Listen to Experience, Strength and Hope, delivered by
some of the best communicators among us:*

AMY H., Orem, UT

CANDICE M., Los Angeles, CA.

DONNA T., Sechelt BC.

HOLLY D., Jacksonville, FL.

JENNIFER H-K., Plano, TX.

LARA B., Vancouver, BC.

SHANNON K., West Hartford, CT.

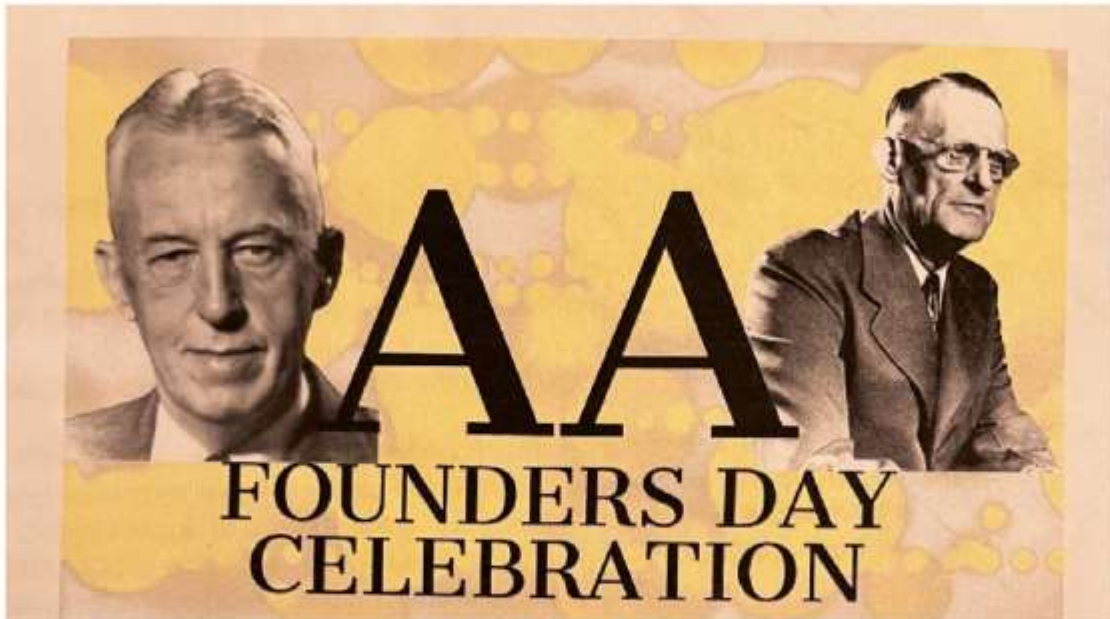
VERONICA H., Al-Anon, Bellingham, WA.

Please REGISTER EARLY at **NWGIRLSTOCK.ORG**

MEETINGS ONLY: \$ 70.00

MEETINGS & 2 MEALS: \$170.00 Sat. dinner buffet & Sun. b'fast buffet

*A link on our website will help you reserve a room at the Four Points
at a very special \$139.00 per nite rate. Choose two queen beds, or one king bed.*



CELEBRATE the 90th ANNIVERSARY of
AA's Founder's Day

June 7th, 2025 5:00 - 9:30 (doors open @ 4:30)

North Bellevue Community Center 4063 148th Ave NE
Bellevue WA

Hosted by District 38 of Kirkland, WA

SAVE THE DATE, MORE DETAILS SOON

To volunteer or get more information email -

FoundersDayDistrict38@gmail.com

ESIG 2025 Group Contributions YTD

Group Name	Jan 25	TOTAL
A Womans Way	\$ 40.00	\$ 40.00
Anonymous	\$ 278.54	\$ 278.54
Bel East Lunch Group	\$ 200.00	\$ 200.00
Benevity Fund Donation	\$ 449.44	\$ 449.44
Duval Big Book Study	\$ 130.00	\$ 130.00
Duval Sunday Morning Break	\$ 80.00	\$ 80.00
Eastside Beginners	\$ 81.50	\$ 81.50
Eastside Men's Group	\$ 429.00	\$ 429.00
Eastside Women	\$ 160.00	\$ 160.00
Fresh Start	\$ 100.00	\$ 100.00
Frontstream	\$ 2,240.00	\$ 2,240.00
Kirkland Attitude Modification	\$ 460.00	\$ 460.00
Living Sober Online	\$ 62.21	\$ 62.21
Maximum Service	\$ 300.00	\$ 300.00
Mercer Island Thursday Night	\$ 100.00	\$ 100.00
Nameless Bunch Of Drunks	\$ 1,000.00	\$ 1,000.00
Nameless Bunch of Drunks International	\$ 374.16	\$ 374.16
Nooners	\$ 500.00	\$ 500.00
No Perfect People Allowed	\$ 257.50	\$ 257.50
North Creek Study Group	\$ 200.00	\$ 200.00
Regla 62 Grupo	\$ 40.00	\$ 40.00
Sammamish Big Book Study	\$ 114.00	\$ 114.00
Sammamish Plateau Women's Step Study	\$ 100.00	\$ 100.00
Serenity on Sunday	\$ 200.00	\$ 200.00
Seven & Sober	\$ 1,000.00	\$ 1,000.00
Sisters of the Forest	\$ 20.00	\$ 20.00
Sno-Valley Women in Recovery	\$ 150.00	\$ 150.00
Sober Camels	\$ 610.00	\$ 610.00
Stillwater Serenity	\$ 66.00	\$ 66.00
Sundays Solution	\$ 257.50	\$ 257.50
The AA Team	\$ 50.00	\$ 50.00
Tiger Mountain OSAT	\$ 500.00	\$ 500.00
Tuesday Issaquah Big Book Study	\$ 208.00	\$ 208.00
Wake Up	\$ 47.65	\$ 47.65
Women's Saturday Steps	\$ 352.20	\$ 352.20
Woodinville Wed. Fellowship	\$ 122.25	\$ 122.25
	\$ 11,279.95	\$ 11,279.95

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-5:00PM
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?](https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnlLSVFKQT09)
[pwd=MG02L21hZXk1Y3N0UG1pZnlLSVFKQT09](https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnlLSVFKQT09)
All members welcome!

Pink Can Donations 2025

- Eastside Women
- Juanita Triangle
- Seven & Sober
- Women's Sat Steps

\$134.50



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

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

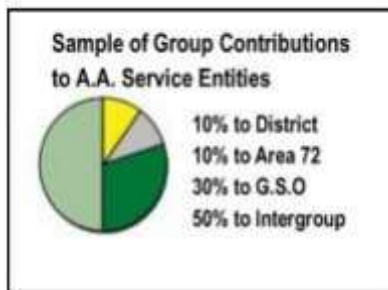
District 34
Bellevue, Redmond, East Lake
Sammamish, & Mercer Island
PO Box 50081
Bellevue, WA, 98015

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

