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# PASS IT ON

## Eastside Intergroup Newsletter

### Issue 92 March 2025



## Can't stop drinking?

### We get it.

In A.A. we don't tell anyone to do anything. We talk about our own drinking, the trouble we got into, and how we stopped. Whether in person or online, we're here to help.

**Alcoholics Anonymous<sup>®</sup>**

For more information visit  
AA.org or download the  
Meeting Guide app.



[eastsideaa.org](http://eastsideaa.org)



## From the Spiral #55

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. If I could do things in moderation, I wouldn't be in these rooms.

*Not doing things in moderation is our Super Power, so you can relax in reading this because I'm not going to offer suggestions on how to back off from something that will benefit you when it is used appropriately. If you did drinking in a manner that was all-in, you can also do recovery in the same way. This program was designed to work with an intensity that is fearless, thorough, and rigorously honest. Think about it. If you drank so hard that it landed you in the rooms of A.A., then imagine what would happen if you applied the same approach to building and working a good program?*

2. A.A. is a program of self-examination.

*A friend and mentor who we lost a few years ago, Dean Taylor, would often tell us about the program being about Self-Examination. He did not say it was a program of Self-Loathing. With the help of a Sponsor, you get to uncover the truth behind why you drank without it discouraging you into the ground or worse. When we work together, shame is not the goal. The hope is that you understand that the Spiritual Life is more about subtraction and not addition, as a friend of mine told me last night. When you hear someone at a meeting say to "put some sun on it" and you are perplexed, it just means to not be a secret. Get rid of the junk in the non-junk drawer completely and with less, you will have more.*

3. Love is the hardest thing in the world for us to receive.

*I honestly did not do anything in moderation because I did not feel worthy and always felt less than, so when I did something, I went overboard. Whether it was sports, drinking, or relationships, nothing was what it seemed. My hidden motive was to win, be revered, and feel secure. At least that is what I told myself before my Sponsor and I got to Step 4. Whenever someone told me, "I love you", I questioned it so I took radical steps to guarantee it and that ended up having the opposite effect. When I started sharing in meetings, the looks I got from others gave me a different feeling. It was a feeling I had never experienced before. Because I spent so much time around people just like us, I had zero doubt that I was in the presence of real love and took a leap of faith to give myself permission to accept it. To this day, I feel it in the rooms, but I also feel it out of the rooms especially when I am struggling. My prayer is that you feel this too and know you are worthy to receive it.*

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

*-Matthew T.*



Language of the Heart  
Lenguaje del corazón  
Le langage du cœur



**REGISTER BY  
APRIL 15  
FOR EARLY-BIRD  
PRICING**

2025

# A.A. INTERNATIONAL CONVENTION

Join your friends in Vancouver,  
British Columbia, Canada  
**July 3-6**

## HIGHLIGHTS INCLUDE...

- ▶ Thursday night block party
- ▶ Flag Ceremony
- ▶ Stadium meetings
- ▶ Old Timers Meeting

AND MORE...including 250+ meetings,  
hospitality suites, and a full slate of  
panels and workshops

**HOUSING IS  
STILL  
AVAILABLE!**

**REGISTER NOW**



**LEARN MORE**

[aa.org/international-convention](http://aa.org/international-convention)

[2025ic@aa.org](mailto:2025ic@aa.org)



# District 24 Annual

## Gratitude Potluck Dinner Saturday March 8th, 2025

Al- Anon: David  
AA Speaker: Kelvin A

- Doors open at 5pm
  - Dinner at 6pm
  - Speakers at 7pm
- Raffle Baskets  
50/50 Raffle

**\$5 Suggested Contribution**  
(gets you 1 raffle/basket ticket)

**HOMEGROUPS:**

Please Bring Raffle Item and Ham or Turkey

**INDIVIDUALS:**

Bring Side Dish or Dessert

**VOLUNTEERS:**

Contact Rachel OS at [dist.24eventseyahoo.com](mailto:dist.24eventseyahoo.com)

**St Pius X (church)  
Gymnasium  
22301 58th Ave W  
Mountlake Terrace, WA  
98043**





# Live at Pine Lake

Speaker Meeting  
Saturday, March 8, 2025  
7:00 – 8:30 PM

Featuring  
**Paula P.**

from Champaign, IL

**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*



# 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



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**JOIN US FOR FELLOWSHIP, FUN, & SOFTBALL**

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**ROLL  
CALL**

LOOKING TO JOIN A  
**SOBER SOFTBALL TEAM?**

This event is for you!  
All skill levels welcome. Come ready to play!

**March 16th & 23rd | 10am - 1:30pm**  
6046 West Lake Sammamish Pkwy NE, Redmond WA 98052  
Baseball fields 6, 7, & 8

For more info call or text:  
Alex D: (206) 445-8145 | Nick B: (425) 241-4002  
We have extra softball gear for those who need it!





# BINGO NIGHT



Come Out and Support  
the CSSA East Division!!!

**SATURDAY, MARCH 22 | 4:30 - 9:00PM**  
**KIRKLAND CONGREGATIONAL CHURCH**  
**106 5TH AVE, KIRKLAND**

**\$10 Entry**

*(Kids 6-12 \$5 ~ Kids 5 and Under Free)*

*Bingo, Games, and Raffle Tickets Sold Separately*

Doors open at 4:30pm - Pizza and Speaker  
 at 5:30pm - Bingo, Games, Raffles to Follow

**Bingo ~ 50/50 raffle ~ Bat Raffles  
 Prizes and Fellowship!**





# 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](http://www.okanoganvalleyroundup.com)

**WHAT** BBQ / Potluck @ 2:30  
*...Bring your favorite dish!*

**NO COVER CHARGE**

Dance starts @ 5:30pm

Speaker Meeting @ 4pm  
*...7th Tradition will go to District 36*

# SPRING FLING 2025



**WHEN**

**Saturday, March 29th**

**WHERE**

**Hope Hall - Snoqualmie**

*...8305 Meadowbrook Way SE, 98065*



**WITH a LIVE performance by:**

**RAY'S GARAGE**

**"American-Fried Rock-n-Roll Blues"**



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**51 St. Rt. 20 Winthrop, WA**

Register Online at:

[www.okanoganvalleyroundup.com](http://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.**

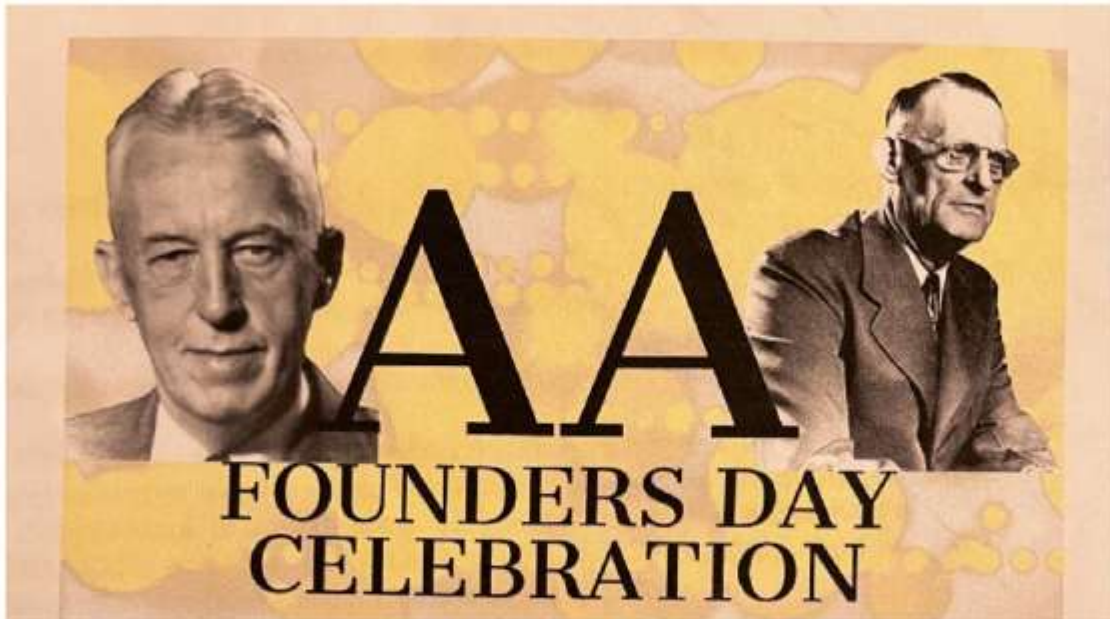
Please REGISTER EARLY at **NWGIRLSTOCK.ORG**

**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 90<sup>th</sup> ANNIVERSARY of  
AA's Founder's Day

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

North Bellevue Community Center 4063 148<sup>th</sup> 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](mailto:FoundersDayDistrict38@gmail.com)

# ESIG 2025 Group Contributions YTD

Group Name	Jan 25	Feb 25	TOTAL
A Womans Way	\$ 40.00		\$ 40.00
Anonymous	\$ 278.54	\$ 334.63	\$ 613.17
Bel East Lunch Group	\$ 200.00		\$ 200.00
Benevity Fund Donation	\$ 449.44	\$ 600.00	\$ 1,049.44
Duvall Big Book Study	\$ 130.00		\$ 130.00
Duvall 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	\$ 200.00	\$ 300.00
Frontstream	\$ 2,240.00		\$ 2,240.00
Keep it Simple		\$ 5.00	\$ 5.00
Kenmore Big Book		\$ 195.00	\$ 195.00
Kirkland Attitude Modification		\$ 460.00	\$ 460.00
Kirkland Sobriety Headquarters		\$ 75.00	\$ 75.00
Living Sober		\$ 272.00	\$ 272.00
Living Sober Online	\$ 62.21	\$ 183.45	\$ 245.66
Maximum Service	\$ 300.00		\$ 300.00
Mercer Island Thursday Night	\$ 100.00		\$ 100.00
Nameless Bunch Of Drunks	\$ 1,000.00	\$ 1,002.00	\$ 2,002.00
Nameless Bunch of Drunks International	\$ 374.16	\$ 416.55	\$ 790.71
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	\$ 2,000.00
Sisters of the Forest	\$ 20.00	\$ 10.00	\$ 30.00
Sno-Valley Women in Recovery	\$ 150.00		\$ 150.00
Sno-Valley Young Peoples		\$ 2.00	\$ 2.00
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
The Shack		\$ 5.00	\$ 5.00
Tiger Mountain OSAT	\$ 500.00		\$ 500.00
Tons of Grace		\$ 309.50	\$ 309.50
Tuesday Issaquah Big Book Study	\$ 208.00		\$ 208.00
Tuesday Night Solutions		\$ 93.00	\$ 93.00
Wake Up	\$ 47.65		\$ 47.65
Women's Big Book Study		\$ 136.28	\$ 136.28
Women's Saturday Steps	\$ 352.20		\$ 352.20
Woodinville Wed. Fellowship	\$ 122.25		\$ 122.25
	<b>\$ 10,819.95</b>	<b>\$ 5,299.41</b>	<b>\$ 16,119.36</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  
**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=MG02L21hZXk1Y3N0UG1pZnlsVFKQT09)  
[pwd=MG02L21hZXk1Y3N0UG1pZnlsVFKQT09](https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnlsVFKQT09)  
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**

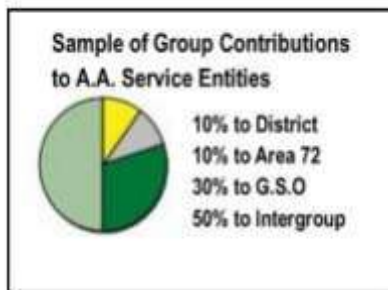
Snoqualmie Valley, Duvall, North Bend  
P.O. Box 1963  
North Bend, WA, 98045

**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

