



PASS IT ON

Eastside Intergroup Newsletter

Issue 35 December 2019

Carrying the Message at ESIG

Some people think that we just answer the phones at the Intergroup office but that's not the case at all. The job can be extremely rewarding but can be heart-breaking as well. I feel like sharing a few nuggets from the past several years working at the ESIG office.

After hours the phones are transferred to an answering service. That service has a calendar with shifts containing names and numbers of who is on call. They answer, "Alcoholics Anonymous, would you like to speak to a volunteer?" If the caller says yes, the call goes to whomever is on call at that time. We have someone on call and then 5 backups with me being number 6. But if the caller is angry about something the service knows to put it directly through to me.

Having said that, here is one of the calls that was put through to me because the caller was mad. The woman was new to A.A., not able to drive and had caught a bus to a meeting in Redmond that was listed on our schedule and on our website. It was wintertime, very dark outside and pouring down rain. She said no one was at the meeting and was extremely upset that she had gone on the bus to a location that didn't have a meeting when we said that there was a meeting. I didn't blame her for being upset and raising her voice about it, I totally understood and would have felt the same way if I were new. I probably would have been too frightened however to "confront" someone about it.

Oddly though, the meeting she was trying to attend was one that I had attended for many years and knew that the meeting was around the other side of the building. I explained this to her, and she insisted that she had checked all around the church and there was no meeting! You are wrong she told me, and she remained quite upset.

Normally I don't do this, but she was so upset and I knew where she was I asked her if I could come and at least give her a ride home because it was so dark and rainy. She didn't want to and after being on the



Continued Page 2

Page 1-2

Carrying the Message

Page 3

Upcoming Sober Events

Meeting Updates

Page 4

Information Corner

Page 5

ESIG PI Committee Info

Janine B.

Page 6

December Office Report

Page 7

From the Spiral #5

Page 8-9

Group Contributions

Page 10

Birthday Club, Pink Can,

Faithful Fivers

Page 11

Office Information

Newsletter /Hotline / Office

Volunteers

Page 12

November Mtg Attendance

Carrying the Message

continued from pg.1

phone for quite some time, she agreed to wait for me to come give her a ride. I live about 20 minutes away, but she was still waiting. After she got in my car I asked if we could just go check on the other side of the church and she agreed. When we got to the correct entrance, I walked her into the meeting and then I returned home to my family.

Funny though, we very seldom hear what happens to people after we help them, so we don't know if they got sober or not. In this case however, I was delighted when the woman called me a year later to thank me for helping her into the rooms of A.A. and to let me know she was celebrating one year of sobriety. What a gift to hear from her and what a gift that she is still sober.

I love Alcoholics Anonymous and I love being of service in our community in my role as Office Manager of the Eastside Intergroup office.

Another short story about carrying the message at Intergroup:

We had a substitute mail carrier that came once a week and we never knew which day he would be on our route because it changed every week. He was frightened by Jacks, my little 5 pound dog and Jacks knew it so he always barked at him. The mail carrier would wait outside the window and indicate whether he had mail or ask me if I had mail to go out and then I'd go outside to meet him.

One day, the mail carrier came in to the office and stood next to my desk but not saying a word. I told him I didn't have any mail to go out and he asked me if this was the AA office. I said yes, do you have some mail for me. No, he said and he continued to stand next to my desk. I noticed his hands shaking on his side and realized he was looking for help. I asked him if he wanted to talk to me about Alcoholics Anonymous? He replied "yes please". We talked for over an hour that day and of course Jacks wasn't with me that day, the phone never rang and no one came into the office. God knew what he was doing.

At the end of our time that day, he said he didn't think he'd make it home without drinking. So, I called a friend that goes to Living Sober at the Alano Club at 5:30 and asked if he could meet him. He wasn't able to go that day but gave me the name of someone else that I called. I asked them to look for the man in the mail uniform and they did. The men at the Living Sober group took him under their wing and he now has more than five years of sobriety.

While we were at our old office where he and I met, he came in on his lunch break once a week and we shared with each other our stories. Funny, he even came to enjoy Jacks and would hold and pet him while we were visiting. We became such good friends that when ESIG needed to move, he would call me when he'd see something available that we might like that was on his route.

I hope you enjoy reading about these tidbits of life at the Intergroup office as much as I enjoy the experiences.

Happy New Year!

Nancy O.

Upcoming Sober Events

For details and links, go to "events calendar" at eastsideintergroup.com

Area 72 Grapevine & Literature Quarterly:

December 14 @ 11:00 –3:00 pm

Pine Lake Speaker Meeting

December 14 @ 7:00—8:30 pm

Holiday Dessert Social

December 16 @ 7:00—9:30 pm

Christmas Alcathon

December 24 @ 12:00 pm—December 25 @ 9:00 pm

ASL Meeting

December 28 @ 7:30—9:00 pm

New Year's Alcathon

December 31, @ 12:00 pm—January 1, 2020 @ 9:00 pm

Clean and Sober New Year 2020 Dance

December 31 @ 7:30—January 1, 2020 @ 1:00 am

Meeting Updates

MEETING MOVED

Sober Gals

Tuesdays 7:00pm-8:00pm

Hazelden Betty Ford Foundation
Overlake Medical Pavillion
1231 116th Ave NE Ste. 410
Bellevue, WA 98004

MEETINGS THAT NEED SUPPORT

Sober on the Ridge

Mondays 7:30pm-8:30pm
(open)

Snoqualmie Fire Station
37600 Snoqualmie Pkwy
Snoqualmie 98065

Tuesday Night Solutions

Tuesdays 7:00pm-8:00pm
(open)

Bellevue Christian Reformed Church
1221 148th Ave NE
Bellevue 98007

NEW MEETING

A Vision For You

Thursdays 2:30pm – 3:30pm

(open, Big Book, Twelve Traditions)
Redmond Heights Senior Living
Assisted Living Building
7950 Willows Rd
Redmond 98052

Please email any meeting updates to:
esig@eastsideintergroup.com

Information Corner

Step 12: “Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

Alcoholics Anonymous, p. 60

Step 12 Principle: Service

ALCOHOLICS ANONYMOUS (The Big Book): Step 12—Chapter 7: “Working With Others”, p. 89—103

An entire chapter was devoted to Step 12 in the book *Alcoholics Anonymous*, which emphasizes just how vital this step is to our sobriety, and thereby to our lives.

There are three components to this step:

First, “Having had a spiritual awakening as the result of these steps...”, suggests that we have “worked” steps 1 through 11, and had a spiritual awakening (or “vital spiritual experience” - first edition), as the result of doing so. Many AA’s agree that “a vital spiritual experience” (aka spiritual awakening), and a daily “maintenance of our spiritual condition”, are paramount to recover from alcoholism. The first eleven steps radically expose our basic egocentricity, reveal it for what it is, and then foundationally redirect that egocentric focus toward a “Higher Power” and others. Page 62 of the *Big Book* states this simply and clearly: “So our troubles are basically of our own making. They arise out of ourselves; and the alcoholic is an extreme example of self-will run riot, though he usually doesn’t think so. Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us! God makes that possible.” On pages 107 & 108 of the book, “Twelve Steps and Twelve Traditions”, Bill W. summarizes the journey through steps 1 through 11 in his lead-in to Step 12. First we learned “How It Works”, and then “Into Action” we went. In the second appendix to the *Big Book*, addressing the phenomenon of a spiritual experience or awakening, Bill Wilson writes: “Quite often friends of the newcomer are aware of the difference long before he is himself. He finally realizes that he has undergone a profound alteration in his reaction to life; that such a change could hardly have been brought about by himself alone. What often takes place in a few months could seldom have been accomplished by years of self discipline. With few exceptions our members find that they have tapped an unsuspected inner resource which they presently identify with their own conception of a Power greater than themselves. Most of us think this awareness of a Power greater than ourselves is the essence of a spiritual experience. Our more religious members call it “God-consciousness.” This brings us to the “Working With Others” of Step 12.

The second component of Step 12 is: “...we tried to carry this message to alcoholics..” This is not something we do once we get our act together, or once we “feel” the “spirit” move us to serve. It is not something that can wait until we have been to enough meetings or read enough books. Why? Because it help us stay sober and grow! We must get out of ourselves and serve others. It is essential for our spiritual health and growth. Instead of embarking on a selfish, self-centered, and personalized spiritual program, in our quest for happiness, we must turn outward and serve others to maintain the spiritual condition that we have received by the grace of God. To really understand or appreciate the AA message ourselves, we need to hand it over to others. Chapter 7 of the *Big Book*, “Working With Others”, gives specific suggestions on what to do when “you discover a prospect for *Alcoholic Anonymous*.” Our sponsors, home-groups, AA literature, and fellow AA’s, may have valuable additional suggestions and guidance for approaching, and working with, other alcoholics that take into consideration our current societal norms and social mores. It has been said, and proven true, that spiritual gifts increase only by “using” them. We give freely that which we have been freely given!

The third component of Step 12 suggests that we “practice these principles in all our affairs.” Practicing the principles of the 12 steps in all of our affairs is the means by which we are able to maintain our spiritual condition, which manifests itself in loving relationships with our fellows and with our Higher Power. “And Peace, which surpasses all understanding, will guard your hearts and minds...”, and the drink obsession will be replaced by a spirit of love, tolerance, and service. Sobriety and serenity through Grace is a Miracle indeed! We cannot do it without others.

Public Information Committee

A Special Note from P.I. Chair Janine B.

A huge thank you to the following panelists who spoke at Sammamish High School 11/18:

Susan W, Dennis, JP, Anne W, Emily K and Amy .

The following people signed up for Inglewood MS on 12/3:

John, Megan, Nick M, Erik N, Vicki C, Rachel V, Sarah C, Allison, Dennis, and Nick P .

And Tyee Middle School on 12/11:

Dennis M. (all 6 periods), Theresa, Jocelyn and Angie for the remaining classes.

Thank you for your service and creating a ripple for the future of AA!

Janine B.

Here is a note of thanks to our Public Information Committee for the panels taken into Inglewood Middle School. Janine is our PI Committee Chair and Pauline is the CPC Chair for District 34. Great job by both of you and all of your panelists!



Janine and Pauline,

Chelsea and I want to thank you for putting together a wonderful panel and group of people who helped support the learning of our students here at Inglewood Middle School.

Throughout the day, the stories were emotional, powerful, and thoughtful. Both of us, and all of our students were completely engaged and walked away with a lot to take in and process and move forward with.

We would love to send you and panel members thank you cards – what is a good way to do this? In addition, we would love to schedule a time for 2nd semester. (mid april-may),

Thanks so much for everything,

Amanda & Chelsea

Inglewood Middle School | Health & Fitness

December Office Report

There are rumors that I'm retiring soon so let's address that. They are just that, rumors. I can't help it, I love my job working with the members, the meetings and Districts in the ESIG area and find it very difficult to think about leaving. We have recently hired Kim W. to work in the office with me. Kim is from the Duvall area in District 36 is working in the office about 20 hours a week. This affords me the opportunity to cut back my hours in the office. January 1st. I plan to be at ESIG 4 days a week and will be taking Mondays off. I'll be trying to get out to different meetings to say hello and see if we can do anything to help. I'm very confident that Kim is the right person for the job and hope that you'll stop in to say hello and help her feel welcome.

We are closing the office at 3pm on December 24th and will re-open on December 30th at 10am. We will also be

On November 9th we held our second annual Open House with a 10% discount on everything. We drew names from a hat every half hour for prizes. We had such fun! There must have been about 100 people through the office enjoying our store along with some food and fellowship. Our grand prize drawing was again this year, a replica of the original Big Book writing which was won by our own Lana L. who is from the Woodinville Wednesday Fellowship meeting and is also the ESIG Pine Lake Speaker Meeting Coordinator. Congratulations Lana!

Don't forget when your meeting is looking for coins or you need a fancy coin for that sponsor or sponsee, we carry them all at Eastside Intergroup. In addition, we have sobriety greeting cards and many different gifts. For the groups, we carry all the A.A. World Service and Grapevine published books and materials and always have a good amount in inventory. If you haven't been to see us lately, we'd love to have you come by and we'll show you what's new at your Intergroup office.

On November 16th we had a great turn out for our 2nd meeting of the Sunshine Club recently formed here at ESIG. The mission of the Sunshine Club is to bring meetings to members of AA who are unable to attend regularly scheduled meetings due to accident, illness, or temporary medical condition. We hope you all will spread the word about this great service. Anyone wanting to request a meeting can contact us at sunshine-club@eastsideintergroup.com. For more information or to be a part of this group feel free to email or call me.

December 3rd. we had the opportunity to go to the District 36 business meeting and talk about coordinating our efforts on the 12th Step Call List. We did a quick training and got some people signed up to be on the list and hopefully they too will get others signed up. Our current 12th **Step List is rather outdated, and we'd really like to** meet with each of our other Districts to coordinate efforts. The goal is to have a list of people available from each District when a call comes in. I hope you are all aware that when someone calls Alcoholics Anonymous on the eastside the call comes through our Intergroup office. We really are the front line when we get that call for help. **It's important that we have people trained and available to take the calls.**

We have a Hotline & Phone Workshop scheduled for Wednesday January 15th from 5:30pm to 7:00pm and a 12th Step Workshop scheduled for Saturday January 18th from 10am to 11:30am. Both workshops will be at the Eastside Intergroup office. To sign up for either workshop please call us at 425-454-9192. Space is limited.

THANK YOU NOVEMBER OFFICE VOLUNTEERS: Bill B, Carrie SB, Cindy S, Daniel K, David B, David R, Gigi B, Jill M, Karen M, Lezli G, Lynn B, Matthew T, Megan O, Po F, Susan H, Ted W, Tim Q, Ulf W, & Wallene D. Also thank you to Barry, Brian and Jared from the NBD meeting for helping move things and Mark J. for picking up schedules from Seattle Intergroup! I appreciate all of you!

*Holiday Blessings,
Nancy O.*



From the Spiral #5

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.

The definition of addiction: When you can't get enough of something that you don't want.

If you are new and reading this, you may be asking yourself whether or not you have a problem. Reaching this place is scary, but hopeful if you feel it. Every single day, I need to remind myself to put things on hold I think I want. Just because I no longer consume alcohol and drugs, does not mean that I have defeated my brain. Later on, once you start working in the steps, the program will teach you how to be **an observer of your thoughts and that you don't always need to go in the dark direction.**

Keep growing and keeping digging because there is always more to find.

Complacency is a killer for us. A lot of us believe that it is just as bad as regression. A great challenge, when I experience this cruising altitude, is to meet with my sponsor and share this with him. Next up is to pray to have God put me to work, if it be his will. There is always something more to do. Growth is for the willing.

If you want to be happy, you have to abandon all hope of a better childhood.

I heard this one a few weeks ago at my home group. At some point, you need to learn how to let go. I always hated this concept because I never learned how to actually let go. A.A. taught me what is involved. I hold on because my ego has got this, when in fact, God has got this. Again, open and honest **communication with my sponsor is the key followed by a quick simple prayer. "God, I am here to do your will, not mine, so please take this away from me so I can keep moving forward."** And yes, it works 100% of the time and 0% of the time if I do not take the right action.

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

-Matthew T.

Editors Note:

These are nuggets of wisdom that a member has heard in meetings and jotted down in his spiral notebook. These are personal notes and are the opinion of the author who wishes to share them.

ESIG GROUP CONTRIBUTIONS 2019

Group	JUN	JUL	AUG	SEP	OCT	NOV	TOTAL
Nameless Bunch Of Drunks	1,000	1,000	1,000	1,000	1,000	1,000	11,000
Seven & Sober	1,000	1,000	1,000	700	800	800	10,725
Serenity Break	2,026			1,784			6,372
12 & 12 Fellowship Hall	1,343	1,037		1,528			3,908
District 34							1,755
Living Sober	233	133	100		308	166	1,742
Wake Up				655			1,337
Women In Recovery	727	241	211				1,179
OSAT		250					1,150
Tiger Mountain Stag			250			197	1,047
Counter Sales			420	135	440		995
Women's Saturday Steps		373			290		951
Bellevue New Group		300			300		900
Sharing the Legacy		300		200			900
Fresh Start				611			865
Nooners	244		239				809
Friday Night Firehouse				287			769
Tiger Mountain OSAT			743				743
Maximum Service							723
Moss Bay		293					715
Kenmore Big Book		700					700
Any Lengths Group		330			132		617
Sober At Cottage Lake		188					563
Wednesday Willingness	561						561
Newport Daytimers							540
Southside Breakfast		130			150		500
Sermon on the Mount	300				190		490
Anchor Group		120				121	481
Serenity on Sunday							480
Sobriety Life Line							453
Gay Men In Recovery						150	450
Pine Lake Stag	150			150		150	450
Tuesday Night Solutions		200					450
Ladies Step Study		144			90		445
Women's Saturday Share		441					441
Grace Rules	244			85		100	428
Better Odds Sober						300	420
Eastside Men's Group		3					414
Eastside Beginners							402
Mercer Island Sunday Night							395
Big Book Step Study		173					389
Lifeline	220				80		360
Pocket of Enthusiasm							338
Tuesday Nite Starters		105					328
A Path To Serenity					325		325

From the Hat	312						312
Sober Sisters East			300				300
Bellevue Sunrise Group					284		284
Sammamish By The Book							275
Eastside Nooners							261
Bel-Kirk Saturday Breakfast							250
Joy Of Living				250			250
Redmond Recovery	250						250
Newcomers Meeting	240						240
Friday night Live and Let Live			229				229
District 34 Treatment Committee							220
Raging On The River		85					205
Woodinville Wed. Fellowship	52				81		201
Women's Big Book Study		91			54		200
Anonymous	0				200		200
District 38							200
Issaquah Breakfast Club		25		25			200
The Overlake Group							200
Tons of Grace	200						200
59 Minutes At Pine Lake	187						187
Downtown Stag					100		180
Issaquah, Sisters in Solution					179		179
Bellevue Men's Meeting	175						175
Sober Seniors	94				74		168
Juanita Triangle							168
Kenmore Friday Nighters							160
Bel East Lunch							157
Clyde Hill Step Study			80				157
H.O.W.	75						150
Heretics Haven Secular		50					150
Redmond Study Group						150	150
Totem Lake Group		50				50	150
Duvall Big Book Study							146
Recovery Through Honesty		141					141
Bills Kitchen	50			30			130
That 12 & 12 Meeting	130						130
Eastside Women			42		30		122
Steps to Freedom							110
AA Team	50						100
Eastside Open Breakfast	100						100
Sober on the Ridge					50		100
Women of Worth				100			100
Big Book Stag						99	99
As Bill Sees It				95			95
Come as You Are Part 2							90
Snoqualmie Stag							65
Up The Creek							58
A Womans Way							50
Come As You Are				50			50
Millennium Group						50	50
The Shack							50
sunday Morning Breakfast Group							30
Reflections		30					30
Bothell Big Book							21
Sunrise			20				20
A Gift Grows With Time			5				18
Duvall Sunday Morning							17
Traditions Workshop							13
Grand Total	10,061	7,931	4,639	7,684	5,158	3,333	68,748

How can You Support Your Intergroup in Addition to the 7th Tradition at Your Meetings?

Join the Faithful Fivers

What are Faithful Fivers?

Faithful Fivers are AA members who graciously pledge to contribute \$5.00 each month to support Eastside

Intergroup in its efforts to carry the AA message of hope

and recovery to those alcoholics who still suffer in the Eastside area.

As a Faithful Fiver, your contribution can and will make our vital services possible.

The Faithful Fiver idea came about when we remembered that we wasted much more than \$5 each month during our drinking days.

Contributions to Eastside Intergroup from AA members are limited to \$3,000 per member per year and are tax deductible under Internal Revenue Code: 501(c)3.

YES! Please enroll me as a Faithful Fiver!

Here is my contribution of \$____ FOR

\$_____ for _____ mon

Name _____

Address _____

City _____ State _____ Zip _____

Send this form to:

Eastside Intergroup
13401 Bel Red Rd. Suite B6
Bellevue, WA 98005

November Faithful Fivers

Susan M. Sherre P.

David S. Nancy O.

UIF W.

Join the Birthday Club

Eastside Intergroup Birthday Club!

Many of our members contribute to ESIG \$1, \$2 or \$5 per year during their

AA Anniversary month.

We'll print your name, sobriety date and home group in our Newsletter.

Your Birthday Club contributions directly support your Eastside Intergroup Office which provides a 24 hour phone line, literature, coins and more!

November Birthday Donations

JAN W. — 2 YEARS

SHARING THE LEGACY

DAVID S. — 8 YEARS

FRIDAY SOBRIETY HEADQUARTERS

TERRY O. — 31 YEARS

PINE LAKE STAG

December Pink Can Donations

Nooners

Fresh Start

Lifeline

Seven & Sober

Moss Bay

Ladies Step Study

Women's Saturday Steps

Kirkland Sobriety Headquarters



Office Information

13401 NE Bel-Red Rd., Suite B6
Bellevue, WA 98005

Phone: 425-454-9192
24-Hours a Day

Email: esig@eastsideintergroup.com

Website: www.eastsideintergroup.com

Office Hours: Monday-Friday 10 am-6 pm

Office Manager: Nancy Osborn

Email: Nancy@eastsideintergroup.com

Intergroup Representative Meeting

First Thursday of each month
7:30 pm-8:30 pm

Bellevue Christian Reformed Church
1221 148th Ave NE
Bellevue, WA 98007

All members welcome!

Thank You Hotline Volunteers!

Anne W.
Carmen A.
Carrie W.
Chuck M.
Cindy S.
Elton B.
Eric C.
Fred M.
Ginny K.

Jessica D.
Lezli G.
Mark B.
Mark J.
Mike S.
Paul J.
Richard J.
Sheldon A.
Sheree P.

Syrianah V.
Tracy A.
Travis S.



425-454-9192

HOTLINE BACK-UP'S

Travis S. Eric C.
Sheree P. Syrianah V.
Bill J. Nancy O.
Hotline Coordinator: Sheree P.

Newsletter Contributors

Publisher.....Steve B.
Editor.....John M.
Story.....Nancy O.
Info Corner.....Steve B.
From the Spiral...Matthew T.
Office Report.....Nancy O.
Public Info.....Janine B.

send your story to us:
esig@eastsideintergroup.com

November Office Volunteers

Bill B Lynn B
Carrie SB Matthew T
Cindy S Megan O
Daniel K Po F
David B Susan H
David R Ted W
Gigi B Tim Q
Jill M Ulf W
Karen M Wallene D
Lezli G

Thanks ☆

Eastside Intergroup, Districts, General Service Office & Area 72 Information

Eastside Intergroup

13401 NE Bel Red Rd. #B6
Bellevue, WA 98005

Western Washington Area 72

****NEW ADDRESS****
1225 East Sunset Drive
Suite 145-745
Bellingham, WA 98226

General Service Office (GSO)

P.O. Box 459
Grand Central Station
New York, NY 10163

ESIG District Addresses:

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

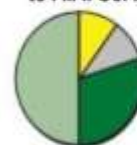
District 38

Kirkland
P.O. Box 322
Kirkland, WA 98083

District 39

Bothell, Kenmore, Woodinville
P.O. Box 1695
Bothell, WA 98041-1695

Sample of Group Contributions to A.A. Service Entities



10% to District
10% to Area 72
30% to G.S.O
50% to Intergroup

November 2019 Intergroup Meeting Attendance

Aaron . — Pocket of Enthusiasm	Lindsay S. — Seven & Sober
Andy G. — District 35 & Friday Night Fire House	Maggie S. — Sober Seniors
Anne W. — Maximum Service	Nancy O. —ESIG Office Manager
Ben (Po) F. — Juanita Triangle	Patti B. — Eastside Beginners
Bett A. — Women of Worth	Rachel V. — ESIG Treatment Chair
Bill D. — The Shack	Sam H. — Any Lengths
Bob C. — Bellevue Group	Sheree P. — ESIG Board & ESIG Hotline Coordinator
Bobbi C. — Steppin' Up	Steve B. — ESIG Newsletter Publisher, District 34
Brenda W. — District 39	Steve E. — Maximum Service
Bruce C. — Sunday Breakfast Alano	Terry Mc. — Living Sober
Carrie S.B. — A Woman's Way & Moss Bay	Todd A. — District 35
Chuck F. — Issaquah Big Book Stag	Tom Z. — Issaquah Saturday Morning Ste
Cindy S. — Nameless Bunch of Drunks	Traditions
Conor O. — ESIG Board Secretary	Willy H. — ESIG Board
Derek B. — ESIG Board Chairman	
Don M. — Nooners	
Hahns B. — ESIG Board Treasurer	
Kruser — PSYPC (Puget Sound Young People Council)	
Jan W. — Ladies Step Study & Share the Legacy	
Janine B. — ESIG Board & ESIG P.I. Chair	
Jennifer G. — Better Odds Sober	
Karen M. — Sammamish Big Book & Women's Saturday Share	
Kathleen F. — Women's Saturday Steps	
Ken T. — Redmond Recovery	
Kim B. — Kirkland Sobriety Headquarters	
Linda W. — Sunrise	



**The December
ESIG Meeting
is Cancelled**
See You January 2nd!

What does an Intergroup Representative do?

An Intergroup Rep is elected at his/her Home Group and attends the Eastside Intergroup Meeting on the 1st Thursday of each month from 7:30 pm to 8:30 pm. You represent your home group at the monthly meeting and hold a vote for your group. Because Eastside Intergroup covers five Districts and is a central clearinghouse for local AA activities and information, you become a vital link between the Intergroup office, the Districts, and your home group. The Intergroup Rep keeps his or her home group informed about work being done, activities going on, etc. You become a part of the networking between Eastside Intergroup and the groups.