



PASS IT ON

Eastside Intergroup Newsletter

Issue 31

August 2019

The Iron Door to His Soul Cracked Open

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Intergroup Attendance

I came out of an alcohol-induced blackout on the communal 5th floor of the Snohomish County jail with only a tooth brush and bar of soap. No one to call for help. How the hell did I get here?

Thus, another trip to court system due to driving while intoxicated. I had blacked out driving in the median on Rucker in Everett.

Started using weed at 14. Actually started searching for ways to feel different at a much younger age. I did not want to be me. I was scared to do anything, as the rod was not spared for me or my brother in our Protestant household. A wrong act or word was a sure way to get beat. So I kept quiet and hidden unless I was away from the family. I felt unloved. I felt suspicious. I felt hate.

Driven while covering one eye? Check. Rolled cars? Check. Came to next to strangers? Check. Fired for being drunk on the job? Check.

I wanted to be drunk but didn't want to be a drunk. Every day was a day when I must party because the world owed me. Making me work. Making me go to school. Making me endure people. Making me be alive, because I was not sure I wanted to live. Hence the suicide attempts and trying to be dead by 28. Yes, I had a deadline.

Never caring how my drinking impacted others.

Never understanding how a person could only have one drink.

Never understanding how people could like a person like me.

Until I got arrested in Everett, I had no clue how to get sober. The previous DWI was scary but merely a slap on the wrist with fines and victim's panels and driving classes. This one, though, had me go to Intensive Outpatient treatment. Bounced around the Lynnwood Hall and Ed-Lynn Fellowship and other halls in the north end because I wouldn't set foot in a church. Hated every moment of it. Hated the program. Hated going to two AA meetings per week. The world owed me and this is how I was treated?

My ex-wife took me to an AA meeting but I knew I would drink again that day. I promised her I would stop drinking once we got married. Another lie. I told her I wouldn't smoke all the crack we just bought to share. Lie.

My entire life was a lie. I learned at an early age that there was a chance I wouldn't get beat by my dad if I lied. I wouldn't get caught stealing if I lied. I would have better friends if I lied. I could get more sex if I lied.

One day I was drinking with some people I worked with, and during the conversation one of the guys was asked why he drank so much. He said seriously, "Because I'm an alcoholic." This was not my first experience with someone who said they were alcoholic, but for some reason this simple sentence blindsided me. The iron door to my soul cracked open.

During a three-year relationship, the pillow talk about the bad stuff I did at work came to roost. When our breakup ended badly, she told security, who subsequently started following me. Christmas Eve, 1994, I was shopping for my then-girlfriend during working hours, and they had me. Another lost job in the graveyard of many.

My girlfriend dumped me and I roomed with some friends, bouncing around. The jig was up. **At my ex's encouragement**, I went on welfare. I was too brain-dead to think I could get another job, and I did not want to continue the life I was living. King County had a treatment program for people on welfare so I signed up. Entered detox in Everett. **Couldn't understand** why there was plastic under the sheets. Many zombies in pajamas and slippers, and I was one of them.

If King County did not have a recovery program, I may not have gotten sober at all. I feel very fortunate to have been in treatment facilities for the first several months of my recovery. I was out of my elements and out of the stream of life.

I started the program by going to three, four, five meetings per day for the first five months, which was easy to do because I was unemployed. Rode the bus to all of them. Got a sponsor. Fixed my record with the Snohomish county court system.

Once I got my car back I continued going to meetings and meeting with my sponsor. Got a job. Gave people rides to meetings and home from meetings.

And old habits died hard. Hindsight showed me how sick I really was. I continued to lie. Made big changes I was told not to do my first year: moved three times, slept with a married woman, enrolled in school, continued to hate.

But I kept going to meetings and blindly worked the program and I didn't drink. Found a container of green and a pipe in **my car but didn't smoke it.** Saw the same people at different meetings all around Seattle. Went to AA retreats. Sat in on AA panels. Took AA to jails. Cleaned ash trays, made gallons of coffee, greeted, chaired and secretaried meetings. Went to district and area events. Met sober friends for dinner, movies, softball. Hanging Christmas lights. Sober birthday parties. **Began cultivating sober relationships that didn't require transactions or sex.**

My life got good, then great, and pretty quickly. My recovery was quick in some areas and slow in others, which continues to this day. My hatred began to melt away.

And some of the greatest gifts of this program come when I give up and turn it over to the care of my higher power. Gave up trying to have a relationship, then discovered my current normy wife of 16 years. Gave up working so hard to have children and received the gift of a son who is now 11 years old and has never seen me intoxicated. Gave up on finding the perfect job and have an even better career than I could have imagined.

When I began this next attempt at recovery, I thought getting a job and obtaining stuff would complete my life. Today the finest things in my life today are the intangibles of sobriety, love, kindness, and close relationships, things I used to scoff at. The big book declares I have recovered, and I believe this to be true for me so as long as I continue to grow spiritually, work with people in recovery, and reach out to those who are still suffering.

Not all is unicorns and rainbows, however. At around six years of sobriety I had achieved a level of success, started resting on my laurels, and my anger began to reemerge, culminating in an encounter with an off-duty police officer. I avoided jail time but did lots of community service, anger management counseling, and a renewed fervor in my recovery program. Outside help played a great part in discovering depression and anxiety issues that I had not addressed.

I also survived the most painful event in my life, a bout with cancer at around 10 years sober. What did I do? I talked to my sponsor who referred me to someone else in AA who had had the same cancer and walked through it sober. I wanted that.

When I have dental problems or surgery that may require pain medication I reach out to sober friends. My thinker is broken when it comes to medication, and self-analysis of my physical recovery is not in my best interest when keeping sobriety first.

Perhaps this story sounds dry and intense, but I am living a fun life with sober friends and try not to take myself too seriously. We are not a glum lot. That said, I do not want to experiment with my sobriety. Sure, I might be able to use Listerine, cook with wine, wear hemp clothing, and still stay sober. But even the smallest chance my sobriety may be at risk is enough to keep my perspective in check. I commend those courageous enough to return after more experimentation; although there **is another drunk life out there for me, I don't know if I would be able to return to AA after more research.**

Today I do service work as much or more than I ever have. My prayer and meditation practice is kept accountable with a group of men daily. I sat on an AA panel in a treatment center a few weeks ago. Started sponsoring a new guy.

I love my sobriety and AA, and I am so grateful to be able to pass on what I have been so graciously given.

Anonymous

Upcoming Sober Events

August 1st Eastside Intergroup monthly meeting. Bellevue Christian Reformed Church 7:30pm-8:30pm. Committees meet at 6:30pm. 1221 148th Ave NE in Bellevue.

August 3rd No Reservations Speakers Meeting 7:00pm at Swinomish Gymnasium, 17311 Reservation Rd., LaConner, WA 98256.

August 8th-11th Step Ashore VI Ocean Shores Center, 120 W. Chance a La Mer NW in Ocean Shores.

August 10th 12th Step Workshop 10:30am-Noon(ish) at Eastside Intergroup Office, 13401 Bel-Red Rd., Suite B6, Bellevue.

August 10th Pine Lake Speaker Meeting 7:00pm-8:30pm. Pine Lake Covenant Church 1715 228th Ave SE in Sammamish. Child Care is available.

August 17th Alano Club of the Eastside BBQ 1:00pm-5:00pm at the Alano Club, 12302 NE 8th St. in Bellevue. \$10.

August 22nd-25th NW Fellowship of the Spirit Conference at Warm Beach Christian Camps & Conference Center, 20800 Marine Dr. in Stanwood.

August 24th District 38 Annual Summer Picnic 4:00pm-8:00pm at 00 Denny Park, 12302 Holms Pt. Drive SE in Kirkland. *Free

Meeting Updates

Meeting Changes

The New Hope Group

Thursdays 7:00pm
Alano Club of the Eastside
12302 NE 8th St, Bellevue, WA 98005
(open, 60 minutes)

Spin the wheel for the topic!

Steppin' Up

Sundays 7:00pm
Bellevue First United Methodist Church
1934 108th Ave NE, Bellevue 98004

Bothell Big Book

Thursdays 8:00pm
Bothell United Methodist Church
18515 92nd Ave N, Bothell, WA 98011

A Way Up

Fridays 7:30pm
St. Luke's Lutheran Church
3030 Bellevue Way NE, Bellevue, WA 98004

12 & 12 Fellowship Hall

Sunday thru Saturday
has moved to: 17319 139th Ave NE
Woodinville, WA 98072

Middle of the Pack

Mondays 7:30pm
(open, young people)
Trail Youth Coffee House
226 E. North Bend Way, North Bend 98045

Eastside Young Peoples

Fridays 7:00pm
(closed, step meeting)
The Together Center Garibaldi Room
16225 NE 87th St, Redmond, WA 98052

A Vision For You

Thursdays 2:30pm – 3:30pm
(open, Big Book, Twelve Traditions)
Redmond Heights Senior Living- assisted living bldg.
7950 Willows Rd, Redmond, WA 98052
Redmond, WA 98052
(Big Book, 12 & 12 Traditions)

ESIG July 2019 Office Report

I really want to thank Hahns B. our new Treasurer for the many hours he has donated to ESIG. Hahns has completely updated our sales system in the office and has also been very patient in teaching me the new ways of doing things. Thank you Hahns, you are a bright spot in my day and I am so grateful that you are on the ESIG Board of Directors as our Treasurer. Hahns is another home group member of Nameless Bunch of Drunks donating time to ESIG.

David B., also from NBD has been re-designing the pamphlets that we print for ESIG, the Faithful Fivers, Birthday Club and 12th Step calls. They are updated and nice looking.

Thank You June Office Volunteers: Allison L, Bill B, Carrie S.B, Cindy S, David B, David R, GiGi B, Jennille J, Jill M, Lezli G, Lisa T, Lynn B, Sharon R, Sherre P, Ted W, Tim M., Ulf W, Wallene D, and Robin S. Thank you Rick F. for picking up schedules from Seattle Intergroup. Did you know that 6 of our office volunteers are from the Nameless Bunch of Drunks Group? A big shout out to everyone that volunteers with an extra thanks to NBD! And last but not least, many thanks to my husband Terry for shampooing the carpets at ESIG at the end of July, they look so much better.

We are accepting applications right now for a part-time paid position at Eastside Intergroup. This position will not only help oversee inventory, but they will learn the job of office manager in order to **back me up at times I'm not in the office. The hours are flexible and might work for a parent that has children** in school, or someone retired. We already have some applicants we are considering but welcome others that are interested to apply by the end of August.

Our 12th Step workshop is scheduled for August 10th from 10:30am to noon(ish) at the Intergroup office. **If you'd like to attend, please call the office so that we have enough materials.**

We have about 60 people signed up to go the Mariners Game this year which is very exciting. This is **our 4th annual ESIG at the Mariners. We'll be going to the ball game on August 25th.**

Many thanks to our Events Co-Chairs Cindy S. and Jon S. for the great job they have done over the past two years planning and overseeing the, both Pancake Breakfasts and the Picnics.. Most recently was our Picnic on July 27th. A good time was had by all. Cindy and Jon have finished their two-year commitments as Events Co-chairs and are looking to rotate out. If you or someone you know is interested in this committee, please let us know.

Thank you Lana L. from Wednesday Woodinville Fellowship meeting for volunteering to chair the position of Pine Lake Speaker Liaison for Eastside Intergroup. Lana will be coordinating volunteers at the ESIG table at the Pine Lake Speaker meeting that meets once a month on the 2nd Saturday of each month **at 7pm. If you're interested in joining this committee please reach out to us at the Intergroup office.**

Speaking of the Pine Lake Speaker meeting, we recently received an anonymous donation from them which we were told was one of the speakers that wanted to pass his airfare reimbursement on to the Intergroup office. Thank you!!

Nancy O.

Information Corner

August—Step 8

Alcoholics Anonymous (“The Big Book”)

"8. Made a list of all persons we had harmed, and became willing to make amends to them all." P. 59, *Alcoholics Anonymous*

"We have listed the people we have hurt by our conduct, and are willing to straighten out the past if we can." P. 70, *Alcoholics Anonymous*

"Now we need more action, without which we find that 'Faith without works is dead.' Let's look at Steps Eight and Nine. We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal." P. 76, *Alcoholics Anonymous*

Step 8 Principle—Brotherly Love:

Brotherly Love shows itself as "unfeigned love" from a "pure heart", that extends an unconditional hand of friendship that loves when not loved back, that gives without getting, and that ever looks for what is best in others.

Twelve Steps and Twelve Traditions

"Steps Eight and Nine are concerned with personal relations. First, we take a look backward and try to discover where we have been at fault; next ..." P. 77, *Twelve Steps and Twelve Traditions*

"While the purpose of making restitution to others is paramount, it is equally necessary that we extricate from an examination of our personal relations every bit of information about ourselves and our fundamental difficulties that we can. Since defective relations with other human beings have nearly always been the immediate cause of our woes, including our alcoholism, no field of investigation could yield more satisfying and valuable rewards than this one. Calm, thoughtful reflection upon personal relations can deepen our insight. We can go far beyond those things which were superficially wrong with us, to see those flaws which were basic, flaws which sometimes were responsible for the whole pattern of our lives. Thoroughness, we have found, will pay—and pay handsomely.

We might next ask ourselves what we mean when we say that we have 'harmed' other people. What kinds of 'harm' do people do one another, anyway? To define the word 'harm' in a practical way, we might call it the result of instincts in collision, which cause physical, mental, emotional, or spiritual damage to people. If our tempers are consistently bad, we arouse anger in others. If we lie or cheat, we deprive others not only of their worldly goods, but of their emotional security and peace of mind. We really issue them an invitation to become contemptuous and vengeful. If our sex conduct is selfish, we may excite jealousy, misery, and a strong desire to retaliate in kind." P. 80, *Twelve Steps and Twelve Traditions*

"Having carefully surveyed this whole area of human relations, and having decided exactly what personality traits in us injured and disturbed others, we can now commence to ransack memory for the people to whom we have given offense. To put a finger **on the nearby and most deeply damaged ones shouldn't be hard to do. Then, as year by year we walk back through our lives as far as memory will reach, we shall be bound to construct a long list of people who have, to some extent or other, been affected.** We should, of course, ponder and weigh each instance carefully. We shall want to hold ourselves to the course of admitting the things we have done, meanwhile forgiving the wrongs done us, real or fancied. We should avoid extreme judgments, both of ourselves and of others involved. We must not exaggerate our defects or theirs. A quiet, objective view will be our steadfast aim.

Whenever our pencil falters, we can fortify and cheer ourselves by remembering what A.A. experience in this Step has meant to others. It is the beginning of the end of isolation from our fellows and from God." P. 81-82, *Twelve Steps and Twelve Traditions*

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.

From the Spiral will be published monthly.

From the Spiral #1

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. One vital reason for the alcoholic to attend meetings on a regular basis in two words:
perception maintenance
2. **“Go with your second thought, not your first.”** As I work through the program, I need to remember this suggestion because I am learning that my first thought, or reaction, or desire, is ego-driven. When I pause, and wait a minute, a second thought comes through and is the opposite of my first thought. My second thought is the right thing to do. It is **God’s will** for me to carry out.
3. **“This program works great for smart people too. It just takes them longer!”** The suggested steps of recovery are laid out with all of the figuring out taken care of. When I try to analyze it too much, or question the purpose, all I am doing is delaying the gift that working that particular step promises.

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

-Matthew T.

ESIG Part-Time Position Open

Eastside Intergroup is seeking a part-time employee to assist in day to day operations and to back up the office manager when she is out of the office on vacation or sick. The hours will be 15 to 20 hours per week and the times are flexible.

3 (Three) years of sobriety is required. Please send your resume to Nancy Osborn at nancy@eastsideintergroup.com.

Questions? Please call Nancy at 425-454-9192.

ESIG GROUP CONTRIBUTIONS 2019

Group	JAN	FEB	MAR	APR	MAY	JUN	JUL	TOTAL
Seven & Sober	1,125	1,300	1,000	1,000	1,000	1,000	1,000	7,425
Nameless Bunch Of Drunks	1,000	1,000	1,000	1,000	1,000	1,000	1,000	7,000
Serenity Break		774		1,788		2,026		4,588
12 & 12 Fellowship Hall						1,343	1,037	2,380
District 34		1,755						1,755
Living Sober	266			433	103	233	133	1,168
OSAT		900					250	1,150
Women In Recovery						727	241	968
Maximum Service	296				427			723
Moss Bay	256			167			293	715
Kenmore Big Book							700	700
Sharing the Legacy	100		100	200			300	700
Wake Up		302	120	94	166			682
Women's Saturday Steps			288				373	661
Bellevue New Group				300			300	600
Tiger Mountain Stag	600							600
Nooners		171		156		244		570
Sober At Cottage Lake	263			113			188	563
Wednesday Willingness						561		561
Newport Daytimers				540				540
Any Lengths Group		106		49			330	485
Friday Night Firehouse				482				482
Serenity on Sunday	160				320			480
Sobriety Life Line					453			453
Tuesday Night Solutions			250				200	450
Women's Saturday Share							441	441
Eastside Men's Group				411			3	414
Eastside Beginners	257			145				402
Mercer Island Sunday Night			395					395
Big Book Step Study	108			108			173	389
Anchor Group	120			120			120	360
Ladies Step Study	136			19	56		144	355
Southside Breakfast	150				70		130	350
Pocket of Enthusiasm			338					338
Tuesday Nite Starters	109			114			105	328
From the Hat						312		312
Gay Men In Recovery				300				300
Sermon on the Mount						300		300
Lifeline			60			220		280
Sammamish By The Book				275				275
Eastside Nooners	261							261
Fresh Start					254			254
Bel-Kirk Saturday Breakfast				250				250
Redmond Recovery						250		250
Grace Rules						244		244
Newcomers Meeting						240		240
District 34 Treatment Committee		220						220
Raging On The River	120						85	205

Group	JAN	FEB	MAR	APR	MAY	JUN	JUL	TOTAL
District 38		200						200
Kirkland Sobriety Headquarters		100				100		200
The Overlake Group		200						200
Tons of Grace						200		200
59 Minutes At Pine Lake						187		187
Bellevue Men's Meeting						175		175
Issaquah Breakfast Club	50		25	50	25		25	175
Juanita Triangle				168				168
Kenmore Friday Nighters		160						160
Bel East Lunch		157						157
H.O.W.	75					75		150
Heretics Haven Secular				100			50	150
Pine Lake Stag						150		150
Duvall Big Book Study	32	114						146
Women's Big Book Study				55			91	146
Recovery Through Honesty							141	141
That 12 & 12 Meeting						130		130
Better Odds Sober	120							120
Woodinville Wed. Fellowship	68					52		120
Steps to Freedom	110							110
AA Team		50				50		100
Bills Kitchen			50			50		100
Eastside Open Breakfast						100		100
Totem Lake Group			50				50	100
Sober Seniors						94		94
Come as You Are Part 2	90							90
Downtown Stag				80				80
Clyde Hill Step Study		77						77
Snoqualmie Stag		65						65
Up The Creek	58							58
A Womans Way		50						50
Eastside Women				50				50
Sober on the Ridge					50			50
The Shack		50						50
Sunday Morning Breakfast Group	15		15					30
Reflections							30	30
Bothell Big Book		21						21
Duvall Sunday Morning				17				17
A Gift Grows With Time		14						14
Traditions Workshop	13							13
Anonymous						0		0
Grand Total	5,958	7,785	3,692	8,584	3,923	10,061	7,931	47,935

Thank you for your support!

How can You Support Your Intergroup in

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

July Faithful Fivers

Susan M. Janine B.
Hahns B. Nancy O.
David S. Ulf W.

Thank You!

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!

Birthday Club!

Name _____

Home Group _____

Sobriety Date _____

Contribution \$ _____

Get your name & home group in the newsletter!

Send this form to: Eastside Intergroup

July Pink Can Donations

Fresh Start

Friday Night Firehouse

Kirkland Sobriety Headquarters

Ladies Step Study

Lifeline Nooners

Moss Bay Seven & Sober



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.	Jessica D.	Syrianah V.
Carmen A.	Leslie G.	Ted W.
Carrie W.	Mark B.	Tracy A.
Chuck M.	Mark J.	Travis S.
Cindy S.	Mike S.	
Elton B.	Paul J.	
Eric C.	Randy E.	
Fred M.	Sheldon A.	
Ginny K.	Sheree P.	



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.....Anonymous

Send us your story for the newsletter!

esig@eastsideintergroup.com

July Office Volunteers

Allison L	Lynn B
Bill B	Po
Carrie S.B	Robin S
Cindy S	Sharon R.
David B	Sherre P.
David R	Ted W
Jennille J.	Tim Q
Jill M	Ulf W
Leslie G	Wallene D
Lisa T	Rick F.

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

Eastside Intergroup

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

Western Washington Area 72

702 Kentucky St. #535
Bellingham, WA 98225

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

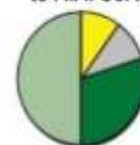
District 38

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

July 2019 Intergroup Meeting Attendance

Aaron H. — Pocket of Enthusiasm
Andy G. — Friday Night Firehouse
& District 35
Brittany H. — New Hope Group
Bruce C. — Alano Breakfast Meeting
Carrie B. — **A Woman's Way**
& Moss Bay
Charisse B. — Eastside Women
Chuck F. — **Eastside Men's Group**
Cindy S. — NBD & ESIG Events Co-Chair
Conor O. — ESIG Board
Derek B. — ESIG Chairman of the Board
Don M. — Nooners
Hahns B. — ESIG Board Treasurer
Jennifer G. — Better Odds Sober
Jon S. — ESIG Events Co-Chair &
District 39 Liaison
Karen M. — Sammamish Big Book
& Saturday Share
Ken T. — Redmond Recovery
Kent C. — District 36 ESIG Liaison
Lana L. — Wednesday Woodinville
Fellowship
Maggie S. — Sober Seniors
Matthew T. — Sober Camels

Nancy O. — ESIG Office Manager
Patti B. — Eastside Beginners
Phil K. — ESIG CPC Chair &
District 34 CPC Chair
Rachel R. — Tons of Grace
Rachel V. — ESIG Treatment Chair
Sam H. — Any Lengths
Steph K. — Issaquah Tuesday Night
Steve E. — Maximum Service
Steve W. — Sober at Cottage Lake
Terry McG. — Living Sober
Todd A. — District 35 ESIG Rep
Tom Z. — Issaquah Saturday Morning
Virginia M. — ESIG Board Secretary
Willy H. — ESIG Board



ESIG Meetings are the first Thursday of each month at Bellevue Christian Reformed Church, 1221 148th Ave NE

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.