



PASS IT ON

Eastside Intergroup Newsletter

Issue 39 April 2020

A Group's Story of Survival

and Determination to Carry the Message

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From the Publisher

By Kyle E.

When I first came to Eastside Men's Group (EMG) in early 1993, the meeting was then called "Getting Current Stag". At that time, it was a Big Book study, starting at 8AM on Saturdays. The meeting met in a small portable on the grounds of Aldersgate United Methodist Church in South Bellevue. We recently moved out of the portable this past February, which had been our home for 30 years, into a room inside the church.

There was an old-timer there named Taylor, whom everyone seemed to look up to. I was just over one year sober, and he wanted to get me involved. I was grateful to him for including me. He asked me to buy a literature rack and stock it with AA literature.

Not long after that, Taylor moved away to Wenatchee. Before Taylor moved, the meeting was 20-25 men each Saturday. It wasn't long before the number of men dropped off to only 6-8 members. I was working three Saturdays a month at the time and was only able to attend one Saturday per month. We were all newcomers to sobriety, from 1-4 years. A couple more guys dropped out, and we were down to 3-4 guys each Saturday. I changed jobs and was able to come to the meeting every Saturday.

It was about this time that we decided to change the name of the meeting and the format to a 12 and 12 book study, and we also changed the start time to 8:30AM. Also, as part of our format, we allowed everyone to share, regardless

A Group's Story of Survival and Determination to Carry the Message

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of time, although we do have a 3-4 minute timer. This was all in an effort to make the meeting more attractive to other men seeking recovery.

Our attendance stayed low for months, but we did have one newcomer from North Bend, who made EMG his home group. For awhile, our attendance stayed low, and on some Saturdays, no one came. At this point, we talked about shutting the meeting down, but our one newcomer begged us not to shut the meeting down. We decided to carry on. It was now about 1996, and our attendance started to pick up. Over the years, we have steadily grown. In the 2010-2016 time period, we thought we were going to outgrow our portable. At many meetings, the number swelled to close to 30 guys each Saturday.

EMG has been strong for many years now. We are back to 18-25 guys. We do a great service of carrying the message to the alcoholic who still suffers. Currently, part of the group's outreach is carrying the message into a Bellevue recovery center once a month. We have regular business meetings with reports from the treasurer, GSR, and our Intergroup rep. We also engaged in a group inventory for the first time in our history. It was very productive and each member participated. It was clear that the unity of the group was our top priority.

As a result of the COVID-19 virus, we are conducting an online meeting each Saturday. The online meeting is drawing good attendance, and we feel connected.

I am proud to call EMG my home group.

In Gratitude,

Randy G



Upcoming Sober Events

Meeting Updates

Publisher's Note: With the volume of changes and cancellations, Upcoming Sober Events and Meeting Updates will not be included in this month's issue. Please visit eastsideaa.org for all meeting and sober event changes and updates.

-Kyle

*Please email your meeting updates to:
esig@eastsideintergroup.com*

New Eastside Intergroup Web Presence!

The screenshot shows the homepage of the Eastside A.A. website. At the top, there's a navigation bar with links: FIND A MEETING, UPCOMING EVENTS, GET OUR NEWSLETTER, ABOUT US, and MAKE A CONTRIBUTION. The main header features the "Eastside A.A." logo and the tagline "Alcoholics Anonymous on the East Side of Lake Washington". Below this, a date "April 10, 2020" is displayed. A secondary navigation bar lists various categories: Area News, Eastside News, Accessibility, CPC, Corrections, Grapevine & Literature, Hotline, PI, Treatment, Special Events, and Web. The main content area is divided into several sections. On the left, there's a large image of a person sitting at a desk with a laptop, overlaid with a "Zoom" meeting interface showing multiple participants. Below this image is a headline: "Area 72 Publishes Comprehensive Guide to Securing Zoom Meetings", with a sub-headline "Published 1 week ago - Website Committee Chair". To the right of this image, there's a section titled "Upcoming Meetings" listing several meetings with times and locations, including "Third Column Group / Temporary Closure", "The New Hope Group / Temporary Closure", and "Sober Camels / Men, Temporary Closure". Further right, there's a section titled "Events" listing various events like "20/20 Vision San Diego Spring Round-Up" and "Archives Work Party!". At the bottom of the page, there's a section titled "In Case You Didn't Notice:" with a message thanking volunteers and announcing a new website, with a link to <https://eastsideaa.org/>. Below this, there's another section titled "So you're calling it the Sunshine Club?" with a sub-headline "Published 2w ago - Sunshine Club" and a brief history of the club. On the far right, there's a section titled "Women" listing "Online Only" meetings in Bellevue and Snoqualmie.

<https://eastsideaa.org/>

Q FIND A MEETING UPCOMING EVENTS GET OUR NEWSLETTER ABOUT US MAKE A CONTRIBUTION

Eastside A.A.

Alcoholics Anonymous on the East Side of Lake Washington

April 10, 2020

Area News Eastside News Accessibility CPC Corrections Grapevine & Literature Hotline PI Treatment Special Events Web

Area 72 Publishes Comprehensive Guide to Securing Zoom Meetings

Published 1 week ago - Website Committee Chair

Upcoming Meetings

7:00 PM **Third Column Group / Temporary Closure**
12 & 12 Fellowship Hall
Woodinville

7:00 PM **The New Hope Group / Temporary Closure**
Alano Club of the Eastside
Bellevue

7:00 PM **Sober Camels / Men, Temporary Closure**
Kirkland Woman's Club
Kirkland

Events

- 20/20 Vision San Diego Spring Round-Up
04/09/2020 - 04/12/2020 in San Diego
- Archives Work Party!
04/19/2020 in Lakewood
- Eastside Intergroup Monthly Business Meeting
05/07/2020 in Bellevue
- Archives Work Party!
05/17/2020 in Lakewood
- Eastside Intergroup Monthly Business Meeting
06/04/2020 in Bellevue

In Case You Didn't Notice:

Thanks to the tireless work of many volunteers headed by John B, ESIG has a new, updated website!

Point your favorite browser to: <https://eastsideaa.org/>

So you're calling it the Sunshine Club?

Published 2w ago - Sunshine Club

We'll get to that. First, some history about how it all started. In August of 2019, Eastside Intergroup received a call from a member of our fellowship asking for help. 'I know a couple who needs a meeting. They live in a ret... [MORE »](#)

Women

Online Only
Bellevue

7:00 PM **Thursday Night AA North Bend Turning Point / Online Meeting, Temporary Closure**
Online Only - Soqualmie Valley
Snoqualmie

Information Corner

Step 4

Made a searching and fearless moral inventory of ourselves

Doubt: "I was to sit quietly when in doubt, asking only for direction and strength to meet my problems as He would have me. Never was I to pray for myself, except as my requests bore on my usefulness to others. Then only might I expect to receive. But that would be in great measure." (p. 13)

Others: "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done." (p. 67)

Fear: "We ask Him to remove our fear and direct our attention to what He would have us be." (p.68)

God, relieve me of this fear and direct my attention to what you would have me be.

Character defects: "We asked God to mold our ideals and help us to live up to them...we ask God what we should do about each specific matter." (p. 69)

God mold my ideals in this particular area of my life and help me to live up to them. What should I do in each specific matter? Guide me God and give me strength to do right.

Tradition 4, Long Form

"With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the Trustees of the General Service Board. On such issues our common welfare is paramount."

Bill Wilson explains that "Tradition Four is yet another confident declaration of mutual trust and love as it flows from each AA group to the other. We give each group full autonomy, the undisturbed right to manage its own affairs. To make this condition doubly permanent and secure, we have guaranteed to all AA groups that they will never be subjected to any centralized government or authority. In turn each group agrees that it will never take any action that could injure us all. Rarely indeed has any AA group ever forgotten that precious trust."

From the Grapevine, November 1960

12 Steps and 12 Traditions

April Office Report (March Activity)

Let me start by saying I hope you all are staying healthy and managing to be safe. This is a highly stressful time for everyone, and my heart goes out to you all.

We had the office open until March 16th when we closed with the Governor's Stay at Home order. We have remained closed since then and the order as you know has now been extended through May 4th. Just because we aren't there doesn't mean we're not working. I'm at home and have been quite busy. We're still going to the office once or twice a week and picking up mail, making sure checks are posted and bills are paid.

Throughout the month of March, my time was spent keeping track of zoom meetings and posting lists to our old website. All of these came in waves, so it was continuous with constant changes. The last week of March our new website was launched, and it changed all of that. Now zoom addresses are being posted directly to the meeting schedule rather than a separate list. I've been busy fielding calls and emails getting these changes to our webmaster John. Now that Zoom is requiring passwords, if the group you want to attend doesn't publish it on our website, you'll need to reach out to someone in the meeting and ask for the password.

This brings me to our new website www.eastsideaa.org which is awesome! There are so many features for all of us to use. Committees, Districts, etc. we can all post our own information. Meeting changes now go directly to webstuff@eastsideaa.org and are updated from there.

With the change to our new website, it brings us to the closure of our old website that served us well for several years. Many thanks go out to Charlie and Margie for their many years of commitment and hard work building and maintaining it. I became very dependent on them and their willingness to help, so thank you. I realize I was quite a pest at times.

We had our April 2nd Intergroup meeting via Zoom, and it went well. We covered our regular business and we also elected our new Board members. The three elected are John B., Brian Y. and Andy G. They are all elected for three-year terms. Laura B. and Aaron H. have both filled positions that had previously been vacated. Welcome to all of you! Thank you to Derek B., Garret V. and Conor O. who have recently rotated off the Board. We appreciate everyone's service to Eastside Intergroup.

Finances are going to get tight for ESIG just like they are for everyone else. We still have our regular expenses and hope that you will continue to donate to us through either our PayPal or Venmo accounts. Our store generates a good portion of our monthly income and with it closed during March and now April, we will need to count on contributions from groups and members. I'm pleased to see how many of you are donating what you would have donated to your regular meetings. Thank you – every little bit helps!

We of course still have our 24-hour phone line staffed with volunteers taking calls about the new zoom meetings but also new people to A.A. altogether. What an unusual time to go to your first ever A.A. meeting. We've had a several of those calls this past month. Things are so very different right now. Imagine when you first came into A.A. having your first meeting be online via Zoom. I've found myself explaining to newcomers that this isn't how A.A. normally is but is what we need to do right now. I generally try to connect the new person with someone that will join them in their first online meeting and perhaps chat with them before or after. If you are interested in being someone we turn to for the newcomer, please let me know at my new email address: nancyo@eastsideaa.org and please put 12th Step Call List in the subject line.

I'm praying that you, your families and friends are staying healthy during this horrible coronavirus. Please know that you are not alone, we're all in this together. As recovering alcoholics, I believe we have an inner strength that together with our higher power and each other, we can get through anything. God Bless!

 **Nancy O.**
Office Manager

From the Spiral #9

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. *They protect us; they protect the group; they protect the newcomer.*

"They" pertains to our traditions. The more I keep coming back, the more I become grateful for our traditions. For me, the traditions provide shelter from everything outside of the meetings so that I can learn something, listen for the message, and get compassion. If even one tradition is left out, then we all lose, especially the newcomer.

2. *Alcoholics Anonymous is a gateway drug to spiritual living.*

I have been told that one way to be free from one addiction is to replace it with another. It only took one meeting for me to become addicted to going to meetings. This gave me the willingness to go through the steps with a sponsor, and later to my spiritual experience. 90 meetings in 90 days flew by, and so did the next 90 in 90. The world is very different for me now than it was almost 18 months ago. I would not trade it for anything. The program and the people in it saved my life.

3. *It's all going to work out, one way or another.*

This particular one-liner is one I keep close to my heart during this unusual life experience of the Coronavirus. A lot of people keep asking when all of this is going to end. I am the last person asking that question because I know that, like everything else, it's temporary. The line sums up my faith in my higher power. God will do for me what I cannot do for myself. I am at peace and accept whatever happens. God will be with me so long as I keep in fit spiritual condition.

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 and is not endorsed by Alcoholics Anonymous.

From the Spiral is published monthly.

Eastside Intergroup Group Contributions 2020

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The ESIG Contributions Page and Monthly meeting Attendance Page will resume in May. With the temporary closure of the Office and working from home, we needed to set up online payment processing which we now have!

PayPal: <https://eastsideaa.org/campaigns/contribute-to-eastside-intergroup/donate/>

Venmo: <https://venmo.com/Eastside-Intergroup>

Thank you for your patience!



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
_____ (month)**

Name _____

Address _____

City _____ State _____ Zip _____

Send this form to: Eastside Intergroup
13401 Bel Red Rd. Suite B6
Bellevue, WA 98005

March Faithful Fivers

David W.

Janine B.

Hahns B.

David S.

Ulf W.

Tom Z.

Join the 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!

March Birthday Club

No information this month

Birthday Club!

Name _____

Home Group _____

Sobriety Date _____

Contribution \$ _____

Get your name & home group in the newsletter!

Send this form to: Eastside Intergroup
13401 Bel Red Rd. #B6
Bellevue, WA 98005

Pink Can Donations

Donations will be posted in our May 2020 Newsletter



Office Information

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: Suspended

Office Manager: Nancy O.

Email: Nancy@eastsideaa.org

Office Assistant: Kim W.

Email: Kimmie@eastsideaa.org

Intergroup Representative Meeting

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

[https://zoom.us/j/181768191?
pwd=MG02L21hZXk1Y3N0UG1pZnlLSVF
KQT09](https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnlLSVFkQT09)

Thank You Hotline Volunteers!

Anne W.

Carmen A.

Chuck M.

Cindy S.

Elton B.

Eric C.

Fred M.

Ginny K.

Jessica C.

Jessica D.

Jody K.

Lezli G.

Mark D

Mark J.

Paul J.

Richard J.

Sheldon A.

Sheree P.

Syrianah V.

Tracy A.

Travis S.



425-454-9192

HOTLINE Back-Ups

Travis S.

Jessica C.

Eric C.

Syrianah V.

Nancy O.

Hotline Coordinator: Sheree P.

Newsletter Contributors

Publisher.....Kyle E.

Story.....Randy G.

From the Spiral...Matthew T.

Office Report.....Nancy O.

Send your story to us:
esig@eastsideaa.org

March Office Volunteers

Due to COVID-19
the office was
closed most of
March.

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

Eastside Intergroup

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

Western Washington Area 72

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

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

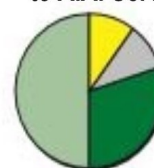
District 38

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

And Finally...

... from the Publisher

Well, March not only changed Spring, it also changed the course of humanity. From this point forward in human history, there will be unprecedented transformations in how life will be lived ahead on a global scale.

Interestingly, I have lived through a dramatic change like this before: the day I walked through the door of sobriety. With this understanding, now is the time for me to reach out to those who need help through this transition. Helping evolve my home group from in-person to online meetings, working through the challenges of not isolating while isolating, using the phone more and putting my number out more are a few of the things keeping this alcoholic sober.

What a unique opportunity to share the gift of recovery!

Here's a bit more of my story:

Since my first stop on the treatment carousel started with a treatment center, it was only fitting that I went that route again. I didn't know that someone could get sober without treatment. In fact, I didn't know much of anything. After being fired from my most recent job and lost my house, I applied for welfare and went on the ADATSA treatment plan from King County. Basically they sent me to rehab in Everett, a 21-day inpatient facility in Kitsap County, and a live-in treatment house for 90 days in Auburn. I owe a debt of gratitude to that program that I can only hope to pay back by being a part of the solution and doing a lot of service work. Being taken out of society and going to several meetings per day worked very well for me, and since I did not have deep roots in the Snohomish area, I moved to Lake City after leaving the Oxford house in Federal Way. Yes, I was doing everything right: moving a number of times, hooking up with a married woman, changing home groups and sober friends, all within the first year of my sobriety. Going to a lot of meetings, working steps, answering phones at Seattle Intergroup, driving people to and from meetings in my '78 Dodge Dart with no muffler, pouring coffee, and hanging with sober people outside of meetings kept me in the program and not drinking in spite of myself.

Next Month: Getting busier

- Kyle E.