



# PASS IT ON

## Eastside Intergroup Newsletter

Issue 38 March 2020

**Hi My Name is Mark  
I'm an Alcoholic**

### Page 1-2

*My Name is Mark, I'm  
an Alcoholic by Mark A.*

### Page 3

*Upcoming Sober Events  
Meeting Updates*

### Page 4

*Information Corner*

### Page 5

*March Office Report  
(February activity)*

### Page 6

*From the Spiral #8  
by Matthew T.*

### Page 7

*Group Contributions*

### Page 8

*Birthday Club, Faithful  
Fivers & Pink Can*

### Page 9

*Office Information  
Newsletter /Hotline / Office  
Volunteers*

### Page 10

*Feb. Meeting Attendance*

That's not really true. I am a drug addict and an alcoholic. If it weren't for Alcoholics Anonymous, I would never have been able to say that about myself. My sobriety date is May 30<sup>th</sup>, 2018. Twenty months ago, I said I was an alcoholic, but I didn't believe it. I knew I was a drug addict but couldn't admit it. I was filled with shame and humiliation. AA gave me the courage to be honest with myself, the willingness to start over and the opportunity to have a new life. But what got me here?

I grew up in a conservative Christian home and was in private school most of my life and five different schools in six years before I was in Highschool. I never really had a chance to build long lasting childhood friendships. I was a good kid after all my mom told me if I smoke dope, I would grow boobies. So, I Started drinking in college and my journey began. My real problems didn't start until later in life... so I thought. I thought I had it all under control until I didn't. As it turns out I didn't have a problem with alcohol. It had a problem with me. Alcohol over time became my solution to a lot of things and so with that It became a way for me to escape and not deal with my problems which ultimately created more problems. Then I found cocaine. Cocaine lit my world on fire.

#### **My solution...walk through this with me:**

Tequila Shots turns into bad ideas. Bad ideas turn into Cocaine. Cocaine turns into lack of sleep. Lack of sleep turns into financial problems. Financial problems turn into more bad decisions. Bad decisions turn into more problems. T&C allowed me to escape and make more bad decisions. I become a DJ. I have a house. The house becomes a place to party with people who all have these problems, but we all have the same dealer who parties with us. So now everyone has tequila and cocaine making poor decisions with after hour DJ and Hot Tub Parties and weekends become five days and the work week becomes two days at best, leading to more money problems and more bad decision making. *And then it all comes crashing down.*

# My Name is Mark, I'm an Alcoholic

continued from Pg.1

I have never been to treatment. I have never been in Jail. I have never been arrested. I have never had a DUI. We had fun until we didn't. And I blamed everyone else. I was angry and filled with hate and excuses and had no love for myself. I was broke and broken. I barely had a job. My health was in bad shape with limited healthcare. My marriage was failing because it was all her fault... so I thought. Then I nearly died. Probably the best thing that ever happened to me.

I have had a history of strokes and ignored it because I was having too much fun. I had racked up way too much debt and barely a life at all. As I look back on my life God has been yanking me back into place over and over again, but I was too blind to see what he was trying to tell me. Imagine a dog tethered to a line with a stake in the ground and he sees a rabbit and he chases the rabbit at a full sprint. What happens next is the chain that he doesn't realize is attached to his collar violently yanks him back as he cries and whimpers from the pain of whip lash as he slams against the ground to a dead stop. I was the dog, the rabbit was all of my distractions that lead to problems, God was the stake and the chain was Gods way of letting me know he has control of me.

I woke up one morning clinging to life. After having defecated 4 pints of blood from 2 bleeding ulcers, a heart attack and a third stroke in 9 years with my blood pressure 60/even, three blood transfusions and 4 days in ICU... one would think I would get the picture. I had it under control. With divorce imminent and my wife in treatment, I had quit drinking and was putting my life back together on my terms.

Three weeks later I went to see a therapist. After all, my wife was in treatment so the martyr that I was, that is the least I could do. My therapist told me "I can't see you anymore until you go to a 12-step program." When I arrived home I got a call from a gal who we use to party with who I hadn't heard from in several months. Long story short she was in AA and asked me if I wanted to join her at a meeting. My life changed forever after that day. For the first time in my life I felt like I wasn't alone. I came to realize that I was powerless over alcohol and drugs. And that I was the problem. I was willing to take a look at myself in the mirror and see the similarities between all of us. And that was all it took. Willingness.

For years I had prayed my way a job that had health insurance and place that made me feel like I was part of something BIG. Be careful what you pray for... Today I work in recovery, and I have health insurance and am part of something bigger than I ever imagined. AA & Sobriety is a gift. The Gift that keeps on giving.

In my opinion the top of page 112 are the three most important words of the big book. And as a result, I found... I was raised in the church but never knew their God. I grew up in AA and became a Man of My God.

Still Happily Married  
Mark A.

# Upcoming Sober Events

# Meeting Updates

## March 6-8:

- PRASA (Pacific Region AA Service Assembly) in Tuscon, Arizona
- Sharing in Sobriety Pilgrim Firs Conference Center in Port Orchard, Washington

## March 13-14:

- 2020 Pockets of Enthusiasm Conference – 26th Anniversary March 13 @ 3:00 pm - March 14 @ 9:00 pm  
Shriners Event Center, 7217 W Westbow Blvd  
Spokane, WA 99224

## March 14th:

- Pre Conference for Districts 2, 3, 4, 11, 12, 19 and 24 Potluck  
9:30 am - 12:00 pm  
Swinomish Gymnasium, 17311 Reservation Road  
La Conner, WA 98256
- Burien Little Assembly – 10:00 am - 3:30 pm  
Brooklake Church, 629 S 356th St, Federal Way, WA 98003
- District 24 Annual Gratitude Potluck & Speaker Meeting  
5:00 pm  
St. Pius X in the gymnasium, 22301 58th Ave W.  
Mount Lake Terrace, WA 98043
- Live at Pine Lake Speaker Meeting  
7:00 pm - 9:00 pm  
Pine Lake Covenant Church, 1715 228th Ave SE  
Sammamish, WA 98074, 7th tradition observed - childcare available

## March 15:

- 12th Annual District 3 Fellowship Potluck Banquet  
12:00 pm - 3:00 pm (doors open at 10am for fellowship)  
Saint Mary of the Valley, 601 West Columbia St, Monroe, WA 98272
- Peninsula Districts Pre-Conference  
1:30 pm - 4:30 pm

## March 20-22:

- 22nd Annual Okanogan Valley Winter Roundup  
Sun Mountain Lodge, 604 Patterson Lake Road  
Winthrop, WA 98862  
AA and Al-Anon Speakers & much more!
- When Love Is Not Enough (The Lois Wilson Story)  
March 21, 12:00 pm Reserve your tickets now at [SnoValleyAA.org](http://SnoValleyAA.org)
- 5th Annual Dr. Bob's House Appreciation Day Fundraiser  
March 21, 5:00 pm - 10:00 pm  
Bethlehem Lutheran Church, 101 East 38th St.  
Tacoma, WA 98404, Dinner, auction, and raffle

## March 27:

- 3rd Annual Hot Stove Anniversary Dinner  
6:30 pm - 9:30 pm  
The Salvation Army, 720 Tobin Street  
Renton, Washington 98057

## NOTE:

The Eastside Intergroup Annual Pancake Breakfast on April 18 has been cancelled



## New Night – New Location

### Bothell Women's STP

Tuesdays 7:00pm-8:15pm

Bothell United Methodist Church  
Fireside Room  
18515 92nd Ave NE  
Bothell, WA 98011

## Meetings That Have Moved

### Sober Gals

Tuesdays 7:00pm-8:00pm

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

### Bellevue New Group

Tuesdays 7:30pm-8:30pm

Bellevue First United Methodist Church  
1934 108th Ave NE  
Bellevue WA 98004

*Childcare available*

## Support Needed

### Sober on the Ridge

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

Snoqualmie Fire Station  
37600 Snoqualmie Pkwy  
Snoqualmie 98065

## Cancelled Meeting

### A Vision For You

Thursdays 2:30pm – 3:30pm  
Redmond 98052

Please email your meeting updates to:  
[esig@eastsideintergroup.com](mailto:esig@eastsideintergroup.com)

# Information Corner

## Step 3

Made a decision to turn our will and our lives over to the care of God as we understood God.

## Step Three Information

The Step 3 prayer is divided into 7 parts:

1. Offering yourself to God.
2. Asking God for change.
3. Asking God for direction.
4. Asking God to help you be of service and free from bondage.
5. Asking God to take away your problems so you can help others.
6. Realizing that God's Power, Love and way of life are already yours.
7. Asking to do God's will always.

## Tradition 3

The only requirement for A.A. membership is a desire to stop drinking."

## Step 3 Prayer

God, I offer myself to Thee-  
 To build with me  
 and to do with me as Thou wilt.  
 Relieve me of the bondage of self,  
 that I may better do Thy will.  
 Take away my difficulties,  
 that victory over them may bear witness  
 to those I would help of Thy Power,  
 Thy Love, and Thy Way of life.  
 May I do Thy Will always!

## The 3 Legacies of Alcoholics Anonymous



**Recovery** — We learned recovery after completing the 12 steps of Alcoholics Anonymous with a sponsor. We achieved a clean conscience for the first time in a long time. This enabled us to begin to experience God's Love.

**Unity** — Through the 12 Traditions of Alcoholics Anonymous we learned how to get along with each other by placing the welfare of others before our own. We learned equality.

**Service** — We grew with God by serving others in our Home Groups, our District and our Area (The 12 Concepts). We carried the message of our Spiritual awakening to suffering alcoholics, we attempted to reach out to them in places they might seek us.

## March Office Report (February activity)

02/22/20 – What a cool date, huh? Can you believe it, in February two of our 12th Step calls were on February 22nd? Both stood out particularly because of the sobriety date. One was a phone call in the morning and the other was a man that had called the hotline and spoke with Eric C. Eric told him about Intergroup so he came down to talk with us. After talking to each of them about Alcoholics Anonymous and welcoming them into the program, I explained what an A.A. birthdate is and told them that they have the **Sobriety Date 02/22/20**. I mentioned to each what an awesome date that was to be writing down for the remainder of their sobriety and that they should hang on to it!

We seem to have more and more people come through the Intergroup office as time goes by. I realize though, when I was newer in sobriety I had no idea what my Intergroup office was let alone *where it was*. I don't think I ever even heard about Intergroup. Being the local clearing house, service center, 24 hour phone line, book & gift store, we also produce an Eastside schedule quarterly and a newsletter monthly. We maintain an up-to-date website with local meetings and activities. But that's not all! Don't you think it would be awesome if we all started introducing the people that we sponsor to Eastside Intergroup? It's amazing how many people have no idea we are even in the community. Not only are we a great recovery resource for our local groups and individual members, we're pretty darn friendly too! We love to meet new people! We are open M-F 10am-6pm and look forward to meeting you.

For the month of March, **all Big Books will be 20% off** at Eastside Intergroup. Each month something different will be on sale so be sure to check your newsletter or our website to see what it is!

Our office assistant Kim has been working with our inventory and our literature sales up from last year. We are ordering books nearly every week as we continue to carry the message of Alcoholics Anonymous. This includes an increase in our foreign language book sales.

Any special orders can be called in to the office at 425-454-9192.

Mark your calendars for the **ESIG 2020 EVENTS!** April 18th is the **Pancake Breakfast**, July 25th is the annual **Picnic** and August 30th is our 4th annual **Recovery Day at the Mariners**.

**February office Volunteers were:** Mondays: Tim, Susan & Lauren. Tuesdays: Lynn, Carolyn, David L. Lauren & Jan. Wednesdays: Bill, Cindy, Wallene & Leslie. Thursdays: Ted & Daniel & Mary. Fridays: Elizabeth, Ulf & David B. and Mark J. was our delivery person. Megan O. was a floater this month. Thank you all that help us out in the office.

**District 36** had an amazing showing of the **Bill W. story** at the North Bend Theater on February 22nd. It was well planned and so much fun. My hat is off to the DCM, John B. along with the many helpful volunteers. Next District 36 is showing the **Lois Wilson Story, When Love is not Enough** on March 21st.

ESIG held a **7th Tradition workshop** in February that was facilitated by Steve E and was nicely presented and very well attended. Thank you Steve and those of you that participated.

As always, thank you for letting me be of service.

 Nancy O.  
Office Manager



# From the Spiral #8

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.

*If I don't hear it over and over again, I'm going to forget it.*

For some reason, getting reminded always feels refreshing. When I hear a recurring line from someone in the program and it hits me, I know I'm getting too far from my program.

*I still step in it, but now I smell it sooner.*

Before I came to A.A., I found myself constantly stepping in you-know-what. Now there is a delay and I can prevent my feet from landing in a bad spot. The stronger that delay is, the fewer amends I need to make. When I do find myself stepping in it, I can pause and make things right long before it becomes a disaster.

*If it's not affecting my breathing, it's not a problem.*

What I think is a problem is simply an occurrence that I try to welcome with curiosity, not resentment. This line really puts things into perspective. Qualifying something as a problem only makes me feel worse. This then leads to anxiety, fear, self-pity, and resentment. Unless I am having trouble breathing, it's not really a problem.

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

T  
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| Group Name                     | Jan.  | Feb.  |
|--------------------------------|-------|-------|
| A Vision for You               | 102   |       |
| A.M. Reflections               | 200   |       |
| Any Lengths Group              | 148   |       |
| Bellevue Sunrise Group         | 125   |       |
| Big Book Step Study            | 111   |       |
| Clyde Hill Step Study          |       | 75    |
| Counter Sales                  | 500   | 651   |
| District 34                    | 774   |       |
| District 35                    | 500   |       |
| District 42                    |       | 75    |
| Duvall Sunday Morning          |       | 234   |
| Eastside Beginners             | 313   |       |
| Eastside Women                 | 67    |       |
| Fresh Start                    | 439   |       |
| Friday Night Firehouse         | 517   |       |
| Gay Men in Recovery            | 180   |       |
| Higher Powered at Gold Creek   |       | 1,155 |
| Issaquah Breakfast Club        | 25    |       |
| Joy of Living                  |       | 250   |
| Kenmore Big Book               | 700   |       |
| Kindred Spirits                | 100   |       |
| Kirkland Sobriety Headquarters | 100   |       |
| Ladies Step Study              | 91    |       |
| Living Sober                   | 247   | 289   |
| Nameless Bunch of Drunks       | 1,000 | 1,000 |
| Raging on the River            | 40    |       |
| Reflections                    | 100   |       |
| Seven & Sober                  | 1,000 | 1,000 |
| Sober at Cottage Lake          | 250   |       |
| Sober Camels                   |       | 1,500 |
| Southside Breakfast            | 100   |       |
| Sunday Big Book Study          |       | 125   |
| The Overlake Group             |       | 200   |
| Tuesday Night Solutions        |       | 200   |
| Tuesday Nite Starters          |       | 125   |
| Women in Recovery              |       | 190   |
| Women of Worth                 | 200   |       |
| Women's Big Book Study         |       | 78    |
| Women's Saturday Steps         | 224   |       |
| Woodinville Wed. Fellowship    | 55    |       |
| TOTALS:                        | 8,208 | 7,147 |

At the request of several groups, we have listed the contributions in alphabetical order this month.

# 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.

## 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!

## Birthday Club for March

Ruth M 2/16/16 NBD 4 years!

Cindy S 2/16/16 NBD 4 years!

Kyle E 2/16/95 Serenity Break 25 Years!

## 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

## March Pink Can Donations

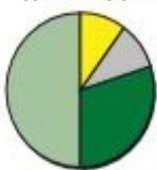
Nooners – Seven & Sober –  
Sunrise Group – Fresh  
Start – Life Line – Kirkland  
Sobriety Headquarters –  
Living Sober – Moss Bay





| Office Information  | Thank You Hotline Volunteers!  |         |           |         |          |          |         |          |          |           |          |          |          |              |           |        |        |          |         |   |           |           |         |         |             |          |
|---|--|---------|-----------|---------|----------|----------|---------|----------|----------|-----------|----------|----------|----------|--------------|-----------|--------|--------|----------|---------|---|-----------|-----------|---------|---------|-------------|----------|
| <p>13401 NE Bel-Red Rd., Suite B6<br/>Bellevue, WA 98005</p> <p><b>Phone:</b> 425-454-9192<br/>24-Hours a Day</p> <p><b>Email:</b> esig@eastsideintergroup.com</p> <p><b>Website:</b> www.eastsideintergroup.com</p> <p><b>Office Hours:</b> Monday-Friday 10am-6pm</p> <p><b>Office Manager:</b> Nancy O.<br/>Email: Nancy@eastsideintergroup.com</p> <p><b>Office Assistant:</b> Kim W.<br/>Email: Kimmie@eastsideintergroup.com</p> <p><b>Intergroup Representative Meeting</b></p> <p>First Thursday of each month<br/>7:30 pm-8:30 pm</p> <p>Bellevue Christian Reformed Church<br/>1221 148th Ave NE<br/>Bellevue, WA 98007</p> | <table border="0"> <tr><td>Bill B.</td><td>Lauren S.</td></tr> <tr><td>Bill W.</td><td>Lezli G.</td></tr> <tr><td>David B.</td><td>Lynn B.</td></tr> <tr><td>David L.</td><td>Mary A.</td></tr> <tr><td>Daniel K.</td><td>Megan O.</td></tr> <tr><td>Cindy S.</td><td>Susan H.</td></tr> <tr><td>Elizabeth M.</td><td>Ted W.</td></tr> <tr><td>Jan W.</td><td>Tim Q.</td></tr> <tr><td>Karen M.</td><td>Ulf W.</td></tr> </table>  | Bill B. | Lauren S. | Bill W. | Lezli G. | David B. | Lynn B. | David L. | Mary A.  | Daniel K. | Megan O. | Cindy S. | Susan H. | Elizabeth M. | Ted W.    | Jan W. | Tim Q. | Karen M. | Ulf W.  | <p>Wallene D.<br/><b>Mark J. drove to Seattle</b></p>  <p><b>425-454-9192</b></p> <div style="border: 1px solid black; padding: 5px;"> <p><b>HOTLINE Back-Ups</b></p> <table border="0"> <tr><td>Travis S.</td><td>Sheree P.</td></tr> <tr><td>Bill J.</td><td>Eric C.</td></tr> <tr><td>Syrianah V.</td><td>Nancy O.</td></tr> </table> <p><b>Hotline Coordinator: Sheree P.</b></p> </div> | Travis S. | Sheree P. | Bill J. | Eric C. | Syrianah V. | Nancy O. |
| Bill B.   | Lauren S.  |         |           |         |          |          |         |          |          |           |          |          |          |              |           |        |        |          |         |   |           |           |         |         |             |          |
| Bill W.   | Lezli G.   |         |           |         |          |          |         |          |          |           |          |          |          |              |           |        |        |          |         |   |           |           |         |         |             |          |
| David B.  | Lynn B.  |         |           |         |          |          |         |          |          |           |          |          |          |              |           |        |        |          |         |   |           |           |         |         |             |          |
| David L.  | Mary A.  |         |           |         |          |          |         |          |          |           |          |          |          |              |           |        |        |          |         |   |           |           |         |         |             |          |
| Daniel K.   | Megan O.   |         |           |         |          |          |         |          |          |           |          |          |          |              |           |        |        |          |         |   |           |           |         |         |             |          |
| Cindy S.  | Susan H.   |         |           |         |          |          |         |          |          |           |          |          |          |              |           |        |        |          |         |   |           |           |         |         |             |          |
| Elizabeth M.  | Ted W.   |         |           |         |          |          |         |          |          |           |          |          |          |              |           |        |        |          |         |   |           |           |         |         |             |          |
| Jan W.  | Tim Q.   |         |           |         |          |          |         |          |          |           |          |          |          |              |           |        |        |          |         |   |           |           |         |         |             |          |
| Karen M.  | Ulf W.   |         |           |         |          |          |         |          |          |           |          |          |          |              |           |        |        |          |         |   |           |           |         |         |             |          |
| Travis S.   | Sheree P.  |         |           |         |          |          |         |          |          |           |          |          |          |              |           |        |        |          |         |   |           |           |         |         |             |          |
| Bill J.   | Eric C.  |         |           |         |          |          |         |          |          |           |          |          |          |              |           |        |        |          |         |   |           |           |         |         |             |          |
| Syrianah V.   | Nancy O.   |         |           |         |          |          |         |          |          |           |          |          |          |              |           |        |        |          |         |   |           |           |         |         |             |          |
| <p><b><u>Newsletter Contributors</u></b></p> <p><b>Publisher.....Kyle E</b><br/><b>Story.....Mark A.</b><br/><b>From the Spiral...Matthew T.</b><br/><b>Office Report.....Nancy O.</b></p> <p><b>send your story to us:</b><br/><b>esig@eastsideintergroup.com</b></p>  | <p><b><u>February Office Volunteers</u></b></p> <table border="0"> <tr><td>Bill B</td><td>Lynn B</td></tr> <tr><td>Carolyn</td><td>Mary</td></tr> <tr><td>Cindy S</td><td>Megan O</td></tr> <tr><td>Daniel K</td><td>Po F</td></tr> <tr><td>David B.</td><td>Susan H</td></tr> <tr><td>David L.</td><td>Ted W</td></tr> <tr><td>Elizabeth</td><td>Tim Q</td></tr> <tr><td>Jan W.</td><td>Ulf W</td></tr> <tr><td>Karen M</td><td>Wallene D</td></tr> <tr><td>Lezli G</td><td></td></tr> </table> <p style="text-align: right;"><b>Thanks ☆</b></p> |         | Bill B    | Lynn B  | Carolyn  | Mary     | Cindy S | Megan O  | Daniel K | Po F      | David B. | Susan H  | David L. | Ted W        | Elizabeth | Tim Q  | Jan W. | Ulf W    | Karen M | Wallene D   | Lezli G   |           |         |         |             |          |
| Bill B  | Lynn B   |         |           |         |          |          |         |          |          |           |          |          |          |              |           |        |        |          |         |   |           |           |         |         |             |          |
| Carolyn   | Mary   |         |           |         |          |          |         |          |          |           |          |          |          |              |           |        |        |          |         |   |           |           |         |         |             |          |
| Cindy S   | Megan O  |         |           |         |          |          |         |          |          |           |          |          |          |              |           |        |        |          |         |   |           |           |         |         |             |          |
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| David L.  | Ted W  |         |           |         |          |          |         |          |          |           |          |          |          |              |           |        |        |          |         |   |           |           |         |         |             |          |
| Elizabeth   | Tim Q  |         |           |         |          |          |         |          |          |           |          |          |          |              |           |        |        |          |         |   |           |           |         |         |             |          |
| Jan W.  | Ulf W  |         |           |         |          |          |         |          |          |           |          |          |          |              |           |        |        |          |         |   |           |           |         |         |             |          |
| Karen M   | Wallene D  |         |           |         |          |          |         |          |          |           |          |          |          |              |           |        |        |          |         |   |           |           |         |         |             |          |
| Lezli G   |  |         |           |         |          |          |         |          |          |           |          |          |          |              |           |        |        |          |         |   |           |           |         |         |             |          |

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

|   |  |   |                 |                |              |                   |
|---|--|---|-----------------|----------------|--------------|-------------------|
| <p><b><u>Eastside Intergroup</u></b><br/>13401 NE Bel Red Rd. #B6<br/>Bellevue, WA 98005</p>                          | <p><b><u>District 34</u></b><br/>Bellevue, Redmond, East Lake<br/>Sammamish,<br/>&amp; Mercer Island<br/>PO Box 50081<br/>Bellevue, WA 98015</p> | <p><b><u>District 38</u></b><br/>Kirkland<br/>P.O. Box 322<br/>Kirkland, WA 98083</p>   |                 |                |              |                   |
| <p><b><u>Western Washington Area 72</u></b><br/>1225 East Sunset Drive<br/>Suite 145-745<br/>Bellingham, WA 98226</p> | <p><b><u>District 35</u></b><br/>Issaquah<br/>P.O. Box 442<br/>Issaquah, WA 98027</p>  | <p><b><u>District 39</u></b><br/>Bothell, Kenmore, Woodinville<br/>P.O. Box 1695<br/>Bothell, WA 98041-1695</p>   |                 |                |              |                   |
| <p><b><u>General Service Office (GSO)</u></b><br/>P.O. Box 459<br/>Grand Central Station<br/>New York, NY 10163</p>   | <p><b><u>District 36</u></b><br/>Snoqualmie Valley, Duvall, North<br/>Bend<br/>P.O. Box 1963<br/>North Bend, WA 98045</p>                        | <div style="border: 1px solid black; padding: 10px;"> <p><b>Sample of Group Contributions to A.A. Service Entities</b></p>  <table border="0"> <tr><td>10% to District</td></tr> <tr><td>10% to Area 72</td></tr> <tr><td>30% to G.S.O</td></tr> <tr><td>50% to Intergroup</td></tr> </table> </div> | 10% to District | 10% to Area 72 | 30% to G.S.O | 50% to Intergroup |
| 10% to District   |  |   |                 |                |              |                   |
| 10% to Area 72  |  |   |                 |                |              |                   |
| 30% to G.S.O  |  |   |                 |                |              |                   |
| 50% to Intergroup   |  |   |                 |                |              |                   |

## February 6, 2020 Intergroup Meeting Attendance

|  |   |
|--|---|
| Aaron H. – Pocket of Enthusiasm                          | Kim B. – Kirkland Sobriety Headquarters                             |
| Andy G. – District 35 & Friday Night Fire House          | Kimberly M. – Bothell STP   |
| Ben (Po) F. – Juanita Triangle                           | Kim W. – ESIG Office Assistant                                      |
| Bett A. – Women of Worth                                 | Lana L. – WWF & ESIG Pine Lake Coordinator                          |
| Bill D. – The Shack                                      | Laura C. – Tuesday Night Starters                                   |
| Bob C. – Bellevue Group                                  | Lindsay S. – Seven & Sober  |
| Bob G. – Eastside Men’s Group                            | Lori U. – A Woman’s Way &<br>A Better Way & Overlake Friday Night   |
| Bobbi C. – Steppin’ Up                                   | Mark P. – Any Lengths   |
| Branden W. – District 39 Liaison                         | Mike N. – 12 & 12 Fellowship Hall                                   |
| Brian F. – Bel-East Luncheon                             | Nancy O. – ESIG Office Manager                                      |
| Cindy S. – Nameless Bunch of Drunks                      | Rachel R. – Tons of Grace   |
| Conor O. – ESIG Board Secretary                          | Rachel V. – ESIG Treatment Chair                                    |
| David S. – ESIG Corrections Chair                        | Shawna – Women in Recovery  |
| Derek B. – ESIG Board Chair &<br>Maximum Service         | Sheree P. – ESIG Board, Lifeline &<br>ESIG Hotline Coordinator      |
| Gabriel W. – Millennium                                  | Sherri G. – North Creek Study Group                                 |
| Hahns B. – ESIG Board Treasurer                          | Steve E. – Maximum Service  |
| Holly F. – Moss Bay                                      | Steve W. – Sober at Cottage Lake                                    |
| Jan W. – Ladies Step Study &<br>Sharing the Legacy       | Taylor J. – Sunday 9:30 am Alano Breakfast                          |
| Janine B. – ESIG Board / ESIG P.I. Chair                 | Terry M.cG.- Living Sober   |
| John A. – Bellevue New Group                             | Todd A. – District 35 ESIG Chair                                    |
| John B. – Duvall Candlelight                             | Tom Z. – Issaquah Sat. A.M. Steps & Traditions                      |
| Karen M.- Sammamish Big Book &<br>Women’s Saturday Share | Willy H. – ESIG Board & Tiger Mountain Stag                         |
| Kathleen F. – Women’s Saturday Steps                     | 42 Meetings, 4 District Reps, and<br>5 Committee Chairs represented |
| Ken T. – Redmond Recovery                                |   |
| Kent C. – District 36 ESIG Liaison                       |   |

### *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.

# And Finally...

*... from the Publisher*

It is with much gratitude that I continue on my journey of sobriety with this new service position for the district! I am excited to start this venture, and nervous to realize I have Nancy's big shoes to fill!

And I'm already off to a good start by getting this edition out later than normal!

So thank you in advance for your patience while I work out the kinks moving forward.

The "And Finally..." section will include short shares of my personal journey, and I hope you will find some common ground here as we move through sobriety together.

I would like to start with some my background for my kickoff month:

My first AA meeting was a group called Roanoke Exit, which was in a bar in the Eastlake part of Seattle. I was not interested in becoming sober, I just wanted to get the two years deferred prosecution off my back from my latest DUI. On this occasion I came out of a blackout on the fifth floor common room in the Snohomish County Jail. The only thing I remember from that first meeting was that a woman tried to hand me a Big Book and 12 and 12, which I declined. Even though my head cleared and my ability to perform work improved, I was not interested in what AA or treatment had to offer, and it did not take long before I was back to daily pass out or black-out drinking. It would take another four years of bouncing on the bottom before I crawled back after being fired from yet another job and losing my house.

*Next month, road to recovery.*

Looking forward to walking the Broad Highway with you!

Kyle