



# PASS IT ON

## Eastside Intergroup Newsletter

Issue 41 June 2020

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by Claudia S.

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*From the Publisher*

By Kyle E.

### This Drunk Needs an Inside Job

I was born an empath, feeling the feelings of family members on earth, and once they passed on as angels. I also feel feelings of strangers in public. The strangers will pursue me in stores, lean out of car windows and tell me personal stories.

I really am weird and if I admit this stuff to any other group am perceived as being crazy.

My maternal grandmother was 39 when I was born and held me nonstop at birth when my mother could not; injured from the birth. Grandma doted on me and I wanted to maintain that feeling the rest of my life. She and I had an ethereal bond and would use land lines to call the other in the middle of the night knowing the emotions and thoughts of each other.

I did not know it then of course, but I was to become selfish and full of ego. I wished for my stoic, OCD parents to dote on me forever as their first born. They gave me two solid years, but other sisters came along, and I had to share the limelight.

My type-A personality and feeling like the actor on the stage followed rules, woke early, played piano and got great grades. Even though they did the best they could, the physical and emotional abuse in my childhood lead to me accepting, marrying, and having two children with an abusive spouse. After an emotional domestic violence divorce, I now co-parent with my former abuser.

After my divorce I paid three lawyers to defend my children from the abuse of their father between 2005-2017. The kids asked for restraining orders against their father; this, along with his contempt of court and multiple DUI's I felt my anger to be justified. I began to numb out with doctor prescribed benzos for PTSD and anxiety.

My health took a turn and I was diagnosed with a few new illnesses, while entering into my new marriage, I began to numb out all the "scared mommy" feelings with alcohol on top of my benzos. This seemed to take the edge off and I felt happy.

## This Drunk Needs an Inside Job

Continued from Pg.1

I felt that release in my neck and shoulders and was able to laugh...until I could only cry. And Black out.

In 2018 my new boss died, and the progression hit me.

I ruined our family compound Christmas and destroyed the last particle of relationship with my middle sister.

In October of 2018, I checked into a 28-day inpatient program, followed by a 28-day outpatient program, and attended daily AA meetings. With my sponsor I work the steps and have service positions.

I am beginning to sponsor.

As a result of these steps since 10/11/2018 I have come to know a new way of living.

In sobriety I have walked through many dark things. Since 2019 I have lived as a witness to: the attack of my daughter in college, the loss of our best friend, the diagnosis of my son's heart condition, and my stepson's decision to drop out of high school.

I can turn it all over to the power greater than myself. I begin each day with a morning ritual which includes the 3<sup>rd</sup> and 7<sup>th</sup> step prayers. I meet with my sponsor weekly, and I meet my sponsee weekly for step work. I attend a weekly meditation in loving kindness, attend daily meetings, and have a monthly appointment with an addictive psychiatrist.

I have put the plug in the jug. I have a puppy for my dog. I am quarantined for underlying health conditions. I miss the physical contact with AA meetings and friends. Zoom is great and acceptance is the answer.

This drunk needs an inside job. As a result of these steps I can look in the mirror and see all my thoughts, feelings, and actions are those of an alcoholic mind. Per my sponsor's direction, I do the contrary thing, (or the opposite of what I used to do).

I jumped in the middle of the herd, attend AA conventions and try to jam pack as much good into the stream of life each day that I can.

I should begin practicing a nightly 10<sup>th</sup> step. I have heard that will help.

Whenever I get a thought about booze, I need to call my sponsor. I saw a wine bar and my mouth watered. I drank my Starbucks refresher and that feeling was relieved. It is an obsession of the mind, and an allergy of the body. That said, I can pound 12 seltzer waters still.

In loving kindness and will keep coming back.

Claudia S.

## Upcoming Sober

*Publisher's Note: With the volume of changes and cancellations, please visit [eastsideaa.org](https://eastsideaa.org) for the latest information on Upcoming Sober Events and Meeting Updates.*

- Archives Work Party! 06/14/2020 - 06/21/2020 in Lakewood
- 12th Step Workshop 06/24/2020
- ESIG Office Volunteer Zoom Meeting 06/29/2020
- Eastside Stag Celebrates 50 Years 06/29/2020
- Eastside Intergroup Monthly Business Meeting 07/02/2020

## Meeting Updates

For a complete list of current meeting information, please visit [eastsideaa.org](https://eastsideaa.org)

To update your meeting information, please email: [esig@eastsideintergroup.com](mailto:esig@eastsideintergroup.com)

## 2020 Group Contributions

The Group Contributions page will resume in July



# New Eastside Intergroup Web Presence!

<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

Do you have a desire to stop drinking?  
Call us 24 hours a day at 125-451-9192

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		Events
7:00 PM	Third Column Group / <b>Temporary Closure</b> 12 & 12 Fellowship Hall Woodinville	• 20/20 Vision San Diego Spring Round Up 04/09/2020 - 04/12/2020 in San Diego
7:00 PM	The New Hope Group / <b>Temporary Closure</b> Alano Club of the Eastside Bellevue	• Archives Work Party! 04/19/2020 in Lakewood
7:00 PM	Sober Camels / <b>Men Temporary</b>	• Eastside Intergroup Monthly Business Meeting 05/07/2020 in Bellevue
		• Archives Work Party! 05/17/2020 in Lakewood
		• Eastside Intergroup

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/>

Our New Website has **launched**

group. To make it easy to remember, we're calling the site Eastside A.A. There's a lot going on to tell you about here. If you are an east side DCM or serve ESIG, you'll want... [MORE »](#)

Church North Bend

7:00 PM [Cyber Sisters East / Online Meeting](#)

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# Information Corner

## Step 6

*Admitted to God, to ourselves and to another human being the exact nature of our wrongs*

### Step Six Information

We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all, every one? If we still cling to something we will not let go, we ask God to help us be willing.

*A.A. Big Book, p. 76*

Step 6 is a step of preparation and reflection. I have been preparing for a significant change in my life and now I need to make sure that I am ready. I need to make sure in my own heart and mind that I am truly willing for God to remove these defects of character that have enabled my addictive behaviors. It might mean letting go of other things in my life in order to allow God to do the work that needs to be done. I need to determine if I am truly ready

### Step Six Prayer

God help me become willing to let go of all the things to which I still cling. Help me to be ready to let You remove all of these defects, that Your will and purpose may take their place. Amen.

## Tradition 6

"An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose."

Thank God, we AAs have never yet been caught in the kind of religious or political disputes which embroil the world of today. But we ought to face the fact that we have often quarreled violently about money, property, and the administration thereof. Money, in quantity, has always been a baleful influence in group life. Let a well-meaning donor present an AA group with a sizable sum and we break loose. Nor does trouble abate until that group, as such, somehow disposes of its bankroll. This experience is practically universal. "But," say our friends, "isn't this a confession of weakness? Other organizations do a lot of good with money. Why not AA?"

Of course, we of AA would be the first to say that many a fine enterprise does a lot of good with a lot of money. To these efforts money is usually primary; it is their lifeblood.

But money is not the lifeblood of AA. With us, it is very secondary. Even in small

quantities, it is scarcely more than a necessary nuisance, something we wish we could

do without entirely...

*From AA Grapevine, May, 1948*

## Alcoholics Anonymous



## ESIG June Office Report (*May 2020 Activity*)

**M**ay was another interesting month at your Intergroup office. We continue to receive calls from concerned members asking how we are doing financially – thank you for your questions and support. May was a low month for contributions, and sales of course have remained low due to the pandemic, both creating a shortfall for the month. We rely heavily on group and individual contributions we receive and are grateful to those of you that continue to support Eastside Intergroup financially – Thank you!

Speaking of financial support, we've not been printing a monthly listing of contributions by group like we have done in the past. With the majority of the donations coming in on PayPal and Venmo, there usually is not a group name associated with the donations. They generally are reported under the name of the person that made the donation. It would be very helpful if when making donations online, you note the name of your group somewhere on the payment. It's not necessary, we just want to give credit where credit is due.

There has been a lot of phone calls, often from newcomers or people attending their first meeting of Alcoholics Anonymous. With our A.A. meetings being via zoom now-a-days, it's not quite the same for a newcomer. What we have been doing is reaching out to different A.A. members introducing them to the each other over the phone before they go to a meeting. Then they can attend a zoom meeting together for the first time. It seems to work well and is helpful in getting the newcomer to feel welcome. If anyone is interested in being on our "call list" let us know and you will be added.

And, for anyone needing a book and not feeling comfortable coming to the Intergroup office yet, Kim and I both have some books with us. You can always reach us through our 24-hour phone 425-454-9192.

We have had Doug H. here on Tuesdays for the past month photographing all the items we have in our store. He has done an amazing job and his passion for photography is obvious. We are excited to soon have our online store up and running.

We have changed the hours at the office during COVID-19 and will reassess when we are given the go ahead to fully open. Like everyone else, we have no idea when that will be. In the meantime, we are open Monday through Thursday 10:00am - 5:30pm and on Friday from 10:00am - 2:00pm. We ask that you wear a mask (we will too) and that we all practice social distancing. Also, if you are uncomfortable coming into the store, we still have over the phone orders with curbside pickup. Just give us a call.

We aren't yet having our volunteers return for their shifts; however we have had a couple of occasions where we have had one or two people for specific tasks. Thank you, Tim Q., Bill B., Wallene D., and Jan W. for helping in the office and Mark J., for delivering our Milam orders.

We will be having a zoom meeting for office volunteers on Monday June 29th at 2:00pm to cover some things before we hopefully return in July. Everyone interested is welcome to attend.

Thank you for letting me be of service!

Be Well,

 Nancy O.  
Office Manager

# From the Spiral #11

by Matthew T.

From the Spiral, #11

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. *The fellowship will support me, but the steps will change me.*

For me, the fellowship has gone a long way to help me out of my head and provided talking points to make amends. The fellowship has provided proof positive of how to conduct myself outside of the meetings. The steps, however, are what keep me useful, reminded, and out of self. When I admit, make amends, take inventory, pray, meditate, and carry the message, I change. If you don't know what it means to work all sides of the triangle, I would encourage you to ask your sponsor what that entails. As my Grand-Sponsor says, you cannot be half pregnant in this thing.

2. *I was raised in the church; I grew up in A.A.*

Some of us have had wonderful experiences in the church, but what was deeper beneath the surface was a mind-centered disease that only a spiritual experience could treat. For this alcoholic, doing the work of our program took me beyond symptoms in order to finally identify root causes and conditions. There were no limitations, exceptions, or judgment. Whether you are new or coming back from a slip, we do not shoot our wounded. "The only requirement for A.A. Membership is a desire to stop drinking."

3. *I can't think my way into happiness. I need to stay in action in the program and be useful to others.*

Yesterday I tried to think my way into happiness and it led to me making amends to my wife whom I disrespected. I was focused on self and attached myself to wrong thinking. In that moment, I was thinking only of myself and what would make me happy. That did not make me happy and caused someone else harm. I promptly admitted it, made amends, prayed the 7<sup>th</sup> Step Prayer, and called my sponsor. When I put the focus on me, others suffer. When I turn my attention toward others, others benefit, and I am happier than I ever thought I could be by simply doing what the steps suggest. There is a reason why the Big Book says, "when these crop up", and not IF.

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

-Matthew T.

Editors Note:

These nuggets of wisdom were heard by a member 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. They are not endorsed by Alcoholics Anonymous.

*From the Spiral is published monthly.*

# 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

## 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!

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

## April Birthday Club

David W. 5/6/1982

38 Years

Home Group: Sobriety Lifeline

## April Faithful Fivers

David W.

Janine B.

Hahns B.

David S.

Ulf W.

Tom Z.

## Pink Can Donations

Seven & Sober

Sunrise Group



## 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:** Re-Open!  
Mon-Thurs 10AM-5:30PM Fri 10AM-2PM

**Office Manager:** Nancy O.  
Email: NancyO@eastsideaa.org

**Office Assistant:** Kim W.  
Email: KimmieW@eastsideaa.org

### Intergroup Representative Meeting

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

<https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnlsVFKQT09>

All members welcome!

## Thank You Hotline Volunteers!

Anne G.  
Anne W.  
Carmen A.  
Chuck M.  
Cindy S.  
David B.  
Elizabeth M.  
Elton B.  
Eric C.  
Fred M.  
Genny B.  
Ginny K.

Jan W.  
Jessica C.  
Jessica D.  
Jim M.  
Jody K.  
John R.  
Leslie G.  
Lynn B.  
Mark D.  
Mark J.  
Paul J.  
Richard J.

Sheldon A.  
Tim Q.  
Tracy A.  
Travis S.



425-454-9192

### HOTLINE Back-Ups

Sheree P. Jessica C.  
Mark D. Travis S.  
Cindy S. Nancy O.

**Hotline Coordinator: Sheree P.**

### Newsletter Contributors

**Publisher/Editor.....**Kyle E.  
**Story.....**Claudia S.  
**From the Spiral...Matthew T.**  
**Office Report.....**Nancy O.

Send your story to us:  
esig@eastsideaa.org

### May Office Team

Thanks to Kimmie W. and Nancy O. for opening up shop as well as managing curbside pickup!

### May Office Volunteers

Tim Q.  
Bill B.  
Wallene D.  
Jan W.  
Mark J. delivered Milam orders

## 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*

This week I have been a bit under the weather so *And Finally* will return next month.

- Kyle E.



**PASS IT ON!**