



PASS IT ON

Eastside Intergroup Newsletter

Issue 42 July 2020

We Have Been Here Before

In 1981 I was struggling to find my way to a better life—I was being hampered by persistent and chronic marijuana use and a yearning to return to alcohol. I had stopped drinking two years earlier, after the alcohol-fueled breakup of my marriage of 14 years. A friend, Kris E., came along and took me to an AA meeting and saved my life, thus beginning a new way of being in the world for me.

AA was 45 years old at that time, and the controversy of the day was the ban on speaking about drug use in the meetings. In Bellingham, the old-timers would interrupt you during the meeting and say, "We don't talk about drugs in an AA meeting." They had their reasons, but as a result, I never mentioned my drug use in a meeting until I moved to Bellevue 23 years later. Fortunately, I met a woman after a meeting who told me that if I was still smoking pot, I was stupid. I never used marijuana after that.

I grew and progressed in this spiritual way of life due to the warm and accepting program taught to me in the meetings of the Eastside and by my sponsor, Dean. Somehow, in the intervening years, the leadership of AA on the Eastside had made AA a welcoming place for AA's of all stripes. I have enormous gratitude for those men and women who did the hard work of keeping AA open and doing the work of recovery.

When AA started back in 1935, the fledgling movement sheltered under the wing of the Oxford Group, a first century Christian organization. Although these folks taught the drunks some important spiritual principals, tolerance was not one of their strong suits. The people that were stumbling into AA at the time were very much like they are today, often suspicious of any religious ideas or persuasions. This created some tensions and attitudes

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by Terry B.

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From the Publisher
By Kyle E.

We Have Been Here Before

Continued from Pg.1

among the members in those days. I think it is safe to say that the alcoholics we know can be a defiant and rebellious crew. When the Cleveland group declared their freedom and broke off from the Oxford Group in Akron, the Akronites drove to Cleveland and almost came to blows with the folks there. New York had already broken off from the Oxfords and eventually Akron did also. Life went on in AA, the Big Book was written, and the fellowship grew and prospered.

In AA, we alcoholics and addicts are not strangers to troubled times. Since the pandemic hit, we have been forced to make changes and adjustments to our way of life. Some of us must have the nearness of flesh and blood to keep our program alive. I get it. Some of us can make do with online meetings and some can even prosper there. We all have our reasons for who we are and what we do. I must constantly remind myself that my way is not the only way, and I must grant others the right to be who they are. Once again, I am reminded of our founders' words in the Big Book of Alcoholics Anonymous.

"Most of us sense that real tolerance of other people's shortcomings and viewpoints and a respect for their opinions are attitudes which make us more useful to others. Our very lives, as ex-problem drinkers, depend upon our constant thought of others and how we may help meet their needs." (Alcoholics Anonymous, 4th ed. (New York: Alcoholics Anonymous World Services, 2001), 19-20.)

I am a big fan of Emmet Fox, as were our founders. He published Sermon on the Mount just as our founders were getting together in Akron in 1935, and influenced the formulation of the program. Emmet Fox also taught me how to pray with more purpose. I have been writing my own prayers now for several years. My current prayer is simple and speaks to my defects of character.

"God please help me to suspend my judgement of others and to accept others as they are.
Amen"

The message to me today is simple:
Love and tolerance of others is our code. It is clear to me that love in action is service. Every day is a day that I can devote myself to my Higher Power and my fellows.

-Terry B.



Dr. Bob's House, courtesy akronaa.org

Upcoming Sober

Publisher's Note: With the volume of changes and cancellations, please visit eastsideaa.org for the latest information on Upcoming Sober Events and Meeting Updates.

- Live at Pine Lake, Pine Lake Speaker Meeting, 07/11/2020, Sammamish
- Sunshine Club Monthly AA Meeting, 07/18/2020
- Archives Work Party! 07/19/2020, Lakewood
- Eastside Intergroup Monthly Business Meeting, 08/06/2020, Bellevue

Meeting Updates

For a complete list of current meeting information, please visit eastsideaa.org

To update your meeting information, please email: esig@eastsideintergroup.com

2020 Group Contributions

The Group Contributions page will resume in July



New Eastside Intergroup Web Presence!

<https://eastsideaa.org/>

SEARCH FIND A MEETING UPCOMING EVENTS OUR NEWSLETTERS! ABOUT US MAKE A CONTRIBUTION

Eastside A.A.

Alcoholics Anonymous on the East Side of Lake Washington

July 6th, 2020

Do you have a desire to stop drinking? Call us 24 hours a day at 425-454-9192

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

Organizing a Hybrid A.A. Meeting

Published 3 days ago - Website Committee Chair

Alcoholics Anonymous, COVID-19 and Our Seventh Tradition from GSO

Published 2w ago - Nancy O.

June 19, 2020 Dear A.A. friends, We in A.A. - here at G.S.O., along with the rest of the world - continue to experience an unprecedented situation. Without question, due to the COVID-19 pandemic, our Fellowship, including our... [more »](#)

It's In Our Book...

Published 3w ago - Nancy O.

A group of us gals are in a Big Book study and we recently read the Foreword to the Fourth Edition, which

Upcoming Meetings	Events
7:30 PM Sobriety Lifeline / Location Temporarily Closed, Online Meeting Issaquah Comm Hall Issaquah	• Pine Lake Speaker Meeting 07/11/2020 • Live at Pine Lake 07/11/2020 Sammamish • Sunshine Club Monthly AA Meeting 07/18/2020
7:30 PM Creekside Study / Location Temporarily Closed Lakeside-Milam Recovery Center Kirkland	• Archives Work Party! 07/19/2020 Lakewood • Eastside Intergroup Monthly Business Meeting 08/06/2020 Bellevue
7:30 PM Clyde Hill Step Study / Location Temporarily Closed Sacred Heart Church Clyde Hill	
9:00 PM The 9:09 / Location Temporarily Closed 12 & 12 Fellowship Hall Woodinville	
9:30 PM Essentials / Location Temporarily Closed, Online Meeting Alano Club of the Eastside Bellevue	
Midnight Night Owls /	

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/>

Information Corner

Step 7

Humbly asked Him to remove our shortcomings

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

The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on humility. It is really saying to us that we now ought to be willing to try humility in seeking the removal of our other shortcomings just as we did when we admitted that we were powerless over alcohol, and came to believe that a Power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have.

A.A. Twelve Steps and Twelve Traditions, p. 76

Step Seven Prayer

"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength as, I go out from here, to do your bidding. Amen."

A.A. Big Book, p. 76

Tradition 7

Every AA group ought to be fully self-supporting, declining outside contributions.

Bill W. discusses this tradition in the June 1948 Grapevine:

"I am sure that myriads of AA voices would now answer the new group saying: "Yes, we know just how you feel. We once solicited money ourselves. We even solicited publicly. We thought we could do a lot of good with other peoples' money. But we found that kind of money too hot to handle. It aroused unbelievable controversy. It simply wasn't worth it. Besides, It set a precedent which has tempted many people to use the valuable name of Alcoholics Anonymous for other than AA purposes. While there may be little harm in a small friendly loan which your group really means to repay, we really beg you to think hard before you ask the most willing friend to make a large donation. You can, and you soon will. pay your own way. For each of you these overhead expenses will never amount to more than the price of one bottle of good whiskey a month. You will be everlastingly thankful if you pay this small obligation yourselves."

When reflecting on these things, why should not each of us tell himself: "Yes, we AAs were once a burden on everybody. We were 'takers.' Now we are sober, and by the grace of God have become responsible citizens of the world, why shouldn't we now about-face and become 'thankful givers'! Yes, it is high time we did!"



JULY 2020 EASTSIDE INTERGROUP OFFICE REPORT

COVID-19 OFFICE SAFETY: We are requiring face masks and safe distancing, but we are open to a couple of people at a time. We have signs posted about safety guidelines, have hand sanitizer available and we are wiping down the workstations after customers. Don't be surprised if we insist on a face mask before coming in, we are complying with the State and CDC guidelines and trying to keep everyone safe.

ONLINE STORE: Kimmie and I have been busy entering all the merchandise from the store onto the website getting ready for our new online store. I did not realize how time consuming it would be, but you are going to love it. Our volunteer photographer Doug took a picture of absolutely everything we have, and we are posting the pictures with descriptions of each book, each coin, all the gifts, etc. For example, we have ten types of coins... Everything from Aluminum and Bronze to Tri-plate and Bling with crystals. And did you know there are six different Big Books and five different 12 & 12's? That is just a start. We'll be ready soon though!

ZOOM MEETINGS/WORKSHOPS: In June we held a 12th Step workshop that was quite small but went well regardless. Janine B. has stepped into our new position of 12th Step Coordinator and will be holding the workshops and working with the volunteers on the 12th step list. Thank you, Janine, for stepping up! Pun intended. Anyone interested in finding out more is welcome to call the office and we will put you in touch with Janine.

Our 2ND Zoom meeting in June was for our office volunteers to talk about COVID-19, safety guidelines and to find out if people were feeling comfortable coming back yet. We aren't going to open all our regular volunteer positions yet, but we have opened 2 shifts. Even though most of our volunteers are not comfortable returning yet (understandably so), we had a great meeting and we enjoyed seeing each other after all this time. We reviewed office procedures, talked about shifts, had mock phone calls, and played some games that involved what we carry at Intergroup. Thank you to Susan H, Jan W, Lynn B, David B, Wallene D, Lesley C, Megan O, Elizabeth M, and Ulf W. for participating.

NEW A.A.'s: We continue to get calls from new people 4 or 5 times a week during office hours. Yesterday we had 3 in a row. Being on the phones can be so rewarding. When someone new calls wanting to stop drinking, we can help because we have experienced that feeling of fear and hopelessness from when we made our first call to Alcoholics Anonymous. We have our experience, strength, and hope to offer the new man or woman. What we have been doing at Intergroup is chatting with them to find pit a little bit more about them. Then we call someone to have them chat with the person and then take them to their first zoom meeting. It has been working well and can be an extremely rewarding experience.

FINANCIAL: We appreciate so many of you asking how we are doing financially. In May we were short about \$800- and yet in June we were up about \$500+. We haven't yet had to use prudent reserve which we are grateful for so thank you all for continuing to support us financially. You are making it possible for us to continue carrying the message of Alcoholics Anonymous in our communities.

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



 Nancy O.
ESIG Office Manager

From the Spiral #11

by Matthew T.

From the Spiral, #12

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. We don't shoot our wounded; we offer first aid.

I was raised around people and environments that liked to assign blame first, and love second. This made me fearful about asking for help, admitting wrongdoing, and being honest. In A.A. I came to believe that there is no blame when it comes to those of us who still suffer or who have slipped. We welcome back our wounded with open arms and get back to work. I am grateful that I can practice this principle in all of my affairs.

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

It has been said countless times before that there is nothing that beats one alcoholic talking to another. That which gets repeated is not only true, but highly effective. Seeing the process in practice, at various stages of my recovery, is a huge inspiration that fuels my ability to remain willing. When I first started going to meetings, I immediately felt like I was in a safe place of acceptance, action, and forgiveness, which was completely foreign to me before. Once I got a sponsor and started to work the steps, however, was when I began to experience a radical change in my behavior, how I saw the world, and inched my way toward what would become a spiritual experience, or psychic change. The stronger the feeling became, the harder I pressed on. I want to pass this gift on desperately to others, which I believe was the intention and genius behind the steps.

3. When I share in a meeting, I do so as if the newcomer is sitting right beside me.

A brother of mine in the fellowship told me this recently: Speak from your own experience only, refer to the Big Book, and emphasize the solution because he or she may be on the fence about becoming a member. This could mean the difference between life and death. Imagine being ordered to attend your first A.A. Meeting by a judge or a spouse threatening to leave you. You grudgingly attend only to hear a bunch of people dumping their grievances out about people, places, and things in an environment that is solution-based. Would you keep coming back? The tendency to dump is always there for me, but I have to think of the newcomer who is desperate, scared, and doubtful. What can I share that will keep him or her coming back?

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

June Birthday Club

Ulf W. 32 Years from Eastside Beginners

Richard B. with 35 years from Nameless Bunch of Drunks (in April)

June Faithful Fivers

David W.

Janine B.

Hahns B.

David S.


Ulf W.

Pink Can Donations

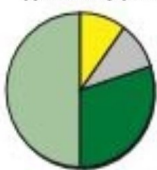
Seven & Sober

Sunrise Group



Office Information	Thank You Hotline Volunteers!																															
<p>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</p> <p>Office Hours: Re-Open! Mon-Thurs 10AM-5:30PM Fri 10AM-2PM</p> <p>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</p> <p>https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnlsVFKQT09 All members welcome!</p>	<table border="0"> <tr><td>Anne G.</td><td>Jan W.</td></tr> <tr><td>Anne W.</td><td>Jessica C.</td></tr> <tr><td>Carmen A.</td><td>Jessica D.</td></tr> <tr><td>Chuck M.</td><td>Jim M.</td></tr> <tr><td>Cindy S.</td><td>Jody K.</td></tr> <tr><td>David B.</td><td>John R.</td></tr> <tr><td>Elizabeth M.</td><td>Leslie G.</td></tr> <tr><td>Elton B.</td><td>Lynn B.</td></tr> <tr><td>Eric C.</td><td>Mark D.</td></tr> <tr><td>Fred M.</td><td>Mark J.</td></tr> <tr><td>Genny B.</td><td>Paul J.</td></tr> <tr><td>Ginny K.</td><td>Richard J.</td></tr> </table>	Anne G.	Jan W.	Anne W.	Jessica C.	Carmen A.	Jessica D.	Chuck M.	Jim M.	Cindy S.	Jody K.	David B.	John R.	Elizabeth M.	Leslie G.	Elton B.	Lynn B.	Eric C.	Mark D.	Fred M.	Mark J.	Genny B.	Paul J.	Ginny K.	Richard J.	<p>Sheldon A. Tim Q. Tracy A. Travis S.</p>  <p>425-454-9192</p> <div style="border: 1px solid black; padding: 5px;"> <p>HOTLINE Back-Ups</p> <table border="0"> <tr><td>Sheree P.</td><td>Jessica C.</td></tr> <tr><td>Mark D.</td><td>Travis S.</td></tr> <tr><td>Cindy S.</td><td>Nancy O.</td></tr> </table> <p>Hotline Coordinator: Sheree P.</p> </div>	Sheree P.	Jessica C.	Mark D.	Travis S.	Cindy S.	Nancy O.
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	<p><u>Newsletter Contributors</u></p> <p>Publisher/Editor.....Kyle E. Story.....Terry B. From the Spiral...Matthew T. Office Report.....Nancy O.</p> <p>Send your story to us: esig@eastsideaa.org</p>	<p><u>May Office Team</u></p> <p>Thanks to Kimmie W. and Nancy O. for opening up shop as well as managing curbside pickup!</p> <p><u>May Office Volunteers</u></p> <p>Tim Q. Bill B. Wallene D. Jan W. Mark J. delivered Milam orders</p>																														

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

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

And Finally...

... from the Publisher

The weather this past month has looked similar to most in the PNW for this time of year, with some hot sunny days and some cool cloudy and rainy days. What is still not looking similar is the effects of the ongoing coronavirus environment and the abounding disruptions. The great thing about being an alcoholic in recovery is being able to use the principles of this program in all my affairs. Going to online meetings with you keeps me focused on the solution of AA so I can address the character defects that continue to lurk about. Keeping in service and reaching out really works to minimize the peaks and valleys my mind wants to take me to whenever my job throws me a curve, driving gets me going, or a cloud passes in front of the sun.

Continuing my story:

One of the promises that came true for me was when my job moved me from the night shift to the morning shift. I distinctly remember calling my sponsor from the McDonald's parking lot in Canyon Park to tell him the good news. Even the smallest improvements in my life seemed huge. Yes, I was still learning a lot about what my part was, and making Ninth and Tenth Step amends all over the place for old and current behavior I was still trying to change. The drink and drug obsession had not been lifted, yet I was in pretty deep with this recovery thing. Traveling to Amarillo for an ex-wife amends was the only time I really considered drinking, as it did not go very well. I was fortunate to have people accompany me so drinking would not have been easy to do, so I didn't, and I called my sponsor and told him how I felt.

Then one day the call came; my sponsor was firing me. He told me that it was not any problem with my work or program, that he had found another path. But in my mind it was about me. I had failed. This was a point at which my mind really took off. What now? How should I react? There were a lot of options on the table, and I stayed in the recovery direction and called my sponsor's sponsor and asked if he would take over and walk me through. He accepted, and I was so grateful that I could continue with someone who was familiar with my recovery.

Next Month: More busier

- Kyle E.



PASS IT ON!