



# PASS IT ON

## Eastside Intergroup Newsletter

Issue 44 September 2020

### A New and Different Outlook on Life

Hi, my name is Laura and I am an alcoholic.

It really took me a long time to say those last four words. I really did not want to be an alcoholic. My sobriety date is July 9<sup>th</sup>, 2019. On that day, I remember being so physically sick and filled with shame and humiliation. Since then, I have learned a new way of living. AA gave me the courage to be honest with myself, the willingness to start over and the opportunity to have a new life.

I had a nice childhood. I grew up in Michigan with wonderful, loving parents and an older, hardworking brother that I admired. I graduated from Michigan State University as a mechanical engineer and moved to Seattle to start my career. Drinking was a part of my life starting in college, but it was normal for many years. As my career advanced and I was given more responsibility, I began drinking more to relieve stress. It was gradual, but alcohol helped me face my fears and comfort me when facing difficulties. For several years I tried reducing my alcohol consumption, but it never lasted. It only increased. I felt like I was a smart person. I did not understand why I couldn't control the amount of alcohol I consumed. For the last several years I was a daily drinker, a black out drinker and if I was not drinking, I was planning my next drink. I needed alcohol to feel normal. It had taken complete control over my life.

I finally asked for help in May of 2019 after a very scary visit to Overlake Hospital. My husband had found me unresponsive, passed out in our bedroom with a very faint pulse. He called 911 and I was taken to the emergency room. My blood alcohol level was 0.52 and I realize how lucky I was to live. I don't remember much about that day, except the doctor telling me that if I didn't get help I would kill myself. That got my attention. I finally admitted I was an alcoholic. I started outpatient treatment at Residence XII and started coming to the rooms of Alcoholics Anonymous.

I attended meetings and did not drink. I read the Big Book by myself. I would walk by the wine section in the grocery store and feel sad, missing my old friend, but I said I would get used to it. I told myself I needed to stay sober. I could do it.

I was 56-days sober when I had a trip planned to go back to see my Mom and Dad in Michigan. I was traveling alone and made the decision to pick

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*By Laura B.*

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By Kyle E.*

## A New and Different Outlook on Life

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up that "first drink" at the airport. And that one drink launched the worse 12-drinking days of my life. The cravings kicked in and the mental obsession was relentless. I remember feeling so desperate and scared that I would run out of alcohol while I was on the trip. My insane mindset was telling me that I could die if I ran out. And even after coming home from Michigan, I could not stop drinking for several days. My husband could not understand why I could not stop drinking and he left me. I was home alone and for several days all I was doing was drinking, passing out, crying and buying more alcohol. I felt so alone. I felt that awful ache of loneliness, deep in the heart of alcoholics that the Big Book talks about. To this day, I do not remember how I stopped. I believe my Higher Power saved me and led me back into the rooms of A.A.

I realize now that during those 56-sober days before my relapse, I had been relying on my willpower and self knowledge to keep me sober. I had not truly surrendered or embraced the program of AA. I was going to meetings, but I was often coming a little late & sometimes leaving early. Keeping to myself. I did not get a sponsor. I was not praying. I noticed the fellowship, the love and the connection among the people in the rooms, but something was holding me back. I think I was afraid. Afraid of rejection. Afraid of not being liked. Afraid of not fitting in. I thought I could keep sober on my own willpower. Wrong. I had no defense against that first drink at the airport. I just picked it up. My willpower completely failed me.

After my relapse, I knew I had to try something different. I look back now and realize I finally surrendered to the idea that I could not stay sober on my own. I needed help. I finally truly embraced the program of Alcoholics Anonymous.

I found a sponsor who I admired and she gave me some simple instructions. I went to daily meetings and made an effort to introduce myself to other people. Especially other newcomers. It was difficult at first to let my guard down, but it got easier the more I forced myself to do it. I found a home group and got my first service position as a Saturday greeter at Serenity Break. Greeting people really forced me into the fellowship. My sponsor and I began reading the Big Book and working the steps. My attitude and perspective began to change. For the first time in my life I began praying and connecting with my Higher Power. I learned about selfishness, self-pity, fear and resentments and other character defects. I learned alternate ways of dealing with negative emotions besides picking up a drink. I built a fellowship up around me that helped carry me through difficult times.

Staying sober was not easy. There were periods of time that I struggled. But I learned to talk about my struggles with the fellowship and that helped tremendously.

**Several weeks before Thanksgiving, as I was talking with my husband about the upcoming holiday season, I felt scared. How would I do it? I could not imagine a holiday season without drinking.**

Drinking had always been such a big part of the holiday season for me. I remember "telling" on myself in my home group meeting. I shared how worried I was that I would not stay sober. The support I received from the fellowship was incredible. Their encouragement, the advice on taking it one day at a time, the accountability of coming to daily meetings really helped me. Days turned

## A New and Different Outlook on Life

Continued from Pg.2

into weeks and I remember being in a meeting on Christmas Day thinking to myself how proud I am that I was sober. There is no question that the support of the people of AA carried me through this and some other challenging times. And for that I am very grateful.

I celebrated 1-year of sobriety on July 9th, 2020. It was a very special day for me. Of course I spent time reflecting on where I was a year ago and what my life is like now. It is difficult to describe how much this program has given me. The feelings of shame and humiliation have been replaced with feelings of pride and gratitude. One of my favorite parts of the Big Book describes it well:

“There is no more aloneness, with that awful ache, so deep in the heart of every alcoholic that nothing, before, could ever reach it. That ache is gone and never need return again. Now there is a sense of belonging, of being wanted and needed and loved.” (*Alcoholics Anonymous*, Pg. 276)

On my birthday I was overcome with gratitude. Gratitude to this program, gratitude to my sponsor and the fellowship of AA, gratitude to my Higher Power, gratitude to my husband and family. So many people have helped me and continue to help me in so many ways.

Physically, my health has improved significantly. I no longer have high blood pressure or panic attacks. I love waking up and not feeling hungover. I have learned to “just be” and be more present in my life.

Emotionally, I am no longer obsessed with alcohol. I can feel my emotions and be ok with them. I practice patience, tolerance and humility and try to be the best version of myself that I can be.

Spiritually, I am developing a connection with my Higher Power and have learned the importance of turning my will and my life over to the care of God. I have felt an inner peace grow and fill the emptiness I had inside. The emptiness that I used to try filling with alcohol.

I look forward to the future. I haven't been back to see my Mom and Dad since my relapse, but I am traveling back in a few weeks and will be able to make my amends with them. I feel like a completely different person than I was last time I went. And I know it is because of the Steps and this program. I know life will have its challenges, but I have a different set of “tools” I can use to deal with life's difficulties.

When I came to AA I wanted to get sober and stay sober. I didn't realize I would find so much more. A new and different outlook on life. A connection to my Higher Power. So much more enjoyment out of living. I realize that God and AA were able to do for me something I could not do for myself.

I am so grateful.

- Laura B.



## Upcoming Sober Events

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

- 12th Step Workshop—09/09/2020
- National AA Technology Workshop—09/12/2020
- Virtual Soberfest—09/12/2020
- Live at Pine Lake—09/12/2020
- Burien Little Assembly—09/13/2020

## Meeting Updates

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

*To update your meeting information, please email: [nancyo@eastsideaa.com](mailto:nancyo@eastsideaa.com)*



## 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 I've read before, but something new popped out this time that I found interesting. The last paragraph reads: ..."While o... [more](#)

Upcoming Meetings		Events
7:30 PM	Sobriety Lifeline / Location Temporarily Closed, Online Meeting Issaquah Comm Hall Issaquah	<ul style="list-style-type: none"> <li>• Pine Lake Speaker Meeting 07/11/2020</li> <li>• Live at Pine Lake 07/11/2020 Sammamish</li> <li>• Sunshine Club Monthly AA Meeting 07/18/2020</li> </ul>
7:30 PM	Creekside Study / Location Temporarily Closed Lakeside-Milam Recovery Center Kirkland	<ul style="list-style-type: none"> <li>• Archives Work Party! 07/19/2020 Lakewood</li> <li>• Eastside Intergroup Monthly Business Meeting 08/08/2020 Bellevue</li> </ul>
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 / Location Temporarily Closed 12 & 12 Fellowship Hall	

# From the Spiral #14

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. Life does not happen to us; it happens for us.

A truth like this is a positive reminder to be grateful. This brief experience is a classroom, an amusement park, and a place to suffer. So far, I have made it through each part of it and am better prepared to accept all it has to offer thanks to the tools of the program. It is easy for me to think that things happen to me, but then I understand that feelings are not facts. Thoughts are not facts either. Life, like sobriety, is a gift for me. The least I can do is be grateful and be in action.

## 2. Our bottom is when we surrender.

Before and after I started going to meetings, I used to hear about hitting bottom. Most of the examples far exceeded what ended up being my bottom, so I was afraid that I had not gone far enough. What would have to happen for me to finally stop and stay stopped? As it turned out, all I had to do was surrender. Next month will be two years since the morning that I had enough and ran out of ideas, options, and chances. How much I was drinking or using was irrelevant. When we surrender and become willing to do whatever it takes to be free of alcohol, then we have arrived at our bottom.

## 3. Love the moment you're in, not the moment that's two weeks out.

I struggle with this direction all the time. When I pray, I struggle to stay present. If my wife and I are enjoying a sunset, it does not take long for a thought to pop into my head about something I need to do in a day or two. I have learned that the more "out" I look, the unhappier I become. The more "in" or present I am, the happier I am. When I can just be in the moment, I have everything I need. It's not that I want for nothing, but that I want what I have in the moment. Additionally, I might add that for me, the more I love the moment I'm in, the easier it is on my wallet.

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.*

# Information Corner

## Step 9

*Made direct amends to such people wherever possible, except when to do so would injure them or others.*

### 9th Step Promises

“If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them.”

*Alcoholics Anonymous, Pg. 83-84*



## Tradition 9

*A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.*

“We have, for example, the kind of AA who is for simplicity. Terrified of anything organized, he tells us that AA is getting too complicated. He thinks money only makes trouble, committees only make dissension, elections only make politics, paid workers only make professionals, and clubs only coddle slippers. Says he, let’s get back to coffee and cakes by cozy firesides. If any alcoholics stray our way, let’s look after the. But that’s enough. Simplicity is our answer.

“Quite opposed to such halcyon simplicity is the AA promoter. Left to himself, he would “bang the cannon and twang the lyre” at every crossroad of the world. Millions for drunks, great AA hospitals, batteries of paid organizer, and publicity experts wielding all the latest paraphernalia of sound and script; such would be our promoters dream. “Yes, sir,” he would bark. “My two-year plan calls for one million AA members by 1950!”

“For one, I’m glad we have both conservatives and enthusiasts. They teach us much. The conservative will surely see to it that the AA movement never gets overly organized. But the promoter will continue to remind us of our terrific obligation to the newcomer and to those hundreds of thousands of alcoholics still waiting all over the world to hear of AA.”

- Bill W.

*AA Grapevine, August, 1948*

**OFFICE HOURS:** Eastside Intergroup is open from 10:00am to 5:30pm and we are following the guidelines of the State, masks are required, and we are following the safe distancing of 6 feet. We are allowing only two visitors at a time and have been enjoying visitors all day long.

**OFFICE VOLUNTEERS:** The majority of our office volunteers are not yet comfortable volunteering.

Thank you to Tim Q, David B, Jan W, Lezli G, Teresa C, Kewn J, Ed H, and Mark J. who volunteered in July. David R. helped on phones when I had to close the office for an appointment.

**SALE!** The past few years, we have had a Holiday Open House in late October, early November, and this year due to COVID-19 we are not able to have one. BUT we will have everything in our store on sale during November and December. **All books will be 10% off and all gifts will be 15% off!** Think of us when you do your holiday shopping for those friends in recovery!

**HOTLINE / PHONE WORKSHOP:** On August 26<sup>th</sup> we held a hotline workshop via zoom with 12 attendees. Our new Hotline Coordinator, Tom Z. helped with the workshop and he also held a zoom meeting for the current hotline volunteers earlier in the month. Our hotline and phone training is for anyone interested in answering phones for the Intergroup 24 hour line. This includes answering phones during the day in our office as well as outside of office hours. Prior to the workshop I revised and updated the manual that covers do's and don'ts of answering the calls. It's more up to date with some new resources included.

**LIVE AT PINE LAKE:** The speaker meeting is Saturday September 12<sup>th</sup>. Speaker is Katya A. from Studio City, California.

**12<sup>TH</sup> STEP WORKSHOP:** Scheduled for September 9<sup>th</sup> at 6pm with the Area 72 young people committee chair, Aaron M. because this workshop will be geared toward trying to get more young people on our 12<sup>th</sup> step list. Janine is our 12<sup>th</sup> Step Coordinator and will be part of the workshop as well.

**BRONZE COINS:** We had someone donate \$100 to use how we saw fit, so we set it aside to cover coins when someone comes in to pick up their own coin. We have had a lot of people come in excited for 30, 60, 90 days which they have obviously achieved during this Pandemic and via Zoom. It has been so amazing to see the excitement and gratitude as they receive a coin from us. Such a gift to be a part of their sobriety.

**CARRYING THE MESSAGE:** Received a call from a gal in a panic trying to find us asking if we had Big Books and how much they cost because she didn't have much money. After 3 calls to us because she kept getting turned around, she arrived so excited to be in a safe place. She was 6 days sober and living in a tent after fleeing an abusive marriage. She had tears in her eyes after we gifted her with a big book and a 24-hour coin. We had a brand-new volunteer in that day who shared his story with her. It was amazing to watch the experience they both had. We continue to carry the message!

**12<sup>th</sup> STEP CALLS / more about carrying the message:** August has had more 12<sup>th</sup> Step Calls than I ever remember getting. We are receiving at least two calls each day. All from brand new people reaching out to Alcoholics Anonymous for their very first time. I always congratulate the person calling and let them know it takes courage to make the call and the reason I know is that one day I made the same call. Several of our new volunteers have had the opportunity to get these calls and it is wonderful to see our training at work. It really is all about carrying the message!

*Thank you for letting me be of service! We are grateful to be on the road of happy destiny with all of you.*

Nancy O.  
Office Manager

# Eastside A.A.

Alcoholics Anonymous on the East Side of Lake Washington

# ESIG Group Contributions January-August 2020

GROUP NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	TOTAL
A Vision for You	102.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	102.00
AM Reflections	200.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	200.00
Anonymous	0.00	25.00	1,560.00	985.15	545.00	393.00	408.95	475.00	4,392.10
Any Lengths Group	148.05	0.00	0.00	0.00	133.23	0.00	64.02	132.00	477.30
Bellevue Sunrise Group	124.73	0.00	0.00	154.67	150.00	0.00	0.00	0.00	429.40
Big Book Step Study	111.03	0.00	0.00	0.00	0.00	0.00	50.00	0.00	161.03
Bills Kitchen	0.00	0.00	30.00	0.00	0.00	0.00	0.00	0.00	30.00
Came To Believe (Carnation)	0.00	0.00	0.00	0.00	158.06	0.00	0.00	32.50	190.56
Clyde Hill Step Study	0.00	75.00	0.00	0.00	0.00	0.00	0.00	0.00	75.00
Counter Sales	567.79	0.00	0.00	0.00	208.61	229.59	110.00	200.00	1,315.99
District 34	773.52	0.00	0.00	0.00	0.00	0.00	0.00	0.00	773.52
District 35	500.00	0.00	0.00	500.00	0.00	0.00	0.00	0.00	1,000.00
District 42	0.00	75.00	0.00	0.00	0.00	0.00	0.00	0.00	75.00
Duvall Sunday Morning	0.00	234.00	0.00	0.00	0.00	0.00	0.00	0.00	234.00
Eastside Beginners	312.50	0.00	0.00	494.50	0.00	0.00	83.50	0.00	890.50
Eastside Men's Group	0.00	0.00	0.00	0.00	0.00	0.00	0.00	50.00	50.00
Eastside Stag	0.00	0.00	0.00	0.00	0.00	350.00	0.00	0.00	350.00
Eastside Women	67.00	0.00	0.00	75.00	0.00	100.00	0.00	100.00	342.00
Enough is Enough	0.00	0.00	0.00	0.00	0.00	150.00	0.00	0.00	150.00
Faithful Fivers	0.00	0.00	0.00	0.00	0.00	0.00	5.00	0.00	5.00
Fresh Start	439.38	0.00	0.00	0.00	0.00	0.00	0.00	0.00	439.38
Friday Night Firehouse	516.50	0.00	0.00	0.00	0.00	260.00	0.00	225.00	1,001.50
Gay Men In Recovery	180.00	0.00	0.00	0.00	0.00	90.00	0.00	60.00	330.00
Happy Destinies	0.00	0.00	0.00	350.00	0.00	0.00	0.00	0.00	350.00
Higher Powered at Gold Creek	0.00	1,154.57	0.00	0.00	0.00	0.00	0.00	0.00	1,154.57
Issaquah Breakfast Club	25.00	0.00	25.00	0.00	0.00	0.00	0.00	0.00	50.00
Joy Of Living	0.00	250.00	0.00	0.00	0.00	0.00	0.00	0.00	250.00
Kenmore Big Book	700.00	0.00	0.00	0.00	0.00	308.00	0.00	0.00	1,008.00
Kindred Spirits	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00
Kirkland Sobriety Headquarters	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00
Ladies Step Study	91.20	0.00	0.00	0.00	0.00	0.00	0.00	0.00	91.20
Live & Let Live	0.00	338.88	0.00	0.00	0.00	0.00	0.00	0.00	338.88
Living Sober	247.31	289.45	298.50	500.00	0.00	0.00	287.59	533.09	2,155.94
Main Street Saturday Night	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00
Maximum Service	0.00	0.00	0.00	0.00	0.00	141.28	0.00	0.00	141.28
Nameless Bunch Of Drunks	1,000.00	2,000.00	0.00	3,000.00	1,000.00	1,500.00	1,500.00	1,500.00	11,500.00
New Hope Group	0.00	0.00	0.00	0.00	0.00	0.00	10.00	0.00	10.00
Newport Daytimers	0.00	384.00	0.00	0.00	0.00	0.00	0.00	0.00	384.00
Nooners	0.00	0.00	0.00	0.00	0.00	0.00	0.00	2,074.75	2,074.75
OSAT	0.00	0.00	600.00	0.00	0.00	0.00	0.00	0.00	600.00
Raging On The River	40.00	0.00	0.00	0.00	0.00	0.00	25.00	0.00	65.00
Recovery Through Honesty	0.00	0.00	0.00	0.00	0.00	0.00	247.00	0.00	247.00
Reflections	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00
Sammamish Big Book Study	0.00	0.00	0.00	0.00	0.00	107.50	0.00	0.00	107.50
Sammamish By The Book	0.00	0.00	255.94	0.00	0.00	121.00	0.00	0.00	376.94
Sammamish Plateau WomenS Step Study	0.00	0.00	0.00	0.00	0.00	0.00	176.50	0.00	176.50
Serenity Break	0.00	2,343.47	0.00	75.00	0.00	0.00	0.00	0.00	2,418.47
Serenity on Sunday	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	100.00
Sermon on the Mount	0.00	0.00	0.00	0.00	115.00	0.00	0.00	0.00	115.00

Continued on next page



# ESIG Group Contributions January-August 2020

Seven & Sober	1,000.00	2,000.00	0.00	1,000.00	1,000.00	1,000.00	1,250.00	750.00	8,000.00
Sharing the Legacy	0.00	0.00	300.00	0.00	25.00	0.00	232.00	25.00	582.00
Sisters in Solution Iss	0.00	0.00	0.00	0.00	0.00	0.00	43.55	0.00	43.55
Sober At Cottage Lake	250.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	250.00
Sober Camels	0.00	1,500.00	0.00	0.00	0.00	250.00	0.00	0.00	1,750.00
Sober On Sunday	0.00	0.00	0.00	0.00	0.00	0.00	90.00	0.00	90.00
Sober on the Ridge	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	100.00
Sober Sisters East	0.00	0.00	0.00	0.00	0.00	0.00	200.00	0.00	200.00
SOS	0.00	0.00	150.00	0.00	0.00	0.00	0.00	0.00	150.00
Southside Breakfast	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00
Stillwater Serenity	0.00	0.00	0.00	0.00	21.00	0.00	0.00	0.00	21.00
STP (Steps, Traditions & Principles)	0.00	0.00	0.00	0.00	0.00	0.00	20.00	0.00	20.00
Sunday Big Book Study	0.00	125.00	0.00	0.00	0.00	0.00	0.00	0.00	125.00
Sunrise	0.00	0.00	0.00	0.00	25.00	0.00	295.65	10.00	330.65
The Overlake Group	0.00	200.00	0.00	0.00	0.00	0.00	0.00	0.00	200.00
Tiger Mountain Stag	0.00	0.00	0.00	0.00	225.00	0.00	0.00	0.00	225.00
Tons of Grace	0.00	0.00	200.00	0.00	0.00	0.00	0.00	0.00	200.00
Tuesday Night Solutions	0.00	200.00	0.00	0.00	0.00	0.00	0.00	0.00	200.00
Tuesday Nite Starters	0.00	125.00	0.00	0.00	0.00	0.00	0.00	0.00	125.00
Up The Creek	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	100.00
Women In Recovery	0.00	190.48	0.00	0.00	242.08	0.00	0.00	267.32	699.88
Women of Worth	200.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	200.00
Women's Big Book Study	0.00	78.00	0.00	0.00	0.00	0.00	30.85	0.00	108.85
Women's Saturday Share	0.00	0.00	300.00	0.00	0.00	0.00	0.00	0.00	300.00
Women's Saturday Steps	224.00	0.00	0.00	266.00	0.00	271.89	0.00	0.00	761.89
Woodinville Wed. Fellowship	55.18	0.00	0.00	0.00	0.00	0.00	0.00	0.00	55.18
	<u>8,275.19</u>	<u>11,687.85</u>	<u>3,719.44</u>	<u>7,400.32</u>	<u>3,847.98</u>	<u>5,272.26</u>	<u>5,129.61</u>	<u>6,734.66</u>	<u>52,067.31</u>
	<u>Jan 20</u>	<u>Feb 20</u>	<u>Mar 20</u>	<u>Apr 20</u>	<u>May 20</u>	<u>Jun 20</u>	<u>Jul 20</u>	<u>Aug 20</u>	<u>TOTAL</u>

## Don't Panic if you don't see your group contribution.

During the pandemic a good portion of our contributions have been coming in via Venmo and PayPal. Quite often the donation is in the name of an individual so we list it as anonymous if we don't have a group name to associate with it. This is why Anonymous Donations are so high on here.

If you know your group contributed, please call Nancy 425-454-9192 with the date and amount and she is happy to move the contribution from anonymous to the appropriate group. Thank you all for your support!

## How Can You Support Your Intergroup in Addition to the 7th Tradition at Your Meetings?



### Faithful Fivers!

David W

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!*

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

### 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  
Or visit [eastsideaa.org](http://eastsideaa.org)


### Pink Can Donations

Nooners

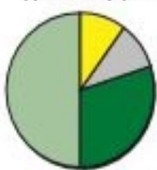
Seven & Sober

Bellevue Sunrise Group



Office Information	Thank You Hotline Volunteers!		
<p>13401 NE Bel-Red Rd., Suite B6 Bellevue, WA 98005 <b>Phone:</b> 425-454-9192 24-Hours a Day <b>Email:</b> esig@eastsideaa.org <b>Website:</b> eastsideaa.org</p> <p><b>Office Hours:</b> Re-Open! Mon-Thurs 10AM-5:30PM Fri 10AM-2PM</p> <p><b>Office Manager:</b> Nancy O. Email: NancyO@eastsideaa.org <b>Office Assistant:</b> Kim W. Email: KimmieW@eastsideaa.org</p> <p><b>Intergroup Representative Meeting</b> First Thursday of each month 7:30 pm-8:30 pm via Zoom</p> <p><a href="https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnlsVFKQT09">https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnlsVFKQT09</a> All members welcome!</p>	<p>Carmen A. Chuck M. Cindy S. Elton B. Eric C. Fred M. Genny B. Ginny K. Jessica C.</p>	<p>Jim M. Jody K. Leslie G. Mark J. Paul J. Richard J. Sheldon A. Sheree P. Tom Z.</p>	<p>Tracy A. Travis S. Tammy K. Anne W.</p>  <p>425-454-9192</p> <div style="border: 1px solid black; padding: 5px;"> <p><b>HOTLINE Back-Ups</b> Jessica C.      Mark D. Travis S.      Cindy S. Nancy O.</p> <p><b>Hotline Coordinator: Sheree P.</b></p> </div>
	<p><b><u>Newsletter Contributors</u></b></p> <p><b>Publisher/Editor.....</b>Kyle E. <b>Lead Story.....</b>Laura B. <b>From the Spiral...Matthew T.</b> <b>Office Report.....</b>Nancy O.</p> <p>Interested in seeing your experience, strength, and hope in the newsletter? Send your story to us!</p> <p><a href="mailto:newsletter@eastsideaa.org">newsletter@eastsideaa.org</a></p>	<p><b><u>July Office Volunteers</u></b></p> <p>Tim Q.                      Jan W. Lezli G. Mark J.                      David B. Teresa C. Kewn J.                      Ed H. David R.</p>	

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

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

# And Finally...

... from the Publisher

This past Labor Day weekend my son, his friend, and I went to Seattle for a celebration. While there, we stopped at my sober littermate's workplace to say hello. I hadn't seen him for awhile so, mask adorned, gave him a big hug. Then I had to make amends for giving him a hug! Well, it didn't take long for gratitude that I got to spend some time with my dear friend from the early days of my recovery to fly out the window and the resentment wagon to pull up and park in my head! What the AA program of recovery and my HP helped me realize is that I needed to shift my thinking. If I am unable to physically greet people and hug them, I can turn to my son and my wife and greet and hug them more! Which is right where I need to make the most improvement in my attitude, acceptance, and love, anyway! Seriously, how fortunate can a former drunk be, even today?

Continuing with *Uprooting and My Mind*:

Embarking on my new career and being out of school gave me more new freedoms, freedoms I never experienced before because I was always preoccupied with the next drink. The additional time allowed me to get to more meetings than I had been to since my two or three per day in the first months of sobriety. At my homegroup, some of my sponsorship lineage suggested another program could add more depth to my recovery program, so I embraced it openly. What I was not aware of was that my mind still had some anxiety and depression to deal with. At times I was still a very fearful and angry person. I thought everything was normal, even though the conditions got worse. Finally, in a fit of rage, I found myself in trouble with the Redmond police, in a toxic relationship with a woman who had started using again, and on the brink of a break down and jail time. What the heck was happening?

I picked up the phone and called three of my AA friends, my sponsor, and my doctor. Each had suggestions that helped me face what turned out to be debilitating depression, anxiety, and deep-rooted fear I thought I had dealt with in recovery. Turns out I needed outside help, and I was grateful Bill W. called out in *The Family Afterward* that I should "not hesitate to take my health problems to such persons" (*Alcoholics Anonymous*, Pg 133). Thankfully I have been able to work with many professionals and individuals on things I didn't know anything about. That is just like AA!

Next Month: *The Eastside?*

- Kyle E.

