



PASS IT ON

Eastside Intergroup Newsletter

Issue 34 November 2019

Gratitude As A Way Of Life

A member finds a better way to share the joy than being a drunken Santa

There are times when I cannot help but feel a tremendous sense of gratitude for the countless blessings, I received as a result of taking the 12 Steps of Alcoholics Anonymous and making them a way of life. The first and foremost blessing is that a God of my very own understanding has entered my life and lifted the compulsion to drink from me and that I have been afforded a daily reprieve from alcoholic torture dependent upon the maintenance of my spiritual condition. Prior to coming to A.A., I ruined many an occasion for family members and friends who cared for me and loved me the most. I can still vividly recall one specific incident as if it were yesterday.

I was asked to play Santa Claus for a large family Christmas party at a banquet hall. At the time, I had two children—a one-year-old and a three-year-old. The party was to begin at noon, but as any respecting active alcoholic would do, I decided to party before the party and have a few to relax before putting on the beard and red suit.

So I went upstairs alone with a bottle, had a few, and then the phenomenon of craving kicked in and I was off to the races. I can't remember how many I had, but I do remember that at about 11:30 A.M. I decided to go downstairs, pack up the kids, and get to the party. On the way down the stairs, I did a header, bounced all the way down the stairs, Santa Claus outfit and all, and landed flat on my back head first in a drunken stupor. I will never forget the look of disgust and despair on my wife's face as she helped me out of the Santa suit in my children's presence and took the kids to the party without me. The guilt, shame, and remorse of that day are unforgettable.

Eventually, God led me to AA, which over time changed my life completely. God placed in my life a sponsor who emphasized that the Big Book is the "basic text" of our society and that it is to be studied as a text and not read as a novel. He took me through the 12 Steps as outlined in the Big Book, and I have since incorporated them as a way of life. When I asked him how I could repay him for all the time, effort and guidance he'd given me, he simply, and smilingly, told me to carry this message to others as he had done with me. My gratitude for all the blessings I've received by being an active member of AA, living the 12 Steps as a way of life, being of service and working with others has increased exponentially since.

-- Don J.

*Previously Published
Grapevine, December, 2016*

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October Mtg Attendance

Upcoming Sober Events

List of Events:

Please visit www.eastsideintergroup.com and check out "Events Calendar" for dates, times, locations, and maps!

- ♦ Eastside Intergroup Business Meeting
- ♦ Serenity at the Shores 2019
- ♦ ESIG Holiday Open House
- ♦ Area 72 PI/CPC Quarterly
- ♦ Pine Lake Speaker Meeting
- ♦ The Sunshine Club Volunteer Orientation
- ♦ District Gratitude Dinners: 34, 35, 39
- ♦ Cena De Gratiud—Del Distrito 34
- ♦ ASL Meeting Last Saturday of Each Month

PANELISTS NEEDED!

Are you interested in sharing your story with Inglewood Middle School Students on December 3rd? Various classes beginning at 7:50am - 1:30pm
Share your story and how you got sober for 7 to 10 minutes followed by questions and answers.

Questions or to Volunteer contact:

Janine B. 206-228-9349

Janine_bolivar@yahoo.com

Meeting Updates

MEETINGS CHANGES

Sober Gals

*EFFECTIVE DECEMBER 3RD

Tuesdays 7pm-8pm

Hazelden Betty Ford Foundation

1231 116th Ave NE Ste. 410

Bellevue, WA 98004

Sober Gals will meet at the old location through November 26th from 7pm-8:30pm

Bothell Women's STP

Wednesday 7:00pm

(women, steps, open)

Northshore Senior Center

10201 East Riverside Dr, Bothell, WA 98011

12 & 12 Fellowship Hall

Sunday thru Saturday

has moved to: 17319 139th Ave NE

Woodinville, WA 98072

MEETINGS NEED SUPPORT

Tuesday Night Solutions

Tuesdays 7:00pm-8pm

Bellevue Christian Reformed Church

(upstairs)

1221 148th Ave NE

Bellevue, WA 98007

NEW MEETING

A Vision For You

Thursdays 2:30pm – 3:30pm

(open, Big Book, Twelve Traditions)

Redmond Heights Senior Living- assisted living bldg.

7950 Willows Rd., Redmond, WA 98052

TIME CHANGED

Issaquah Breakfast Club (Saturday's)

time changed to 8:30am

Information Corner

Step 11: “Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.”

Alcoholics Anonymous, p. 59

Step 11 Principle: Spirituality

ALCOHOLICS ANONYMOUS (The Big Book): Step 11, p. 85-88

“*Step Eleven* suggests prayer and meditation. We shouldn’t be shy on this matter of prayer. Better men than we are using it constantly. It works, if we have the proper attitude and work at it. It would be easy to be vague about this matter. Yet, we believe we can make some definite and valuable suggestions.”

(Bullet-point condensation)

- “When we retire at night, we constructively review our day... After making our review we ask God’s forgiveness and inquire what corrective measures should be taken.”
- “On awakening let us think about the twenty-four hours ahead...we ask God to direct our thinking especially asking that it be divorced from self-pity, dishonest or self-seeking motives.”
- “In thinking about our day we may face indecision... we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy...”
- “We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will...”
- “If circumstances warrant, we ask our wives or friends to join us in morning meditation. If we belong to a religious denomination which requires a definite morning devotion, we attend to that also... Be quick to see where religious people are right. Make use of what they offer.”
- “As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day ‘Thy will be done.’ We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions.

TWELVE STEPS AND TWELVE TRADITIONS (A few highlights), p.96-105

“...In AA we have found that the actual good results of prayer are beyond question. They are matters of knowledge and experience. All those who have persisted have found strength not ordinarily their own. They have found wisdom beyond their usual capability. And they have increasingly found peace of mind which can stand firm in the face of difficult circumstances.

We discover that we do receive guidance for our lives to just about the extent that we stop making demands upon God to give it to us on order and on our terms. Almost any experienced AA will tell how his affairs have taken remarkable and unexpected turns for the better as he tried to improve his conscious contact with God. He will also report that out of every season of grief or suffering, when the hand of God seemed heavy or even unjust, new lessons for living were learned, new resources of courage were uncovered, and that finally, inescapably, the conviction came that God *does* ‘move in a mysterious way His wonders to perform.’...

Perhaps one of the greatest rewards of meditation and prayer is the sense of *belonging* that comes to us. We no longer live in a completely hostile world. We are no longer lost and frightened and purposeless. The moment we catch even a glimpse of God’s will, the moment we begin to see truth, justice, and love as the real and eternal things in life, we are no longer deeply disturbed by all the seeming evidence to the contrary that surrounds us in purely human affairs. We know that God lovingly watches over us. We know that when we turn to Him, all will be well with us, here and hereafter.”

ESIG Office Report November 2019

Happy November and Gratitude Month to all! I have so many things I am grateful for, one being my job here at Eastside Intergroup and knowing so many of you. We have a link to the Gratitude Dinners being held in November on our website under the tab "2019 Gratitude Dinners". I hope everyone has the opportunity to attend a Gratitude Dinner this year.

Remember, we have our Holiday Open House on Saturday November 9th. Everything in our store will be 10% off making it a great time to purchase gifts for a sponsor, sponsee or a friend in AA. We'll even gift wrap for you if you'd like. Join us for some fellowship, treats and coffee from 9am to 1pm.

Last month I mentioned my interest in getting more 12th step trainings out to the District business meetings in order to have more people available in different areas. The first District that I'll be working with is District 36 and I'm excited to start the process.

A take-away we had from our conference in Mesa at the end of September was the Sunshine Club, which we have now established in Eastside Intergroup. Our first meeting was about 10 people and we are slowly growing. This is a group of men and women that are willing to take meetings to people that are not able to get out to meetings. An example would be someone housebound due to surgery or illness. We have an orientation scheduled for November 16th from 12pm-1pm at the Intergroup office that will be led by Derek B. Anyone that would like to be a part of this group needs to go through orientation first.

It has been a busy time at Intergroup. Terms have ended for several of our committee chairs so we have some opportunities for service work available. Service at the Intergroup level is really fun and if you haven't tried it, now would be a good time. The committee chair openings right now are Accessibility, CPC which is Cooperation with the Professional Community, Events, and Grapevine & Literature. We have the committee chair descriptions available at the office and will also have them at the Intergroup meeting on November 7th. The Events committee normally has 2 people that co-chair the committee. Please let us know at the Intergroup meeting or through the office if you are interested.

Many thanks to our volunteers in the office during October: Ted W., Susan H., Gigi B., David R., Bill B., Cindy S., Tim Q., Carrie S.B., Megan O., Allison L., Ulf W., David B., Sharon R., Jill M., Robin S., Lezli G., Karen M., Wallene D. Mike, Po F., Matthew T., Sheryl M., Daniel K. and Tim Mc.

We also have a couple of shifts left during the day at the office helping out and answering phones. If you are interested please call us at 425-454-9192 and speak with either Kim or Nancy.

ESIG Office will be

CLOSED

November 28th-29th

In observance of Thanksgiving

Grateful to be of Service

Nancy O.

ESIG Manager

From the Spiral #4

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.

Stay in gratitude, especially when things are good.

Pausing when agitated is a lifesaver, but so is pausing in the middle of things being good. It takes practice, but having a sponsor who wants to hear it all helps to develop this habit. For me, it has always been easy to **forget what I'm doing. By God's Grace, and by staying close to the program and its suggestions, I can pause right in the middle of a beautiful moment and be grateful. Being grateful is not just me smiling, looking up, and saying "thank you." Gratitude, for me, means taking action. Whether it's going to a meeting to talk with a newcomer, calling several people from the program to ask them how they are doing, or helping to make someone (outside of A.A.) else's day better, I have to turn my attention away from me. It's the least I can do.**

If I can't take care of what my role is, I can't have a relationship with anyone else.

Until I get to the point where I look at my part, I am drifting further away from people, places, and things. When I started in this thing, I told my sponsor that I wanted to be reliable. I cannot be reliable to anyone, including myself, if I am holding onto resentment, which is actually me staying in comfort, fear, and control. **At this point, it's magic. If I do it right, the pain evaporates, and I get back to being a giver, a listener, and a reliable human being. Thy will be done, not mine.**

Making and following a schedule is not going to keep me sober. It needs to be a ritual.

When I make a schedule, all it ends up being is a written plan to fail. It's as if the excuses pop up in my mind as I write the tasks down. Even if I stick to it, I do so with blinders on, out of compassion, far from acceptance, and unfair to those I love who are in my way. A ritual, however, is no matter what. I have done my morning prayer and meditation time in a bathroom stall, on a beach, and sick as a dog in my bed. It's my time. The rest of the day is not up to me, but it still feels like an unbelievable gift. When obstacles come up, it's not so bad because it could always be worse. Again, it could always be worse.

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.

ESIG YTD GROUP DONATIONS

GROUP	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	TOTAL
Nameless Bunch Of Drunks	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	10,000
Seven & Sober	1,125	1,300	1,000	1,000	1,000	1,000	1,000	1,000	700	800	9,925
Serenity Break		774		1,788		2,026			1,784		6,372
12 & 12 Fellowship Hall						1,343	1,037		1,528		3,908
District 34		1,755									1,755
Living Sober	266			433	103	233	133	100		308	1,576
Wake Up		302	120	94	166				655		1,337
Women In Recovery						727	241	211			1,179
OSAT		900					250				1,150
Women's Saturday Steps			288				373			290	951
Bellevue New Group				300			300			300	900
Sharing the Legacy	100		100	200			300		200		900
Fresh Start					254				611		865
Tiger Mountain Stag	600							250			850
Nooners		171		156		244		239			809
Friday Night Firehouse				482					287		769
Tiger Mountain OSAT								743			743
Maximum Service	296				427						723
Moss Bay	256			167			293				715
Kenmore Big Book							700				700
Any Lengths Group		106		49			330			132	617
Counter Sales									135	440	575
Sober At Cottage Lake	263			113			188				563
Wednesday Willingness						561					561
Newport Daytimers				540							540
Sermon on the Mount						300				190	490
Serenity on Sunday	160				320						480
Sobriety Life Line					453						453
Tuesday Night Solutions			250				200				450
Ladies Step Study	136			19	56		144			90	445
Women's Saturday Share							441				441
Duvall Sunday Morning				17				400			417
Eastside Men's Group				411			3				414
Eastside Beginners	257			145							402
Mercer Island Sunday Night			395								395
Big Book Step Study	108			108			173				389

GROUP	JAN	FEB	MAR	APR	MAY	JUN	JULY	AUG	SEPT	OCT	TOTAL
Anchor Group	120			120			120				360
Lifeline			60			220				80	360
Southside Breakfast	150				70		130				350
Pocket of Enthusiasm			338								338
Grace Rules						244			85		329
Tuesday Nite Starters	109			114			105				328
A Path To Serenity										325	325
From the Hat						312					312
Gay Men In Recovery				300							300
Pine Lake Stag						150			150		300
Sober Sisters East								300			300
Bellevue Sunrise Group										284	284
Sammamish By The Book				275							275
Eastside Nooners	261										261
Bel-Kirk Saturday Breakfast				250							250
Joy Of Living									250		250
Redmond Recovery						250					250
Newcomers Meeting						240					240
Friday Night Live								229			229
District 34 Treatment Committee		220									220
Raging On The River	120						85				205
Woodinville Wed. Fellowship	68					52				81	201
Anonymous						0				200	200
District 38		200									200
Issaquah Breakfast Club	50		25	50	25		25		25		200
Kirkland Sobriety Headquarters		100				100					200
The Overlake Group		200									200
Tons of Grace						200					200
Tuesday Issaquah Big Book								200			200
59 Minutes At Pine Lake						187					187
Downtown Stag				80						100	180
Issaquah, Sisters in Solution										179	179
Bellevue Men's Meeting						175					175
Sober Seniors						94				74	168
Juanita Triangle				168							168
Kenmore Friday Nighters		160									160
Bel East Lunch		157									157
Clyde Hill Step Study		77						80			157
H.O.W.	75					75					150

GROUP	JAN	FEB	MAR	APR	MAY	JUN	JULY	AUG	SEPT	OCT	TOTAL
Heretics Haven Secular				100			50				150
South Side Breakfast										150	150
Duvall Big Book Study	32	114									146
Women's Big Book Study				55			91				146
Recovery Through Honesty							141				141
Bills Kitchen			50			50			30		130
That 12 & 12 Meeting						130					130
Eastside Women				50				42		30	122
Better Odds Sober	120										120
Steps to Freedom	110										110
AA Team		50				50					100
Eastside Open Breakfast						100					100
Sober on the Ridge					50					50	100
Totem Lake Group			50				50				100
Women of Worth									100		100
As Bill Sees It									95		95
Come as You Are Part 2	90										90
Snoqualmie Stag		65									65
Up The Creek	58										58
Women's Big Book Study_1										54	54
A Womans Way		50									50
Come As You Are									50		50
The Shack		50									50
Sunday Morning Breakfast Group	15		15								30
Reflections							30				30
Bothell Big Book		21									21
North Bend Group								20			20
Sunrise								20			20
A Gift Grows With Time		14						5			18
Traditions Workshop	13										13
Grand Total	5,958	7,785	3,692	8,584	3,923	10,061	7,931	4,839	7,684	5,158	65,616

Thank You!!!

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

\$_____ for _____ mon

Name _____

Address _____

City _____ State _____ Zip _____

Send this form to:

Eastside Intergroup
13401 Bel Red Rd. Suite B6
Bellevue, WA 98005

September Faithful Fivers

Susan M.	Janine B.
Hahns B.	David S.
Sherre P.	Ulf W.

Join the Birthday Club

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!

October Pink Can Donations



Fresh Start Juanita Triangle

Ladies Step Study Seven & Sober

Women's Sat. Step Sunrise

Nooners

Office Information

13401 NE Bel-Red Rd., Suite B6
Bellevue, WA 98005

Phone: 425-454-9192
24-Hours a Day

Email: esig@eastsideintergroup.com

Website: www.eastsideintergroup.com
Office Hours: Monday-Friday 10 am-6 pm

Office Manager: Nancy Osborn
Email: Nancy@eastsideintergroup.com

Intergroup Representative Meeting
First Thursday of each month
7:30 pm-8:30 pm

Bellevue Christian Reformed Church
1221 148th Ave NE
Bellevue, WA 98007

October Hotline Volunteers!

Anne C.	Ginny K.	Syrianah V.
Anne W.	Jessica D.	Tracy A.
Carmen A.	Leslie G.	Travis S.
Carrie W.	Mark J.	
Chuck M.	Mike S.	
Cindy S.	Paul J.	
Elton B.	Richard J.	
Eric C.	Sheldon A.	
Fred M.	Sheree P.	



425-454-9192

HOTLINE BACK-UP'S

Travis S.	Eric C.
Sheree P.	Syrianah V.
Bill J.	Nancy O.

Hotline Coordinator: Sheree P.

NEWSLETTER CONTRIBUTORS

Publisher.....Steve B.
Editor.....John M.
Story.....Don J.
Info Corner.....Steve B.
From the Spiral...Matthew
Office Report.....Nancy O.



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

Eastside Intergroup

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

Western Washington Area 72

****NEW ADDRESS****
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

ESIG District Addresses:

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

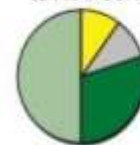
District 38

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

October 2019 Intergroup Meeting Attendance

Aaron H. — vPocket of Enthusiasm	Karen M. — Sammamish Big Book & Saturday Women's Share
Andy G. — Friday Night Firehouse & District 35	
Ben / Po F. — Juanita Triangle	Kent C. — District 36 Liaison
Bett A. — Women of Worth	Kim B. — Kirkland Sobriety Headquarters
Bill D. — The Shack	Lana L. — ESIG LAPL Coordinator & Woodinville Wednesday Fellowship
Bob G. — Eastside Men's Group	Nancy O. — ESIG Manager
Bobbi C. — Steppin' Up	Patti B. — Eastside Beginners
Brenda W. — District 39 Liaison	Sam H. — Any Lengths
Brian F. — Bel East Luncheon	Steph K. — Issaquah Tuesday Night
Bruce C. — Sunday Breakfast	Steve E. — Maximum Service
Jan W. — Share the Legacy	Tom Z. — Issaquah Sat. A.M. Steps & Traditions
Carrie S.G. — A Woman's Way & Moss Bay Group	Val F. — Serenity Break
Chuck F. — Eastside Men's Group	Virginia M. — ESIG Secretary
Conor O. — ESIG Board	
David S. — ESIG Corrections Chair	
Derek B. — ESIG Board Chair & Maximum Service	
Don M. — Nooners	
Garret V. — ESIG Board Co-Chair	
Jan W. — Ladies Step Study	
Janine B. — ESIG Board & Public Information Chair	
Jennifer G. — Better Odds Sober	

Next Eastside Intergroup Meeting:
NOVEMBER 7TH - 7:30pm — 8:30pm
Bellevue Christian Reformed Church
1221 148th Ave NE, Bellevue
Our Committees meet prior to the ESIG
meeting — 6:00pm — 7:15pm

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.