



PASS IT ON

Eastside Intergroup Newsletter

Issue 28 May 2019

From a Drinking Skipper to a Non-Drinking Captain

Meetings of AA people are the heart of our program to get and keep Sobriety in our lives. However, for many years after I started my AA program the Meeting, as we commonly know it, was not available to me. A seagoing life does not have regular meetings available. What about time when the ship is in port? Pulling into port can be the busiest time of a sea voyage due to the short turnarounds and the intense cargo operations of modern cargo ships. Time off for vacation was the only times I could attend "regular AA meetings".

"How did you stay Sober without attending meetings?", a question I have been asked. Well, I read my AA books, followed a routine of prayer and meditation daily, and read the Grapevine. Can't say enough about having the Grapevine with you if you travel -- plenty of good stories about following the road to Sobriety. The little magazine is organized so you can read the contents as if attending a meeting in Alcoholics Anonymous.

Once known as a "drinking skipper", sailing as a Sober person the crew and the shore staff referred to me as the "non-drinking Captain". Unless asked about being Sober, I did not openly talk about the AA Program working in my life. The officers and crew knew I had once been a boozer and I was not drinking, now. Times were changing in the 1980's and 1990's when I was sailing as a ship's Master (i.e., the Captain). Drinking on the ships was becoming discouraged because of safety -- the ships were becoming larger and faster and more technical in operation. Alert minds were sought after to crew the new ships.

Occasionally, there was a meeting on the ship where I was in attendance. "Cap'n, you don't drink -- you go to AA? I'm fightin' the urge, and I need to talk to someone." Or, "Cap'n, we got a crew member wants to stay Sober. He's been talking to me because I don't drink, and you don't drink, right? You think we could meet together and talk with him/her?"

We would arrange a time to meet in my office after work or watch standing hours, and a meeting of two or three would take place. The Higher Power (HP) was always present, too. I would say something like this, "We are meeting to stay Sober. There is no rank or privilege in this meeting. What is said here will stay here. We will continue to help each other outside this meeting if we don't drink. May God, as you understand God, be with us all. One day at a time we will stay Sober on this voyage."

People who help other people tend to stay Sober. Sober people tend to be better workers and ship board companions, too. When the leadership of the ship is hard working, sane and sober, you attract the kind of crew who wants to sail with you. And, a good crew makes a happy ship!

Because of Sobriety, thanks to the AA program, I was offered promotions and assignments to the best ships in our company's fleet. And, importantly, I was availed the opportunity to help others on the ships stay productive due to daily Sober living, practicing the principles of the AA program.

Submitted by Richard B.

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April Intergroup Attendance

Upcoming Sober Events

May 2: Eastside Intergroup Meeting 7:30pm-8:30pm at Bellevue Christian Reformed Church, 1221 148th Ave NE, Bellevue, WA 98005.

Board meets 6:00pm-7:15pm, Intergroup Reps and Committee Chairs meet 7:30pm-8:30pm.

May 3: 31st Annual Big Island Bash "We Pause". Sheraton Kona Resort 78-128 Ehukai St. Kona, HI. May 3-5. Details: www.BigIslandBash.com

May 3: Seabrook Women's Retreat 2019. Seabrook. WA. May 3-5.

May 11: Pine Lake Speaker Meeting. Pine Lake Covenant Church, 1715 228th Ave SE Sammamish, WA 7:00-8:00pm

May 19: AA Seniors in Sobriety. Silver Legacy Resort, 407 N Virginia Street Reno, NV. May 19-21. Details: <http://SIS2019.seniorsinsobriety.com>

May 25: Open Mic Jam Night. Alano Club of the Eastside, 12302 NE 8th St. Bellevue, WA. 8:00-11:30pm. Details: www.alanocluboftheeastside.org

UPCOMING ESIG EVENTS



ESIG Poker Run
July 27th 8am

Summer Picnic
July 27th 11am

Mariners Game
August 24th 1:10pm

Call: 425-454-9192

Meeting Updates

MEETINGS THAT HAVE MOVED

Steppin' Up

Sundays 7:00pm
Bellevue First United Methodist Church
1934 108th Ave NE
Bellevue 98004

Bothell Big Book

Thursdays 8:00pm
Bothell United Methodist Church
18515 92nd Ave N.
Bothell, WA 98011

A Way Up

Fridays 7:30pm
St. Luke's Lutheran Church
3030 Bellevue Way NE
Bellevue, WA 98004

12 & 12 Fellowship Hall

Sunday thru Saturday
Country Village location has closed
New Location: 17319 139th Ave NE
Woodinville, WA 98072
in the Woodinville Mall

[schedule on www.eastsideintergroup.com](http://www.eastsideintergroup.com)

MOVED AND CHANGED DAYS

Bothell Women's STP

Wednesday 7:00pm
(women, steps, open)
Northshore Senior Center
10201 East Riverside Dr.
Bothell, WA 98011

NEW MEETINGS

Middle of the Pack

Mondays 7:30pm
(open, young people)
Trail Youth Coffee House
226 E. North Bend Way
North Bend, WA 98045

Eastside Young Peoples

Fridays 7:00pm
(open, young people) **coming soon in Redmond**

NO LONGER HAS CHILDCARE

Tons of Grace

Mondays 8pm in Kirkland

DEFUNCT MEETINGS

Newport Daytimers

Information Corner

In May (the 5th month), we often focus on the 5th Step of the 12 Steps of AA

Step 5: *“Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.”* (pg. 59, Big Book of A.A.)

Let’s look at the origins of the 5th step...

The 5th step of A.A., is in keeping with The Oxford Group’s 4th step.

Alcoholics Anonymous’ history includes an integration of Albany history, Carl Jung and The Oxford Group – an evangelical Christian sect that was life-saving for Roland Hazard, then Ebby Thatcher, and ultimately, Bill Wilson and Bob Smith.

Many folks in recovery, and almost no one outside of recovery, knows the early history of AA, and that Bill and Bob were once a part of The Oxford Group. We all owe a debt to The Oxford Group’s religious fundamentalism in the 1930’s. We need only read the six steps of The Oxford Group to see how deeply indebted we are. Here are those six steps that The Oxford Group members used for the purpose of religious conversion:

1. A complete deflation
2. Dependence on God
3. A moral inventory
- 4. Confession**
5. Restitution
6. Continued work with others in need.

AA also benefited from mistakes made by The Oxford Group. One reason The Oxford Group movement no longer exists, is because they got all tangled up in politics, international affairs, and had opinions on all manner of public matters.

Today, AA’s 10th traditions has this statement: “AA has no opinion on outside issues’ - A lesson that AA learned from The Oxford Group.

ESIG April Office Report

Thank you April Office Volunteers: Allison L., Bill B., Carrie S.B., Cindy S., David B., David R., Jill M., Karen M., Leslie G., Lisa B., Lynn B., Mark O., Steve H., Susan H., Ted W., Tim Q., Ulf W. and Wallene D. We have Robin S. who makes sure the schedules are printed and folded, and Rick F. who picks up literature from Seattle when we need it. Sherre P. is helping as our Office Assistant.

Every April we have elections for three new Board member positions and this year our three that have rotated off are Jon S., John K. and Mary B. Bob C. has resigned due to a relocation which left 2 years remaining on his term. Thank you all for your service! Elected were Ali J., Hahns B., Willy H & Janine B.

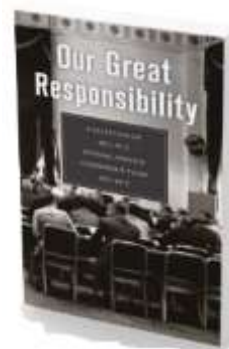
We had six people attend our Hotline and Phone training on April 20th. Attending were David B., Sherre P. Lynn B., Sheree P., Terry R. and Mark J. Thank you all for attending.

AA World Service has added two new pamphlets that we have available at the Intergroup office. The "God" Word (Agnostic and Atheist Members in A.A.) and AA for Alcoholics with Mental Health Issues—and their sponsors.

We have the new book from the A.A. Grapevine, "**Take Me To Your Sponsor**" available at Intergroup if you'd like a copy. The book contains some of the best laughs of the last few years, dealing with meetings, sponsorship, dating and marriage, friends and coworkers, character defects and more. The book is meant to brighten your day and give you some hearty, well earned laughs. Check it out!



The first original title released by Alcoholics Anonymous since Daily Reflections, the book ***Our Great Responsibility: A Selection of Bill W.'s General Service Conference Talks, 1951–1970*** has just been published and we will have it available toward the middle of May. Publication of this important volume culminates years of research and transcription of archived audio recordings of Bill W. addressing the General Service Conference. Complementing the text are more than sixty photographs and other images from the A.A. Archives — some never before published. Timeless and timely, these 16 talks give fresh perspectives on the A.A. Fellowship in our co-founder's own words.



We've had several 12th Step calls this month as well as calls from family members that have been referred to Al-anon. The past couple of months we have also received several accessibility calls that have been referred to our Accessibility committee for response. In addition, one of our newer members that stopped in to chat about alcoholism about 6 months ago, was in a few days ago for a hug, a chat, and to show me his 6 month coin! That's the most amazing part of my job, seeing the light come on in peoples eyes.

Calling all motorcyclists! **ESIG is having a Poker Run** fundraiser on July 27th from 8am-noon and it ends at the Intergroup Picnic! Not only will there be a fun ride but you'll get to enjoy a great time at our annual picnic! Interested? Call us at 425-454-9192 to register.



***Grateful to be of service,
Nancy O.
Office Manager***

2019 Pancake Breakfast a Big Success—Thanks!

VOLUNTEERS

Name	Group	Task
Pat A	Sunrise	Master Chef
Alicia	Sunrise	Kitchen (Bacon, sausage)
Sonya	Sunrise	Cleanup
Gail	Sunrise	Pancakes
Beth		
Helen	Reflections	Cleanup
Laurie		
Willy	Coffee	
Jamie	Greeter	
Kyle		Parking
Alissa	NBD	Gluten Free Pancakes
Wallene	ESIG	Raffle
Mary	Board	MC
Hahns	Board	50/50
Connor	Board	50/50
Derrick	Board	Raffle
Sheree	Board	Raffle
Virginia	Board	Tickets
John K	Board	Tickets
John B	NBD	Runner
Kathleen	NBD	Runner
Paul	NBD	Runner
Vic	NBD	Runner
Jackie	Reflections	Cleanup
Cindy S	Co-Chair	
Jon S	Co-Chair	

RAFFLE BASKET DONATIONS

Group	# Baskets
Living Sober	7
Kirkland Sobriety	1
Sisters in Solution	1
AA Team Redmond Monday	1
A Woman's Way	1
District 34	1
Women's Sat Steps	1
Any Lengths	1
Seven & Sober	Donation
Up the Creek	Donation
Serenity Break	Donation
Eastside Women	Donation
Ladies Step Study	Donation
Nameless Bunch of Drunks	Donation
Sunday Morning Breakfast	Donation
59 Minutes Pine Lake	Donation
Lifeline	Donation
Nooners	Donation
Women's Sat	Donation
Reflections	Donation
<i>Baskets donated at event</i>	3
Total Baskets in Raffle	35

**Thank you to our many ESIG
Reps that sold tickets and
brought family & friends!**



GROUP CONTRIBUTIONS 2019

Group	JAN	FEB	MAR	APR	TOTAL
A Gift Grows With Time	0.00	13.50		0.00	13.50
A Womans Way	0.00	50.00		0.00	50.00
AA Team	0.00	50.00		0.00	50.00
Anchor Group	120.00	0.00		120.00	240.00
Any Lengths Group	0.00	105.50		49.42	154.92
Bel East Lunch	0.00	157.18		0.00	157.18
Bel-Kirk Saturday Breakfast				250.00	250.00
Bellevue New Group				300.00	300.00
Better Odds Sober	120.00	0.00		0.00	120.00
Big Book Step Study	108.26	0.00		108.00	216.26
Bills Kitchen			50.00	0.00	50.00
Bothell Big Book	0.00	21.00		0.00	21.00
Clyde Hill Step Study	0.00	77.00		0.00	77.00
Come as You Are Part 2	90.00	0.00		0.00	90.00
District 34	0.00	1,755.14		0.00	1,755.14
District 34 Treatment Com-	0.00	220.00		0.00	220.00
District 38	0.00	200.00		0.00	200.00
Downtown Stag				80.00	80.00
Duvall Big Book Study	32.00	114.00		0.00	146.00
Duvall Sunday Morning				17.06	17.06
Eastside Beginners	256.86	0.00		145.00	401.86
Eastside Men's Group				411.00	411.00
Eastside Nooners	260.90	0.00		0.00	260.90
Eastside Women				50.00	50.00
Friday Night Firehouse				482.21	482.21
Gay Men In Recovery				300.00	300.00
H.O.W.	75.00	0.00		0.00	75.00
Heretics Haven Secular				100.00	100.00
Issaquah Breakfast Club	50.00	0.00	25.00	50.00	125.00
Juanita Triangle				168.00	168.00
Kenmore Friday Nighters	0.00	160.00		0.00	160.00
Kirkland Sobriety Headquar-	0.00	100.00		0.00	100.00

GROUP CONTRIBUTIONS 2019

Group	JAN	FEB	MAR	APR	TOTAL
Ladies Step Study	136.00	0.00		19.00	155.00
Lifeline			60.00	0.00	60.00
Living Sober	266.14	0.00		433.16	699.30
Maximum Service	296.00	0.00		0.00	296.00
Mercer Island Sunday Night			395.00	0.00	395.00
Moss Bay	256.00	0.00		166.65	422.65
Nameless Bunch Of Drunks	1,000.00	1,000.00	1,000.00	1000.00	4,000.00
Newport Daytimers				540.00	540.00
Nooners	0.00	171.00		155.50	326.50
OSAT	0.00	900.00		0.00	900.00
Pocket of Enthusiasm			338.28	0.00	338.28
Raging On The River	120.00	0.00		0.00	120.00
Sammamish By The Book				275.00	275.00
Serenity Break	0.00	774.19		1787.95	2,562.14
Serenity on Sunday	160.00	0.00		0.00	160.00
Seven & Sober	1,125.00	1,300.00	1,000.00	1000.00	4,425.00
Sharing the Legacy	100.00	0.00	100.00	200.00	400.00
Snoqualmie Stag	0.00	65.00		0.00	65.00
Sober At Cottage Lake	262.50	0.00		112.50	375.00
Southside Breakfast	150.00	0.00		0.00	150.00
Steps to Freedom	110.00	0.00		0.00	110.00
Sunday Morning Breakfast Group	15.00	0.00	15.40	0.00	30.40
The Overlake Group	0.00	200.00		0.00	200.00
The Shack	0.00	50.00		0.00	50.00
Tiger Mountain Stag	600.00	0.00		0.00	600.00
Totem Lake Group			50.00	0.00	50.00
Traditions Workshop	13.25	0.00		0.00	13.25
Tuesday Night Solutions			250.00	0.00	250.00
Tuesday Nite Starters	109.28	0.00		114.25	223.53
Up The Creek	57.50	0.00		0.00	57.50
Wake Up	0.00	301.98	120.25	94.14	516.37
Women's Big Book Study				55.00	55.00
Women's Saturday Steps			288.45	0.00	288.45
Woodinville Wed. Fellowship	68.15	0.00		0.00	68.15
Grand Total	5,957.84	7,785.49	3,692.38	8,583.84	26,019.55

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.

FAITHFUL FIVER CONTRIBUTIONS IN APRIL 2019:

Sherre P.	Susan M.
Nancy O	Garret V.
Howard D.	Bob C.



YES! Please enroll me as a Faithful Fiver!

Here is my contribution of \$____ FOR
\$____ for _____ months

Name _____

Address _____

City _____ State _____ Zip _____

April Pink Can Donations

Juanita Triangle	Seven & Sober
Nooners	Maximum Service
Fresh Start	Friday Night Firehouse
Stillwater Serenity	Sunrise Group



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!

Send this form to: Eastside Intergroup
13401 Bel Red Rd. #B6
Bellevue, WA 98005



Virginia M.

Friday Night Firehouse

13 Years! 4/5/2006

HAPPY BIRTHDAY

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


at Bellevue Christian Reformed Church
1221 148th Ave NE
Bellevue, WA 98007
All members welcome!

Thank You Hotline Volunteers!

Anne W.	Jessica D.	Sheldon A.	Back Ups:
Carmen A.	Leslie G.	Sheree P.	Travis S.
Carrie W.	Mark B.	Syrianah V.	Sheree P.
Chuck M.	Mark B.	Ted W.	Bill J.
Cindy S.	Mark J.	Tracy A.	Eric C.
Elton B.	Mike S.	Travis S.	Syrianah V.
Eric C.	Paul J.		Nancy O.
Fred M.	Randy E.		HOTLINE COORDINATOR:
Ginny K.	Richard J.		SHEREE P.

Newsletter Contributors

Publisher.....Steve B.
Editor.....John M.
Story.....Richard B.
Office Report.....Nancy O.

 Send us your story for the newsletter!
esig@eastsideintergroup.com

Thanks Office Volunteers!

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Cindy S.	Ted W.
David B.	Tim Q.
David R.	Ulf W.
Jill M.	Wallene D.
Karen M.	Robin S.
Leslie G.,	Rick F.
Lisa B.	
Lynn B.,	

THANK YOU! 

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

702 Kentucky St. #535
Bellingham, WA 98225

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

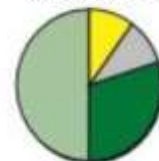
District 38

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

April Intergroup Meeting Attendance

Aaron H.	Pocket of Enthusiasm	Maggie S.	Sober Seniors
Andy G.	District 35, Friday Night Firehouse	Mary B.	ESIG Board, Eastside Beginners
Beth B.	Sermon on the Mount	Matt F.	GMIR
Bill D.	The Shack	Nancy O.	ESIG Manager
Brian F.	Tues Bel-East Lunch	Patti B.	Eastside Beginners
Caroline B.K.	Share the Legacy	Pete R.	Issaquah Sat AM Step & Trad.
Charisse B.	Eastside Women	Phil K.	ESIG CPC Chair, District 34 CPC
Cindy S.	NBD Rep, Event Co-Chair	Rachel V.	ESIG Treatment Chair
Conor O.	ESIG Board Secretary	Ron A.	NBD
Dan V.	Fresh Start	Sam H.	Any Lengths
Deanna L.	Women's BB Study, Duvall Sun Morn	Sheree P.	ESIG Board, Lifeline
Derek B.	ESIG Board Co-Chair, Maximum Service	Staci H.	Friday Night Firehouse
Don M.	Nooners	Steve B.	ESIG Newsletter Publisher, District 34 Liaison
Garret V.	ESIG Board Chair	Steve E.	Maximum Service
Hahns B.	Nameless Bunch of Drunks	Steve P.	North Creek Study
Helen	Reflections	Steve W.	Sober at Cottage Lake
John K.	ESIG Board	Sue A.	Ladies Step Study
Jon S.	ESIG Board, District 39 Liaison	Ted W.	Heretics Haven Secular
Joshua A.	ESIG YP Chair, Sobriety Lifeline	Todd A.	District 35 Chair
Karen M.	Saturday Share	Val F.	Serenity Break
Kathleen F.	Women's Saturday Steps	Virginia M.	ESIG Treasurer
Ken T.	Redmond Recovery	Willy H.	Tiger Mountain Stag
Linda W.	Sunrise		

Thank You!

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.