



# PASS IT ON

## Eastside Intergroup Newsletter

### Issue 44 October 2020

#### ESIG Service and My Recovery

My name is Steve and I am an alcoholic.

I was very fortunate when I came into the rooms of AA that my first sponsor stressed the importance of Service from the beginning. He "volunteered" me for the chair stacker service position at my home group even before we read "We Agnostics" in the Big Book. I wasn't too thrilled being "volunteered" but he reminded me I had agreed to "go to any length to get it."

I started to notice the benefits of Service right away. I was a classic "avoider", so for me the idea of making a commitment and sticking to it was uncharted territory. Somehow taking on that first service position helped me feel "part of" the home group. And at the end of the night I felt good about myself for being a contributor. Go figure.

At about 9-months sober my home group's ESIG Rep resigned. My Sponsor once again "volunteered" me for the position. I said "Sure. Sounds great. What is the Intergroup?" He told me all I needed to do was attend the monthly ESIG meetings and give a report at the Home Group business meetings. Little did I know that becoming the ESIG Rep would change my whole concept of service.

Before my first ESIG monthly meeting I went to the Intergroup office to introduce myself and pick up a new rep packet. (As some of you might recall, the old Intergroup office was in the basement of a strip mall near Crossroads Mall.) When I made my first visit I noticed cans of paint were stacked up along the wall. As luck would have it, they were getting ready to paint the office, and they asked if I would be interested in joining the painting crew.

That was music to my ears. I loved to paint! Getting the opportunity to be part of a painting crew is exactly what this loner-alcoholic needed at that point in my recovery. It gave me something to do and it was a great opportunity to meet new people.

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by Steve E.

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*And Finally...*  
By Kyle E.

## ESIG Service and My Recovery

Continued from Pg.1

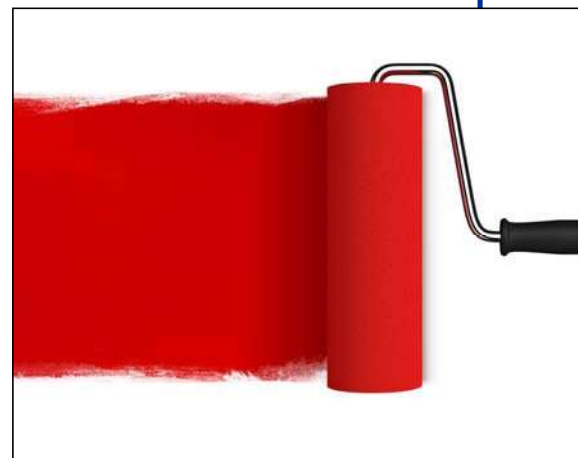
The painting crew was a mixture of old-timers and new-comers, men and women, just like AA as a whole. I loved getting to know new people. The painting crew conversations we had were completely different from either Sponsor-Sponsee conversations, or from sharing at meetings. They were much more casual, relaxed, and thought provoking. I was able to ask questions that helped me gain new perspectives on the purpose of the inventory process, the reasons making amends and forgiveness are so important, and how Steps 6 & 7 are the “change” steps. I loved it!

**Through ESIG Service I was able to get involved in a couple of other AA projects which allowed me to meet some other unique people.**

One interesting fellow was an atheist – which was the polar opposite of my Sponsor who was all about “God, God, God.” Before talking with this fellow I simply couldn’t understand how an atheist could have a “spiritual awakening” without the underlying notion of God. He was gracious enough to take the time to help me understand his perspective on the meaning of a spiritual awakening, and surprisingly I came to understand his point of view. (Not necessarily *agree*, but *understand*.) Now I have come to view AA’s original atheist Jimmy Burwell, who insisted we include the simple words “*God as we understood him*” in the Steps, is my spiritual hero. (This reminds me of the Herbert Spencer quote in Appendix II: I was guilty of “contempt prior to investigation.”)

The payback from service has been enormous for me. Accepting responsibility and meeting commitments helped build my self-esteem when I needed it the most. Working with others (even on a painting crew) provided me with immediate satisfaction for a job well done. And the camaraderie of working on a team helped me build long term friendships that still last today.

- Steve E.



## 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.*

- Archives Work Party! – 10/18/2020 Lakewood
- 12 Traditions Workshop via Zoom – 10/24/2020
- Eastside Intergroup Monthly Committee Meeting – 11/05/2020
- Eastside Intergroup Monthly Business Meeting – 11/05/2020
- Gratitude Dinner Day – 11/07/2020, Snoqualmie

## 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!

## Eastside A.A.

Alcoholics Anonymous on the East Side of Lake Washington

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

October 18th, 2020

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

**It's Auction Time!**  
**TONIGHT**  
Friday 10/16/20 7:00pm

**Eastside Intergroup Auction**  
BID BID BID

Doors open at 6:30 for fellowship— Bidding starts at 7:00

Zoom Login:  
Meeting ID: 854-5337-7694  
Passcode: 861221

### AUCTION – FUN-draiser!

• Published 2m ago - Nancy O.

IT'S FINALLY HERE! Tonight, Friday October 16th is our first ever ONLINE ZOOM AUCTION brought to you by our Events committee, chaired by Sarah A. Doors will open at 6:30pm for fellowship and bidding will begin at 7:00pm. Logi... [MORE »](#)

### 12 Traditions Workshop via Zoom

Published 1w ago – Nancy O.

[MORE »](#)

**Join via Zoom:**  
New 2020: <https://zoom.us/j/85453377694>  
Meeting ID: 854-5337-7694  
Passcode: 861221

The purpose of this workshop is to learn about the 12 Traditions through our panel. Learn about how the Traditions work in your neighborhood.

For security purposes, we ask that you begin with your camera on to be part of the meeting from the "waiting room" where the meeting starts, chat and microphones will be disabled.

Please use the ID & a different name. Participants can "leave their hands" we will provide the names in order to our auction.

**MEMBER:**  
\$6.00 (open for early entry available)  
\$10.00 (introduction)  
\$10.00 - \$20.00 Traditions 1 - 3 + C&A  
• Professionals can 2 Panels 2, 3, 4, 5  
\$10.00 - \$20.00 Traditions 4 - 6 + C&A  
• Professionals can 2, 3, 4, 5, 6, 7, 8, 9  
\$10.00 - \$20.00 Traditions 7 - 9 + C&A  
• Professionals can 2, 3, 4, 5, 6, 7, 8, 9



### Looking for volunteers!

Published 2w ago - Public Information Committee Chair

For several years, the East Side Intergroup has been bringing AA panels to several different middle schools, high schools, hospitals, and other outside organizations. We are always looking for volunteers to speak on these pan... [MORE »](#)

#### Upcoming Meetings

- 9:00 PM **Baggage Flies Free**  
12 & 12 Fellowship  
Hall  
Woodinville
- 9:30 PM **Essentials / Location**  
Temporarily  
Closed, Online  
Meeting  
Alano Club of the  
Eastside  
Bellevue

[View More...](#)

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

- Home
- About Us
- Website Help

#### Events

- Archives Work Party!  
10/18/2020 Lakewood
- 12 Traditions Workshop  
via Zoom  
10/24/2020
- Eastside Intergroup  
Monthly Committee  
Meeting  
11/05/2020
- Eastside Intergroup  
Monthly Business  
Meeting  
11/05/2020
- Gratitude Dinner Day  
11/07/2020 Snoqualmie

# From the Spiral #15

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. *When I do something I intuitively don't want to do, I end up getting the most growth.*

I remember that my stubbornness and skepticism still clung to me during my first months of sobriety. My sponsor made many suggestions to me that I had reservations about. As I have said before, I was also suggested to "do it anyway." Once I did, the growth began. I still need to be mindful of my brain telling me what it doesn't want to do. The louder that stubbornness gets, the more I know that I need to do the opposite in order to continue growing in my recovery.

2. *Don't worry about the future because it's going to be different when you get there anyway.*

Despite my best intentions, I cannot predict the future, but I spend a lot of time and energy worrying about it and trying to control it. When my head is in tomorrow, I am not in gratitude. For me, the opposite of gratitude is resentment. I cannot be present if I am future tripping. When I am present, I am grateful. In that mode, I am the most at peace and useful to others.

3. *You cannot stay sober alone.*

I have always wanted to do things myself. I did this so I would get to take credit for how awesome I am. The truth is that I tried to stay sober all by myself and that never lasted. This tells me that this design for living cannot be accomplished independently, and that is the point. Part of my surrender to alcohol was admitting that I needed help, which was a huge step in beginning a new way of behaving. So far, life has never been better, even when things get hard. When a challenge presents itself, I ask myself, "How would my sponsor handle this?" or "What would my higher power have me do?" Usually, this is all the help I need. When that is not enough, I pause, pray, and call my sponsor. I used to automatically react by trying to figure it all out alone. Because I have transformed, thanks to the program of Alcoholics Anonymous, I intuitively know how to proceed. The evidence exists at the meetings that we succeed together. Find people who have what you want, do what is suggested, and you will never be alone again.

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 10

*“Continued to take personal inventory and when we were wrong promptly admitted it.”*

“When a drunk has a terrific hangover because he drank heavily yesterday, he cannot live well today. But there is another kind of hangover which we all experience whether we are drinking or not. That is the emotional hangover, the direct result of yesterday’s and sometimes today’s excesses of negative emotion—anger, fear, jealousy, and the like. If we would live serenely today and tomorrow, we certainly need to eliminate these hangovers. This doesn’t mean we need to wander morbidly around in the past. It requires an admission and correction of errors *now*. Our inventory enables us to settle with the past. When this is done, we are really able to leave it behind us. When our inventory is carefully taken, and we have made peace with ourselves, the conviction follows that tomorrow’s challenges can be met as they come.” (*Twelve Steps and Twelve Traditions*, pg. 88-89)

“This thought brings us to *Step Ten*, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.” (*Alcoholics Anonymous*, pg. 84)

## Tradition 10

*“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”*

“On the other side of the world, millions have died even recently in religious dissension. Other millions have died in political controversy. The end is not yet. Nearly everybody in the world has turned reformer. Each group, society, and nation is saying to the other, “You must do as we say, or else.” Political controversy and reform by compulsion have reached an all-time high. And eternal, seemingly, are the flames of religious dissension.

Being like other men and women, how can we expect to remain forever immune from these perils? Probably we shall not. At length, we must meet them all. We cannot flee from them, nor ought we try. If these challenges do come, we shall, I am sure, go out to meet them gladly and unafraid. That will be the acid test of our worth.

Our best defense? This surely lies in the formation of a Tradition respecting serious controversy so powerful that neither the weakness of persons nor the strain and strife of our troubled times can harm Alcoholics Anonymous. We know that AA must continue to live, or else many of us and many of our fellow alcoholics throughout the world will surely resume the hopeless journey to oblivion. That must never be.

As though by some deep and compelling instinct, we have thus far avoided serious controversies. Save minor and healthy growing pains, we are at peace among ourselves. And because we have thus far adhered to our sole aim, the whole world regards us favorably.

May God grant us the wisdom and fortitude ever to sustain an unbreakable unity.”

- Bill W., *The Language of the Heart*, AA Grapevine, 1948

## EASTSIDE INTERGROUP OFFICE REPORT

OCTOBER 2020

OFFICE ACTIVITY FOR SEPTEMBER 2020

**Office Hours:** Eastside Intergroup is currently open from 10am-5:30pm Monday through Friday and we continue to follow the guidelines of the State, masks are to be worn, limit of 2-3 customers at a time with 6 feet social distancing and temperatures taken. We have started a tracking sheet where all visitors must sign in upon entry. Kimmie returned from her extended vacation with family in Canada!

**Carrying the Message:** We continue to receive 3 or more calls each day from new people asking about Alcoholics Anonymous. We are practicing the 5<sup>th</sup> tradition and are carrying the message of A.A. throughout the day. We continue to be busy updating meetings with passwords and new zoom addresses in addition to the changes in meetings becoming "live" again.

**Office Volunteers:** As many of our volunteers choose not to come in during the Pandemic, we have been fortunate to have the following help us out during these trying times: David B, Jan W, Ed H, Bill W, Lezli G, Carolyn G, Wallene D. and Shawn M.

**Holiday Sale:** Just a reminder that our annual Holiday Sale will begin November 1<sup>st</sup> and run through December with all books being 10% off and all gifts 15% off. Come on out and see what we have new in the store! There is always something you have wanted and now is the time! It's a great opportunity to purchase holiday gifts for your sponsor or sponsee!

**New Covid Coins and Masks:** Check out our new Covid coin with Bill & Bob in masks and the new Zoom coin. We also have new Covid AA Masks at Eastside Intergroup.

**12<sup>th</sup> Step Workshop:** Nancy and Hotline Coordinator Tom Z held a 12<sup>th</sup> Step Workshop in September with 12 people in attendance. We were able to expand the 12<sup>th</sup> step list by adding a few new names.

**Quarterly Intergroup Meeting:** John B, Nancy O and Kimmie W attended the second quarterly Intergroup meeting for the Puget Sound on September 10<sup>th</sup>. This is a time for local Intergroups to come together and share their experiences and ideas in building stronger Intergroups. The highlights were discussing being of service during a pandemic and how each office is coping with these trying times.

**District 38 meeting:** Nancy was invited to attend the District 38 business meeting and was given the opportunity to thank the groups for their support and explain the services available from Intergroup.

**12 Tradition's Workshop:** Eastside Intergroup is hosting a 12 Traditions Panel Workshop Saturday October 24<sup>th</sup> via Zoom from 9am-Noon. Meeting ID # is 8153786 Passcode # is 554180. Learn how the traditions work in your homegroups with Q&A afterwards. Nancy and Kimmie are both panel members.

**Visitor from the Men's Homeless Shelter in Bellevue:** We had the pleasure of having the coordinator from the shelter come in for literature, and to share that they will be beginning a meeting of Alcoholics Anonymous with homeless men that are wanting to get sober. Pure awesomeness! We donated ten 24-hour aluminum coins for their group.

**Live at Pine Lake:** Saturday October 10<sup>th</sup> Danny M. from Valley Glen California is speaking. Mark J came by Eastside Intergroup and asked if we could mention Pine Lake as there has been low attendance since the Pandemic begun. Please let your groups know to come out and support Pine Lake Speaker Meetings!

**Volunteer Appreciation:** We are getting ready for a year end appreciation "zoom party" Wednesday October 28<sup>th</sup> from 2-4pm to thank our 2020 office volunteers. With our current situation, this year we will be planning something a little bit different to celebrate our amazing volunteers.

Thank you for letting us be of service.

Nancy O. Office Manager  
& Kim W. Assistant Manager





# ESIG Group Contributions January-August 2020

	Jan 20	Feb 20	Mar 20	Apr 20	May 20	Jun 20	Jul 20	Aug 20	Sep 20	TOTAL
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	1,500.00	13,000.00
Seven & Sober	1,000.00	2,000.00	0.00	1,000.00	1,000.00	1,000.00	1,250.00	750.00	1,000.00	9,000.00
Anonymous	0.00	25.00	1,560.00	985.15	545.00	393.00	408.95	518.00	996.00	5,431.10
Serenity Break	0.00	2,343.47	0.00	75.00	0.00	0.00	0.00	0.00	0.00	2,418.47
Living Sober	247.31	289.45	298.50	500.00	0.00	0.00	287.59	533.09	0.00	2,155.94
Nooners	0.00	0.00	0.00	0.00	0.00	0.00	0.00	2,074.75	0.00	2,074.75
Sober Camels	0.00	1,500.00	0.00	0.00	0.00	250.00	0.00	0.00	0.00	1,750.00
Counter Sales	567.79	0.00	0.00	0.00	208.61	229.59	110.00	200.00	6.60	1,322.59
Higher Powered at Gold Creek	0.00	1,154.57	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1,154.57
Kenmore Big Book	700.00	0.00	0.00	0.00	0.00	308.00	0.00	0.00	0.00	1,008.00
Friday Night Firehouse	516.50	0.00	0.00	0.00	0.00	260.00	0.00	225.00	0.00	1,001.50
District 35	500.00	0.00	0.00	500.00	0.00	0.00	0.00	0.00	0.00	1,000.00
Eastside Beginners	312.50	0.00	0.00	494.50	0.00	0.00	83.50	0.00	0.00	890.50
Frontstream	0.00	210.00	0.00	0.00	0.00	0.00	609.00	0.00	0.00	819.00
District 34	773.52	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	773.52
Women's Saturday Steps	224.00	0.00	0.00	266.00	0.00	271.89	0.00	0.00	0.00	761.89
Women In Recovery	0.00	190.48	0.00	0.00	242.08	0.00	0.00	267.32	0.00	699.88
OSAT	0.00	0.00	600.00	0.00	0.00	0.00	0.00	0.00	0.00	600.00
Sharing the Legacy	0.00	0.00	300.00	0.00	25.00	0.00	232.00	25.00	0.00	582.00
Moss Bay	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	500.00	500.00
Any Lengths Group	148.05	0.00	0.00	0.00	133.23	0.00	64.02	132.00	0.00	477.30
Fresh Start	439.38	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	439.38
Bellevue Sunrise Group	124.73	0.00	0.00	154.67	150.00	0.00	0.00	0.00	0.00	429.40
Duvall Sunday Morning	0.00	234.00	0.00	0.00	0.00	0.00	0.00	0.00	195.00	429.00
Tons of Grace	0.00	0.00	200.00	0.00	0.00	0.00	0.00	0.00	200.00	400.00
Newport Daytimers	0.00	384.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	384.00
Sammamish By The Book	0.00	0.00	255.94	0.00	0.00	121.00	0.00	0.00	0.00	376.94
Happy Destinies	0.00	0.00	0.00	350.00	0.00	0.00	0.00	0.00	0.00	350.00
NBD International	0.00	0.00	0.00	0.00	0.00	0.00	0.00	350.00	0.00	350.00
Eastside Stag	0.00	0.00	0.00	0.00	0.00	350.00	0.00	0.00	0.00	350.00
Eastside Women	67.00	0.00	0.00	75.00	0.00	100.00	0.00	100.00	0.00	342.00
Benevity Fund Donation	0.00	60.00	60.00	60.00	0.00	0.00	60.00	60.00	40.00	340.00
Live & Let Live	0.00	338.88	0.00	0.00	0.00	0.00	0.00	0.00	0.00	338.88
Nameless Bunch of Drunks International	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	333.14	333.14
Sunrise	0.00	0.00	0.00	0.00	25.00	0.00	295.65	10.00	0.00	330.65
Gay Men In Recovery	180.00	0.00	0.00	0.00	0.00	90.00	0.00	60.00	0.00	330.00
Bellevue New Group	0.00	0.00	0.00	0.00	0.00	0.00	0.00	300.00	0.00	300.00
Women's Saturday Share	0.00	0.00	300.00	0.00	0.00	0.00	0.00	0.00	0.00	300.00
Eastside Men's Group	0.00	0.00	0.00	0.00	0.00	0.00	0.00	50.00	243.50	293.50
Sammamish Big Book Study	0.00	0.00	0.00	0.00	0.00	107.50	0.00	0.00	162.00	269.50
Sober At Cottage Lake	250.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	250.00
Redmond Recovery	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	250.00	250.00
Joy Of Living	0.00	250.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	250.00
Recovery Through Honesty	0.00	0.00	0.00	0.00	0.00	0.00	247.00	0.00	0.00	247.00
Tiger Mountain Stag	0.00	0.00	0.00	0.00	225.00	0.00	0.00	0.00	0.00	225.00
Tuesday Night Solutions	0.00	200.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	200.00
The Overlake Group	0.00	200.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	200.00
Sober Sisters East	0.00	0.00	0.00	0.00	0.00	0.00	200.00	0.00	0.00	200.00
Women of Worth	200.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	200.00
AM Reflections	200.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	200.00
Ladies Step Study	91.20	0.00	0.00	0.00	0.00	0.00	0.00	0.00	105.50	196.70
Came To Believe (Carnation)	0.00	0.00	0.00	0.00	158.06	0.00	0.00	32.50	0.00	190.56
Wake Up	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	190.11	190.11
Sammamish Plateau WomenS Step Study	0.00	0.00	0.00	0.00	0.00	0.00	176.50	0.00	0.00	176.50
Big Book Step Study	111.03	0.00	0.00	0.00	0.00	0.00	50.00	0.00	0.00	161.03
Pine Lake Stag	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	150.00	150.00
Enough is Enough	0.00	0.00	0.00	0.00	0.00	150.00	0.00	0.00	0.00	150.00
SOS	0.00	0.00	150.00	0.00	0.00	0.00	0.00	0.00	0.00	150.00
Maximum Service	0.00	0.00	0.00	0.00	0.00	141.28	0.00	0.00	0.00	141.28
Sober Seniors	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	130.21	130.21
Sunday Big Book Study	0.00	125.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	125.00
Tuesday Nite Starters	0.00	125.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	125.00
Sermon on the Mount	0.00	0.00	0.00	0.00	115.00	0.00	0.00	0.00	0.00	115.00
Women's Big Book Study	0.00	78.00	0.00	0.00	0.00	0.00	30.85	0.00	0.00	108.85
A Vision for You	102.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	102.00
Main Street Saturday Night	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00
Sober on the Ridge	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	0.00	100.00
Serenity on Sunday	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	0.00	100.00
Lynn Bly	0.00	0.00	100.00	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	0.00	100.00
Southside Breakfast	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00
Stepping into Recovery	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	100.00
Kindred Spirits	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00
Sober Camel Toes	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	0.00	100.00
Reflections	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00
Up The Creek	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	0.00	100.00
Sober On Sunday	0.00	0.00	0.00	0.00	0.00	0.00	90.00	0.00	0.00	90.00

Continued on next page

# ESIG Group Contributions January-August 2020

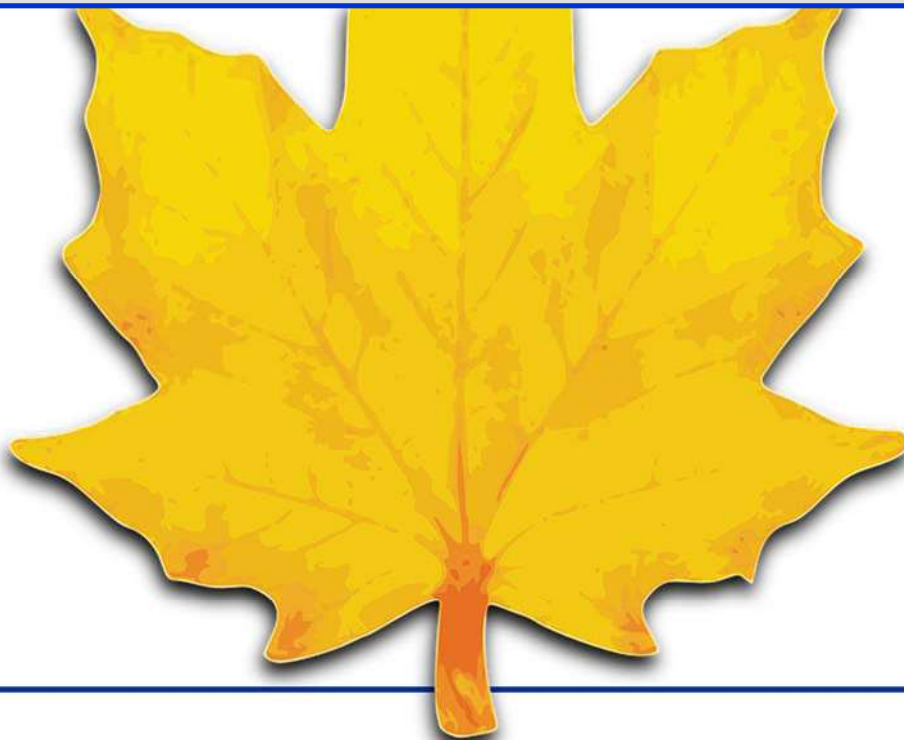
Mercer Island Thursday Night	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	79.00	79.00
Clyde Hill Step Study	0.00	75.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	75.00
42, District	0.00	75.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	75.00
Raging On The River	40.00	0.00	0.00	0.00	0.00	0.00	25.00	0.00	0.00	65.00
David W.	0.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	60.00
Woodinville Wed. Fellowship	55.18	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	55.18
Roberta Campbell	0.00	0.00	0.00	50.00	0.00	0.00	0.00	0.00	0.00	50.00
Robert Guymer	0.00	0.00	0.00	50.00	0.00	0.00	0.00	0.00	0.00	50.00
Issaquah Breakfast Club	25.00	0.00	25.00	0.00	0.00	0.00	0.00	0.00	0.00	50.00
Sisters in Solution Iss	0.00	0.00	0.00	0.00	0.00	0.00	43.55	0.00	0.00	43.55
Bills Kitchen	0.00	0.00	30.00	0.00	0.00	0.00	0.00	0.00	0.00	30.00
Stillwater Serenity	0.00	0.00	0.00	0.00	21.00	0.00	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	0.00	20.00
New Hope Group	0.00	0.00	0.00	0.00	0.00	0.00	10.00	0.00	0.00	10.00
Faithful Fivers	0.00	0.00	0.00	0.00	0.00	0.00	5.00	0.00	0.00	5.00
<b>TOTAL</b>	<b>8,275.19</b>	<b>12,017.85</b>	<b>3,879.44</b>	<b>7,560.32</b>	<b>3,847.98</b>	<b>5,272.26</b>	<b>5,798.61</b>	<b>7,587.66</b>	<b>6,181.06</b>	<b>60,420.37</b>

## 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 will be 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

2 Anonymous Contributions

### 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)

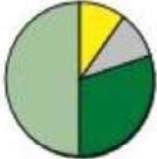
## Pink Can Donations

**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 <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=MG02L21hZXk1Y3N0UG1pZnlLSVFKQT09">https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnlLSVFKQT09</a></p> <p>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><b>425-454-9192</b></p> <div style="border: 1px solid black; padding: 5px;"> <p><b>HOTLINE Back-Ups</b></p> <p>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>Steve E. <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>Sept Office Volunteers</u></b></p> <p>Bill W.      Jan W. Lezli G.      Carolyn G. Wallene D.      Shawn M. Ed H.      David B.</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

October usually means discussions on Step 10 in meetings. Really, I do not like having to apologize for my mistakes. At all. Yet I do make mistakes. Often. Which means I get to live this step constantly. Good thing for me, because there is so much greatness in the literature about this step. One of my favorites is on Page 90 of the 12 & 12: "It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us." Since I'm frequently disturbed, I need to work really hard on restraint of pen and tongue, and to practice the Step 10 principles on Page 84 of the Big Book: continuing to watch for selfishness, dishonesty, resentment, and fear. Asking God at once to remove them, discussing them with someone immediately, then turning my thoughts to someone I might be able to help. Finally, make love and tolerance my code. Whoa. If I have to do all that work to make an amends, perhaps the easier, softer way is to be accepting, tolerant, and kind from the outset! Easy to say, yet this is one of the times where my recovery is sometimes slowly, in the glacial sense of the word. And with a sponsor, a group of fellow A.A.s I am in contact with regularly, service, and working with others, progress is made. For me, a good dose of gratitude while I'm pausing can put my ego back in check.

## *The Eastside?*

As life would have it, I was laid off at the burst of the dot com bubble. Since A.A. had worked wonders in my life, it would do so again, and I was out of work a very short time. Part of the career move meant taking a position in the Redmond area. Being newly single meant I had an opportunity to move closer to work, and seemed the logical next move after I crashed on an A.A. friend's couch fleeing my most recent relationship failure. Living on the Eastside also uprooted me from my Seattle sober buddies, and finding new roots was bittersweet. I had no idea how much I would miss being away until much later when I was sitting in my new home group Serenity Break with my sponsor and realizing I had only that connection. So I made the attempt to attend more meetings and dig into service in this part of the world, which really paid off with wonderful friendships and the love A.A. is known for everywhere.

Finally, if you have a blurb or idea you would like to have published in the ESIG newsletter *Pass It On*, or suggestions or commentary on content, please reach out to me at [newsletter@eastsideaa.org](mailto:newsletter@eastsideaa.org) !

- Kyle E.

