



PASS IT ON

Eastside Intergroup Newsletter

Issue 15

March 2018

My Story

I always wanted to be different than who I was. I felt the extreme need to be “cool” and “liked”. I felt this deep seeded insecurity for as far as I can remember. I grew up in a wealthy family with large marital problems. My home was an ongoing battle ground between my mother and father. Lying, cheating, and chaos were a constant. I had just moved to a new high school when they finally became separated. Around the same time I was diagnosed with a mood disorder, and given benzos and anti-depressants to help with my symptoms. I became infatuated with benzos. The whole world seemed to shrink when I took them. During times of anxiety, I would convince my parents to give me more pills than I was prescribed. I would start drooling or black-out and fall asleep. I would lie to them that the doctors said it was okay to take that much.

Shortly after, I began drinking at age 15. My first time being drunk defined a drinking career that was not normal, I was the only person who blacked out. I woke up 12 hours later to fall in love with this feeling. My friends would stop drinking for the night and I would try to keep the party going, so I could achieve a black out. I would binge drink on weekends and use pills during school to cope with my insecurity.

My alcoholism took more of a serious turn when I began college in Spokane WA. I was smoking weed almost every hour, and finishing a bottle of hard alcohol every time I drank. I began mixing my benzos with weed and alcohol. My friends told me my eyes would roll back and my body would start shaking. I would use the pills to maintenance my feelings about myself during the day time, rationalizing to myself that it was “prescribed by a doctor”. In the midst of this, I got admitted to a psychiatric hospital and spent a week locked in there. They asked me a variety of questions and suggested I see a drug and alcohol counselor. I dismissed their advice and told myself it was just my bipolar disorder.

I failed out of college, and was brought home by my father after I threatened suicide. I began working full-time and got a one-bedroom apartment. I didn't drink much my first year living alone, I smoked weed 5-6 times a day. I was always high and taking my benzos.

When I had to quit smoking weed for my new job, I began drinking heavily. I would drink alone, every night. Whether it was boxed wine, beer, a bottle of rum- it didn't matter. I convinced my friends to buy me alcohol, and when I couldn't find any I would take as many pills as I could to black out. Eventually when I got a Fake ID, my drinking took on another level. I had a non stop supply of alcohol that I secretly bought with my dad's credit card.

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MY STORY

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If it would look suspicious on my dad's billing statement to buy alcohol that night, I took pills to compensate for no alcohol.

My friends began to notice a change in me. I was no longer fun to party with. I would get emotional, yell or try to fight them. I would lock myself in the bathroom while my friends were over and I would take more pills or cut myself. My psychiatrist kept asking me to lower my drinks to three a night, so he could figure out why I was so depressed. Every single time he asked me to do that, I blacked out that exact same night.

My career with alcohol and drugs ended after I had gotten belligerently drunk and threatened to kill myself with a knife in front of my best friend at the time. I was disappointed in myself for stealing from my dad, and that every time he called me I was drunk. I was tired of wanting to die. I knew that if I was going to keep drinking, I was going to kill myself in a black out and that since I had lost all of my friends nobody was going to stop me.

I came into Alcoholics Anonymous because my psychiatrist had suggested months prior that I should check it out. It appeared like they were all old people, but they kept telling me to call them and to "keep coming back". I told them I wanted to die and that I wanted to drink but they told me to keep coming to meetings and that if I did, I didn't have to drink anymore. I kept coming into meetings, shaking and sharing. At one meeting, I shared and immediately after the meeting I rushed to leave. A young man approached me and asked me if I would go to any lengths to stay sober. I said, "Hell yeah man, how"? He told me to call him the next day and that he was now my sponsor. This man saved my life, and so did those members who told me to keep coming back despite how broken and scared I was. They did not judge me, they accepted me exactly where I was at.

I found a home group and began to work the 12 steps of Alcoholics Anonymous. My life began to change dramatically. A fellowship of men grew around me and I became to know real friendship. They cared about me and would stay outside of cheap restaurants like Shari's until 2:00am listening to my struggles. They offered me guidance and love with no strings attached. I repaired relationships with my family and now I can look my mother and father in their eyes knowing that they are actually proud of me. After working all 12 steps, I now help other young men through the 12 steps.

I have learned that Alcoholics Anonymous is not age restricted, and that I was indeed a full blown alcoholic at 20 years old. I found a solution and a way of life that provides me the happiness and love that I have always searched for.



Upcoming Sober Events

April 5th: Eastside Intergroup Meeting 7:30pm-8:30pm at Bellevue Christian Reformed Church 1221 148th Ave NE, Bellevue, WA 98005

April 6th & 7th: WWA72 April 2018 Business Quarterly: 4/6@4:30 pm—April 7 @ 12:00am. Long Beach Elks Club, 110 Pacific Avenue North, Long Beach, WA 98631

April 7th: Dance at Lynnwood Alano Club: 9:30 pm at Lynnwood Alano Club. 4001 198th St SW, Lynnwood, WA 98036

April 12: The Italian Staggalian @ 6:30 pm @Pine Lake Community Center, 21333 SE 20th St. 98075

April 13-15: 36 Spiritual Principles 2018 Men's Retreat April 15@5:00 pm—April; 15 @5:00 pm.

April 13-15: Women's Spring Retreat 2018 April 13 @ 5:00 pm—April 15 @ 12:00 pm

April 13: Bingo at Lynnwood Alano Club, @6:35 pm. Lynnwood Alano Club. 4001 198th St SW, Lynnwood, WA 98036

April 14: WWA72 Treatment Quarterly April 14 @ 9:00 am - 1:00 pm 6211 NE 182nd Street Kenmore, WA 98028 (Episcopal Church of the Redeemer)

April 20—22: 31st International Men's Conference April 20 @ 5:00 pm - April 22 @ 12:00 pm \$45 - \$65 Hilton New York – JFK Airport – Queens, NY

April 21ST: WWA72 Spring Accessibility April 21 @ 9:00 am - 3:00pm Grace Lutheran Church 9625 NE 8TH ST, Bellevue, 98004

April 21st: Eastside Intergroup Pancake Breakfast! April 21 @ 10:00 am - 1:00 pm \$8 Lake Sammamish Four Square Church, 14434 NE 8th St., Bellevue, WA 98007

April 21st: WWA72 Web Committee Quarterly April 21 @ 10:00 am - 2:00 pm HOSTED VIRTUALLY THROUGH. FREECONFERENCECALL.COM.

HTTPS://JOIN.FREECONFERENCECALL.COM/WEBCHAIR. DIAL-IN ACCESS NUMBER: (605) 475-4780. ACCESS CODE: 627931

April 27 –29: Northwest Girlstock. April 27 @ 12:00 am - April 29 @ 12:00 pm. 4 Points Sheraton Hotel. 714 Lakeway Dr. Bellingham, WA 98229

All Event Flyers can be found on our website
www.eastsideintergroup.com/events To include your events and meeting changes in our newsletter please email
esig@eastsideintergroup.com

Meeting Updates

NEW MEETING!

NEW HOPE GROUP

Thursday 7:00 pm-8:00 pm
Alano Club of the Eastside Annex
12302 NE 8th St. Bellevue
(Step & Tradition Study)

FORMAT CHANGE:

BRING YOUR OWN LUNCH (BYOL)

Wednesday 12:00 pm—1:00pm
Hope Hall
8305 Meadow brook Way SE
Snoqualmie, WA 98065
changes format to OPEN Meeting

CANCELLED MEETING:

KIRKLAND THURSDAY NITERS

Thursdays 7:30 pm—8:30 pm
Kirkland Congregational Church
106 5th Ave.
Kirkland, WA 98033

DISTRICT 34 MEETING MOVES

1st Tuesday of the month
Grace Lutheran Church
9625 NE 8th Street,
Bellevue, WA 98004

KIRBYPAA MEETINGS

2nd & 4th Sunday each month
4:00 pm-6:00 pm
Eastside Intergroup Office
13401 Bel Red Rd. #B6
Bellevue, WA 98005

PSYPC MEETINGS

3rd Sunday each month 4:30pm
Eastside Intergroup Office
13401 Bel Red Rd. Suite B6
Bellevue, WA 98005

Information Corner

Step 4

“Made a searching and fearless moral”
inventory of ourselves

Step Four Information

Doubt: “I was to sit quietly when in doubt, asking only for direction and strength to meet my problems as He would have me. Never was I to pray for myself, except as my requests bore on my usefulness to others. Then only might I expect to receive. But that would be in great measure.”(p. 13)

Others: “This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done.” (p. 67)

Fear: “We ask Him to remove our fear and direct our attention to what He would have us be.” (p.68)

God, relieve me of this fear and direct my attention to what you would have me be. AMEN

Character defects: “We asked God to mold our ideals and help us to live up to them...we ask God what we should do about each specific matter.” (p. 69)

God mold my ideals in this particular area of my life and help me to live up to them. What should I do in each specific matter? Guide me God and give me strength to do right. AMEN

The Principles of the Program

- | | |
|----------------|----------------------------|
| Step 1 | Honesty |
| Step 2 | Hope |
| Step 3 | Faith |
| Step 4 | Courage |
| Step 5 | Integrity |
| Step 6 | Willingness |
| Step 7 | Humility |
| Step 8 | Brotherly Love |
| Step 9 | Justice |
| Step 10 | Perserverance |
| Step 11 | Spiritual Awareness |
| Step 12 | Service |



MARCH 2018 ESIG OFFICE REPORT

Eastside Women is a group that meets on Tuesday mornings at 10am in Bellevue. They had reached out to me with a request to attend their business meeting and answer some questions that had come up within the group. Since I was going for the business meeting I also went to the AA meeting which I loved! Any women looking for a good Tuesday morning meeting may want to check it out. I'd like to thank the women from the group that were at the business meeting and made me feel so welcome. I hope your questions were answered.

Another opportunity I had during March was in District 39 at their DCM's home where they do a Traditions Study on Sunday night. I was invited to chair Tradition 8 and thoroughly enjoyed meeting those of you that attended. Thank you, Jim, for the opportunity to be of service.

On Saturday March 31st we had a get together at the Intergroup office for our office volunteers. John K. and Garret V. from our Board of Directors joined us which was appreciated. It's nice for the Board members to see who's on the front lines of AA and also nice for the volunteers to meet the Board members. We enjoyed some home-made coffee cake and some very strong coffee compliments of Wallene. The meeting was not only to make sure everyone has met our new office assistant Janel, but also to cover different assignments, training issues and shift coverage for my upcoming vacation. Thank you everyone that joined us.

I trust many of you have had the opportunity to meet Janel F. who has been hired part time in the office. Janel comes to us from the Seven & Sober group in Bothell and has been working with me for the past couple of months. I hope that while I'm on vacation in early April you'll stop by Intergroup to meet her if you haven't already done so. I think Janel and I are going to make a great team.

Our volunteers in the office during March were Al F., Anne W., Cindy S., Nikole M., Rick L., Sharon R., Susan H., Tama F., Ted W., Tim Q., Wallene D. and our newest volunteer, Will A. Travis S. and Matt B. both helped with computer issues in March and Rick F. did our literature pick up from the Seattle Intergroup office. Thank you all for your service!

On May 12th, Garret V. your ESIG Board Co-Chair and I will be holding a get together at the Intergroup office to better help people understand the role of the Intergroup Rep, how important it is and what it entails. Often times the role of GSR is confused with that of the Intergroup Rep and yet they are totally different from one another. Mark your calendars!

Our Pancake Breakfast is just around the corner on April 21st. This is such a huge event for us each year and we love having it. It's our opportunity to say thank you to the groups in our community for supporting us throughout the year. We hope to see you there! Doors open at 9:00am.

The ESIG Picnic is early this year..... July 28th— Please get in touch with us if you'd like to help out on the picnic committee. Yes, we're already working on it!

The 3rd Annual ESIG at the Mariners is coming up September 8th—against the Yankees this year!

We're still working on a possible fund raiser Car Show for 8/18/18. We are waiting to hear back from our property manager with an ok on the event. We'll keep you posted.

Product sales at Intergroup continue to grow and help sustain us financially. Please keep in mind that when you purchase from us, you are supporting General Service Office and Grapevine too as we purchase directly from them.

During the month of April, mention you saw it here and we will give you a 10% discount on any Grapevine book order.

I will be out of the office from April 4th through April 18th on vacation and look forward to seeing everyone at the Pancake breakfast when I return.

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

***Nancy O
ESIG Manager***

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.

THANK YOU MARCH FAITHFUL FIVERS!

Mary B. John K.
 Barbara M.
 Dave W.
 Virginia M.
 Ulf W.
 Susan M.
 Sherre P. Howard D.



*Yes! Please enroll me as a
 Faithful Fiver!*

Here is my contribution of
 \$_____ for _____ months

Name _____
 Address _____
 City _____ State _____ Zip _____

Return this form to:
 Eastside Intergroup
 13401 NE Bel-Red Rd. Suite B6
 Bellevue, WA 98005

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!

MARCH BIRTHDAY DONATIONS

Don Miller — Nooners



MARCH PINK CAN CONTRIBUTIONS

Fresh Start
 Kirkland Sobriety Headquarters
 Seven & Sober
 Wake Up
 Nooners



| Office Information | Thank You Hotline Volunteers! | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--|--|---|---|-------|---------|---------|-----------------------------|----------|-----------|-----------|---------|---------|-------------------------------|-----------|------------------|----------|---------|---------|--------------------------|--------|---------|--------|-----------|------------|--|
| <p>13401 NE Bel-Red Rd., Suite B6 Bellevue, WA 98005</p> <p>Phone: 425-454-9192 24-Hours a Day</p> <p>Email: esig@eastsideintergroup.com</p> <p>Website: www.eastsideintergroup.com</p> <p>Office Hours: Monday-Friday 10 am-6 pm</p> <p>Office Manager: Nancy O. Email: Nancy@eastsideintergroup.com</p> <p>Intergroup Representative Meeting</p> <p>First Thursday of each month 7:30 pm-8:30 pm at: Bellevue Christian Reformed Church 1221 148th Ave NE Bellevue, WA 98005</p> <p>All members welcome!</p> | <p>Anne W.</p> <p>Carmen A.</p> <p>Carrie W.</p> <p>Chuck M.</p> <p>Elton B.</p> <p>Erica M.</p> <p>Fred M.</p> | <p>Ginny K.</p> <p>Jessica D.</p> <p>Leslie G.</p> <p>Mark B.</p> <p>Mark J.</p> <p>Matt D.</p> <p>Mike S.</p> | <p>Richard J.</p> <p>Sheldon A.</p> <p>Sheree P.</p> <p>Syrianah V.</p> <p>Ted W.</p> <p>Tracy A.</p> <p>Cindy S.</p> | <p><u>BACKUPS:</u></p> <p>Travis S.</p> <p>Sheree P.</p> <p>Bill J.</p> <p>Eric C.</p> <p>Syrianah V.</p> <p>Nancy O.</p> <p><u>Coordinator:</u></p> <p>Travis S.</p> | | | | | | | | | | | | | | | | | | | | | | |
| | <p><u>Newsletter Contributors</u></p> <p>Publisher.....Steve B.</p> <p>Editor.....Sandy B.</p> <p>Personal Story.....Anonymous</p> <p>Office Report.....Nancy O.</p> <p>If you want to write your story for the newsletter, send it to: newsletter@eastsideintergroup.com</p> | | <p><u>Thanks Office Volunteers!</u></p> <table border="0"> <tr> <td>Al F.</td> <td>Will A.</td> </tr> <tr> <td>Anne W.</td> <td><u>Computer Help</u></td> </tr> <tr> <td>Cindy S.</td> <td>Travis S.</td> </tr> <tr> <td>Nikole M.</td> <td>Matt B.</td> </tr> <tr> <td>Rick L.</td> <td><u>Literature Pick</u></td> </tr> <tr> <td>Sharon R.</td> <td><u>Up</u></td> </tr> <tr> <td>Susan H.</td> <td>Rick F.</td> </tr> <tr> <td>Tama F.</td> <td><u>Computers:</u></td> </tr> <tr> <td>Ted W.</td> <td>Matt B.</td> </tr> <tr> <td>Tim Q.</td> <td>Travis S.</td> </tr> <tr> <td>Wallene D.</td> <td></td> </tr> </table> | | Al F. | Will A. | Anne W. | <u>Computer Help</u> | Cindy S. | Travis S. | Nikole M. | Matt B. | Rick L. | <u>Literature Pick</u> | Sharon R. | <u>Up</u> | Susan H. | Rick F. | Tama F. | <u>Computers:</u> | Ted W. | Matt B. | Tim Q. | Travis S. | Wallene D. | |
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| Wallene D. | | | | | | | | | | | | | | | | | | | | | | | | | | |

| Group Contributions | Group Contributions, District, GSO & Area Info | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|--|----------------|--------------------|---------------------------------|-------------------------------|-----------------------|---------------------|---------------------------|------------------------------|--------------------------------|--------------------------|-------------------------------|------------------------|--------------------------------|-----------------------|-------------------------------|-----------------------|------------------------|----------------------------|----------------------|--------------------------|----------------|-----------------|--|--|---|--|---|--|--|--|---|--|
| <p>Thanks to the following Groups for sending contributions to the Eastside Intergroup office in the month of MARCH 2018. Group contributions enable us to pay the rent and bills for your Intergroup Office, maintain our phone lines 24 hours a day, 7 days a week, publish a monthly newsletter, provide a meeting directory, and carry AA information and literature.</p> <table border="0"> <tr> <td>Sermon on the Mount</td> <td>Wake Up</td> </tr> <tr> <td>Fresh Start</td> <td>Nameless Bunch of Drunks</td> </tr> <tr> <td>Heretics Haven Secular</td> <td>Bellevue Group</td> </tr> <tr> <td>Living Sober</td> <td>Sobriety Life Line</td> </tr> <tr> <td>90 Minutes in Preston</td> <td>59 Minutes at Pine Lake</td> </tr> <tr> <td>Seven & Sober</td> <td>Sunlight of the Spirit</td> </tr> <tr> <td>Five & Dime</td> <td>Tuesday Night Solutions</td> </tr> <tr> <td>Serenity Break</td> <td>Women's Saturday Steps</td> </tr> <tr> <td>Bill's Kitchen</td> <td>Came to Believe</td> </tr> <tr> <td>Stillwater Serenity</td> <td>Sober Seniors</td> </tr> <tr> <td>Ladies Step Study</td> <td>Nooners</td> </tr> <tr> <td>Lifeline</td> <td></td> </tr> </table> | Sermon on the Mount | Wake Up | Fresh Start | Nameless Bunch of Drunks | Heretics Haven Secular | Bellevue Group | Living Sober | Sobriety Life Line | 90 Minutes in Preston | 59 Minutes at Pine Lake | Seven & Sober | Sunlight of the Spirit | Five & Dime | Tuesday Night Solutions | Serenity Break | Women's Saturday Steps | Bill's Kitchen | Came to Believe | Stillwater Serenity | Sober Seniors | Ladies Step Study | Nooners | Lifeline | | <table border="0"> <tr> <td> <p><u>Eastside Intergroup</u></p> <p>Eastside Intergroup 13401 NE Bel Red Rd. #B6 Bellevue, WA 98005</p> </td> <td> <p><u>District 35</u></p> <p>Issaquah P.O. Box 442 Issaquah, WA 98027</p> </td> </tr> <tr> <td> <p><u>Western Washington Area 72</u></p> <p>702 Kentucky St. #535 Bellingham, WA 98225</p> </td> <td> <p><u>District 36</u></p> <p>Snoqualmie Valley, Duvall, North Bend P.O. Box 1963 North Bend, WA 98045</p> </td> </tr> <tr> <td> <p><u>General Service Office (GSO)</u></p> <p>P.O. Box 459 Grand Central Station New York, NY 10163</p> </td> <td> <p><u>District 38</u></p> <p>Kirkland P.O. Box 322 Kirkland, WA 98083</p> </td> </tr> <tr> <td> <p><u>ESIG District Addresses:</u></p> <p><u>District 34</u></p> <p>Bellevue, Redmond, East Lake Sammamish, Mercer Island PO Box 50081 Bellevue, WA 98015</p> </td> <td> <p><u>District 39</u></p> <p>Bothell, Kenmore, Woodinville P.O. Box 1695 Bothell, WA 98041-1695</p> </td> </tr> </table> | <p><u>Eastside Intergroup</u></p> <p>Eastside Intergroup 13401 NE Bel Red Rd. #B6 Bellevue, WA 98005</p> | <p><u>District 35</u></p> <p>Issaquah P.O. Box 442 Issaquah, WA 98027</p> | <p><u>Western Washington Area 72</u></p> <p>702 Kentucky St. #535 Bellingham, WA 98225</p> | <p><u>District 36</u></p> <p>Snoqualmie Valley, Duvall, North Bend P.O. Box 1963 North Bend, WA 98045</p> | <p><u>General Service Office (GSO)</u></p> <p>P.O. Box 459 Grand Central Station New York, NY 10163</p> | <p><u>District 38</u></p> <p>Kirkland P.O. Box 322 Kirkland, WA 98083</p> | <p><u>ESIG District Addresses:</u></p> <p><u>District 34</u></p> <p>Bellevue, Redmond, East Lake Sammamish, Mercer Island PO Box 50081 Bellevue, WA 98015</p> | <p><u>District 39</u></p> <p>Bothell, Kenmore, Woodinville P.O. Box 1695 Bothell, WA 98041-1695</p> |
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| Living Sober | Sobriety Life Line | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 90 Minutes in Preston | 59 Minutes at Pine Lake | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Five & Dime | Tuesday Night Solutions | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Serenity Break | Women's Saturday Steps | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bill's Kitchen | Came to Believe | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stillwater Serenity | Sober Seniors | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ladies Step Study | Nooners | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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MARCH Intergroup Meeting Attendance

Thank You!

| | |
|---|--|
| Andy G.—Core Relations, District 35 P.I. | Josh A.—ESIG Young People Chair, Sobriety Lifeline |
| Anne W.—Guest | Ken T.—Redmond Recovery |
| Aysen R.—Seven & Sober | Mary B.—Micahel H.—Nameless Bunch of Drunks |
| Ben D.—Sober Camels | Nancy O.—ESIG Manager |
| Bob C.—Eastside Men’s Group | Nathan N.—Steppin’ Up |
| Braden W.—Essentials | Paul A.—Guest |
| Brenda O.—59 Minutes @ Pine Lake | Raphaella P.—Duvall Sunday Morning |
| Brandon W.—Essentials | Rick F.—Guest |
| ...Brian W.—Tuesday Night Solutions | Sandy B.—ESIG Newsletter Editor |
| Christine P.—M.I. Serenity | Scott C.—Better Odds Sober |
| Cindy S.—Mercer Island Serenity/ Thursday | Sheree P.—Lifeline |
| Coby H.—Treatment Chair | Sherry L.—Kirkland Sobriety Headquarters |
| Conor O.—ESIG Board | Steph K.—Issaquah Tuesday Night |
| David B.—ESIG Board | Steve Erickson—Maximum Service |
| David S.—ESIG Corrections Chair | Steve P.—North Creek Study |
| Eric B.—District 34 ESIG Web Committee Chair | Ted W.—Heretics Haven Secular |
| Erin B.—Sammamish Plateau Womens Step Study | Todd G.—District 38 |
| Janel F.—Seven and Sober | Brian R. for Tim B.—LAPL Liaison |
| Jeffrey G.—Pocket of Enthusiasm | Val F.—Serenity Break |
| Joe C.—Any Lengths | Virginia M.—ESIG Treasurer |
| John K.—ESIG Board Chairman | Wade S.—ESIG Board |
| Jon S.—ESIG Board, District 39 Liaison, ESIG Events Chair | Willy H.—Tiger Mountain Stag |

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 Thurs-day 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 clearing-house 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.