



PASS IT ON

Eastside Intergroup Newsletter

Issue 15 April 2018

My Journey to Alcoholics Anonymous

I enjoyed the luxury of growing up in a sunny, upper-middle class home. Dad had a steady job and Mom was a homemaker who adopted me, a girl two years later, and gave birth to their own daughter seven years later.

Three particular alcohol-related narratives strike me about my early years: First, my best friend was killed by a drunk driver on Christmas Eve when I was a third grader. Second, we had this wonderful summer home in a tight-knit community where everyone knew one another's business-and where you could drive in, park, and party. My dad told me that it was a great place to "learn how to drink", because one didn't need to drink and drive. That summer home became the place where I'd learn to drink, and where I would desperately strive to fit in. Third, I learned that my insecurities could be covered up by drinking.

I got drunk at that summer home at age 14, had the first of many blackouts, and was summarily "grounded" for the entire summer. I wanted to drink like the other kids and the adults I'd seen drinking, partly just to fit in, and partly because enjoying drinking seemed to come naturally. I drank regularly during my high-school years, suffered a few blackouts and hangovers, but enjoyed the credibility I garnered with friends for what a partier I was, and how I always seemed to score our booze. I also loved how alcohol put me at ease and helped me escape.

My drinking skyrocketed when I left for college where I became the proverbial "frat boy" and drank myself into oblivion or some kind of trouble on countless occasions. I was the life of the party or sought that mantle. College life was fun and reckless. I loved to party. Blackouts, promiscuity, severe hangovers, and occasional physical danger were the norm. I loved it. I loved how cool and charismatic the booze-fueled lifewas, and it worked for me.

Early in my career I sought the confluence of excitement in my job with a partying lifestyle. Bosses and co-workers "taught me how to drink at lunch" and I fused my drinking lifestyle with my career. Drinking was still fun.

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But as I took on marriage, children, and a mortgage while still drinking-life got real and it got unmanageable. I continued to drink and my health teetered. I sabotaged my career and put myself in a position to be harmed when I stepped on the toes of my fellows. The cycle of daily drinking, drinking in the morning, drinking at work, working from the bar, and hiding my drinking, from whomever I felt like I needed to hide it from, took root.

I'd reunited with my biological mother in 2001 and she informed me that I'd had a number of family members who suffered from alcoholism, and that it was highly likely that I was an alcoholic. She took me to my first AA meetings where we both enjoyed the meetings. I saw interesting people there who lived without needing to drink to make their lives interesting. But I wasn't done, and I decided that no one was going to convince me that I was an alcoholic and I was determined to prove it to myself. So I drank for five years until I hit bottom during another unemployment phase-which I delusionally misinterpreted as a vacation.

During my "vacation" at that old summer home, where I'd learned how to drink, I'd seen the hideous four horsemen and realized I was at the turning point. Having attended AA meetings prior, I knew where to go now that I was done. I sobered up during vacation and immediately started hitting meetings and got a sponsor when I returned home. I was approached by those in whom the problem had been solved and I asked them where they spent their time, and what meetings they went to. I started making friends and calling people to ask for help. I started feeling connected to people without needing to drink, and I eventually learned to have fun in sobriety.

I haven't had a drink or a drug since the end of that vacation nearly six years ago. My life isn't what I thought it was going to be like, but I always wanted it to be interesting. I'm grateful that recovery through the twelve steps of Alcoholics Anonymous doesn't disappoint-it's given me something I didn't even know I ever wanted-the ability to stop drinking a day at a time and enjoy a life that's more interesting than I ever could have come up with on my own.

Dave C.



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

AA Humor

Step 5

Admitted to God, to ourselves and to another human being the exact nature of our wrongs

Step Five Information

This is perhaps difficult, especially discussing our defects with another person. We think we have done well enough in admitting these things to ourselves. There is doubt about that. In actual practice, we usually find a solitary self-appraisal insufficient. Many of us thought it necessary to go much further. We will be more reconciled to discussing ourselves with another person when we see good reasons why we should do so. The best reason first: If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only *thought* they had lost their egoism and fear; they only *thought* they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else *all* their life story.

A.A. Big Book, p. 72-73

Step Five Prayer

Almighty God, my inventory has shown me who I am, I admit to my wrongs, yet I ask for Your help in admitting my wrongs to another person and to You. Assure me, and be with me, in this step, for without this step I cannot progress in my recovery. With Your help, I can do this. Amen

"NORMAN, I LIKED YOU BETTER when you were drinking!" declared an old pal, feeling no pain.

"That makes us even," replied Norman, "when I was drinking, I liked you better too."

AN ALKY ON A BINGE runs out of drinking money and breaks into a house. Rummaging through dresser drawers in a dark bedroom, he hears a small voice behind him:

"Jesus and I are watching you!" He freezes in fear. After awhile, when nothing happens, he starts rummaging away again.

And again comes that small voice from behind: "Jesus and I are watching you!"

This time, with his heart pumping madly, the drunk turns on the light sees.....nobody. Scared, he stutters, "Who-who-who said that?"

"I did!"

The thief whirls toward the voice, only to see a parrot perched in a corner of the room. Immensely relieved, his Dutch Courage returns and he smirks at the bird, "Oh, you did, did you—and who do you think you are?"

"Stuart!" answers the parrot.

"Stuart," sneers the drunk, "what a stupid name for a parrot!"

"Oh yeah?" squawks the bird, "What do you think of 'Jesus' for a 200 pound Rottweiler?"



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 APRIL FAITHFUL FIVERS!

John K. Barbara M. Derek B.
 Mary B. Dave W. Conor O.
 Sherre P. Nancy O.
 Howard D. Garret V.
 Susan M. Bob C.
 Ulf W. Sheree P.



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!

APRIL BIRTHDAY DONATIONS

Virginia M., 12 years — Nooners



APRIL PINK CAN CONTRIBUTIONS

Duvall Sunday Morning
 Juanita Triangle
 Seven & Sober
 Kirkland Sobriety Headquarters
 Fresh Start
 Wake Up
 Life Line



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. Carmen A. Carrie W. Chuck M. Elton B. Erica M. Fred M.</p>	<p>Ginny K. Jessica D. Leslie G. Mark B. Mark J. Matt D. Mike S.</p>	<p>Richard J. Sheldon A. Sheree P. Syrianah V. Ted W. Tracy A. Cindy S.</p>	<p><u>BACKUPS:</u> Travis S. Sheree P. Bill J. Eric C. Syrianah V. Nancy O. <u>Coordinator:</u> Travis S.</p>																				
<p>Group Contributions</p>	<p>Group Contributions, District, GSO & Area Info</p>																							
	<p><u>Eastside Intergroup</u> Eastside Intergroup 13401 NE Bel Red Rd. #B6 Bellevue, WA 98005</p> <p><u>Western Washington Area 72</u> 702 Kentucky St. #535 Bellingham, WA 98225</p> <p><u>General Service Office (GSO)</u> P.O. Box 459 Grand Central Station New York, NY 10163</p> <p><u>ESIG District Addresses:</u></p> <p><u>District 34</u> Bellevue, Redmond, East Lake Sammamish, Mercer Island PO Box 50081 Bellevue, WA 98015</p>		<p><u>District 35</u> Issaquah P.O. Box 442 Issaquah, WA 98027</p> <p><u>District 36</u> Snoqualmie Valley, Duvall, North Bend P.O. Box 1963 North Bend, WA 98045</p> <p><u>District 38</u> Kirkland P.O. Box 322 Kirkland, WA 98083</p> <p><u>District 39</u> Bothell, Kenmore, Woodinville P.O. Box 1695 Bothell, WA 98041-1695</p>																					
<p>Thanks to the following Groups for sending contributions to the Eastside Intergroup office in the month of APRIL 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>KIRBYPAA</td> <td>Eastside Women</td> </tr> <tr> <td>Big Book Step Study</td> <td>Anonymous</td> </tr> <tr> <td>Serenity on Sunday</td> <td>Women's Big Book Study</td> </tr> <tr> <td>Nameless Bunch Of Drunks</td> <td>Eastside Beginners</td> </tr> <tr> <td>Steppin Up</td> <td>Wake Up</td> </tr> <tr> <td>Seven & Sober</td> <td>Lifeline</td> </tr> <tr> <td>Maximum Service</td> <td>Newport Daytimers</td> </tr> <tr> <td>Pocket of Enthusiasm</td> <td>Beyond Sobriety</td> </tr> <tr> <td>Reflections</td> <td>Sober Women</td> </tr> <tr> <td></td> <td>Tuesday Night Starters</td> </tr> </table>	KIRBYPAA	Eastside Women	Big Book Step Study	Anonymous	Serenity on Sunday	Women's Big Book Study	Nameless Bunch Of Drunks	Eastside Beginners	Steppin Up	Wake Up	Seven & Sober	Lifeline	Maximum Service	Newport Daytimers	Pocket of Enthusiasm	Beyond Sobriety	Reflections	Sober Women		Tuesday Night Starters				
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APRIL Intergroup Meeting Attendance

Thank You!

Andy G.—Core Relations, District 35 P.I.
Bill D.—The Shack
Bob C.—Eastside Men’s Group
....Brian W.—Tuesday Night Solutions
Charlie C. —ESIG Web Committee
Charisse B. —Eastside Women
Christine P.—North Creek Study
Conor O.—ESIG Board
David B.—ESIG Board
David S.—ESIG Corrections Chair
Derek B.-ESIG Board/Maximum Service
Don S.—Sermon on the Mount
Garret V.-ESIG Co-Chair
Jackie B. —Bellevue Reflections
Jon S.—ESIG Board, District 39 Liaison, ESIG Events Chair
Joshua A.-Sobriety Lifeline/ESIG YP Comm Chair
Linda W.—Wake up
Margie C.-ESIG Web Committee
Mary B.—Eastside Beginners
Michael —Issaquah Big Book Step Study
Phil K.-Tuesday Night Solutions
Raphaela P.—Editor ESIG Newsletter/Duvall Sun AM
Ray H. —District 36 Rep.
Sheree P.—Lifeline
Steve B.—Publisher ESIG Newsletter
Steve Erickson—Maximum Service
Steve P.—North Creek Study
Todd G.—District 38
Virginia M.—ESIG Treasurer
Wade S.—ESIG Board

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.