



PASS IT ON

Eastside Intergroup Newsletter

Issue 17

May 2018

Story for May

My family tree has plenty of names of those afflicted with the disease of alcoholism carved into it's branches. Some succumbed to the disease. Some recovered. The entire family tree was affected - this is a family disease. Some of the branches became strong and healthy - blossomed and bore fruit. Some branches rotted with disease, withered, died, broke off in a storm, fell to the ground, decayed, and became dirt once more.

I was immersed in the church and religion growing up. It was a part of almost everything my family did. Prayers with every meal and before bed were standard & never skipped. My mother came from an alcoholic home & the disease runs strong on her side of the family. She was a giving, caring, loving, and moral woman, but also an emotional roller coaster. We grew up with plenty of chaos, Jekyll and Hyde, tearful drama, and raging anger. She first got sober when I was in high school, and I see her struggles in a new light now.

My father was an engineer. Sometimes that says it all. He followed the rules. He planned ahead and was always prepared. Anything he did, he did well. He was socially adept, well liked by almost everyone, but did not show any vulnerability, and held his cards very close to the vest. He almost never had emotional outbursts. He lead by example, rarely talked about himself, and never complained about anything.

I am told that as a young child I was energetic, bright, perceptive, defiant, empathetic, selfish, intuitive, stubborn, competitive, and rebellious. In my pre-teen years, I recall never feeling a part of the group. If I was with a pack of kids that all hung out and played together, I felt unique, different, and kept at arms length. I was self-conscious and insecure, wanting to prove something. I was incredibly competitive, and I hated to lose. I enjoyed pushing the limits of everything and everyone. I often pushed my mother's buttons until she exploded violently.

At some point in early adolescence, my family, the church, religion, and our Christian friends, or just maturity, brought about a change in me. There was a distinct change around the eighth grade. I became much more quiet, guarded, introspective, and introverted. I contemplated and valued God and the Christian principles I had grown up with. The ladies at church thought I should become a pastor.

In high school, I did well athletically and academically. I could get along with almost any group, but I was insecure and uncomfortable in all of them. My religious upbringing, and vigilant family, kept me out of any trouble with drugs, alcohol or girls. In college I stayed busy with athletics, and then working several jobs, which sheltered me from much of the partying. I was mostly about working hard and achieving goals. It was in college, however, that

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My Journey to Alcoholics Anonymous

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alcohol allowed me to be comfortable enough to socialize and engage with the opposite sex. Drinking did not become a big part of my life in college, but I certainly appreciated how it helped me with my social fears and lack of self-esteem. Workaholism was more my thing, and when I excelled it boosted my confidence. Excellence that I displayed as an undergraduate in a cardiac surgery laboratory propelled me on to medical school; then internship, residency, and fellowship. They were all prestigious institutions, and I did well. I was too busy to do much drinking, unless there was a social event that I needed help with. I got married after medical school to a classmate, and future surgeon as well. We had two kids during residency training. Life was busy and stressful to say the least. There was plenty of compromise along the way that altered my envisioned career path. The busier I got, the more selfish, self centered, intolerant and critical I became. I was beginning to step on peoples toes and they were retaliating - not of significant consequence... **YET.**

After going into practice, life remained crazy busy. Drinking wine each night to unwind, and relieve the stress, soon became routine. After a few years, nighttime wine drinking was considerable, and weekend, holiday, or party drinking, started to result in some cringe-worthy moments. Pretty soon I was finding reasons to have to stay up later than my wife, so that I could do more unwitnessed drinking. I was finding almost everything about my life unsatisfactory, and for each aspect of my life, I could tell you who or what was to blame. Of course it wasn't me or my drinking. Pretty soon the only time I felt good was when I was drinking. Given my work and life, I was limited on when I could drink, and remained fairly functional in most aspects of my life, but I was quite unhappy. Cross addictions and pleasure seeking developed as I limited my drinking to only at night. My values, integrity, and moral compass, that I had cherished for most of my life, was deteriorating.

Losing my job, and forcing myself to quit drinking and acting out, quickly lead to extreme depression, anxiety, and sleeplessness. This was very quickly followed by delusions, and I got to a "jumping off point". At that point I entered treatment for the first time. I almost lost my family at that time, but didn't. I started going to AA when I got out of treatment, and I liked it. However, I didn't get very involved, get a sponsor, or work the steps. I felt good, and things were going well. I stopped going to AA. I don't remember why. Over the next eight to nine years, I kept going back to drinking, and then quitting after some major consequence from it. In the final couple of years, each time I picked up a drink a horrible sequence of black out events would unfold, followed by incredible shame, remorse, and promises of abstinence thereafter.

I went back into treatment after yet another spree, witnessed by good friends. While in treatment, my wife filed for divorce. Finally making it back to AA after treatment, I was a completely broken man. I had lost everything I loved. I did more than 90 meetings in 90 days, and I have continued to. I got a sponsor, and I have been working the steps. The fellowship of AA, and friends in the program who I understood my Hell, held out there hands and guided me through a very dark time of pain and suffering. I am incredibly grateful for the program of Alcoholics Anonymous, without which I would not be alive and sober today. So, I keep coming back, because I know that I do **not** possess the power to stay sober - the Power comes from Above and from my fellow members of AA. My life is getting better one day at a time, and one step at a time.

-Steve B.

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. Lynwood 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 6

"Were entirely ready to have God remove all these defects of character"

Step Six Information

We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all, every one? If we still cling to something we will not let go, we ask God to help us be willing.

A.A. Big Book, p. 76

Step 6 is a step of preparation and reflection. I have been preparing for a significant change in my life and now I need to make sure that I am ready. I need to make sure in my own heart and mind that I am truly willing for God to remove these defects of character that have enabled my addictive behaviors. It might mean letting go of other things in my life in order to allow God to do the work that needs to be done. I need to determine if I am truly ready

Step Six Prayer

God help me become willing to let go of all the things to which I still cling. Help me to be ready to let You remove all of these defects, that Your will and purpose may take their place. Amen.

The Circle and the Triangle

"The circle stands for the whole world of A.A., and the triangle stands for A.A.'s Three Legacies of Recovery, Unity, and Service. Within our wonderful new world, we have found freedom from our fatal obsession. That we have chosen this particular symbol is perhaps no accident. The priests and seers of antiquity regarded the circle enclosing the triangle as a means of warding off spirits of evil, and A.A.'s circle and triangle of Recovery, Unity, and Service has certainly meant all of that to us and much more." (Bill W., Alcoholics Anonymous Comes of Age, Bill W.'s 1955 speech)

However, in the early 1990s, A.A.W.S. decided to begin eliminating the use of the Circle and Triangle symbol on its literature, letterhead and other material. It had become too costly and too controversial for AA to try to continue to defend its rights to this symbol. It was "officially" and "legally" phased out after the 1994 General Service Conference resolved that the logo be discontinued on all Conference-approved literature. However, the symbol is still associated with Alcoholics Anonymous (and other kinds of 12-Step recovery fellowships) and has a special meaning for AA members all over the world.



MAY 2018 ESIG OFFICE REPORT

Greetings from the Intergroup Office!

First things first! In my report about the Pancake Breakfast I definitely missed a couple of groups on the list of baskets donated. Thank you **Juanita Triangle** and **Serenity Break** for donating baskets to the Pancake Breakfast. The goal of the Pancake Breakfast is to thank the community for their support. It's not a fundraiser and the goal each year is to break even which we did. We made about \$300. YAY!

Our volunteers in the office during May were Al F., Anne W., Cindy S., Jill M., Lauren S., Leslie G., Rick L., Sharon R., Susan H., Tama F., Ted W., Tim Q., Ulf W., and Wallene D. Travis S. and Matt B. both helped with computer issues in March, Rick F. did our literature pick up from the Seattle Intergroup office and Todd G. took literature to the Kirkland jail for us. Thank you all for your service!

A significant fact to mention is that we have sold 841 Big Books since the first of the year as compared to 664 for the same timeframe in 2017. We are definitely carrying the message of Alcoholics Anonymous!

Hopefully you've been able to stop by our office and meet our new office assistant Janel. Janel has been hired to help me and to fill in when I'm out ill, have an appointment or am on vacation. She's been with us for three months now so if you haven't met her yet, I'd encourage you to stop by and introduce yourself. I think Janel is a great fit at Eastside Intergroup.

We have a 12th Step workshop scheduled for Saturday June 23rd at the Intergroup office from 10:00am until 11:30(ish). If you're interested in attending please let me know so that we have enough materials ready for everyone. Also—Travis and I are going to have a Hotline/phone training right afterwards. This training is for both the Hotline (which currently has a waiting list) and for the office volunteer position. Anyone is welcome to attend. I think it will start around noon on June 23rd. If you plan to attend either one of them please give us a call 425-454-9192.

The Intergroup picnic is right around the corner—July 28th at Beaver Lake Park from 11:00am to 3:00pm. We are excited because this is always a really fun event. Jon S. & Cincy S. are the Co-chairs of the Picnic and are looking for volunteers to help. It's a great way to be of service, it's fun, and you'll meet a lot of people you may have otherwise not met! You can reach either Jon or Cindy by calling the office and I'm happy to get a message to either one of them.

In updating the ESIG paper schedule, we are going to publish the length of meetings, for example 1 hour or 1-1/2 hours. If you'd like your meeting length indicated on the upcoming July schedule, please let us know right away.

Our Young Peoples Committee has a donation box set up in the office where we are collecting Big Books. If you'd like to donate one—we're happy to accept it! Our Young People Committee Chair is Josh A. and he is happy to talk to you about it as well. There is an upcoming Sponsorship workshop and he hopes to have enough books that when some of the newer young people are there they leave with a sponsor and a big book. You can even purchase a Big Book while you're at the office and donate it!

As many of you are aware, I send out an email on Thursday afternoons called "Thursday Reminders" listing upcoming events for the weekend. The email goes out to our Intergroup Reps, however, anyone wanting to be included in the email is welcome to call me and I'll add you to the list. It's a great way to keep track of what's happening. Speaking of what's happening, please remember that any A.A. events are easily posted on our website but only if we receive a copy of them. Please send them to Nancy@eastsideintergroup.com in a pdf file.

Grateful to be of service,

Nancy O.



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 MAY FAITHFUL FIVERS!

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



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!

Birthday Donations – May 2018

Dave W. – Sobriety Life Line - 35 Years

Mark J. – Sharing the Legacy – 32 Years



MAY PINK CAN CONTRIBUTIONS

**Fresh Start
Seven & Sober
Better Odds Sober**



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>		<table><tr><td>Anne W.</td><td>Mark B.</td><td>Travis S.</td></tr><tr><td>Carmen A.</td><td>Mark J.</td><td></td></tr><tr><td>Carrie W.</td><td>Matt D.</td><td>Back Ups</td></tr><tr><td>Chuck M.</td><td>Mike S.</td><td>Travis S.</td></tr><tr><td>Cindy S.</td><td>Nancy O.</td><td>Syrianah V.</td></tr><tr><td>Elton B.</td><td>Richard J.</td><td>Bill J.</td></tr><tr><td>Erica M.</td><td>Sheldon A.</td><td>Eric C.</td></tr><tr><td>Fred M.</td><td>Sheree P.</td><td>Nancy O.</td></tr><tr><td>Ginny K.</td><td>Syrianah V.</td><td></td></tr><tr><td>Jessica D.</td><td>Ted W.</td><td>Hotline Coordi-</td></tr><tr><td>Leslie G.</td><td>Tracy A.</td><td>nator: Travis S.</td></tr></table>		Anne W.	Mark B.	Travis S.	Carmen A.	Mark J.		Carrie W.	Matt D.	Back Ups	Chuck M.	Mike S.	Travis S.	Cindy S.	Nancy O.	Syrianah V.	Elton B.	Richard J.	Bill J.	Erica M.	Sheldon A.	Eric C.	Fred M.	Sheree P.	Nancy O.	Ginny K.	Syrianah V.		Jessica D.	Ted W.	Hotline Coordi-	Leslie G.	Tracy A.	nator: Travis S.																					
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		<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:</p> <p>newsletter@eastsideintergroup.com</p>	<table><tr><td>Al F.</td><td>Will A.</td></tr><tr><td>Anne W.</td><td>Computer Help</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>Literature Pick</td></tr><tr><td>Sharon R.</td><td>Up</td></tr><tr><td>Susan H.</td><td>Rick F.</td></tr><tr><td>Tama F.</td><td>Computers:</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.	Computer Help	Cindy S.	Travis S.	Nikole M.	Matt B.	Rick L.	Literature Pick	Sharon R.	Up	Susan H.	Rick F.	Tama F.	Computers:	Ted W.	Matt B.	Tim Q.	Travis S.	Wallene D.																																	
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<p>Thanks to the following Groups for sending contributions to the Eastside Intergroup office in the month of MAY 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><tr><td>Any Lengths Group</td><td>Snoqualmie Friday Night</td></tr><tr><td>Downtown Stag</td><td>Southside Breakfast</td></tr><tr><td>Friday Night Firehouse</td><td>The Nooners</td></tr><tr><td>HOW</td><td>Tuesday Night Big Book</td></tr><tr><td>Kirkland Sobriety HQ</td><td>Wake Up</td></tr><tr><td>Ladies Step Study</td><td>Women in Recovery</td></tr><tr><td>Living Sober</td><td>Serenity Break</td></tr><tr><td>Moss Bay</td><td>Seven & Sober</td></tr><tr><td>Nameless Bunch of</td><td></td></tr><tr><td>Dunks</td><td></td></tr></table>		Any Lengths Group	Snoqualmie Friday Night	Downtown Stag	Southside Breakfast	Friday Night Firehouse	The Nooners	HOW	Tuesday Night Big Book	Kirkland Sobriety HQ	Wake Up	Ladies Step Study	Women in Recovery	Living Sober	Serenity Break	Moss Bay	Seven & Sober	Nameless Bunch of		Dunks		<table><tr><td><u>Eastside Intergroup</u></td><td><u>District 35</u></td></tr><tr><td>Eastside Intergroup</td><td>Issaquah</td></tr><tr><td>13401 NE Bel Red Rd. #B6</td><td>P.O. Box 442</td></tr><tr><td>Bellevue, WA 98005</td><td>Issaquah, WA 98027</td></tr><tr><td><u>Western Washington Area 72</u></td><td><u>District 36</u></td></tr><tr><td>702 Kentucky St. #535</td><td>Snoqualmie Valley, Duvall,</td></tr><tr><td>Bellingham, WA 98225</td><td>North Bend</td></tr><tr><td><u>General Service Office (GSO)</u></td><td>P.O. Box 1963</td></tr><tr><td>P.O. Box 459</td><td>North Bend, WA 98045</td></tr><tr><td>Grand Central Station</td><td><u>District 38</u></td></tr><tr><td>New York, NY 10163</td><td>Kirkland</td></tr><tr><td><u>ESIG District Addresses:</u></td><td>P.O. Box 322</td></tr><tr><td><u>District 34</u></td><td>Kirkland, WA 98083</td></tr><tr><td>Bellevue, Redmond, East Lake</td><td><u>District 39</u></td></tr><tr><td>Sammamish, Mercer Island</td><td>Bothell, Kenmore, Woodinville</td></tr><tr><td>PO Box 50081</td><td>P.O. Box 1695</td></tr><tr><td>Bellevue, WA 98015</td><td>Bothell, WA 98041-1695</td></tr></table>		<u>Eastside Intergroup</u>	<u>District 35</u>	Eastside Intergroup	Issaquah	13401 NE Bel Red Rd. #B6	P.O. Box 442	Bellevue, WA 98005	Issaquah, WA 98027	<u>Western Washington Area 72</u>	<u>District 36</u>	702 Kentucky St. #535	Snoqualmie Valley, Duvall,	Bellingham, WA 98225	North Bend	<u>General Service Office (GSO)</u>	P.O. Box 1963	P.O. Box 459	North Bend, WA 98045	Grand Central Station	<u>District 38</u>	New York, NY 10163	Kirkland	<u>ESIG District Addresses:</u>	P.O. Box 322	<u>District 34</u>	Kirkland, WA 98083	Bellevue, Redmond, East Lake	<u>District 39</u>	Sammamish, Mercer Island	Bothell, Kenmore, Woodinville	PO Box 50081	P.O. Box 1695	Bellevue, WA 98015	Bothell, WA 98041-1695
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MAY Intergroup Meeting Attendance

Thank You!

Andy G. – Core Relations / District 35 PI Chair
Aysen R. – Seven & Sober
Bill D. – The Shack
Bob C. – Eastside Men's Group / ESIG Board
Charisse – Eastside Women
Charlie C. – ESIG Web Committee
Cindy S. – ESIG Events Co-Chair / Mercer Island
Serenity & Mercer Island Thursday
Clare C. – Sober at Cottage Lake
Conor O. – ESIG Board Secretary
David S. – ESIG Corrections Chair
Derek B. – ESIG Board Co-Chair
Maximum Service
Garret V. – ESIG Board Chairman
John K. – ESIG Board
JoAnne K. – Ladies Step Study
Joshua A. – Sobriety Lifeline
Ken T. – Redmond Recovery
Linda W. – Wake Up
Lisa – Any Lengths
Maggie P. – District 38 Liaison
Maggie S. – Sober Seniors
Margie C. – ESIG Web Committee
Michael – Nameless Bunch of Drunks
Nancy O. – ESIG Manager
Peter D. – Friday Night Firehouse
Phil K. – District 34 CPC / ESIG CPC Chair
Ray H. – District 36 Intergroup Rep
Sheree P. – ESIG Board / Lifeline
Steph K. – Issaquah Tuesday Night
Steve P. – North Creek Study

Ted W. – Heretics Haven Secular
Tim B. – Pine Lake Speaker Meeting Liaison
Todd G. – District 38 Intergroup Rep
Tom Z. – Saturday Morning Steps & Traditions
Travis S. – ESIG Hotline Coordinator
Val F. – Serenity Break
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.