



## PASS IT ON

# Eastside Intergroup Newsletter

Issue 19 July 2018

### Good Bye John Skyy

February 2016

*While in treatment I was asked to write a "Dear John" letter to alcohol . The following represents my thoughts.*

Dear John Skyy,

You and I have been VERY good friends for many many years. It has been at least 35 years now. We have had a great time together. There were many trips; one specific, a cruise when we were envied by the staff, they watched us all the time. There were theater shows where the patrons gave us all kinds of admiring (?) looks. Then there were family gatherings where family members left crying when we thought they had laughed so hard.

With friendships there are always the rough spots but we managed to weather ours. The many dark days when we couldn't lift our heads off the pillow and some special occasions when beautiful meals were prepared for us that we could not eat. There a few special events that we missed because we were not feeling too sharp. But like most "friendships" we survived.

I have always been known to make good solid friendships over the years, some going back to childhood. "Once a friend, always a friend", was my theory. This especially pertained to you.

But John, something has happened to our relationship. Once I began to think seriously about our relationship I discovered that you have hurt me in so many ways. First of all you began to mischievously trip me, and I was taking some pretty hard falls - enough so that the medics were called at least three times. The spark in my eyes began to dull, my brain was not tracking well, and I could no longer reap the pleasure of reading a good book. Emotionally, I was a mess. My life was being shortened, and I was not even aware.

So John, it is time to end our long "friendship". I must end it before I completely destroy myself. Unfortunately there is some lasting damage, but what is left will get better without you.

John, I do NOT wish you well. You must vanish and never darken my mind again. For that matter you should vanish and never touch any of my friends or family again. **And stay away from my vulnerable children.** They have suffered enough, and deserve a better me.

Thanks to AA and my Higher Power, I will live clean and sober for the rest of my life. I am exchanging our "friendship" for some much better and more kind friendships.

Goody Bye John Skyy

Hello Sobriety

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*Good Bye John Skyy*  
by, Ruth M.

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*June Intergroup Meeting*

**Ruth M.**



# ESIG Picnic Time!

Saturday July 28th 11:00am-3:00pm

Beaver Lake Park  
25103 SE 24th St.

Sammamish, WA 98075

\$5 for a burger or dog, chips, drink & raffle ticket

Kids under 12 are free

\*Please bring a side dish, salad or dessert to share\*

Also bring:

Lawn chairs

Sunscreen

Towels / swimsuits

Water toys

Smiles!

# Upcoming Sober Events

**July 4th:** Happy Fourth of July! Eastside Intergroup Office closed.

**July 5th:** **ESIG Board and Intergroup Rep Meetings:** Board meets at 6:00pm and Intergroup Reps meet from 7:30pm-8:30pm at Bellevue Christian Reformed Church, 1221 148th Ave NE.

**July 14th:** **WWA72 Treatment Quarterly:** 9:00am-1:00pm at Givens Activity Building, 1025 Tacoma Ave. in Port Orchard.

**July 14th:** **Pine Lake Speakers Meeting:** 7:00pm –8:30pm at Pine Lake Covenant Church, 1715 228th Ave SE, Sammamish, WA 98074. Childcare opens at 6:30pm downstairs.

**July 15th:** **16th Annual District 32 Picnic & BBQ:** 10:00am-4:00pm at Steel Lake Park, 2410 312th St. in Federal Way.

**July 15th:** **Traditions Workshop:** 10:00am-12:00pm at Steel Lake Park, Site 3, 2410 312th St. in Federal Way. Hosted by Young People District Committee Chair.

**July 21st:** **2nd Annual Greater Seattle Intergroup Car Show:** 11:00am-3:00pm. Greater Seattle Intergroup Office, 5507 6th Ave S in Seattle.

**July 28th:** **Eastside Intergroup's Annual Picnic:** 11:00am-3:00pm at The Pavilion at Beaver Lake Park, 25103 SE 24th St in Sammamish 98075. \$5 for adults—kids under 12 are free. Ticket buys a burger / dog, chips, drink and a raffle ticket.

**What is the Length of your Meeting?**

**Is it Open? Or Is it Closed?**

**Do you use one of the AAWS Books? Or is it a topic each meeting?**

These are all questions we need answered by your groups please!  
We are changing our website and our paper schedules to reflect the length of time for all meetings. At this time we can list 60 minutes or 90 minutes.

**BUT... we need to hear from you in order to have accurate information. Please send an email with your group name, the day of week, time of meeting, and length of meeting to:**

[esig@eastsideintergroup.com](mailto:esig@eastsideintergroup.com)

*Thank You!*

# Meeting Updates

## NEW MEETINGS!

### On Awakening

Monday-Friday 7:00am-8:00am  
Duvall Visitor Center  
15619 NE Main St (Rose Room)  
Duvall, WA 98019

### Valley Young and Sober

Mondays 7:30pm-8:30pm  
Eastside Fire & Rescue Station 85  
3600 Tolt Ave  
Carnation, WA 98014

### Higher Powered at Gold Creek

Wednesdays 7:00pm-8:30pm  
Gold Creek Community Church  
4326 148th St SE  
Mill Creek, WA 98012

### Sunrise

Monday-Friday 6:00am-7:00am  
Eastside Alano Club  
12302 NE 8th St  
Bellevue, WA 98005

### Sobriety 101

Saturdays 7:00-8:00pm  
Eastside Alano Club  
12302 NE 8th St  
Bellevue, WA 98005

### Step Sisters

Thursdays 6:30pm-8:00pm  
Duvall Visitor Center (Rose Room)  
15619 Main St NE  
Duvall, WA 98019

### PSYPC Meetings

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

Let us know when your meeting has a change or if you have a new meeting and we can publish it here.

# Information Corner

## Step 7

### “Humbly asked Him to remove our shortcomings”

#### Step Seven Information

When ready, we say something like this: “My Creator, I am now willing that you should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.” We have then completed Step Seven.

*A.A. Big Book, p. 76*

Since this Step so specifically concerns itself with humility, we should pause here to consider what humility is and what the practice of it can mean to us.

Indeed, the attainment of greater humility is the foundation principle of each of AA's Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all. Nearly all AA's have found, too, that unless they develop much more of this precious quality than may be required just for sobriety, they still haven't much chance of becoming truly happy. Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency.

Humility, as a word and as an ideal, has a very bad time of it in our world. Not only is the idea misunderstood; the word itself is often intensely disliked. Many people haven't even a nodding acquaintance with humility as a way of life. Much of the everyday talk we hear, and a great deal of what we read, highlights man's pride in his own achievements.

Twelve Steps and Twelve Traditions, p. 70

## Sponsorship...Lessons from the Old-timers

*A.A. Grapevine, May 1950 Vol. 6 No. 12 & June 1950 Vol. 7 No. 1*

### The Chairman tackles a tough question

"Give us a couple reasons how sponsorship should NOT be used."

"First--for personal satisfaction; second--to increase the membership role of the group, and third--by the member who's doing the sponsoring not to 'play God.' In other words, the only reason for bringing another alcoholic into AA is for the prospect's own gain."

"How does one become a sponsor?"

"He answers a Twelfth Step call and his prospect looks to him for guidance and help in working the Program. Or, you may be asked to take over some newcomer who is not getting along too well with his present sponsor, or some member of AA may say, 'I'd like you to be my sponsor.' "

"How soon after a person has come on the AA Program can they become a sponsor?"

"I've heard of persons being dry one day and going on a Twelfth Step call, with excellent and enduring results for both parties."

"What are some of the important things to find out about a prospect?"

"As soon as possible learn if he has a drinking problem. Does he know he has a problem. Does he want to do something about this drinking. Does he honestly want help--for himself, not because of the pleadings of family and boss."

"Should you dig into his personal life?"

"Absolutely. Get to the root of his marital, financial and employment situations, his age, domestic relationships and drinking habits. Assure him you're not prying, but you want to help straighten out his problems, and talking them over with someone who understands how he collected them, will release him from his alcoholic loneliness."

"Does a person's education, intelligence, background, age or quantity of liquor consumed, have any bearing on whether or not he is an alcoholic?"

"Experience has taught us--no."

"To be continued....."

# JUNE 2018 ESIG OFFICE REPORT

We  our volunteers!

June Office volunteers were Al F., Cindy S., Jill M., Lauren S., Leslie G., Sharon R., Steve B., Steve B. (yes we have 2 Steve B's) Susan H., Ted W., Tim Q., Ulf W. and Wallene D.

We had a lot of extra computer help in June. Shopping for a new computer and then getting it set up with Travis S. as well as some other computer help from Matt D., John M. Bob C. and Steven C. Thank you all!

In early June, we received a call from a young visitor from New York. She was 18 years old, had flown out here by herself to visit family and was four months sober. When I answered her call she told me she had been told to contact the local Intergroup or Central office where she was staying. Lucky me... that happened to be Eastside Intergroup! She was looking for a meeting right around the time she called and happened to be right in our neighborhood. I suggested she stop by the office and I would give her a schedule with some highlighted meetings and also try to connect her with another young woman while she was here. She did just that and a quick stop by the office turned into a lengthy visit with a wonderful young woman that wanted what we have and was willing to go to any lengths to get it. I reached out to a young woman I sponsor who reached out to another young woman and that was the beginning of her visit in the Bellevue area. She called us before she left to say thank you for the friendship, support and recovery she experienced here.

A few days later we received a random call from someone saying they just called to say how much we had helped them in their sobriety and to thank us. That was all.

The number for Alcoholics Anonymous on the greater eastside is the hotline at Eastside Intergroup. We make sure the phones are answered by a live person 24 hours a day. We don't often hear what happens to people that call for help so it's nice when we do hear from them.

Travis S. and I held a 12th Step workshop as well as a Hotline & Phone training on June 23rd. Thank you to those of you that attended.

If anyone is interested in being on the 12th Step call list at Eastside Intergroup, please call us at 425-454-9192. We really need women on the list that are willing to take calls but can also use some more men. It can be a wonderful opportunity to do service work.

**Calling all young recovering alcoholics.** Our Young People Committee Chair is looking for an Alternate Chair person. The Chairperson's role cannot be filled by one person alone. If you contact me at the office I will put you in touch with Josh A. who is our Committee Chair.

The alternate chair will coordinate with the chair and attend ESIG business meetings when the chair is unable to attend. The alt. chairperson of this committee will assist the chair in: receiving and answering questions from young people regarding AA; giving young people someone to talk with who has experience in AA; sharing experience, strength and hope about getting sober at a young age, and assisting other committees to help find young speakers for panels, workshops and 12th Step Calls.

A big thank you to the people that helped with inventory on Saturday June 30th. Virginia M., Mary B., Steve B., Heidie C. and myself. A thorough inventory was done of the Intergroup office from 8:00am until around 4:00pm. Thank you everyone that helped.

Next up is our **PICNIC on July 28th!** We have Kruser as our DJ, BBQ'd burgers & dogs, raffle baskets, fun & fellowship.

Thanks for letting me be of service,  
Nancy O.



# Jan-June 2018 ESIG Group Contributions

GROUP NAME	JAN	FEB	MAR	APR	MAY	JUN	2018 YTD
59 Minutes At Pine Lake			192.00				<b>192.00</b>
60 Minutes in Preston			50.00				<b>50.00</b>
Anchor Group	120.00						<b>120.00</b>
Anonymous						69.00	<b>69.00</b>
Any Lengths Group	179.72				164.02		<b>343.74</b>
Bel-Kirk Saturday Breakfast						250.00	<b>250.00</b>
Bellevue Breakfast	40.00		40.00				<b>80.00</b>
Bellevue Group			300.00				<b>300.00</b>
Beyond Sobriety				100.00			<b>100.00</b>
Big Book Stag	150.00						<b>150.00</b>
Big Book Step Study	73.43			137.16		100.00	<b>310.59</b>
Bill's Kitchen						40.00	<b>40.00</b>
Came to Believe			65.46			64.21	<b>129.67</b>
Clyde Hill Step Study		108.50					<b>108.50</b>
Coal Creek Study Group	35.00						<b>35.00</b>
Come as You Are Part 2	120.00						<b>120.00</b>
District 34 Treatment Committee		220.00					<b>220.00</b>
District 38	125.00						<b>125.00</b>
Downtown Stag	80.00				80.00		<b>160.00</b>
Eastside Beginners	175.00			198.37			<b>373.37</b>
Eastside Open Breakfast						100.00	<b>100.00</b>
Eastside Women		129.19		125.00			<b>254.19</b>
Five & Dime			557.50				<b>557.50</b>
Fresh Start			304.35				<b>304.35</b>
Friday Night Firehouse	450.00				250.00		<b>700.00</b>
Grace Rules	96.11						<b>96.11</b>
Heretics Haven Secular			50.00				<b>50.00</b>
Home Group	33.86						<b>33.86</b>
HOW					75.00		<b>75.00</b>
Juanita Triangle		130.00					<b>130.00</b>
Kenmore Big Book		200.00					<b>200.00</b>
Kenmore Friday Nighters	160.00						<b>160.00</b>
Kirkland Mens						200.00	<b>200.00</b>
Kirkland Sobriety Headquarters					150.00		<b>150.00</b>
Ladies Step Study	51.00		68.00		96.00		<b>215.00</b>
Lifeline		100.00		300.00			<b>400.00</b>
Living Sober	210.24		463.85		349.27	194.35	<b>1,217.71</b>
Maximum Service				167.50			<b>167.50</b>
Monday Mumbler's	109.80						<b>109.80</b>
Moss Bay					650.00		<b>650.00</b>
Nameless Bunch Of Drunks	1,000.00	1,000.00	1,250.00	1,250.00	700.00	1,000.00	<b>6,200.00</b>

# Jan-June 2018 ESIG Group Contributions

GROUP NAME	JAN	FEB	MAR	APR	MAY	JUN	2018 YTD
Newcomers					150.00		150.00
Newport Daytimers				660.00			660.00
The Nooners	216.09	212.76	171.75		371.81	228.02	1,200.43
North Bend Group		20.00				20.00	40.00
OSAT	500.00					700.00	1,200.00
Pocket of Enthusiasm				427.98			427.98
Raging On The River	120.00						120.00
Reflections				40.80			40.80
Sammamish Sober Sisters				130.00			130.00
Serenity Break	678.00	468.00	184.24		1,529.15	457.94	3,317.33
Serenity on Sunday	200.00			242.80			442.80
Sermon on the Mount			100.11				100.11
Seven & Sober	1,000.00	700.00	500.00	1,250.00	1,000.00	1,250.00	5,700.00
Sharing the Legacy	200.00	200.00				200.00	600.00
Snoqualmie Friday Night					100.00		100.00
Sober on the Ridge						247.50	247.50
Sober Seniors			10.00				10.00
Sober Women				93.60			93.60
Sobriety Life Line			349.60				349.60
Southside Breakfast				160.00			160.00
Steppin Up				100.00			100.00
Steps to Freedom	20.00						20.00
Sunlight of the Spirit			150.00				150.00
That 12 & 12 Meeting	80.00					150.00	230.00
Tons of Grace	200.00					200.00	400.00
Totem Lake		50.00				50.00	100.00
Tuesday Night Solutions			150.00			200.00	350.00
Tuesday Night Starters	96.35			73.04			169.39
Wake Up	243.75	314.25	204.00	248.00	176.94	167.39	1,354.33
Woodinville Wed Fellowship						62.56	62.56
Women In Recovery	250.00				261.17		511.17
Women's Saturday Steps			230.51			233.53	464.04
<b>TOTAL</b>							<b>34,249.53</b>

## JUNE 2018 PINK CAN CONTRIBUTIONS

**Kirkland Sobriety Headquarters**  
**Came to Believe**  
**Duvall Sunday Morning**

**Fresh Start**  
**Wake Up**  
**Nooners**



## 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 JUNE FAITHFUL FIVERS!

#### Faithful Fivers:

Barbara M.      Bob C.      Conor O.  
Derek B.      Garret V.  
Jennifer S.      John K.  
Mary B.      Nancy O.  
Sherre P.      Susan M.  
Ulf W.      O.Sheree P  
Virginia M.      Dave 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!

### June Birthday Contributions

**Steve S. 27 Years  
Forward to 164**

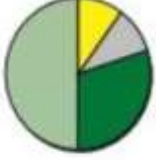
**Tom O. 24 Years  
Nooners**





Office Information	Thank You June Hotline Volunteers!																			
<p>13401 NE Bel-Red Rd., Suite B6 Bellevue, WA 98005</p> <p><b>Phone:</b> 425-454-9192 24-Hours a Day</p> <p><b>Email:</b> esig@eastsideintergroup.com</p> <p><b>Website:</b> www.eastsideintergroup.com</p> <p><b>Office Hours:</b> Monday-Friday 10 am-6 pm</p> <p><b>Office Manager:</b> Nancy O. Email: Nancy@eastsideintergroup.com</p> <p><b>Intergroup Representative Meeting</b></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. Chuck M. Cindy S. Elton B. Erica M. Fred M. Ginny K. Jessica D. Leslie G.</p>	<p>Mark B. Mark J. Matt D. Mike S. Richard J. Sheldon A. Sheree P. Syrianah V. Ted W. Tracy A.</p>	<p>Travis S.</p> <p><b>Hotline Back Ups:</b> Travis S., Sheree P., Bill J., Eric C., Syrianah V., Nancy O.</p> <p><b>Hotline Coordinator:</b> Travis S.</p>																	
<p><b>Newsletter Contributors</b></p> <p><b>Publisher</b>.....Steve B.</p> <p><b>Editor</b>.....Raphaela P.</p> <p><b>Personal Story</b>.....Anonymous</p> <p><b>Office Report</b>.....Nancy O.</p> <p>If you want to write your story for the newsletter, send it to: newsletter@eastsideintergroup.com</p>	<p><b>JUNE OFFICE VOLUNTEERS</b></p> <table border="0"> <tr> <td><b>OFFICE</b></td> <td>Susan H.</td> </tr> <tr> <td>AI F.</td> <td>Ted W.</td> </tr> <tr> <td>Cindy S.</td> <td>Tim Q.</td> </tr> <tr> <td>Jill M.</td> <td>Ulf W.</td> </tr> <tr> <td>Lauren S.</td> <td>Wallene D.</td> </tr> <tr> <td>Leslie G.</td> <td><b>COMPUTERS:</b></td> </tr> <tr> <td>Sharon R.,</td> <td>Travis S., Bob C.</td> </tr> <tr> <td>Steve B. #1</td> <td>John M. ,</td> </tr> <tr> <td>Steve B. #2</td> <td>Steven C.</td> </tr> </table> <p>(Yep! We have 2 Steve B's)</p>		<b>OFFICE</b>	Susan H.	AI F.	Ted W.	Cindy S.	Tim Q.	Jill M.	Ulf W.	Lauren S.	Wallene D.	Leslie G.	<b>COMPUTERS:</b>	Sharon R.,	Travis S., Bob C.	Steve B. #1	John M. ,	Steve B. #2	Steven C.
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**Eastside Intergroup, Districts, General Service Office & Area 72 Information**

<p><b><u>Eastside Intergroup</u></b></p> <p>Eastside Intergroup 13401 NE Bel Red Rd. #B6 Bellevue, WA 98005</p>	<p><b><u>ESIG District Addresses:</u></b></p> <p><b><u>District 34</u></b></p> <p>Bellevue, Redmond, East Lake Sammamish, &amp; Mercer Island PO Box 50081 Bellevue, WA 98015</p>	<p><b><u>District 38</u></b></p> <p>Kirkland P.O. Box 322 Kirkland, WA 98083</p>
<p><b><u>Western Washington Area 72</u></b></p> <p>702 Kentucky St. #535 Bellingham, WA 98225</p>	<p><b><u>District 35</u></b></p> <p>Issaquah P.O. Box 442 Issaquah, WA 98027</p>	<p><b><u>District 39</u></b></p> <p>Bothell, Kenmore, Woodinville P.O. Box 1695 Bothell, WA 98041-1695</p>
<p><b><u>General Service Office (GSO)</u></b></p> <p>P.O. Box 459 Grand Central Station New York, NY 10163</p>	<p><b><u>District 36</u></b></p> <p>Snoqualmie Valley, Duvall, North Bend P.O. Box 1963 North Bend, WA 98045</p>	<div data-bbox="1031 1606 1469 1932"> <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>

# June Intergroup Meeting Attendance

## Thank You!

Aysen R. – Seven & Sober  
Bill D. – The Shack  
Bob C. – Eastside Men's Group / ESIG Board  
Brendan O. – 59 Minutes at Pine Lake  
Brenden W. – Essentials  
Brian W. – Tuesday Night Solutions  
Bruce C. – Breakfast 9:30 Alano Club  
Charisse – Eastside Women  
Charlie C. – ESIG Web Committee  
Cindy S. – ESIG Events Co-Chair / Mercer Island Serenity & Mercer Island Thursday  
Danielle M. – Millenium  
David S. – ESIG Corrections Chair  
Derek B. – ESIG Board Co-Chair  
Maximum Service  
Don S. – Sermon on the Mount  
Garret V. – ESIG Board Chairman  
Jack K. – Puget Sound Young Peoples Council  
John K. – ESIG Board  
Joshua A. – Sobriety Lifeline  
Karen M. – Sammamish Big Book  
Ken T. – Redmond Recovery  
Linda W. – Wake Up  
Margie C. – ESIG Web Committee

Mary B. – ESIG Board / Eastside Beginners  
Michael – Issaquah Big Book  
Michael H. – Nameless Bunch of Drunks  
Nancy O. – ESIG Manager  
Phil K. – District 34 CPC / ESIG CPC Chair  
Ray H. – District 36 Intergroup Rep  
Scott C. – Better Odds Sober  
Sheree P. – ESIG Board / Lifeline  
Sherry L. – Kirkland Sobriety Headquarters  
Steve B. – ESIG Newsletter Editor  
Steve E. – Maximum Service  
Steve P. – North Creek Study  
Todd G. – District 38 Intergroup Rep  
Tom Z. – Saturday Morning Steps & Traditions  
Travis S. – ESIG Hotline Coordinator  
Val F. – Serenity Break  
Virginia M. – ESIG Treasurer  
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 Thursday of each month from 7:30 pm to 8:30 pm. You represent your home group at the monthly meeting and hold a vote for your group. Because Eastside Intergroup covers five Districts and is a central 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.