



PASS IT ON

Eastside Intergroup Newsletter

Issue 46 December 2020

A Story of Redemption

Drew C. and his wife have quite the love story to tell, but it is no Hallmark movie. Instead, it is wrought with hardships that would tear most marriages apart, yet those hardships have led them to a love stronger than any they could ever have imagined.

They met at a restaurant on Lake Union in 1989, got engaged on her 25th birthday, and were married two years later. Drew was moving up in the tech industry, she was running an executive suite leasing firm on Lake Bellevue, and they were regularly partying together with friends or hosting parties at their home. Everything seemed great until five years in, when they had their first daughter. "I took the role very seriously," she said, "so we had this rule that whoever went out the night before had to wake up with the baby the next morning." She hoped it would make Drew drink less, but when he could not, she suspected he might have a problem.

They went on to have another daughter, and Drew continued drinking despite the fact he also had two genetic heart conditions – atrial fibrillation (AFib) and ventricular tachycardia (VT) – the second of which can cause the heartrate to jump unannounced from 60 beats a minute to over 255 in a matter of seconds. Then, in 2001, he got two major wakeup calls. The first was when he was at work. "I had been feeling pressure on my chest, but didn't say anything to my wife," Drew recalls. "Instead, I drove myself to the emergency room and got my heart re-shocked, and that is when it all started." He had already had a pacemaker put in at age 39, but after this episode was told he needed to have a defibrillator put in as well, which he was not happy about. His second wakeup call came when he flipped his truck with his two daughters in it after a night of heavy drinking.

That was it. Drew began a 12-step program, but it took him nine years to really work the program. In 2010, Drew's wife had had enough and was finished; she presented Drew with divorce papers. "I'd threatened it for years, but we had this amazing lifestyle, we had amazing friends and family, and there were no divorces in our family. It broke my heart that it had come to this," she says. Drew panicked at the thought of losing his family, dropped to his knees in tears, and began what has now been 10 plus years of sobriety. They also went through nine months of marital therapy which transformed

Page 1

*A Story of Redemption
by Drew C.*

Page 3

- *Upcoming Sober Events*
- *Meeting Updates*
- *ESIG Web Update Info*

Page 4

*From the Spiral #17
by Matthew T.*

Page 5

ESIG Office Report

Page 6

Information Corner

Page 7

Group Contributions

Page 9

*Office Information
Newsletter/Hotline/Office
Volunteers*

Page 10

*And Finally...
By Kyle E.*

A Story of Redemption

Continued from Pg.1

both themselves and their marriage.

They were happy again, Drew was feeling great, and then in 2016, things went south. Drew had just finished dinner with his girls when he felt this incredible flow of adrenaline and knew he was in VT. About 15 seconds in he prepped himself for the few hundred volts of electricity his defibrillator would deliver to his heart. Over the next six days, he suffered three more heart attacks and ultimately had to retire at age 50. Then, last summer, he was at their home in Chelan when his medication got mixed up and he had three more. As a result, he has flat lined seven times, lost 80% of his heart capacity, and is awaiting a heart transplant at University of Washington Medical Center.

Drew copes by getting out of himself and sponsoring other men in recovery, which he has done for 15 years through his own recovery program. "It has taught me a lot about life and what is and is not in our control," he says. And because it is easier to receive advice from someone who has been through what you have, Drew openly shares his deficiencies with others. "My deficiencies have become my most valuable assets," he says smiling. Every morning Drew sends a text to the 30 plus men he sponsors sharing something he has read, something spiritual, or something in recovery to help them (and himself) stay on track. His wife is extremely proud of the work he has done in helping so many on their journey to recovery and shared a note from one such man she and her daughters received. Here is an excerpt:

"Recently I was able to bring my son and daughter back home. They were in foster care for 3 months after my life fell apart. I attempted suicide after a truly terrible year and am so blessed to have my precious children home. Do you know who drove me to the VA hospital after my failed suicide attempt? Your husband and father. Drew is more than a mentor to me. He is an angel. My hero. The kindnesses Drew has done on my behalf are far too many to list here. He believes in me when I long since stopped. I have my children back because of him. I have hope because of him."

Today, Drew has hope as well. "I'm living on bonus time, so every day is a gift."

"I have the best marriage I know of. I love and adore my wife and my kids get to see it," he says. He has also become more spiritual. Their daughters are thriving and could not be prouder of their dad, as is evident in this excerpt from his older daughter's college essay:

"There are irreplaceable people in one's life, a father figure being one of them. Although my father was once a raging alcoholic, his 12-step program has helped my family regain the man we once knew and has allowed me to see people in a much different way than I ever thought I would. I have learned not to judge people by their looks or circumstances in life, for you may never know the challenges they are living with."

Drew gives the analogy that if his life represents a pebble being thrown into water it creates a ripple effect to those around him. If each of us does our part to be the best we can be it ripples throughout our community and beyond. If you or someone you know is struggling with addiction, please reach out – it's so worth it!



Upcoming Sober Events

Meeting Updates

Publisher's Note: With the volume of changes and cancellations, please visit eastsideaa.org for the latest information on Upcoming Sober Events and Meeting Updates.

- Sunshine Club Monthly AA Meeting - 12/19/2020
- Archives Work Party! - 12/20/2020 Lakewood
- Eastside Intergroup Monthly Committee Meeting - 01/07/2021
- Eastside Intergroup Monthly Business Meeting - 01/07/2021

For a complete list of current information for both online and in-person meetings, please visit eastsideaa.org

To update your meeting information, please email: nancyo@eastsideaa.com



New Eastside Intergroup Web Presence!

Eastside A.A.

Alcoholics Anonymous on the East Side of Lake Washington

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

December 12, 2020

[Area News](#) [Eastside News](#) [Accessibility](#) [CPC](#) [Corrections](#) [Grapevine & Literature](#) [Hotline](#) [PI](#) [Sunshine Club](#) [Treatment](#) [Special Events](#) [Web](#)



Hope in '21 -21% Sale

Published 1d ago - Nancy O.

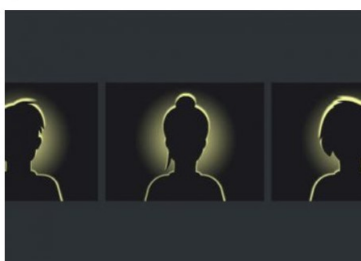
AFTER A LONG YEAR OF THE PANDEMIC, LET'S look to 2021 with hopes of a much better year. Eastside Intergroup is offering 21% off as Hope In '21 for the remainder of the year! Yes, everything in the store is... [MORE »](#)



Sign-Up to Chair Holiday Alcothons

Published 2d ago - Website Committee Chair

DISTRICT 36 IS ORGANIZING VIRTUAL Christmas and New Year's Alcothons. These are round the clock meetings to provide the still suffering alcoholic a safe place to go during, what can be, a tricky few days fo... [MORE »](#)



Now Offering Free Zoom Meetings to Groups and A.A. Events

Published 1w ago - Website Committee Chair

EASTSIDE INTERGROUP IS NOW OFFERING Zoom meetings to groups, workshops, committee meetings, panels, alcothons, etc...! These meetings are capable of supporting up to 300 participants per meeting... [MORE »](#)

Upcoming Meetings

4:00 PM [Freedom From Bondage / Women 12 & 12 Fellowship Hall Woodinville](#)

4:00 PM [Freedom From Bondage / Online Meeting, Women 12 & 12 Fellowship Hall Woodinville](#)

5:30 PM [12 X 12 Meeting / Location Temporarily Closed, Online Meeting 12 & 12 Fellowship Hall Woodinville](#)

5:30 PM [Living Sober / Location Temporarily Closed, Online Meeting Alano Club of the Eastside Bellevue](#)

Events

• [Burien Little Assembly 12/13/2020](#)

• [Sunshine Club Monthly AA Meeting 12/19/2020](#)

• [Archives Work Party! 12/20/2020 Lakewood](#)

• [Eastside Intergroup Monthly Committee Meeting 01/07/2021](#)

• [Eastside Intergroup Monthly Business Meeting 01/07/2021](#)

From the Spiral #17

by Matthew T.

From the Spiral, #17

The following are just a few one-liners from our fellowship to help us stay close to our program in addition to some commentary about the quote.

1. No one in here wants you to fail.

In my experience, there is a lot of distraction, obstacles, and things I don't need in the world outside of meetings. One member reminded me the other night that in the rooms of Alcoholics Anonymous, especially when you're new, that no one in there wants you to fail. We only want to give you what we have been freely given. How many of us can say that we have experienced that love while on the road going to work, or at our job, or when we're watching television? No matter where I am, or how I feel, I can walk through the door of a meeting of Alcoholics Anonymous and feel the acceptance, love, and protection of our fellowship. Our brothers and sisters want to give because they remember that being a taker didn't work out so well as being a giver. No one in here wants to see you fail.

2. We are not a glum lot, but we are glum a lot.

If the music of Alcoholics Anonymous is laughter, then the glum part is the B-Side of a Blues Record. For me, the moment I am glum comes right before I start to laugh hysterically. This is an instant cure to help me find perspective. Sometimes, a meeting will have shares that fall under the category of glum. Where else are you going to share and be honest? What better place is there to be vulnerable? Eventually, someone will top my glum share, add a pearl of wisdom and before I know it, the entire room is bursting with laughter. The great gift of the meetings is that everyone there has learned something and doesn't hide it. Even though I am sober today, I still make mistakes. Before I was sober, I hurt a lot of people including myself. Now I can catch myself or seek guidance from my sponsor before I cause any real harm. Later on when I share my experience with others in a meeting, I hear laughter. I will take that as a measure of success.

3. You don't have to like somebody to love them.

When I first heard this, I was befuddled. Like all great notions, however, once I talked to another alcoholic about its meaning, it made sense. There are people, places, and things that I cannot avoid. Sometimes I'm on a phone call with customer service discussing a bill and I find myself becoming spun up, to put it nicely. I do not love the person or company on the other end of the call. At this point, I can hear my Higher Power tell me to just be kind and considerate. I ask the person on the other end of the phone how his or her day is going. By letting the person on the other end know that I see them as human, this is love. At meetings, I have heard countless stories of our members being asked to step up when no one else in their family can. A friend of mine had to stage an intervention for his sister-in-law, whom he did not like. Because addiction and recovery were involved, he had no choice. He lead with love and the result was rewarding and positive for everyone involved.

I hope this helps, and I'll see you at a meeting.

- Matthew T.

ESIG Office Report December 2020

November Activity

Office Hours

- As we continue to stay within the guidelines of the CDC and our Governor, the store is open Tuesdays and Thursdays from 11 – 4:30. I am however often in the office anyway so feel free to give me a call and if I'm there I'm happy to help. 425-454-9192.
- The office will be closed December 24th & 25th for the Christmas Holiday and will close at 2pm on December 31st and be closed on January 1st for New Year's Eve.

Sale! Hope for '21

- Help us ring in 2021 as a better year! 21% off everything during the month of December!

Holiday Alcahthon!

- Terry H. is organizing an Alcahthon for Christmas and New Years both. Anyone interested in chairing a meeting or helping out on the committee can email Terry at terry@mhre.com
- The Zoom addresses will be posted as soon as we get them so watch our website: www.eastsideaa.org

Volunteers

- We continue to limit the number of volunteers in the office due to COVID-19 however, we'd like to thank Mark J for taking literature to Milam for us and Doug H for his great photography. Thank you also to the following people for helping in the office during November: Jan W, David B, Po F, Patrick and Lezli G. Tammy and Patrick both helped with phones. Thank you all!

Hotline Training

- Our Hotline Coordinator Tom Z. held his first hotline training in November, and he did a great job. Thank you for being of service Tom!
- We hold training quarterly unless we have people interested at other times so our next one will be in March – watch the website for information

Welcome

- Janet S. has joined us at Eastside Intergroup as the office assistant and replaces Kimmie. Janet's homegroup is the 12 & 12 Fellowship Hall and she's been sober a long time so you may already know her but if not, stop by and say hello.

Farewell

- I would like to wish Kimmie many blessings as she relocates back to her hometown in Canada to be near her family. Kimmie will be missed by many including all of us at ESIG.

Happy Holidays!

Nancy O. ESIG Office Manager



Information Corner

Step 12

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

“Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill.

“Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends – this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.”

-Pg 89, Alcoholics Anonymous

“The joy of living is the theme of A.A.'s Twelfth Step, and action is its key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety. When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it.”

- Pg 106, Twelve Steps and Twelve Traditions

Tradition 12

“Anonymity is the spiritual foundation of all our Traditions, ever reminding us to put principles before personalities.”

“The spiritual substance of anonymity is sacrifice. Because A.A.'s Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realize that the sacrificial spirit – well symbolized by anonymity – is the foundation of them all. It is A.A.'s proved willingness to make these sacrifices that gives people their high confidence in our future.”

“As this tide offering top public approval swept in, we realized that it could do us incalculable good or great harm. Everything would depend upon how it was channeled. We simply couldn't afford to take the chance of letting self-appointed members present themselves as messiahs representing A.A. before the whole public. The promoter instinct in us might be our undoing. If even one publicly got drunk, or was lured into using A.A.'s name for his own purposes, the damage might be irreparable. At this altitude (press, radio, films, and television), anonymity – 100 percent anonymity – was the only possible answer. Here, principles would have to come before personalities, without exception. These experiences taught us that anonymity is real humility at work. It is an all-pervading spiritual quality which today keynotes A.A. life everywhere. Moved by the spirit of anonymity, we try to give up our natural desires for personal distinction as A.A. members both among fellow alcoholics and before the general public. As we lay aside these very human aspirations, we believe that each of us takes part in the weaving of a protective mantle which covers our whole Society and under which we may grow and work in unity. We are sure that humility, expressed by anonymity, is the greatest safeguard that Alcoholics Anonymous can ever have.”

- Pg 184, 187, Twelve Steps and Twelve Traditions

ESIG Group Contributions January-November 2020

	Jan 20	Feb 20	Mar 20	Apr 20	May 20	Jun 20	Jul 20	Aug 20	Sep 20	Oct 20	Nov 20	TOTAL
Nameless Bunch Of Drunks	1,000.00	2,000.00	0.00	3,000.00	1,000.00	1,500.00	1,500.00	1,500.00	1,500.00	1,500.00	3,000.00	17,500.00
Seven & Sober	1,000.00	2,000.00	0.00	1,000.00	1,000.00	1,000.00	1,250.00	750.00	1,000.00	1,250.00	1,250.00	11,500.00
Anonymous	0.00	25.00	1,560.00	985.15	545.00	393.00	408.95	518.00	815.00	1,117.00	1,385.58	7,752.88
Counter Sales	567.79	0.00	0.00	0.00	208.81	229.59	110.00	200.00	8.60	1,980.00	4.28	3,308.87
Serenity Break	0.00	2,343.47	0.00	75.00	0.00	0.00	0.00	0.00	0.00	0.00	775.38	3,193.83
Living Sober	247.31	289.45	298.50	500.00	0.00	0.00	287.59	533.09	0.00	502.46	0.00	2,658.40
Nooners	0.00	0.00	0.00	0.00	0.00	0.00	0.00	2,074.75	0.00	0.00	0.00	2,074.75
Sober Camels	0.00	1,500.00	0.00	0.00	0.00	250.00	0.00	0.00	0.00	0.00	0.00	1,750.00
Higher Powered at Gold Creek	0.00	1,154.57	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	248.00	1,400.57
Nameless Bunch of Drunks International	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	333.14	382.72	575.55	1,291.41
District 35	500.00	0.00	0.00	500.00	0.00	0.00	0.00	0.00	0.00	0.00	250.00	1,250.00
Women's Saturday Steps	224.00	0.00	0.00	286.00	0.00	271.89	0.00	0.00	0.00	349.00	0.00	1,110.89
Eastside Beginners	312.50	0.00	0.00	464.50	0.00	0.00	83.50	0.00	0.00	165.00	0.00	1,055.50
Kenmore Big Book	700.00	0.00	0.00	0.00	0.00	308.00	0.00	0.00	0.00	0.00	0.00	1,008.00
Friday Night Firehouse	518.50	0.00	0.00	0.00	0.00	280.00	0.00	225.00	0.00	0.00	0.00	1,001.50
Women In Recovery	0.00	190.48	0.00	0.00	242.08	0.00	0.00	267.32	0.00	0.00	178.98	878.88
Frontstream	0.00	210.00	0.00	0.00	0.00	0.00	609.00	0.00	0.00	0.00	0.00	819.00
District 34	773.52	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	773.52
Benevity Fund Donation	0.00	60.00	60.00	60.00	0.00	0.00	60.00	60.00	40.00	0.00	420.00	760.00
Bellevue Sunrise Group	124.73	0.00	0.00	154.87	150.00	0.00	0.00	0.00	0.00	258.53	0.00	687.93
Bellevue New Group	0.00	0.00	0.00	0.00	0.00	0.00	0.00	300.00	0.00	350.00	0.00	650.00
Bel East Lunch	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	640.00	0.00	640.00
Any Lengths Group	148.05	0.00	0.00	0.00	133.23	0.00	84.02	132.00	0.00	142.22	0.00	619.52
OSAT	0.00	0.00	600.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	600.00
Sharing the Legacy	0.00	0.00	300.00	0.00	25.00	0.00	232.00	25.00	0.00	0.00	0.00	582.00
Eastside Women	67.00	0.00	0.00	75.00	0.00	100.00	0.00	100.00	0.00	200.00	0.00	542.00
Moss Bay	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	500.00	0.00	0.00	500.00
Bellevue Men's Meeting	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	450.00	450.00
Women's Saturday Share	0.00	0.00	300.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	140.00	440.00
Fresh Start	439.38	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	439.38
Duvall Sunday Morning	0.00	234.00	0.00	0.00	0.00	0.00	0.00	0.00	195.00	0.00	0.00	429.00
Tons of Grace	0.00	0.00	200.00	0.00	0.00	0.00	0.00	0.00	200.00	0.00	0.00	400.00
Newport Daytimers	0.00	384.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	384.00
Sammamish By The Book	0.00	0.00	255.94	0.00	0.00	121.00	0.00	0.00	0.00	0.00	0.00	376.94
Sammamish Plateau WomenS Step Study	0.00	0.00	0.00	0.00	0.00	0.00	178.50	0.00	0.00	0.00	175.00	351.50
Happy Destinies	0.00	0.00	0.00	350.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	350.00
Tuesday Night Solutions	0.00	200.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	150.00	0.00	350.00
NBD International	0.00	0.00	0.00	0.00	0.00	0.00	0.00	350.00	0.00	0.00	0.00	350.00
Eastside Stag	0.00	0.00	0.00	0.00	0.00	350.00	0.00	0.00	0.00	0.00	0.00	350.00
Live & Let Live	0.00	338.88	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	338.88
Sunrise	0.00	0.00	0.00	0.00	25.00	0.00	295.65	10.00	0.00	0.00	0.00	330.65
Gay Men In Recovery	180.00	0.00	0.00	0.00	0.00	90.00	0.00	80.00	0.00	0.00	0.00	330.00
Wake Up	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	190.11	115.65	0.00	305.76
A Womans Way	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	297.21	297.21
Eastside Men's Group	0.00	0.00	0.00	0.00	0.00	0.00	0.00	50.00	243.50	0.00	0.00	293.50
Women's Big Book Study	0.00	78.00	0.00	0.00	0.00	0.00	30.85	0.00	0.00	0.00	164.70	273.55
Sammamish Big Book Study	0.00	0.00	0.00	0.00	0.00	107.50	0.00	0.00	162.00	0.00	0.00	269.50
Anchor Group	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	258.00	258.00
Sober At Cottage Lake	250.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	250.00
Redmond Recovery	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	250.00	0.00	0.00	250.00
Sober Camel Toes	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	150.00	0.00	0.00	250.00
Joy Of Living	0.00	250.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	250.00
The Overlake Group	0.00	200.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	50.00	250.00
Right Side of the Tracks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	250.00	250.00
Recovery Through Honesty	0.00	0.00	0.00	0.00	0.00	0.00	247.00	0.00	0.00	0.00	0.00	247.00
Ladies Step Study	91.20	0.00	0.00	0.00	0.00	0.00	0.00	0.00	105.50	0.00	34.00	230.70
Grace Rules	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	227.48	0.00	227.48
Tiger Mountain Stag	0.00	0.00	0.00	0.00	225.00	0.00	0.00	0.00	0.00	0.00	0.00	225.00
Kirkland Sobriety Headquarters	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	200.00
Sober Sisters East	0.00	0.00	0.00	0.00	0.00	0.00	200.00	0.00	0.00	0.00	0.00	200.00
Women of Worth	200.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	200.00
AM Reflections	200.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	200.00

Continued on next page

ESIG Group Contributions January-October 2020



Came To Believe (Carnation)	0.00	0.00	0.00	0.00	158.06	0.00	0.00	32.50	0.00	0.00	0.00	190.56
Big Book Step Study	111.03	0.00	0.00	0.00	0.00	0.00	50.00	0.00	0.00	0.00	0.00	161.03
Sober Seniors	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	130.21	0.00	20.00	150.21
Pine Lake Stag	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	150.00	0.00	0.00	150.00
Enough is Enough	0.00	0.00	0.00	0.00	0.00	150.00	0.00	0.00	0.00	0.00	0.00	150.00
SOS	0.00	0.00	150.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	150.00
Maximum Service	0.00	0.00	0.00	0.00	0.00	141.28	0.00	0.00	0.00	0.00	0.00	141.28
Tuesday Nite Starters	0.00	125.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	125.00
Sunday Big Book Study	0.00	125.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	125.00
Sermon on the Mount	0.00	0.00	0.00	0.00	115.00	0.00	0.00	0.00	0.00	0.00	0.00	115.00
A Vision for You	102.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	102.00
Stepping into Recovery	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00	100.00
Serenity on Sunday	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00	0.00	100.00
Southside Breakfast	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00
Sober on the Ridge	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00	0.00	100.00
Anonymous	0.00	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00
Main Street Saturday Night	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00
Reflections	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00
Up The Creek	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	0.00	0.00	0.00	100.00
Kindred Spirits	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00
Sober On Sunday	0.00	0.00	0.00	0.00	0.00	0.00	90.00	0.00	0.00	0.00	0.00	90.00
Mercer Island Thursday Night	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	79.00	0.00	0.00	79.00
Clyde Hill Step Study	0.00	75.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	75.00
District 42	0.00	75.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	75.00
Stillwater Serenity	0.00	0.00	0.00	0.00	21.00	0.00	0.00	0.00	0.00	50.00	0.00	71.00
Raging On The River	40.00	0.00	0.00	0.00	0.00	0.00	25.00	0.00	0.00	0.00	0.00	65.00
Anonymous	0.00	60.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	60.00
Woodinville Wed. Fellowship	55.18	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	55.18
Anonymous	0.00	0.00	0.00	50.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	50.00
Issaquah Breakfast Club	25.00	0.00	25.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	50.00
Lifeline	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	50.00	0.00	50.00
Anonymous	0.00	0.00	0.00	50.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	50.00
Sisters in Solution Iss	0.00	0.00	0.00	0.00	0.00	0.00	43.55	0.00	0.00	0.00	0.00	43.55
Bothell Women STP	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	12.00	19.00	0.00	31.00
Bills Kitchen	0.00	0.00	30.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	30.00
STP (Steps, Traditions & Principles)	0.00	0.00	0.00	0.00	0.00	0.00	20.00	0.00	0.00	0.00	0.00	20.00
Regla 62 Group	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	20.00	0.00	20.00
Issaquah Tuesday Night Group	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	18.44	0.00	18.44
Came to Believe	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	17.25	17.25
New Hope Group	0.00	0.00	0.00	0.00	0.00	0.00	10.00	0.00	0.00	0.00	0.00	10.00
Faithful Fivers	0.00	0.00	0.00	0.00	0.00	0.00	5.00	0.00	0.00	0.00	0.00	5.00
Total	<u>8,275.19</u>	<u>12,017.85</u>	<u>3,879.44</u>	<u>7,560.32</u>	<u>3,847.98</u>	<u>5,272.26</u>	<u>5,798.61</u>	<u>7,587.66</u>	<u>6,162.06</u>	<u>9,487.50</u>	<u>10,039.91</u>	<u>79,928.78</u>

Don't Panic if you don't see your group contribution.



During the pandemic a good portion of our contributions have been coming in via Venmo and PayPal. Quite often the donation is in the name of an individual so we list it as anonymous if we don't have a group name to associate with it. This is why Anonymous Donations are so high on here.

If you know your group contributed, please call Nancy 425-454-9192 with the date and amount and she will be happy to move the contribution from anonymous to the appropriate group.

Thank you all for your support!

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@eastsideaa.org Website: eastsideaa.org</p> <p>Office Hours: Re-Open! Tues & Thurs 11AM-5:30PM Fri 2-5:30PM</p> <p>Office Manager: Nancy O. Email: NancyO@eastsideaa.org Office Assistant: Janet S. Email: JanetS@eastsideaa.org Intergroup Representative Meeting First Thursday of each month 7:30 pm-8:30 pm via Zoom</p> <p>https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnlLSVFKQT09 All members welcome!</p>	<p>Aaron T. Anne W. Carmen A. Chuck M. Cindy S. Elton B. Eric C. Genny B. Ginny K. Guy O.</p>	<p>Jessica C. Jim M. Jody K. Leslie G. Mark J. Paul J. Richard J. Sheldon A. Sheree P. Tammy K.</p>	<p>Tom Z. Tracy A. Travis S.</p>  <p>425-454-9192</p> <div data-bbox="1096 382 1513 598" style="border: 1px solid black; padding: 5px;"> <p>Hotline Back-Ups</p> <p>Tom Z. Cindy S. Jessica C. Travis S. Sheree P. Nancy O.</p> <p>Hotline Coordinator: Tom Z.</p> </div>
	<p><u>Newsletter Contributors</u></p> <p>Publisher/Editor.....Kyle E. Lead Story.....Drew C. From the Spiral...Matthew T. Office Report.....Nancy O.</p> <p>Interested in seeing your experience, strength, and hope in the newsletter? Send your story to us!</p> <p>newsletter@eastsideaa.org</p>		<p>Nov Office Volunteers</p> <p>David B. Jan W. Ed H. Bill W. Lezli G. Wallene D. Tim Q. Shawn M.</p> <p>Pink Can Donations</p> <p>Seven & Sober</p> <p>Bellevue Sunrise Group</p> 

Eastside Intergroup, Districts, General Service Office & Area 72 Information	Publication Information
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<p><u>Eastside Intergroup</u> 13401 NE Bel Red Rd. #B6 Bellevue, WA, 98005</p> <p><u>Western Washington Area 72</u> 1225 East Sunset Drive Suite 145-745 Bellingham, WA, 98226</p> <p><u>General Service Office (GSO)</u> P.O. Box 459 Grand Central Station New York, NY, 10163</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> <div data-bbox="581 1690 966 1974" style="border: 1px solid black; padding: 5px;"> <p>Sample of Group Contributions to A.A. Service Entities</p>  <p>10% to District 10% to Area 72 30% to G.S.O 50% to Intergroup</p> </div>	<p>The <i>Personal Stories</i>, <i>From the Spiral</i>, and <i>And Finally...</i> sections in <i>Pass It On</i> are the recovery experiences of the individual contributor. They are neither conference approved nor endorsed by the General Service Office of Alcoholics Anonymous</p> <div data-bbox="1052 1480 1469 1921" style="border: 1px solid black; padding: 10px; text-align: center;">  </div>
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And Finally...

... from the Publisher

“The holiday season is in full swing”

Countless times I have heard that phrase, and I suppose it could be said again this year, though with quite a bit less enthusiasm. Restaurants are closed. We are not traveling to see family. The elephant in the room of the illness sweeping the world can create a pall on just about every aspect of my life these days. It is an easy habit for me to fall into.

Now, more than ever in my sobriety, I am having to apply the principles of AA and recovery to my life, and part of that is to not focus on the negative. Page 419 in the 4th Edition of Alcoholics Anonymous reminds me, “When I focus on what’s good today, I have a good day. When I focus on what’s bad, I have a bad day. If I focus on the problem, the problem increases. If I focus on the answer, the answer increases.” For some reason this simple philosophy evades me when I feel I have the answer or need to step in with my opinion. Instead of lamenting the lack and risk of in-person meetings, I can attend many more virtual meetings, and turn my affection to those closest to me. These days I reach out to more people in recovery than ever, and am immersed in more service work to keep me helping the suffering person in or outside of AA. This keeps me focused on the solution, instead of miring my mind in the bog of negativity.

In the coming issues starting this month, I will be sharing personal photos in the newsletter for a bit of a view of the world through my eyes. If you would like to submit photos, drawings, poems, or other art to include in the newsletter, please send them to newsletter@eastsideaa.org. Remember that there should be no personally identifiable information in the contribution.

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

- Kyle E.

