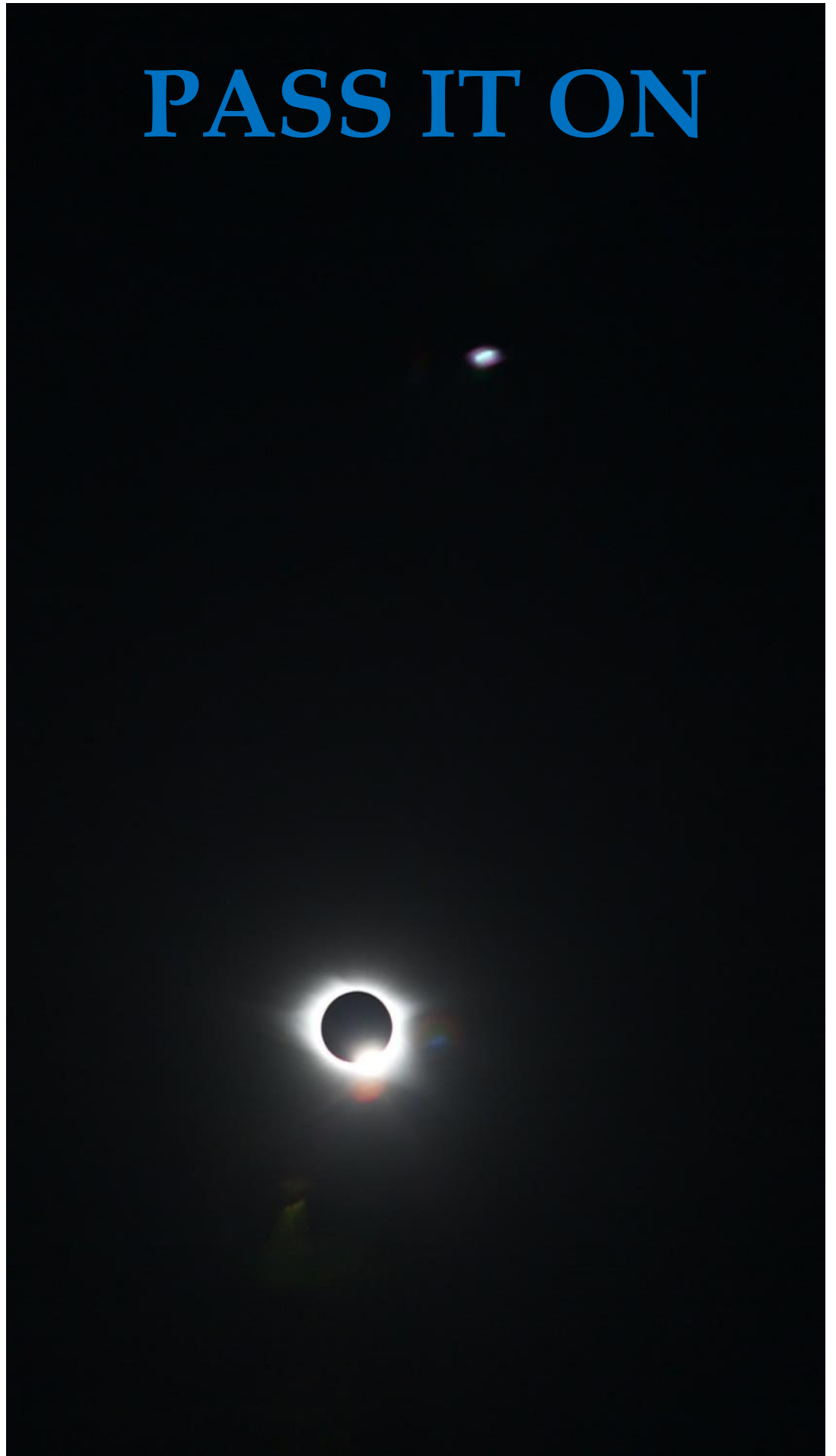




**PASS IT ON**

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# PASS IT ON

## Eastside Intergroup Newsletter

### Issue 47 January 2021

**Page 2**

*Getting sober is simple*

*Staying sober is not*

*by JP W.*

**Page 4**

- *Upcoming Sober Events*
- *Meeting Updates*

**Page 5**

*From the Spiral #18*

*by Matthew T.*

**Page 6**

*Kelli's Korner*

*by Kelli K.*

**Page 7**

*Literature Library*

**Page 8**

*Office Report*

**Page 9**

*Group Contributions*

**Page 11**

*Office Information*

*Newsletter/Hotline/Office*

*Volunteers*

**Page 12**

*And Finally...*

*by Kyle E.*

### Getting sober is simple

Staying sober is not

On the last day of 2020 my brother Glenn died in an Airbnb in Bogotá, Columbia. From the police report, he was found with a "syringe with a substance that apparently he injected himself." Glenn got sober in his 20s and lived a fruitful productive life for over 20 years in recovery before this accident. Glenn was generous, compassionate, and loved. He still is. Glenn is me and he is all of us. Getting sober is simple, staying sober is not.

This is my story.

The first time I threw away all my alcohol was August 1996. I remember this date because that was when I exchanged wedding vows with my wife. The honeymoon did not go as planned and upon my return I vowed to never drink again. For a few days I hung in there. But after a while my brain began to play tricks on me and told me that maybe I can have just one. As I have learned from my sponsor, it's not the caboose that kills you, but it's the engine. That one drink is the challenge for me because it would always just start with 1, and then 2, and then more. But from 1996 to 2012, I threw away my liquor at least 10 times. You see, it's easy to stop this way. It is just hard to stay stopped.

One time was New Year's Day in 2008. I woke up not entirely sure what had happened the night prior and my wife began to tell me about all the things I had done. I was quite embarrassed and a little horrified about the night's events and I really vowed and was successful at not taking a drink for all of 2009.

But here is the deal – I knew I had a problem, however I *thought* it was drinking. *It turns out that drinking was the solution to my problem, and that my problems were my thinking.* I know that now, but I did not know that then. When I stopped drinking, this caused my thinking problem to become exacerbated and at the time I did not have a solution for that. I remember getting angry and being very uncomfortable in my skin. When a doctor prescribed opiates for my sore back, I felt that ease and comfort come over me just like when I was drinking, and I immediately found a new solution for my problem. I found a couple of doctors who would prescribe what I wanted and Bartells became my drug dealer. After I got sober, I called the insurance company and asked them to send me a list of every pill I had ever been prescribed, and they sent me a massive set of documents. I transcribed them into excel and ran a pivot table on the results. In 2009 I took 2,000 pills. In 2010 it was 4,000. In 2011 I took 6,000 and in 2012 I took 8,000. Around half were Opiates and the remainder were muscle relaxants and sleeping pills. In my last 12 months I consumed 3,700 hydromorphone pills. I detoxed and tried to quit every month. It was not fun. I was numb and very cold – physically, mentally, emotionally and spiritually. "How dark it is before the dawn!"

But something happened that would change the course of my life forever. In late June, one Friday morning I was at home preparing the family for the day's events. I had a hectic day coming. I was getting ready for a big presentation for work. I had just made a coffee for my wife and was making pancakes for my daughters who were then 10 and 12. I had an overdose right there in the kitchen, in front of the family. I had only taken 5 pills and had previously taken this same dose just before another big presentation to an audience of over 10,000 people on a stage in Israel. At that time, it only made me a little warm and I stuttered only a little bit during the presentation, but no overdose. The next thing I knew

## Getting sober is simple Staying sober is not

Continued from Pg.1

I was in the Emergency Room where they saw through my b.s. and told me I may want treatment for alcoholism. Later, my wife said, "you have to do something." While she did not really know the extent of the problem because I had hidden my drug use from her, she knew I was not acting normal.

And I had this thought – She is right. I had a sheet they had given me in the ER with a list of inpatient facilities and I called one that was close – Lakeside Milam. They did not have a bed right away but eventually I got in. On June 25, 2012 my wife drove me to treatment, and I have not had any mind-altering substance since. That night I slept on plastic sheets and sweat buckets of toxic sweat through the whole bed. The sweats proceeded for all 28 days I stayed there, but exercise helped (I had learned this when I was trying to get clean in the years prior).

At Milam I learned about a 12-step recovery program and they took us to meetings. I could not believe how amazing these meetings were. People were sharing about how they had found a solution not only to the drink problem, but also just for life in general. These people had seemed to solve their drinking problem by focusing on the thinking problem. They were speaking about how to be a better husband, worker, dad, and friend. At that time, I had also been experiencing challenges in these departments, and I appreciated the openness and honesty that these individuals shared with, and that the meetings were so incredibly respectful. I began to quickly notice that I always felt better after a meeting than when it started, and I am a little Pavlovian in this regard.

While I was in the 28-day treatment facility I made the decision to tell my wife all about my drug use, and how long it had been going on for. I thought I would come clean to just clear the air as I had done in the past. After she heard stories about the

I moved into a home with 9 other men, and what I thought would be the worst event of my life turned out to be one of a series of amazing opportunities that just landed in front of me.

relapse rates for opiate users and did a little research, she did 2 decisive things: Changed the locks on our home and asked that I move into sober living. She was terrified that we would lose all our life savings and that our life would just continue to get worse.

In addition to sober living, my counsellor at Milam (Missy Z) asked that I attend 90 meetings in 90 days, get a homegroup and do service there, get a sponsor, read the book with that sponsor and do all the steps in order with that sponsor. I really thought she was crazy. But I did every one of these things and could not be more grateful for her, my kind sponsor Jim G, and all the folks who had done this before me and showed me the way to begin to live a happy and healthy life.

The first year is a wild ride and one that I am not sure I would want to do again. I became a regular at a 7:00 am daily meeting and attended nightly meetings as well. A favorite was on top of Tiger Mountain on Sunday morning, where you hike in, meet with up to 80 other folks, and hike out. Bring a change of clothes if you go because it's cold up there. A group of us held a big book study on Thursday nights and on Monday, Wednesday, and Saturday we met for coffee and meals and talked about how to be better husbands, friends, fathers, and workers. This was turning out to be the usual crew – my new friends. It turns out that the opposite of addiction is connection, and this group was teaching me how to connect. Most importantly, on Wednesdays at 5:30 pm I would meet with my sponsor, Jim G, at his house and he would read the book to me and we walked through the steps there. After about a year I moved back into our home with my family, and we began to rebuild our life together.

And here is the kicker – what I have come to discover is that it is not really a plateau that you get on. Before I got sober, I always wanted to reach a specific plateau and then I was always disappointed when I reached it. I always wanted more. The difference now is that I recognize that it is not a plateau but continued growth I am seeking. The best analogy I have heard is that of an escalator – I need to keep walking at a faster rate than the escalator and if I do, I will continue to grow like I have been experiencing. It is through working the steps of AA with my sponsor and continuing to do so daily, my life has simply gotten much better and continues to do so. Instead of that plateau I had been seeking, it seems to be a lifelong process.

I love it.

If you have questions, please reach out via [newsletter@eastsideaa.org](mailto:newsletter@eastsideaa.org)

- JP W

## Upcoming Sober Events

**January 18-20:** Sobriety Under the Sun (Puerto Vallarta), Westin Hotel and Spa

**January 19th:** Western Washington Area 72—Hosted by District 4, Salem Lutheran Church 2529 N Laventure Rd. Mt Vernon, WA 98273—9:00AM Quarterly business 10:00AM-3PM —Lunch provided

**January 19:** Show Us Your Talent. 7:00 pm - 11:00 pm, Greater Seattle Intergroup, 5507 6th Ave S, Seattle, WA, 98108

**January 26:** Grapevine Writing Workshop@ 10:00 am - 2:00 pm, Eastside Intergroup Office, 13401 Bel-Red Rd. Suite B6, Bellevue, WA 98005

**January 26:** Kirkland Mid Week Mens AFG Gratitude Potluck Dinner 6:00 pm. Food provided—AA & ALANON Speakers

**January 26:** Life Music @ Hope Hall , 7pm—10. 8305 Meadowbrook Way SE, Snoqualmie, 98065

**February 7-10:** 55th International Women's Conference "Language of the Heart Will Be Spoken Here." The Westin Bonaventure Hotel & Suites, Los Angeles CA

**February 23:** Treasurer Workshop—10am-12—Understanding the 7th Tradition. Not just for treasurers—Understanding our spiritual financial foundation. Kirkland Congregational Church—106 5th Ave. Kirkland WA 98033

These event flyers can be found on our website

[www.eastsideaa.org](http://www.eastsideaa.org)



## Meeting Updates

### NEW MEETINGS!

#### Sunrise

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

#### 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

#### Sobriety 101

Saturdays 7:00pm-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

*For a complete list of current information for both online and in-person meetings, please visit [eastsideaa.org](http://eastsideaa.org)*

*To update your meeting information, please email:  
[nancyo@eastsideaa.com](mailto:nancyo@eastsideaa.com)*

# From the Spiral #18 *by Matthew T.*

*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. There's my way, and there's God's way.*

Lately, I have noticed that when my fear crops up, I try to take over and do things my way because I'm scared to fail, or that I'll look like a fool. The program has taught me to strive to remain teachable. If I am teachable, I am humble. Part of what helps me stay teachable is that I am blessed with a natural curiosity when it comes to something I want. People at meetings mention the idea of getting right-sized. For me, life has a way of keeping me busy, and I forget what I'm doing. Before I know it, I'm no longer turning what I think is mine over to my higher power. The time I invested in going through the steps with my sponsor gave me the tools to recognize when I am off balance or losing control early on. I don't react the way I used to, and I no longer end up so deep in trouble that I have caused irreparable damage. Together with my sponsor and close friends in the program, I can remain mindful, aware, and useful to others.

## *2. This is the only disease I know of that convinces you that you don't have a problem.*

Watching someone suffer from alcoholism makes me feel hurt and powerless. It's difficult sometimes for me to be on the other side of alcoholism because I immersed myself into Alcoholics Anonymous. When I see someone I care about who has yet to surrender, I get stuck thinking that because I was able to get sober and recover, then how come my friend can't do the same? My sponsor reminds me that I am not in control of other people. I can pray for others, but in the end, it's not up to me what someone else decides to do about their disease. My Higher Power needs to me to be of service to others and to practice the principles in all of my affairs. The list of what is in my control is thankfully small and manageable.

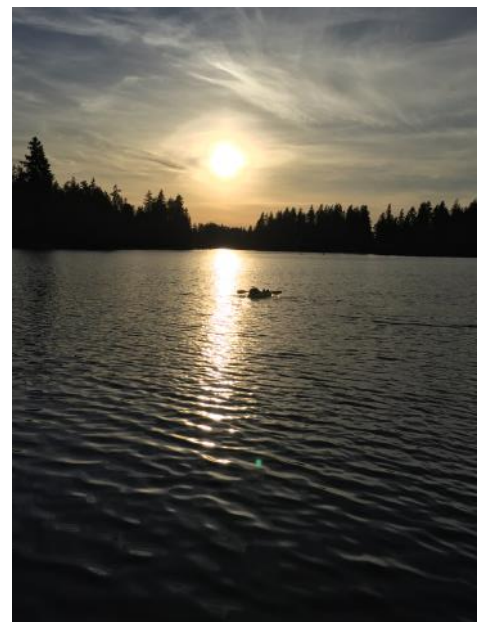
## *3. There's no such thing as calling me too many times.*

My phone sometimes feels heavier than usual. I still have my first thought try to convince me to put down the phone because calling is not necessary or that I will be a bother. In my experience, once I hear the voice of another alcoholic on the phone, I instantly start to feel better. If I'm not careful, I can become very lonely in the world. Not everyone I encounter has what we have. Only those who have what I have truly GET IT. When I go too long without talking to another alcoholic, my loneliness weighs me down and my thinking starts to head in the wrong direction. Every now and then, I need to remind myself to "do it anyway" as I was taught. Just call anyone I know in the program and ask how they're doing. Like I said, as soon as I hear the voice on the other line, I instantly start to feel better.

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

Happy New Year!

-Matthew T.



## Kelli's Korner

New Contributor

My name is Kelli and I'm an alcoholic. Writing has helped me immensely throughout my recovery. In the first few months of sobriety, when something was bothering me, my sponsor would always ask if I'd done any journaling about it. I must admit, I didn't get it at the time. I didn't understand how putting my thoughts down on paper could change anything or help me navigate what was weighing on me. Now, a couple of years later, writing is one of the most important exercises I do for myself. It's a way to untangle the thoughts in my head and make sense of them. On the flip side, reading the thoughts and stories of other alcoholics helps me connect to the fellowship and prevents a feeling of isolation. I hope that reading my words can do the same for you.

AA is a program of action. As we begin a new year, I've been contemplating the word action a lot. There are days when I let myself down by missing a meeting, not reaching out to another alcoholic and not praying or meditating. I have a tendency to keep myself apart from people and things rather than being a part of them. This was both a cause and an effect of my drinking. Like a lot of us, when I was young, I felt "apart from" so I drank to drown out the discomfort. When my addiction advanced in later years, I wanted to be left alone to drink. I wanted to be "apart from" because there, in that place, nobody was telling me what to do. They weren't telling me that I should cut back, slow down or stop all together. The "apart from" was what I craved so I could be left alone.

Thankfully, my life today is very different. I'm not perfect at always doing what I need to do to plug into the program. I tend to fall back on my old ways of disconnecting and escaping into my own world. Often I wander around the dark woods of my mind instead of running to the shelter of the program and the people in it. I find when I do not engage in my recovery, my mental and spiritual fitness suffers. This makes it impossible to be of service to others which is a cornerstone of our life in AA.

When I do practice the simple actions of our program like not drinking, going to meetings and helping another alcoholic, without fail I feel more at peace. The concept of feeling at home in my life had always evaded me until I found AA and I know that if I want to continue to feel at home in my life, I need to take action everyday to stay connected.

Our program is simple but not easy. The simplicity lies in clear, actionable "steps" that we take everyday to keep ourselves on the path to happy destiny. Don't drink. Go to meetings. Reach out to another alcoholic. Be of service.

A new year brings about thoughts of new beginnings, calibrations and improvements we intend to make in the months ahead. I wish you all a happy 2021. May it be a year of recovery, service and action!

- Kelli K.



# Literature Library

## Step 1

*“We admitted we were powerless over alcohol—that our lives had become unmanageable.”*

“Who cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of providence can remove it from us.

“No other kind of bankruptcy is like this one. Alcohol, now become the rapacious creditor, bleeds us of all self-sufficiency and all will to resist its demands. Once this stark-fact is accepted, our bankruptcy as going human concerns is complete.

“But upon entering A.A. we soon take quite another view of this absolute humiliation. We perceive that only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.

“We know that little good can come to any alcoholic who joins A.A. unless he has first accepted his devastating weakness and all its consequences. Until he so humbles himself, his sobriety—if any—will be precarious. Of real happiness he will find none at all. Proved beyond doubt by an immense experience, this is one of the facts of A.A. life. The principle that we shall find no enduring strength until we first admit complete defeat is the main taproot from which our whole Society has sprung and flowered.”

*-Twelve Steps and Twelve Traditions, Pg 21-22*

## Tradition 1

*““Our common welfare should come first; personal recovery depends upon A.A. unity.”*

To many minds all this liberty for the individual spells sheer anarchy. Every newcomer, every friend who looks at A.A. for the first time is greatly puzzled. They see liberty verging on license, yet they recognize at once that A.A. has an irresistible strength of purpose and action. “How,” they ask, “can such a crowd of anarchists function at all? How can they possibly place their common welfare first? What in Heaven's name holds them together?

Those who look closely soon have the key to this strange paradox. The A.A. member has to conform to the principles of recovery. His life actually depends upon obedience to spiritual principles. If he deviates too far, the penalty is sure and swift; he sickens and dies. At first he goes along because he must, but later he discovers a way of life he really wants to live. Moreover, he finds he cannot keep this priceless gift unless he gives it away. Neither he nor anybody else can survive unless he carries the A.A. message. The moment this Twelfth Step work forms a group, another discovery is made—that most individuals cannot recover unless there is a group. Realization dawns that he is but a small part of a great whole; that no personal sacrifice is too great for preservation of the Fellowship. He learns that the clamor of desires and ambitions within him must be silenced whenever these could damage the group. It becomes plain that the group must survive or the individual will not.

So at the outset, how best to live and work together as groups became the prime question. In the world about us we saw personalities destroying whole peoples. The struggle for wealth, power, and prestige was tearing humanity apart as never before. If strong people were stalemated in the search for peace and harmony, what was to become of our erratic band of alcoholics? As we had once struggled and prayed for individual recovery, just so earnestly did we commence to quest for the principles through which A.A. itself might survive. On anvils of experience, the structure of our Society was hammered out.

*-Twelve Steps and Twelve Traditions, Pg 129-131*

# ESIG OFFICE REPORT JANUARY 2021

## December Office Report

- As we continue to stay within the guidelines of the CDC and our Governor, we continue to require masks, a temperature, sign in for tracing and only 2 people at a time.
- The store is always open Tuesdays and Thursdays from 11 – 4:30 and Fridays 2-5:30. We are however in the office and available at other times so feel free to call ahead 425-454-9192.
- Our *Hope in '21 - 21% off* sale was a success. Thank you everyone that came in during December. We met a lot of you that we didn't yet know.

## Thank You

- The financial support we received in 2020 from our groups and members has made it possible for us to maintain our office through the pandemic. Your generosity and support has been greatly appreciated.
- I also want to thank our new office assistant Janet who was able to step into the role of managing our office without any notice. Medical reasons made it necessary for me to stay home most of December and I couldn't have done it without Janet and our Board Chair John, Treasurer Brian, Bookkeeper Pam, and the other Board members. Thank you all.

## Literature & Special Orders

- We have added an extensive section of Spanish literature and pamphlets to help support our Spanish speaking community.
- During the Pandemic I know it's easy to place orders online with other companies for coins or books but please remember that we have a huge inventory of specialty coins as well as the original aluminum and bronze. We have all the AAWS and Grapevine books and carry a good selection of Hazelden books and Alanon. When you purchase from us you help with carrying the AA message in our community, so we thank you.
- We carry the coins with Bill & Bob wearing masks dated 2020. When we get to the other side of this pandemic, I think they might just be a collector item reminding us we made it through.

## 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 and Tammy, Patrick, Lynn, Jan, Susan, David and Travis for helping on the phones during office hours.

## Hotline Training / 12th Step Training

- We generally hold training quarterly unless we have people interested at other times so it's that time. If anyone is interested in either of these workshops let us know and we'll set things up. Please send an email to [nancyo@eastsideaa.org](mailto:nancyo@eastsideaa.org)

## Office Closure! FEBRUARY 15TH for President's Day

Happy New Year!

Nancy O.

Eastside Intergroup Office Manager

[nancyo@eastsideaa.org](mailto:nancyo@eastsideaa.org)



# ESIG Group Contributions January-December 2020

	Jan 20	Feb 20	Mar 20	Apr 20	May 20	Jun 20	Jul 20	Aug 20	Sep 20	Oct 20	Nov 20	Dec 20	TOTAL
Nameless Bunch Of Drunks	\$1,000	\$2,000	\$0	\$3,000	\$1,000	\$1,500	\$1,500	\$1,500	\$1,500	\$1,500	\$3,000	\$1,500	\$19,000
Seven & Sober	\$1,000	\$2,000	\$0	\$1,000	\$1,000	\$1,000	\$1,250	\$750	\$1,000	\$1,250	\$1,250	\$750	\$12,250
Living Sober	\$247	\$289	\$299	\$500	\$0	\$0	\$288	\$533	\$0	\$502	\$0	\$1,015	\$3,674
Serenity Break	\$0	\$2,343	\$0	\$75	\$0	\$0	\$0	\$0	\$0	\$0	\$775	\$199	\$3,393
Nooners	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$2,075	\$0	\$0	\$0	\$258	\$2,333
Sober Camels	\$0	\$1,500	\$0	\$0	\$0	\$250	\$0	\$0	\$0	\$0	\$0	\$0	\$1,750
Higher Powered at Gold Creek	\$0	\$1,155	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$246	\$0	\$1,401
Friday Night Firehouse	\$517	\$0	\$0	\$0	\$0	\$260	\$0	\$225	\$0	\$0	\$0	\$250	\$1,252
District 35	\$500	\$0	\$0	\$500	\$0	\$0	\$0	\$0	\$0	\$0	\$250	\$0	\$1,250
Women's Saturday Steps	\$224	\$0	\$0	\$266	\$0	\$272	\$0	\$0	\$0	\$349	\$0	\$0	\$1,111
Eastside Beginners	\$313	\$0	\$0	\$495	\$0	\$0	\$84	\$0	\$0	\$165	\$0	\$0	\$1,056
Kenmore Big Book	\$700	\$0	\$0	\$0	\$0	\$308	\$0	\$0	\$0	\$0	\$0	\$0	\$1,008
Women In Recovery	\$0	\$190	\$0	\$0	\$242	\$0	\$0	\$267	\$0	\$0	\$177	\$0	\$877
District 34	\$774	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$774
Bellevue Sunrise Group	\$125	\$0	\$0	\$155	\$150	\$0	\$0	\$0	\$0	\$259	\$0	\$0	\$688
Bel East Lunch	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$640	\$0	\$0	\$640
Any Lengths Group	\$148	\$0	\$0	\$0	\$133	\$0	\$64	\$132	\$0	\$142	\$0	\$0	\$620
OSAT	\$0	\$0	\$600	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$600
Tiger Mountain Stag	\$0	\$0	\$0	\$0	\$225	\$0	\$0	\$0	\$0	\$0	\$0	\$370	\$595
Sharing the Legacy	\$0	\$0	\$300	\$0	\$25	\$0	\$232	\$25	\$0	\$0	\$0	\$0	\$582
Eastside Women	\$67	\$0	\$0	\$75	\$0	\$100	\$0	\$100	\$0	\$200	\$0	\$0	\$542
Counter Sales	\$500	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$500
Moss Bay	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$500	\$0	\$0	\$0	\$500
Redmond Recovery	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$250	\$0	\$0	\$250	\$500
Bellevue Men's Meeting	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$450	\$0	\$450
Fresh Start	\$439	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$439
Tons of Grace	\$0	\$0	\$200	\$0	\$0	\$0	\$0	\$0	\$200	\$0	\$0	\$0	\$400
Gay Men In Recovery	\$180	\$0	\$0	\$0	\$0	\$90	\$0	\$60	\$0	\$0	\$0	\$60	\$390
Newport Daytimers	\$0	\$384	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$384
Duvall Sunday Morning	\$0	\$234	\$0	\$0	\$0	\$0	\$0	\$0	\$145	\$0	\$0	\$0	\$379
Sammamish By The Book	\$0	\$0	\$256	\$0	\$0	\$121	\$0	\$0	\$0	\$0	\$0	\$0	\$377
Sammamish Plateau WomenS Step Study	\$0	\$0	\$0	\$0	\$0	\$0	\$177	\$0	\$0	\$0	\$175	\$0	\$352
Eastside Stag	\$0	\$0	\$0	\$0	\$0	\$350	\$0	\$0	\$0	\$0	\$0	\$0	\$350
Happy Destinies	\$0	\$0	\$0	\$350	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$350
Live & Let Live	\$0	\$339	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$339
Sunrise	\$0	\$0	\$0	\$0	\$25	\$0	\$296	\$10	\$0	\$0	\$0	\$0	\$331
Women's Saturday Share	\$0	\$0	\$300	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$300
Women's Big Book Study	\$0	\$78	\$0	\$0	\$0	\$0	\$31	\$0	\$0	\$0	\$165	\$0	\$274
Sammamish Big Book Study	\$0	\$0	\$0	\$0	\$0	\$108	\$0	\$0	\$162	\$0	\$0	\$0	\$270
Right Side of the Tracks	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$250	\$0	\$250
Joy Of Living	\$0	\$250	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$250
Sober At Cottage Lake	\$250	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$250
The Overlake Group	\$0	\$200	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$50	\$0	\$250
Recovery Through Honesty	\$0	\$0	\$0	\$0	\$0	\$0	\$247	\$0	\$0	\$0	\$0	\$0	\$247
Ladies Step Study	\$91	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$106	\$0	\$34	\$0	\$231
Midway Group	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$204	\$204
Sober Sisters East	\$0	\$0	\$0	\$0	\$0	\$0	\$200	\$0	\$0	\$0	\$0	\$0	\$200
Tuesday Night Solutions	\$0	\$200	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$200
Women of Worth	\$200	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$200
AM Reflections	\$200	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$200
Came To Believe (Carnation)	\$0	\$0	\$0	\$0	\$158	\$0	\$0	\$33	\$0	\$0	\$0	\$0	\$191
Redmond Study Group	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$165	\$165
Big Book Step Study	\$111	\$0	\$0	\$0	\$0	\$0	\$50	\$0	\$0	\$0	\$0	\$0	\$161
Sober Seniors	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$130	\$0	\$20	\$0	\$150

Continued on next page



# ESIG Group Contributions January-December 2020



SOS	\$0	\$0	\$150	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$150
Sisters In Solution	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$150	\$150
Enough Is Enough	\$0	\$0	\$0	\$0	\$0	\$150	\$0	\$0	\$0	\$0	\$0	\$0	\$150
Maximum Service	\$0	\$0	\$0	\$0	\$0	\$141	\$0	\$0	\$0	\$0	\$0	\$0	\$141
Tuesday Nite Starters	\$0	\$125	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$125
Sunday Big Book Study	\$0	\$125	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$125
Sermon on the Mount	\$0	\$0	\$0	\$0	\$115	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$115
A Vision for You	\$102	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$102
Southside Breakfast	\$100	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$100
Sober on the Ridge	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$100	\$0	\$0	\$0	\$0	\$100
Up The Creek	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$100	\$0	\$0	\$0	\$0	\$100
Reflections	\$100	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$100
Kindred Spirits	\$100	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$100
Kirkland Sobriety Headquarters	\$100	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$100
Main Street Saturday Night	\$0	\$100	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$100
Serenity on Sunday	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$100	\$0	\$0	\$0	\$0	\$100
Sober On Sunday	\$0	\$0	\$0	\$0	\$0	\$0	\$90	\$0	\$0	\$0	\$0	\$0	\$90
Mercer Island Thursday Night	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$79	\$0	\$0	\$0	\$79
Essentials	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$75	\$75
Clyde Hill Step Study	\$0	\$75	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$75
42, District	\$0	\$75	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$75
Stillwater Serenity	\$0	\$0	\$0	\$0	\$21	\$0	\$0	\$0	\$0	\$50	\$0	\$0	\$71
Raging On The River	\$40	\$0	\$0	\$0	\$0	\$0	\$25	\$0	\$0	\$0	\$0	\$0	\$65
Woodinville Wed. Fellowship	\$55	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$55
Issaquah Breakfast Club	\$25	\$0	\$25	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$50
Sisters in Solution Iss	\$0	\$0	\$0	\$0	\$0	\$0	\$44	\$0	\$0	\$0	\$0	\$0	\$44
Bills Kitchen	\$0	\$0	\$30	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$30
STP (Steps, Traditions & Principles)	\$0	\$0	\$0	\$0	\$0	\$0	\$20	\$0	\$0	\$0	\$0	\$0	\$20
Came to Believe	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$17	\$0	\$17
New Hope Group	\$0	\$0	\$0	\$0	\$0	\$0	\$10	\$0	\$0	\$0	\$0	\$0	\$10
<b>Total</b>	<b>\$8,207</b>	<b>\$11,663</b>	<b>\$2,159</b>	<b>\$6,415</b>	<b>\$3,094</b>	<b>\$4,650</b>	<b>\$4,606</b>	<b>\$6,010</b>	<b>\$4,072</b>	<b>\$5,057</b>	<b>\$6,859</b>	<b>\$5,246</b>	<b>\$68,038</b>

## 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.

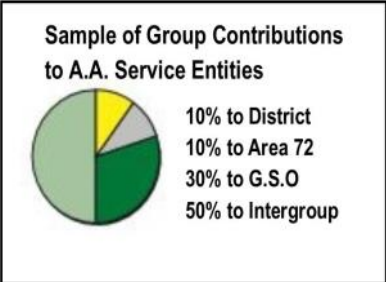
If you know your group contributed, please call Nancy at 425-454-9192 with the date and amount and she will be happy to move the contribution from anonymous to the appropriate group.

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><b>Phone:</b> 425-454-9192 24-Hours a Day</p> <p><b>Email:</b> esig@eastsideaa.org <b>Website:</b> eastsideaa.org</p> <p><b>Office Hours:</b> Re-Open! Tues &amp; Thurs 11AM-5:30PM Fri 2-5:30PM</p> <p><b>Office Manager:</b> Nancy O. Email: NancyO@eastsideaa.org <b>Office Assistant:</b> Janet S. Email: JanetS@eastsideaa.org</p> <p><b>Intergroup Representative Meeting</b> First Thursday of each month 7:30 pm-8:30 pm via Zoom</p> <p><a href="https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnlsVFKQT09">https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnlsVFKQT09</a> 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="1097 382 1515 598" style="border: 1px solid black; padding: 5px;"> <p><b>Hotline Back-Ups</b></p> <p>Tom Z.            Cindy S. Jessica C.        Travis S. Sheree P.        Nancy O.</p> <p><b>Hotline Coordinator: Tom Z.</b></p> </div>
	<p><b><u>Newsletter Contributors</u></b></p> <p><b>Editor.....</b>Kyle E. <b>Lead Story.....</b>JP W. <b>From the Spiral.....</b>Matthew T. <b>Kelli's Korner.....</b>Kelli K. <b>Office Report.....</b>Nancy O.</p> <p>Interested in sharing your experience, strength, and hope in this newsletter? Send your story to us!</p> <p><a href="mailto:newsletter@eastsideaa.org">newsletter@eastsideaa.org</a></p>		<p><b>Nov Office Volunteers</b></p> <p>David B.        Jan W. Ed H.            Bill W. Lezli G.        Wallene D. Tim Q.           Shawn M.</p> <p><b>Pink Can Donations</b></p> <p>Seven &amp; Sober</p> <p>Bellevue Sunrise Group</p> 


Eastside Intergroup, Districts, General Service Office & Area 72 Information	Publication Information
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The *Personal Stories*, *From the Spiral*, *Kelli's Korner*, and *And Finally...* sections in *Pass It On* are the recovery experiences of the individual contributor. They are neither conference approved nor endorsed by the General Service Office of Alcoholics Anonymous

Photo Info:  
Pg 1—Solar Eclipse, August 21, 2017  
Pg 5—Breathe  
Pg 12—Shoulders of Giants



This is a publication of Eastside Intergroup



## And Finally... *... from the Editor*

Lots of "Happy New Years" these days, and the focus of many meetings has been surrender and acceptance. Such great shares and reminders of keeping centered in today, not dwelling in the past or being concerned about things that probably will not happen.

These days I seem to be spending more time thinking. When thinking happens, I get caught up in conversations that don't exist or creating scenarios in my head that have nothing to do with reality. Thinking too much is dangerous for me. My thinking manifests itself in the outside world as fear, worry, and mostly anger. The answer for my thinking problem is the program of Alcoholics Anonymous. Where A.A. had taught me how to live a life without drinking alcohol daily, it now continues to teach me how to live life centered in reality, which is outside my head. Working with sponsees, attending meetings regularly, providing service to meetings and at the intergroup level, exercising, breathing, all the things you continue to teach me daily. Many times I feel I am receiving so much more than I am giving. Bill says in *The Family Afterward* "He may not see at once that he has barely scratched a limitless lode which will pay dividends only if he mines it for the rest of his life and insists on giving away the entire product." (*Alcoholics Anonymous*, Pg 129). Today I asked my higher power to help me give away what I have been so freely given. And to continue helping me with my thinking problem.

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Starting last month, I began 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](mailto:newsletter@eastsideaa.org). Remember that there should be no personally identifiable information in the contribution other than your name to credit.

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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](mailto:newsletter@eastsideaa.org) !

- Kyle E.

