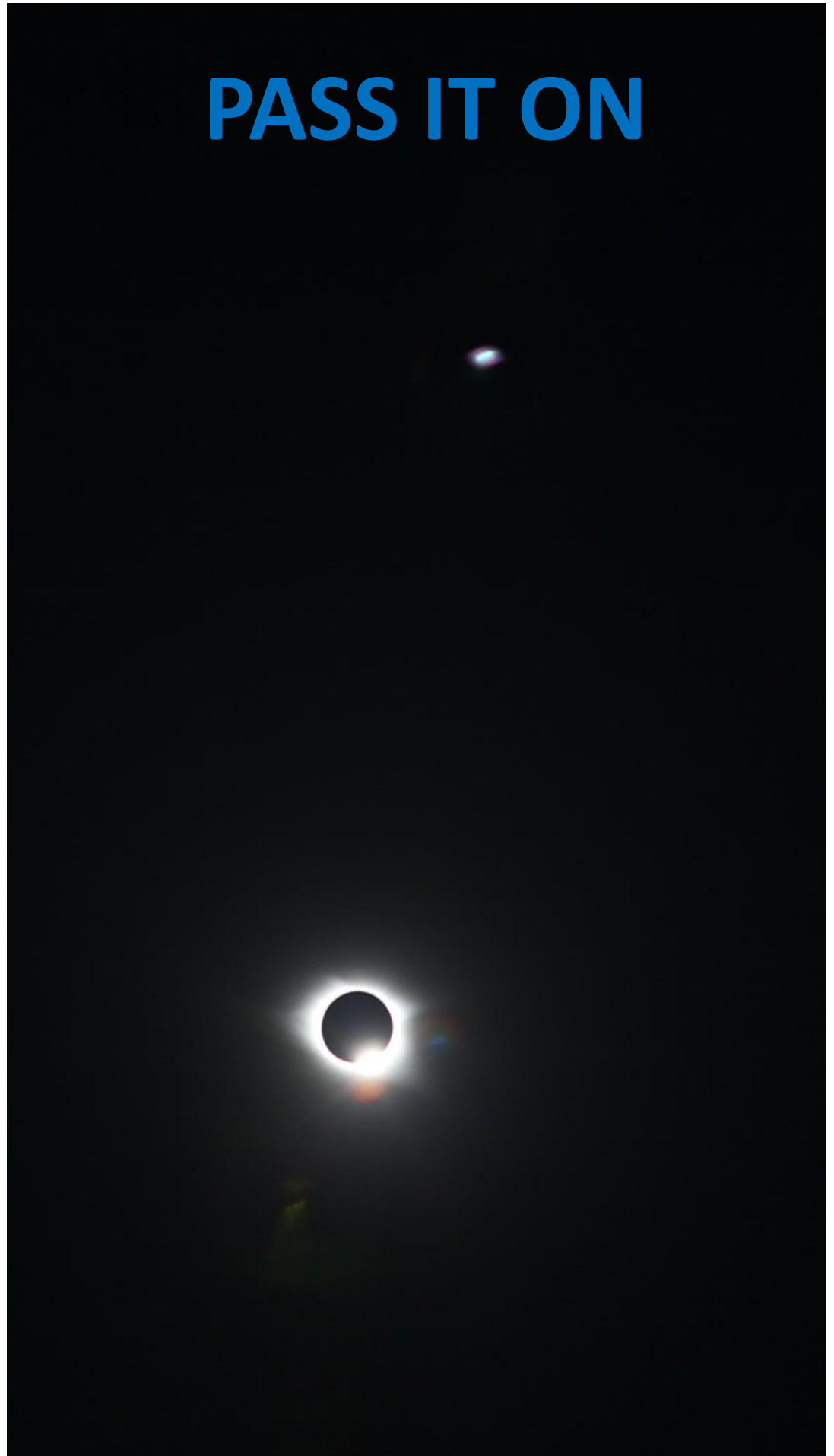




PASS IT ON

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PASS IT ON

Eastside Intergroup Newsletter

Issue 50 April 2021

My Story

I always wanted to be different than who I was. I felt the extreme need to be “cool” and “liked”. I felt this deep seeded insecurity for as far as I can remember. I grew up in a wealthy family with large marital problems. My home was an ongoing battle ground between my mother and father. Lying, cheating, and chaos were a constant. I had just moved to a new high school when they finally became separated. Around the same time I was diagnosed with a mood disorder, and given benzos and anti-depressants to help with my symptoms. I became infatuated with benzos. The whole world seemed to shrink when I took them. During times of anxiety, I would convince my parents to give me more pills than I was prescribed. I would start drooling or black-out and fall asleep. I would lie to them that the doctors said it was okay to take that much.

Shortly after, I began drinking at age 15. My first time being drunk defined a drinking career that was not normal, I was the only person who blacked out. I woke up 12 hours later to fall in love with this feeling. My friends would stop drinking for the night and I would try to keep the party going, so I could achieve a black out. I would binge drink on weekends and use pills during school to cope with my insecurity.

My alcoholism took more of a serious turn when I began college in Spokane WA. I was smoking weed almost every hour, and finishing a bottle of hard alcohol every time I drank. I began mixing my benzos with weed and alcohol. My friends told me my eyes would roll back and my body would start shaking. I would use the pills to maintenance my feelings about myself during the day time, rationalizing to myself that it was “prescribed by a doctor”. In the midst of this, I got admitted to a psychiatric hospital and spent a week locked in there. They asked me a variety of questions and suggested I see a drug and alcohol counselor. I dismissed their advice and told myself it was just my bipolar disorder.

I failed out of college, and was brought home by my father after I threatened suicide. I began working full-time and got a one-bedroom apartment. I didn't drink much my first year living alone, I smoked weed 5-6 times a day. I was always high and taking my benzos.

When I had to quit smoking weed for my new job, I began drinking heavily. I would drink alone, every night. Whether it was boxed wine, beer, a bottle of rum- it didn't matter. I convinced my friends to buy me alcohol, and when I couldn't find any I would take as many pills as I could to black out. Eventually when I got a Fake ID, my drinking took on another level. I had a non stop supply of alcohol that I secretly bought with my dad's credit card.

If it would look suspicious on my dad's billing statement to buy alcohol that night, I took pills to compensate for no alcohol.

My friends began to notice a change in me. I was no longer fun to party with. I would get emotional, yell or try to fight them. I would lock myself in the bathroom while my friends were over and I would take more pills or cut myself. My

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by Kyle E.

My Story

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psychiatrist kept asking me to lower my drinks to three a night, so he could figure out why I was so depressed. Every single time he asked me to do that, I blacked out that exact same night.

My career with alcohol and drugs ended after I had gotten belligerently drunk and threatened to kill myself with a knife in front of my best friend at the time. I was disappointed in myself for stealing from my dad, and that every time he called me I was drunk. I was tired of wanting to die. I knew that if I was going to keep drinking, I was going to kill myself in a black out and that since I had lost all of my friends nobody was going to stop me.

I came into Alcoholics Anonymous because my psychiatrist had suggested months prior that I should check it out. It appeared like they were all old people, but they kept telling me to call them and to “keep coming back”.

**I told them I wanted to die and that I wanted to drink
but they told me to keep coming to meetings
and that if I did, I didn't have to drink anymore.**

I kept coming into meetings, shaking and sharing. At one meeting, I shared and immediately after the meeting I rushed to leave. A young man approached me and asked me if I would go to any lengths to stay sober. I said, “Hell yeah man, how”? He told me to call him the next day and that he was now my sponsor. This man saved my life, and so did those members who told me to keep coming back despite how broken and scared I was. They did not judge me, they accepted me exactly where I was at.

I found a home group and began to work the 12 steps of Alcoholics Anonymous. My life began to change dramatically. A fellowship of men grew around me and I became to know real friendship. They cared about me and would stay outside of cheap restaurants like Shari's until 2:00am listening to my struggles. They offered me guidance and love with no strings attached. I repaired relationships with my family and now I can look my mother and father in their eyes knowing that they are actually proud of me. After working all 12 steps, I now help other young men through the 12 steps.

I have learned that Alcoholics Anonymous is not age restricted, and that I was indeed a full blown alcoholic at 20 years old. I found a solution and a way of life that provides me the happiness and love that I have always searched for.

- Anonymous

From: *ESIG Pass It On, August, 2018*

From the Spiral #21

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. *Nothing keeps us sober like doing service work.*

Even during my early days of being in the program, the position of coffee maker saved me. I had to be at a certain place at a certain time. My experience has taught me that alcoholics are kind, accepting, and loving people. If you don't provide them coffee at a meeting, however, you will suffer beyond imagination. I learned that when I was making coffee, I wasn't thinking about me. Making coffee for 80 people allowed me to focus on the fact that I was responsible for others. Later on, when I was deemed ready by my Sponsor, I began to help others in recovery. During this period, I learned that if I am helping someone who is suffering more than I, my problems all but evaporate. At the very least, my problems minimize. The more I am of service, the more I am out of my head. Perhaps true Emotional Sobriety is measured by the amount of time we stay out of self.

2. *My first thought isn't wrong, but my first action is.*

When I began working the steps with my Sponsor, my hope was that I would be given the power to control my thoughts. After Step 3, I began to feel the presence of my Higher Power in my head and heart. The gifts of the program began and that only made me more willing to continue moving forward. I still had thoughts that if carried out in action would lead to harm. The important lesson for me was that I did not act on that first thought. Thanks to my Higher Power, I am now able to pause until my second thought comes through. Recently, I heard the above line about my first thought and I instantly felt relaxation, acceptance, and joy. For this alcoholic, I believe that I am just not in control of my thoughts. I am in control of my actions. As long as I wait for my second thought and act on that, my life continues to get better and better.

3. *I lost my managerial position to control life through a mound of evidence.*

I was raised to take control, be in control, and stay in control no matter what. My current perspective tells me that some people are able to live like this successfully. I also see that successful does not always go hand in hand with contentment. Because of my allergy to alcohol, I have accepted the fact that I am not in control, and I am grateful for that. Control is actually an unmanageable burden. The more I tried to control people, places, and things, the more miserable I was. Moreover, the more I tried to control people, places, and things, the more I found myself hurting them. My new position is a humble servant to our community. I look, listen, and seek opportunities to help people besides myself. As a reminder, I wear a bracelet that reads, GOD'S GOT THIS. In other words, I am not in control. If you are new to Alcoholics Anonymous, this may not make perfect sense to you right now, but if you stick around, that new freedom and happiness you will discover is symptomatic of relinquishing your compulsion to control. For me, the more I let go, the lighter I feel. .

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

-Matthew T.

Kelli's Korner

Literally every time I sit in a meeting I'm blown away by the wisdom I hear. I'm constantly reminded as members of Alcoholics Anonymous we get to be surrounded by people who share themselves with rigorous honesty in hopes of helping other alcoholics. How lucky we are to be a part of this fellowship.

I'm an avid note taker in meetings and this month I'd like to share some of the recovery wisdom I've heard recently...

- ◆ "Think of others before thinking of yourself."

Personally, I have to work on this all day every day. As a self-obsessed alcoholic with a thinking problem, my thoughts tend to always begin with me. How does this affect me? What is their opinion of me? What is wrong with me? It's exhausting! I can feel my spiritual condition aligning when I think of others more than I think of myself.

- ◆ "Get obsessed with doing good."

Now that we are in recovery we get to discover and cultivate the best version of ourselves. We are present and able to participate in life and lend a hand to other people. A far cry from a small, self-obsessed existence that lacks a spiritual connection.

- ◆ "Rejection is God's protection."

A reminder that there is a plan in place and it's not up to us to completely orchestrate our own lives. We do what we can to be good people, do good things and let God's will play out. There's comfort in that.

- ◆ "Sobriety offers peace when you participate."

When I first got sober someone told me to stay in the middle of the herd. After some attempts at doing things "my own way" by not going to enough meetings, not reaching out to other alcoholics and not participating in service work I realized I wasn't getting all of the benefits of a sober life. My default has always been to isolate and not ask for help but probably the most important lesson I've learned is to stay connected to the program. Life is just better that way.

- ◆ "Go through the actions until your head and heart catch up."

I know the days when I don't feel like going to a meeting are the days I need a meeting the most. I've never regretted spending time at a meeting or connecting with a fellow alcoholic. It ends up being exactly what my soul needs every single time.

Happy Spring!

-Kelli

Volunteers! Generosity! Birthday Club!

Thank You Hotline Volunteers!

Carmen A.	Ginny K.	Jody K.	Sheree P.	Hotline Back-Ups	
Chuck M.	Guy O.	Leslie G.	Tammy K.	Tom Z.	Cindy S.
Cindy S.	Jamie C.	Mark J.	Tom Z.	Jessica C.	Travis S.
Elton B.	Jamie L.	Paul J.	Tracy A.	Sheree P.	Nancy O.
Eric C.	Jessica C.	Richard J.	Travis S.	Hotline Coordinator: Tom Z.	
Genny B.	Jim M.	Sheldon A.			

24 Hours



425-454-9192

Thank You Office Volunteers!

Mark J. (driving to Milam) Wallene D. Lezli G. Jan W. Ted W. David B.

Faithful Fivers!

Faithful Fivers donate \$5/month to support ESIG

Nancy O.

Birthday Club!

Eugene L.—2 Years!



Join the Eastside Intergroup Birthday Club! A.A. Works!

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!

Virginia M.—15 Years!



Get your name & home group in the newsletter!

Send this form to: Eastside Intergroup

13401 Bel Red Rd. #B6

Bellevue, WA 98005

Name _____

Home Group _____

Sobriety Date _____

Contribution \$ _____

ESIG March 2021 Group Contributions

Group Name	Amount
Happy Destinies	480.00
Living Sober	443.55
Tuesday Night Starters	100.00
Share The Legacy	30.00
Eastside Women	125.00
Seven & Sober	1,000.00
Bellevue Men's Meeting	400.00
Nameless Bunch Of Drunks	1,500.00
Came To Believe - Carnation	8.12
Redmond Recovery	250.00
The Overlake Group	63.00
Nameless Bunch of Drunks	1,500.00
Nameless Bunch of Drunks	1,500.00
Bothell Women STP 3.31.21	125.00
Kirkland Sobriety Headquarters	100.00
Bellevue Group	300.00
Freedom from Bondage	3.00
Regla 62	40.00
Duvall Sunday Morning	20.00
OSAT Golden Gardens	128.00
Grace Rules	67.00
NBD International	465.75
Total	8,648.42

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

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24-Hours a Day

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Website: eastsideaa.org

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Mon - Thurs 10AM-5:30PM
Fri 10AM-5:00PM

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

[https://zoom.us/j/181768191?
pwd=MG02L21hZXk1Y3N0UG1pZnlsVFKQT09](https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnlsVFKQT09)
All members welcome!

Pink Can Donations

Seven & Sober

Anonymous



Newsletter Contributors

Lead Story.....Anonymous
From the Spiral.....Matthew T. Kelli's Korner.....Kelli K.
Office Report.....Nancy O. Editor.....Kyle E.

Interested in sharing your experience, strength, and hope in this newsletter? Send your story to us!

newsletter@eastsideaa.org

Errata (New Section!)

- Late, late, late!

Ed: This is where I provide corrections to the previous newsletters! As a volunteer and humble servant of Eastside Intergroup and A.A., I am prone to mistakes, and this new column is where I get to practice the principle of righting wrongs.

Eastside Intergroup, Districts, General Service Office & Area 72 Information

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Bellevue, WA, 98015

District 35

Issaquah
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Issaquah, WA, 98027

District 36

Snoqualmie Valley, Duvall, North Bend
P.O. Box 1963
North Bend, WA, 98045

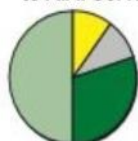
District 38

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Kirkland, WA, 98083

District 39

Bothell, Kenmore, Woodinville
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Bothell, WA, 98041-1695

**Sample of Group Contributions
to A.A. Service Entities**



10% to District
10% to Area 72
30% to G.S.O.
50% to Intergroup

Publication Information

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

Pass It On is a publication of Eastside Intergroup



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

Short and sweet this month. Running way behind on the newsletter for a variety of reasons.

A quote from Alcoholics Anonymous, Page 35:

“We have three little mottoes which are apropos. Here they are:

First Things First

Live and Let Live

Easy Does It.”

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.