



PASS IT ON

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PASS IT ON

Eastside Intergroup Newsletter

Issue 52 June 2021

CHOOSING My First SPONSOR

Like many others, I dealt with my blue light special by taking what I thought was the easy way out, namely, a two-year deferred prosecution. Required to attend AA and get my slip signed, I did, but I was not convinced that I was really an alcoholic. I didn't see the need to get a sponsor, do 12 steps, service work etc. This worked, sort of, for almost a year. By sponsoring myself, I gave myself permission to stay sober using little more than my perceived iron will power. I chose meetings that pleased me, didn't mingle much, and did not change my attitude or how I dealt with others. With limited tools or knowledge of what works the best to stay sober and enjoy life too, I just kept doing the same thing I always did but not drinking out of the simple fear for the consequences of what would happen if I did not fulfill my 2-year legal commitment.

One day I admitted out loud in a meeting that I was miserable in my sobriety and was considering drinking again. Owen walked up to me and asked me if I was working my program. Yes-I defiantly replied. Almost without emotion, Owen simply said "Try Working Thee Program". After the others in the room quit laughing, I actually gave Owen's suggestion some thought. I had become quite desperate in my quest to stay sober, and I knew that my way was not working. Without personal change, I was little more than a dry drunk. I did not have the tools to change myself to a person that I might wish to become or to know how to enjoy my life as a sober person. It was clear that I needed someone with experience and knowledge of recovery techniques that had worked for others to advise me what to do. Owen knew how the AA recovery program worked and I did not.

Owen became my sponsor at my request and without being strict about method, he seemed to have the right advice for me when I needed it. Things like suggesting that drinking non-alcoholic beer was simply practicing drinking registered with me. Not following his suggestion of knowing where an AA meeting might be while I was traveling whether I went to all of them or not almost cost me my sobriety. I listened closely to suggestions after that. He was someone I could ask advice of. Since I knew that his advice was based on a lot more experience and knowledge than mine, I often followed it and the results were good. When I finally chose Owen on as my sponsor, I inwardly quit fighting recovery. As life continuously got better, this became easier to do. Admitting that I needed help, rather than making me feel weak in the eyes of others, turned out to be the cure that I needed to become stronger. By not having to hide my weaknesses from others, I did not need to fear their discovery. Self-confidence grew.

Owen didn't comment much as he saw me change, although I later heard from others that he was happy with how I was turning out. Owen passed away less than two years after he became my first sponsor, but his lessons and guidance stay with me. I was not nearly as stubborn with my next sponsor. Owen had taught me to be more open minded to the suggestions of others. I am so grateful that he did.

- Roger U.

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 by Kyle E.



EASTSIDE INTERGROUP

SUMMER PICNIC

BEAVER LAKE PAVILLION
25103 SE 24TH STREET
SAMMAMISH, WA 98075



SEPTEMBER 18TH, 2021
SATURDAY
11 AM-3 PM



TICKETS ARE \$7.00 OR TWO FOR \$12.00
GOOD FOR HOTDOG, BURGER, AND CHIPS
KIDS UNDER 12 ARE FREE



BRING BY YOUR SOBRIETY BIRTHDAY
JAN - APRIL : SALADS
MAY - AUG : SIDE DISHES
SEPT - DEC : DESSERT

YOU'RE ENCOURAGED TO BRING
FAMILY & KIDS, SUNSCREEN,
SWIM SUITS, LAKE TOYS,
LIFE VESTS, LAWN CHAIRS

S A R A A E V E N T S @ E A S T S I D E A A . O R G

From the Spiral #23

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. *Bring the mess to your Sponsor; bring the message to the meeting.*

Even though it usually of my own making, a mess often occurs, so I take it to my Sponsor immediately for perspective, filtering, and a solution. I need to clear the mess with my Sponsor before I do anything with it that will cause harm. This practice is about the continuation of honesty and willingness. I am honest about what is going on and how I'm doing. I am willing to take suggestion from someone other than myself so that I do not rely on my thinking alone. After we talk, I have a solution and I feel different about the mess. When I'm asked to share in a meeting of Alcoholics Anonymous, I talk about the value of Sponsorship. Without question, discussing what I think and feel with another alcoholic before taking any action saves me from needless suffering. When I am right-sized, I am available to others. Being available to others is my best definition of God's Will for me.

2. *When I talk to God, my thinking changes.*

As a child brought up in the Catholic Church, I rarely talked to God. I made deals, asked for help with something petty, and only went to God when I needed something for myself. As a result my thinking did not change. I had a pile of expectations and made God responsible for helping me meet them for my shallow and temporary benefit. My relationship with God now is radically different because I was shown how to converse with God. Just the act of expressing gratitude to the God of my understanding calms me down, fills my heart with joy, and makes me feel lighter.

3. *I'm not much, but I'm all I think about.*

One of my favorite and most experienced pastimes is thinking about myself. It seems to be enjoyable at first, but eventually leads to destruction just like my drinking. What starts as a single gulp (I never sipped a drink in my life) turns into a dumpster fire very quickly. It is impossible, however, for me to think about myself and be of service at the same time. The longer I stay sober, the more I recognize opportunities to help someone other than myself. Every morning when I say the 3rd Step Prayer, I am asking God to help keep me out of my head so that I can be useful to others. The more I think about myself, the worse I feel. Turning my attention toward others is the antidote. The gifts of working our program provide me with all I need. Service over self may sound counter-intuitive to a newcomer reading this, but where did spending all that time in your head get you?

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

-Matthew T.

Kelli's Korner

Recovery and Change

I remember when I first got sober and I couldn't imagine going through the ups and downs of life without alcohol. The ups like birthdays, holidays, milestones, celebrations, barbecues, vacations, etc.. The downs like death, moving, losing a job or going through a break-up. Basically anything that brings on stress, anxiety, fear or anger. I honestly did not think it would be possible for me to go through life actually feeling everything.

Looking back on the last two and a half years without the crutch of alcohol, it amazes me to think of all the things I've gone through. Stone. Cold. Sober. Life is always going to happen - the ups, the downs and the "insignificant" in-betweens. What a life of sobriety gives you is the ability to ride the wave no matter what is happening around you.

I've recently decided to move back to my hometown to be closer to family. I chose to write about this for a couple of reasons: (1) It's a HUGE change and because I have the tools of A.A., it doesn't freak me out, and (2) Life in recovery has made me a whole person again and allowed me to repair some of the damage I caused when drinking.

A lot of the collateral damage of my drinking was absence. I've missed out on a lot by simply not being around. My family is small and fairly tight knit but when I was in my addiction I didn't feel like part of the dynamic at all. A.A. has helped me realize that feeling "apart from" just comes with the alcoholic territory. For me, the feeling of belonging directly correlates with how invested I am in my program every day. If I'm using all the tools in my toolbox like regularly checking in with my sponsor, going to meetings and being of service, I feel like I'm a part of everything and I don't isolate. Thanks to sobriety, I'm able to go home and be of service to my family and I'm grateful for that. I've been researching meetings in the area and I have a lot of support and people I can reach out to. Again, all thanks to the program.

This will be by far the biggest change I've experienced in sobriety. Sometimes I find myself getting caught up imagining what might happen. Will I find a good job? Will the move go smoothly? Am I making the right decision? Then I realize that's my self-will talking. After all, it's not up to me, and no matter what happens I know I'll be ok because I have my tools.

No matter what you may be going through right now or what you'll go through in the future, as long as you put your sobriety first, you'll be ok.

-Kelli



June 2021 Office Report—May Activity

Bud B. from our IT support replaced an 8GB memory module in my computer and replaced it with two matching 8GB memory modules that he donated to Eastside Intergroup. It really helped with the speed, especially when I remote in from home. I can't wait to see what other improvements our newest IT guy has in mind.

Dennis Y. our PI Chair is creating a weekly update, Future Tripping, from ESIG that will be sent out on Sundays for the upcoming weeks events. If you'd like to get on our email list, send a message to esig@eastsideaa.org and put **FUTURE TRIPPING** in the subject line.

Doug H., our Wednesday afternoon office volunteer, has gone through all the ESIG pamphlets and brochures and added the QR Code to our website.



David B. our Friday afternoon volunteer created the newest pamphlet for people new to AA that explains about zoom meetings and being new to the rooms. It also includes the QR code for our website.

Jan W. has saved the day a couple of times this month by being available when we needed someone last minute. Jan is trained to open and close so we are grateful to have her. She is our regular Thursday 12-5:30 office volunteer.

Sarah A., our Events Chair, will be looking for help with our Picnic, which is now scheduled for September 18th 11am-3pm. Yay!!! Mark your calendars. Sarah can be reached at events@eastsideaa.org.

Robert S., our 12th Step Coordinator, has been contacting the names on our 12th step list to update information. Robert also has scheduled a 12th step workshop via Zoom on June 23rd at 6:30pm. Zoom: <https://eastsideaa-org.zoom.us/j/84018524078?pwd=VnB3TXJYRkQvSzN1UFYwS2hvQkgxdz09> Or dial in: 1-253-215-8782 Meeting ID: 840 1852 4078 Passcode: 304527. Flyer: <https://eastsideaa.org/wp-content/uploads/2021/05/12th-Step-Workshop-6.23.21.pdf> Robert can be reached at 12th-Step@eastsideaa.org.

Kyle E. continues to do a great job on our newsletter and is always looking for stories. The story for our May issue is from our very own Tuesday afternoon office volunteer, **Carmen. A.** You can submit a story to Kyle at newsletter@eastsideaa.org.

Patti B., our Treatment Committee chair, has successfully added the Bridging the Gap forms to the Eastside AA website. Coming out of Treatment is available as well as the AA Volunteer form. Both can be filled out online. The treatment committee meets the first Thursday of each month via zoom from 6pm-7pm <https://eastsideaa-org.zoom.us/j/84472077651?pwd=Szc2cktXNHZONzBreFIDSEMxWFNBZz09> or dial in 1-253-215-8782 Meeting ID: 844 7207 7651 Passcode: 973043. Patti can be reached at treatment@eastsideaa.org.

Ellen P. volunteers in our office on Tuesday mornings and has been deemed the best duster in the history of Intergroup.

Tom Z. has successfully transferred out hotline over to a new answering service and they are working well with our calendar of volunteers. Tom can be reached at hotline@eastsideaa.org.



June 2021 Office Report—May Activity

Continued from Pg. 6

Ted W., our Wednesday morning office volunteer, convinced me to meet him and **Ron A.** at the office at 6:30 am and go to the Water's Edge meeting in Seattle at 7am and out to breakfast afterward. Thanks, guys, for a great meeting and great fellowship! – I'm not normally up that early but maybe in another few years we can do it again... LOL.

With Washington being in Phase 3 of the Pandemic right now, we have decided if you are fully vaccinated, masks are optional at Intergroup. Please just check with us when you arrive. If you are not vaccinated, kindly wear a mask. Anyone still uncomfortable with coming in is welcome to place an order on the phone and request a curbside pick-up.

June Special: All 12 Steps & 12 Traditions books are on sale 10% off.

New at Intergroup:

- "Letters", a book by our local AA member Ken Davies.
- Many new hoodies, sweatshirts, t-shirts and hats.
- *On Order:* **Rule 62** coffee mugs

Carrying the message to the alcoholic that still suffers doesn't always mean to someone new. Pay attention to those with and without time in the program...

A woman called our hotline recently wanting an in-person women's meeting. She had just lost her husband and moved here to be near her daughter. She was feeling very isolated from A.A. and because she lived near me, the hotline volunteer suggested she call and talk with me. That Monday I got her call, and she was wanting to connect with some women in A.A. She didn't know the area and wasn't comfortable with Zoom meetings. I reached out to a woman in District 34, a couple of women in District 35 and another in District 36. Everyone was eager to welcome her and on Friday May 21st nine lovely women, some that I had never met before, came to my home and we had a meeting for her. We shared our numbers and told her about the meetings that we each attend. Isn't the fellowship of Alcoholics Anonymous awesome?

A.A.'s Responsibility Statement: "I am responsible, when anyone, anywhere reaches out for help, I want the hand of A.A. always to be there, and for that I am responsible".

Thank you for letting me be of service.

Nancy O.

Office Manager

nancyo@eastsideaa.org



Volunteers! Generosity! Birthday Club!

Thank You Hotline Volunteers!

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

24 Hours



425-454-9192

Thank You Office Volunteers!

Carmen A. Jan W. Wallene D. Ellie P. Doug H.
David B. Ted W. Bud B. assisted with IT in the office

Faithful Fivers!

Faithful Fivers donate \$5/month to support ESIG

Nancy O.

Birthday Club!

Please Join the ESIG Birthday Club and See Your Name Here!



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!



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 YTD 2021 Group Contributions

	Jan 21	Feb 21	Mar 21	Apr 21	May 21	TOTAL
A Way Up	\$ -	\$ 40.00	\$ -	\$ -	\$ -	\$ 40.00
A Womans Way	\$ -	\$ -	\$ -	\$ -	\$ 100.75	\$ 100.75
AA & US	\$ -	\$ -	\$ -	\$ -	\$ 50.00	\$ 50.00
Anchor Group	\$ -	\$ -	\$ -	\$ 198.50	\$ -	\$ 198.50
Anonymous	\$ 728.57	\$ 1,970.00	\$ 1,231.80	\$ 825.00	\$ 244.00	\$ 4,999.37
Any Lengths Group	\$ 64.55	\$ -	\$ -	\$ 188.75	\$ -	\$ 253.30
Bel-Kirk Saturday Breakfast	\$ -	\$ 250.00	\$ -	\$ -	\$ -	\$ 250.00
Bellevue Group	\$ -	\$ 400.00	\$ 300.00	\$ -	\$ -	\$ 700.00
Bellevue Men's Meeting	\$ -	\$ -	\$ 400.00	\$ -	\$ -	\$ 400.00
Bellevue New Group	\$ -	\$ 405.00	\$ -	\$ -	\$ -	\$ 405.00
Bellevue Sunrise Group	\$ 209.93	\$ -	\$ -	\$ 236.40	\$ -	\$ 446.33
Benevity Fund Donation	\$ -	\$ 122.00	\$ -	\$ -	\$ -	\$ 122.00
Big Book Step Study	\$ -	\$ -	\$ -	\$ 75.78	\$ -	\$ 75.78
Bothell Women's Step Study	\$ -	\$ -	\$ 125.00	\$ -	\$ -	\$ 125.00
Bothell Women STP	\$ -	\$ 50.00	\$ -	\$ -	\$ 80.00	\$ 130.00
Came To Believe (Carnation)	\$ -	\$ -	\$ 8.12	\$ -	\$ -	\$ 8.12
Counter Sales	\$ 107.12	\$ 469.00	\$ 5.00	\$ -	\$ 200.46	\$ 781.58
District 34	\$ 959.95	\$ -	\$ -	\$ -	\$ -	\$ 959.95
Duvall Sunday Morning	\$ -	\$ -	\$ 20.00	\$ -	\$ -	\$ 20.00
Eastside A.M. Reflections	\$ -	\$ 300.00	\$ -	\$ -	\$ -	\$ 300.00
Eastside Beginners	\$ 145.45	\$ -	\$ -	\$ -	\$ -	\$ 145.45
Eastside Men's Group	\$ -	\$ 20.00	\$ -	\$ 412.00	\$ 75.00	\$ 507.00
Eastside Women	\$ -	\$ -	\$ 125.00	\$ -	\$ -	\$ 125.00
Freedom from Bondage	\$ -	\$ 122.00	\$ 3.00	\$ 14.00	\$ 141.00	\$ 280.00
Fresh Start	\$ -	\$ -	\$ -	\$ 400.00	\$ -	\$ 400.00
Friday night Live and Let Live	\$ -	\$ -	\$ -	\$ 50.00	\$ -	\$ 50.00
From the Hat	\$ 150.00	\$ -	\$ -	\$ -	\$ -	\$ 150.00
Frontstream (Boeing)	\$ 609.00	\$ -	\$ -	\$ -	\$ -	\$ 609.00
Frontstream (Costco)	\$ -	\$ -	\$ -	\$ 1,036.80	\$ -	\$ 1,036.80
Grace Rules	\$ -	\$ -	\$ 67.00	\$ -	\$ -	\$ 67.00
Happy Destinies	\$ -	\$ -	\$ 480.00	\$ -	\$ -	\$ 480.00
Higher Powered at Gold Creek	\$ -	\$ -	\$ -	\$ -	\$ 618.56	\$ 618.56
Issaquah Tuesday Night Group	\$ -	\$ -	\$ -	\$ 83.50	\$ 50.00	\$ 133.50
Kenmore Friday Nighters	\$ 200.00	\$ -	\$ -	\$ -	\$ -	\$ 200.00
Kirkland Sobriety Headquarters	\$ -	\$ -	\$ 100.00	\$ -	\$ -	\$ 100.00
Ladies Step Study	\$ 35.00	\$ 125.44	\$ -	\$ -	\$ 166.00	\$ 326.44
Living Sober	\$ 188.01	\$ -	\$ 443.55	\$ 583.35	\$ -	\$ 1,214.91
Moss Bay	\$ 360.00	\$ -	\$ -	\$ 80.00	\$ -	\$ 440.00
Nameless Bunch Of Drunks	\$ -	\$ 1,500.00	\$ 4,500.00	\$ 1,500.00	\$ 1,500.00	\$ 9,000.00
NBD International	\$ -	\$ 1,022.40	\$ 465.75	\$ 463.00	\$ 546.75	\$ 2,497.90
Nooners	\$ -	\$ 50.00	\$ -	\$ -	\$ -	\$ 50.00

Continued on Page 10

ESIG YTD 2021 Group Contributions

Continued from Page 9

OSAT Golden Gardens	\$ -	\$ -	\$ 128.00	\$ -	\$ -	\$ 128.00
Recovery Through Honesty	\$ -	\$ -	\$ -	\$ -	\$ 628.56	\$ 628.56
Redmond Recovery	\$ -	\$ -	\$ 250.00	\$ -	\$ 250.00	\$ 500.00
Regla 62	\$ -	\$ 80.00	\$ 40.00	\$ 40.00	\$ -	\$ 160.00
Rule 62 Workshop	\$ -	\$ -	\$ -	\$ -	\$ 10.00	\$ 10.00
Sammamish Big Book Study	\$ -	\$ -	\$ -	\$ 140.00	\$ -	\$ 140.00
Serenity Break	\$ -	\$ 242.46	\$ -	\$ 299.87	\$ 245.07	\$ 787.40
Serenity on Sunday	\$ 200.00	\$ -	\$ -	\$ -	\$ -	\$ 200.00
Seven & Sober	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	\$ 1,250.00	\$ 1,000.00	\$ 5,250.00
Sharing the Legacy	\$ -	\$ 250.00	\$ 30.00	\$ -	\$ 50.00	\$ 330.00
Snoqualmie Stag	\$ 90.00	\$ -	\$ -	\$ -	\$ 90.00	\$ 180.00
Sober Seniors	\$ -	\$ 150.00	\$ -	\$ -	\$ -	\$ 150.00
The Overlake Group	\$ 125.00	\$ -	\$ 63.00	\$ -	\$ -	\$ 188.00
Tiger Mountain OSAT	\$ -	\$ 120.00	\$ -	\$ -	\$ -	\$ 120.00
Tuesday Issaquah Big Book Stag	\$ -	\$ 300.00	\$ -	\$ -	\$ -	\$ 300.00
Tuesday Nite Starters	\$ -	\$ -	\$ 100.00	\$ -	\$ -	\$ 100.00
Wake Up	\$ -	\$ 426.98	\$ -	\$ -	\$ -	\$ 426.98
Women's Saturday Steps	\$ 288.00	\$ -	\$ -	\$ 260.71	\$ -	\$ 548.71
Women In Recovery	\$ -	\$ 244.18	\$ -	\$ 195.18	\$ -	\$ 439.36
TOTAL	\$ 5,460.58	\$ 9,659.46	\$ 9,885.22	\$ 8,332.84	\$ 6,046.15	\$ 39,384.25

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!

Special Appreciation



425.454.9192

WWW.EASTSIDEAA.ORG

June 15, 2021

Dear Members of Sober Seniors,

Thank you for your generous donation of \$225.00 in memory of Kathy Henderson.

We appreciated Kathy here at Eastside Intergroup as a volunteer several years ago. She will be missed.

Please extend our thanks to others that participated in these donations.

Warm Regards,

Nancy Osborn

Eastside Intergroup

nancyo@eastsideaa.org

Office Information

13401 NE Bel-Red Rd., Suite B6
Bellevue, WA, 98005

Phone: 425-454-9192
24-Hours a Day

Email: esig@eastsideaa.org
Website: eastsideaa.org

Office Hours: Open!
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



Newsletter Contributors

Lead Story.....Roger U.
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

- Perhaps you were wondering about the two emails last month. The totals had not been added on the second page of the Group Contributions, so a follow-up was sent out on the group contributions.

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

Eastside Intergroup

13401 NE Bel Red Rd. #B6
Bellevue, WA, 98005

Western Washington Area 72

1225 East Sunset Drive
Suite 145-745
Bellingham, WA, 98226

General Service Office (GSO)

P.O. Box 459
Grand Central Station
New York, NY, 10163

District 34

Bellevue, Redmond, East Lake
Sammamish, & Mercer Island
PO Box 50081
Bellevue, WA, 98015

District 35

Issaquah
P.O. Box 442
Issaquah, WA, 98027

District 36

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

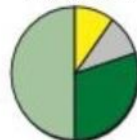
District 38

Kirkland
P.O. Box 322
Kirkland, WA, 98083

District 39

Bothell, Kenmore, Woodinville
P.O. Box 1695
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*

Powerlessness. Acceptance. Anger. Denial. Surrender.

So many emotions these days, creating turmoil in my head. Calgon can't even take them away. Neither can vacuuming.

When I was drinking and using, the only emotion I knew was fear-based anger, which led to resenting everything, life itself. I was mad at the world, so much so that I was actually comfortable in that mode.

So here comes abstinence in the form of driving under the influence, again. What was I left with? Untreated, unmedicated anger and the inability to function any other way than what I had nurtured and become accustomed to over the years. The day I relapsed I remember being so happy and relaxed, and the tension flowed away. That is, until I rolled my car that very evening. Even that dose of reality did not kick me into working the program of recovery.

One day, after I had been fired from my latest job for stealing, I told my soon-to-be-ex-girlfriend I wanted to stop drinking. I don't know why, or even what I was thinking at the time, and I did know that everything would need to change. Being in treatment before, it was the only way I knew how to try and dry out. And since I was out of work, I stayed in one form of treatment facility or sober housing for a number of months, which limited my exposure to intoxicating substances and anger-causing influences.

Once I was back on my own, I had very little experience dealing with what I came to know through outside help was fear, anxiety, and depression. I leaned heavily on the program through the steps, service work, sponsorship, and AA fellowship.

This reading in *The Twelve Steps and Twelve Traditions*, Page 45, sums it up for me: "If temperamentally we are on the depressive side, we are apt to be swamped with guilt and self-loathing. We wallow in this messy bog, often getting a misshapen and painful pleasure out of it. As we morbidly pursue this melancholy activity, we may sink to such a point of despair that nothing but oblivion looks possible as a solution. Here, of course, we have lost all perspective, and therefore all genuine humility. For this is pride in reverse..."

Moving away from anger, fear, depression, and anxiety has taken a lot of work, and sometimes I still wish I could say I was cured. As with all things recovery, I have learned that my drinking is only arrested at this moment, not cured. So I must daily use the tools of Step 11, specifically Pages 86-88, where I read exactly what to do in the morning, throughout the day, and before I hit the sack.

And of course be grateful in the bonus time I have in life, with all the emotions it brings.

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.