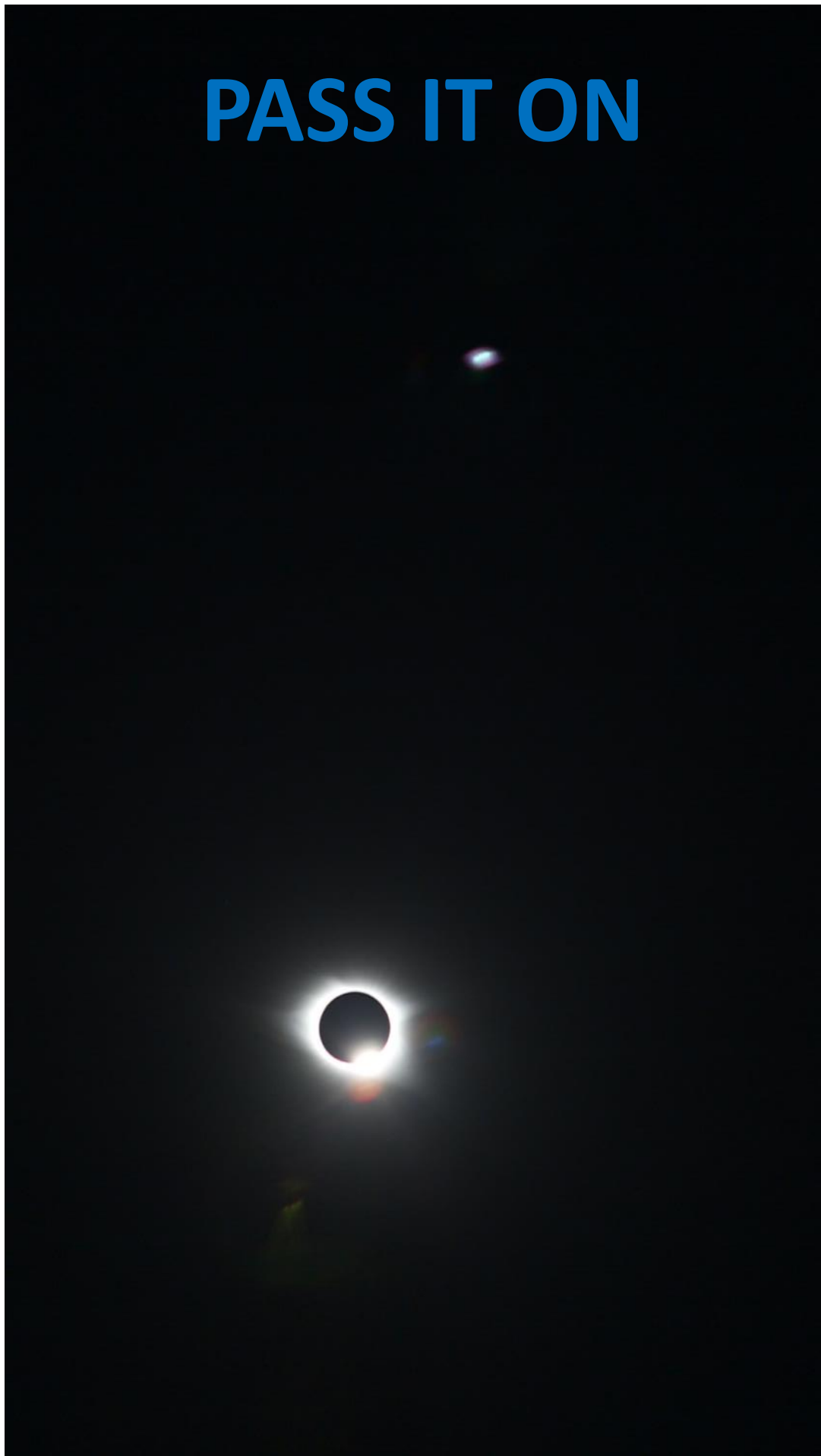




PASS IT ON

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PASS IT ON

Eastside Intergroup Newsletter

Issue 53 July 2021

My Journey to Alcoholics Anonymous

I enjoyed the luxury of growing up in a sunny, upper-middle class home. Dad had a steady job and Mom was a homemaker who adopted me, a girl two years later, and gave birth to their own daughter seven years later.

Three particular alcohol-related narratives strike me about my early years: First, my best friend was killed by a drunk driver on Christmas Eve when I was a third grader. Second, we had this wonderful summer home in a tight-knit community where everyone knew one another's business-and where you could drive in, park, and party. My dad told me that it was a great place to "learn how to drink", because one didn't need to drink and drive. That summer home became the place where I'd learn to drink, and where I would desperately strive to fit in. Third, I learned that my insecurities could be covered up by drinking.

I got drunk at that summer home at age 14, had the first of many blackouts, and was summarily "grounded" for the entire summer. I wanted to drink like the other kids and the adults I'd seen drinking, partly just to fit in, and partly because enjoying drinking seemed to come naturally. I drank regularly during my high-school years, suffered a few blackouts and hangovers, but enjoyed the credibility I garnered with friends for what a partier I was, and how I always seemed to score our booze. I also loved how alcohol put me at ease and helped me escape.

My drinking skyrocketed when I left for college where I became the proverbial "frat boy" and drank myself into oblivion or some kind of trouble on countless occasions. I was the life of the party or sought that mantle. College life was fun and reckless. I loved to party. Blackouts, promiscuity, severe hangovers, and occasional physical danger were the norm. I loved it. I loved how cool and charismatic the booze-fueled lifewas, and it worked for me.

Early in my career I sought the confluence of excitement in my job with a partying lifestyle. Bosses and co-workers "taught me how to drink at lunch" and I fused my drinking lifestyle with my career. Drinking was still fun.

But as I took on marriage, children, and a mortgage while still drinking, life got real and it got unmanageable.

I continued to drink and my health teetered. I sabotaged my career and put myself in a position to be harmed when I stepped on the toes of my fellows.

(Continued on Pg 3)

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And Finally... by Kyle E.

My Journey to Alcoholics Anonymous

Continued from Pg.2

The cycle of daily drinking, drinking in the morning, drinking at work, working from the bar, and hiding my drinking, from whomever I felt like I needed to hide it from, took root.

I'd reunited with my biological mother in 2001 and she informed me that I'd had a number of family members who suffered from alcoholism, and that it was highly likely that I was an alcoholic. She took me to my first AA meetings where we both enjoyed the meetings. I saw interesting people there who lived without needing to drink to make their lives interesting. But I wasn't done, and I decided that no one was going to convince me that I was an alcoholic and I was determined to prove it to myself. So I drank for five years until I hit bottom during another unemployment phase, which I delusionally misinterpreted as a vacation.

During my "vacation" at that old summer home, where I'd learned how to drink, I'd seen the hideous four horsemen and realized I was at the turning point. Having attended AA meetings prior, I knew where to go now that I was done. I sobered up during vacation and immediately started hitting meetings and got a sponsor when I returned home. I was approached by those in whom the problem had been solved and I asked them where they spent their time, and what meetings they went to. I started making friends and calling people to ask for help. I started feeling connected to people without needing to drink, and I eventually learned to have fun in sobriety.

I haven't had a drink or a drug since the end of that vacation nearly six years ago. My life isn't what I thought it was going to be like, but I always wanted it to be interesting. I'm grateful that recovery through the twelve steps of Alcoholics Anonymous doesn't disappoint-it's given me something I didn't even know I ever wanted-the ability to stop drinking a day at a time and enjoy a life that's more interesting than I ever could have come up with on my own.

- Dave C., from *Pass It On*, May, 2018



From The Pass It On Archives



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 #24

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. *A.A. is always here. It never goes away.*

Even in a pandemic, A.A. was with us and available to us. If you've spent enough time in the program, you have seen people go back out and come back. How does our fellowship respond when one of our wounded returns? A.A. was there when I was 21 years old and questioning whether or not I was an alcoholic. It was certainly there when I was 38 and ready to surrender. Live meetings are beginning to come back, yes, but I can always call my brothers in the program and feel the principles any time I want. When I'm alone, my books are always with me. Once I accepted this way of life, it occurred to me that wherever I went, A.A. was there. It doesn't matter if I attend a meeting in a different state where I am a new face among our community. I still hear the message and experience instant relief when I walk into the room. If you or anyone you know has slipped and is feeling reluctant to return, please remind him or her that A.A. is a constant that welcomes us all with open arms.

2. *Me doing life by myself got me here.*

My real moment of surrender came when I declared that I could not live life my way and on my own. My success and strength is shared with those who came before me and showed me how to suit up and show up. I lean on my brothers to remind me of what I have and how to stay balanced. Whenever I can carry the message to another alcoholic, I am inviting others to give up self in exchange for support. It took me a long time to accept that life on life's terms can only be survived shoulder to shoulder. The options are simple: faster alone, or further together.

3. *Being sober is not the same thing as being in recovery.*

Sobriety was a start, but a lot was missing. My side of the street was a disaster. I was without booze, but had never felt worse in my life. When I found a Sponsor, began working the steps, and learned to start giving instead of taking, my recovery began. At first it was messy, painful, and scary. Eventually, life became hopeful, fulfilling, and meaningful. Being in recovery, for me, is to be in action. Being in action can involve doing for others, working with a newcomer, or working in treatment. The more action I take, the more alive I feel. Clean up your side of the street, get honest, surrender, be of service, and don't look back. Sobriety is a start, but for this alcoholic, recovery has been the ride of my life and I highly recommend it as a gateway to growing up.

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

- Matthew T.

Kelli's Korner

From the Meetings...

I believe we are lucky to be alcoholics in recovery. In the hundreds of meetings I've attended since getting sober, I could write a book with all of the brilliant things I've heard people say. Things that hit home, make me think and resonate long after the meeting is over. The funny thing is, nobody is trying to be brilliant, they're just sharing their experience, strength and hope with people who "get it". Choosing to live each day in sobriety is our chance to examine our lives, to go deeper and to know ourselves. Meetings are where we get to share who we are with other people and learn from each other.

Below are some quotes I've heard recently in meetings and what they made me think about. I am so grateful to be on the path with all of you. Enjoy!

- *"Instead of living in the world and visiting AA, I try to live in AA and visit the world."*

I need a little reminder sometimes to put my recovery first. On days when I'm busy, stressed out, tired, etc., I find myself going through the motions and not truly living in recovery. When I heard someone in my homegroup say this, it shifted my perspective. I realized that I need to live in AA every chance I get and make sobriety my top priority no matter what is going on in my life. After all, if my recovery comes first, everything else has a way of falling into place.

- *"We plan the plan and then we plan the result."*

It's no wonder we alcoholics tend to future-trip and catastrophize. Back in our days of active addiction a lot of bad things happened to us. It's only natural that when faced with the unknown we "plan the result" and it's usually bad. I'm guilty of this. Inserting my will and writing a story in my head of how it's going to be or how it's not going to be. I try to remember that if I stay sober and I'm not trying to run the show, everything will work out.

- *"Cultivate a life that you don't want to escape from."*

For me it is not about no longer getting to drink, it is about not needing to. Aside from the fact I am not pouring an accelerant on my anxiety, I have built a life of substance that I enjoy. I love waking up without a hangover, I love going for walks, I love remembering conversations I have had and getting to enjoy the taste of food when grabbing dinner with friends. Thanks to all of you, life today is about so much more than getting to the next happy hour!

Thank you for reading.

- Kelli



July 2021 Office Report—June Activity

Re-Opening Your Meeting? Please log onto our website, find your meeting and open its meeting page. Here is a sample using NBD's meeting page ----->

Tom Z. — Hotline Chair has added volunteer forms to the website. He also has a Zoom workshop scheduled for July 14th at 6:30pm click Zoom Link Dial in 1-253-215-8782 Meeting ID: 852 3932 1356 Passcode: 784242.

Robert S. — 12th Step Coordinator held his first workshop and did a fabulous job. If interested in being on our 12th Step list, email 12th-Step@eastsideaa.org or forms are available on the website and will be emailed directly to him.

Dennis Y. — PI Chair continues to send out weekly reminder of the upcoming events in the area. If you'd like to be on the "Future Tripping" email list please send a message to esig@eastsideaa.org. If you have an event to include, please send it to webstuff@eastsideaa.org as he pulls his information from the website.

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

Debbie M. — newest office volunteer, showed up and saved the day on a Wednesday! I had an appointment and Doug took off early. Debbie you're a hero!

Travis S. — Came over and helped me (well I helped him) paint my office at home and move my desk so it's a nicer work-at-home environment!

12TH Step Calls – During June we received 11 - 12th Step calls during office hours.

June Office Volunteers: Carmen A., David B., Doug H., Ellie P., Jan W., Ted W., Wallene D., Debbie M., Kathy C., Debbie M., Ed H., Graham S., Yulia S. and Terry O. Thank you everyone!

Who Haven't We Seen? I'm still hoping we are looking around our meetings to make sure we're keeping in contact with everyone. Even though this Pandemic is hopefully coming to an end, I'm sure some people haven't been at our Zoom meetings. Let's try to follow up with each other, especially now when we're beginning to re-open our in-person meetings. Look around and see who's missing and then perhaps make a friendly phone call.

The Sunshine Club: We are still ready to help anyone in need. Our mission was originally to take meetings to those that were ill or not able to get to a meeting. But with things re-opening we're available to help you however we can. If you're not doing zoom and you still don't feel like you are ready to go to a meeting in person, say the word, we're going to get AA to you one way or another. sunshine-club@eastsideaa.org. or 425-454-9192 and speak with me.

NBD / Online Meeting
[Back to Meetings](#)

Meeting Information
 Thursday, 7:00 AM to 8:00 AM
 ✓ Location Temporarily Closed
 ✓ Online Meeting
 This meeting is temporarily not meeting in-person.
 Join by Phone!
 Dial (253) 215-8782
 Meeting ID: 802 372 127
 Password: not provided

Online Meeting
 Join with Zoom

Bellevue Christian Reformed Church
 39 other meetings at this location
 4221-148th Ave NE
 Bellevue, WA 98007
 Updated October 3rd, 2020
[Request a change to this listing](#)

Nancy O.

ESIG Office Manager

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. Terry O. Ellie P. Yulia S. Doug H.
David B. Debbie M. Ted W. Kathy C. Ed H. Graham S.

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

| Meeting Name | Jan-21 | Feb-21 | Mar-21 | Apr-21 | May-21 | Jun-21 | Total |
|--------------------------------|--------|----------|----------|----------|--------|--------|----------|
| A Path To Serenity | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 400.00 | 400.00 |
| A Way Up | 0.00 | 40.00 | 0.00 | 0.00 | 0.00 | 0.00 | 40.00 |
| A Womans Way | 0.00 | 0.00 | 0.00 | 0.00 | 100.75 | 0.00 | 100.75 |
| AA & US | 0.00 | 0.00 | 0.00 | 0.00 | 50.00 | 0.00 | 50.00 |
| Anchor Group | 0.00 | 0.00 | 0.00 | 198.50 | 0.00 | 0.00 | 198.50 |
| Anonymous | 728.57 | 1,970.00 | 1,231.80 | 825.00 | 244.00 | 928.15 | 5,927.52 |
| Any Lengths Group | 64.55 | 0.00 | 0.00 | 188.75 | 0.00 | 0.00 | 253.30 |
| Bel-Kirk Saturday Breakfast | 0.00 | 250.00 | 0.00 | 0.00 | 0.00 | 0.00 | 250.00 |
| Bellevue Group | 0.00 | 400.00 | 300.00 | 0.00 | 0.00 | 0.00 | 700.00 |
| Bellevue Men's Meeting | 0.00 | 0.00 | 400.00 | 0.00 | 0.00 | 0.00 | 400.00 |
| Bellevue New Group | 0.00 | 405.00 | 0.00 | 0.00 | 0.00 | 0.00 | 405.00 |
| Benevity Fund Donation | 0.00 | 122.00 | 0.00 | 0.00 | 0.00 | 0.00 | 122.00 |
| Big Book Step Study | 0.00 | 0.00 | 0.00 | 75.78 | 0.00 | 0.00 | 75.78 |
| Bills Kitchen | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 52.09 | 52.09 |
| Bothell Women's Step Study | 0.00 | 0.00 | 125.00 | 0.00 | 0.00 | 0.00 | 125.00 |
| Bothell Women STP | 0.00 | 50.00 | 0.00 | 0.00 | 80.00 | 0.00 | 130.00 |
| Came To Believe (Carnation) | 0.00 | 0.00 | 8.12 | 0.00 | 0.00 | 0.00 | 8.12 |
| Counter Sales | 107.12 | 469.00 | 5.00 | 0.00 | 200.46 | 500.00 | 1,281.58 |
| District 34 | 959.95 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 959.95 |
| Duvall Sunday Morning | 0.00 | 0.00 | 20.00 | 0.00 | 0.00 | 0.00 | 20.00 |
| Eastside A.M. Reflections | 0.00 | 300.00 | 0.00 | 0.00 | 0.00 | 0.00 | 300.00 |
| Eastside Beginners | 145.45 | 0.00 | 0.00 | 0.00 | 0.00 | 192.73 | 338.18 |
| Eastside Men's Group | 0.00 | 20.00 | 0.00 | 412.00 | 75.00 | 0.00 | 507.00 |
| Eastside Women | 0.00 | 0.00 | 125.00 | 0.00 | 0.00 | 150.00 | 275.00 |
| Freedom from Bondage | 0.00 | 122.00 | 3.00 | 14.00 | 141.00 | 8.00 | 288.00 |
| Fresh Start | 0.00 | 0.00 | 0.00 | 400.00 | 0.00 | 0.00 | 400.00 |
| Friday night Live and Let Live | 0.00 | 0.00 | 0.00 | 50.00 | 0.00 | 0.00 | 50.00 |
| From the Hat | 150.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 150.00 |
| Frontstream (Boeing) | 609.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 609.00 |
| Frontstream (Costco) | 0.00 | 0.00 | 0.00 | 1,036.80 | 0.00 | 0.00 | 1,036.80 |
| Grace Rules | 0.00 | 0.00 | 67.00 | 0.00 | 0.00 | 0.00 | 67.00 |
| Happy Destinies | 0.00 | 0.00 | 480.00 | 0.00 | 0.00 | 0.00 | 480.00 |
| Higher Powered at Gold Creek | 0.00 | 0.00 | 0.00 | 0.00 | 618.56 | 0.00 | 618.56 |
| HOW - Women NorthBend | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 25.00 | 25.00 |
| Issaquah Tuesday Night Group | 0.00 | 0.00 | 0.00 | 83.50 | 50.00 | 0.00 | 133.50 |
| Kathy H Memorial Donation | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 25.00 | 25.00 |
| Kenmore Friday Nighters | 200.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 200.00 |
| Kirkland Sobriety Headquarters | 0.00 | 0.00 | 100.00 | 0.00 | 0.00 | 0.00 | 100.00 |
| Ladies Step Study | 35.00 | 125.44 | 0.00 | 0.00 | 166.00 | 33.00 | 359.44 |
| Living Sober | 188.01 | 0.00 | 443.55 | 583.35 | 0.00 | 0.00 | 1,214.91 |
| Moss Bay | 360.00 | 0.00 | 0.00 | 80.00 | 0.00 | 0.00 | 440.00 |

Continued on Page 10

ESIG YTD 2021 Group Contributions

Continued from Page 9

| Meeting Name | Jan-21 | Feb-21 | Mar-21 | Apr-21 | May-21 | Jun-21 | Total |
|--|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|------------------|
| Nameless Bunch Of Drunks | 0.00 | 1,500.00 | 4,500.00 | 1,500.00 | 1,500.00 | 1,500.00 | 10,500.00 |
| Nameless Bunch of Drunks International | 0.00 | 1,022.40 | 465.75 | 463.00 | 546.75 | 509.00 | 3,006.90 |
| Nooners | 0.00 | 50.00 | 0.00 | 0.00 | 0.00 | 0.00 | 50.00 |
| OSAT Golden Gardens | 0.00 | 0.00 | 128.00 | 0.00 | 0.00 | 0.00 | 128.00 |
| Pocket of Enthusiasm | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 325.00 | 325.00 |
| Recovery Through Honesty | 0.00 | 0.00 | 0.00 | 0.00 | 628.56 | 0.00 | 628.56 |
| Redmond Recovery | 0.00 | 0.00 | 250.00 | 0.00 | 250.00 | 0.00 | 500.00 |
| Regla 62 Grupo | 0.00 | 80.00 | 40.00 | 40.00 | 0.00 | 40.00 | 200.00 |
| Rule 62 Workshop | 0.00 | 0.00 | 0.00 | 0.00 | 10.00 | 0.00 | 10.00 |
| Sammamish Big Book Study | 0.00 | 0.00 | 0.00 | 140.00 | 0.00 | 0.00 | 140.00 |
| Serenity Break | 0.00 | 242.46 | 0.00 | 299.87 | 245.07 | 0.00 | 787.40 |
| Serenity on Sunday | 200.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 200.00 |
| Seven & Sober | 1,000.00 | 1,000.00 | 1,000.00 | 1,250.00 | 1,000.00 | 1,000.00 | 6,250.00 |
| Sharing the Legacy | 0.00 | 250.00 | 30.00 | 0.00 | 50.00 | 0.00 | 330.00 |
| Snoqualmie Stag | 90.00 | 0.00 | 0.00 | 0.00 | 90.00 | 0.00 | 180.00 |
| Sober Seniors | 0.00 | 150.00 | 0.00 | 0.00 | 0.00 | 0.00 | 150.00 |
| Stepping into Recovery | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 80.00 | 80.00 |
| Sunrise | 209.93 | 0.00 | 0.00 | 236.40 | 0.00 | 0.00 | 446.33 |
| The Overlake Group | 125.00 | 0.00 | 63.00 | 0.00 | 0.00 | 0.00 | 188.00 |
| Tiger Mountain OSAT | 0.00 | 120.00 | 0.00 | 0.00 | 0.00 | 0.00 | 120.00 |
| Tuesday Issaquah Big Book Stag | 0.00 | 300.00 | 0.00 | 0.00 | 0.00 | 0.00 | 300.00 |
| Tuesday Nite Starters | 0.00 | 0.00 | 100.00 | 0.00 | 0.00 | 0.00 | 100.00 |
| Wake Up | 0.00 | 426.98 | 0.00 | 0.00 | 0.00 | 0.00 | 426.98 |
| Women's Saturday Steps | 288.00 | 0.00 | 0.00 | 260.71 | 0.00 | 0.00 | 548.71 |
| Women In Recovery | 0.00 | 244.18 | 0.00 | 195.18 | 0.00 | 0.00 | 439.36 |
| Women of Worth | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 60.00 | 60.00 |
| Total | 5,460.58 | 9,659.46 | 9,885.22 | 8,332.84 | 6,046.15 | 5,827.97 | 45,212.22 |

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

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=MG02L21hZXk1Y3N0UG1pZnNLSVFKQT09>
All members welcome!

Pink Can Donations

Seven & Sober

Stillwater Serenity (from January)



Newsletter Contributors

Lead Story.....Dave C.
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

- Only that I am later than I planned again this month. "Kyle Plans, God Laughs"

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

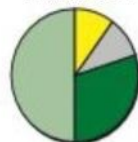
District 38

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*

Recently I've been thinking about karma. The kind where idiots always get handed justice. The kind where I can be judge, jury, and dealer of karma, like Catbert, from the Scott Adams comic strip Dilbert.

What a trap that can be! I walk around my neighborhood, and daily I see drivers exceeding the speed limit of 25 by ten or more MPH. Now, I don't know about you, but I don't need to feed that dragon in my head! Who really knows if karma will be dealt to the speeder, and why the heck should I even care?

How many times do I slip right into Step 10 when my mind gets pulled in this kind of thinking? Maybe two or three times a day. Could definitely be more! Always Page 90 in the 12 and 12 springs to mind: "It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us." Personally, I always put "no matter what the cause" in italics, too, because I feel like I can be justified any time I am "disturbed". Not coincidentally, this happens all too frequently.

This is pertinent to me because, in terms of sobriety, I never really know what circumstance might lead me to my next drink. Jumping out into the middle of the street to slow down a speeding driver sometimes sounds like a really good idea to me! Or getting a lawn chair and sitting on the sidewalk just up from the flashing "SLOW DOWN" radar sign and filming every driver speeding.

Me? Disturbed?

So before I start judging and calling drivers idiots, I have choices. I can choose to walk the way I know I will get disturbed, or I can take another route. I can be aware of the things I have no control over, and let them go. Be wrong. Breathe.

And let the idea of karma go, too. Catbert can have 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.