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PASS IT ON

Eastside Intergroup Newsletter

Issue 54 August 2021

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And Finally...

by Kyle E.

The Power of Choice

My name is Janet S. and my sobriety date is 12/24/84. Both of my parents were blazing and violent alcoholics. My father was a Lt. Colonel in the Air Force, mother was a housewife and I was the middle child of 5 children. We lived all over the US and Asia. I grew up in an environment of alcoholism, terror, violence and perfectionism. A safe or stable home was a foreign concept to me. I had no choices at all on what was happening to me and ran away from home at sixteen. As I grew older, I was also terrified that I might find myself living a drunk life like my mother. I swore that I would never drink. So, at eighteen I started with drugs first not knowing that the bus stops at the same place.

At twenty-one, I moved from California to South Whidbey Island and added alcohol to the mix. By the grace of my higher power, during my twelve years of drinking and drugging I did not suffer from black outs, nor any long-term physical or financial consequences. From the outside my life looked great and no one thought I had a problem. I had a good job, great credit, no trouble with the law, and my own home. However, I knew that I had difficulty with relationships, hence several divorces. Then what I consider as my first spiritual awakening happened.

One night I experienced drinking myself sober. That had never happened to me before. After an active night of drinking by 11 PM I was drunk and by 2 AM that same evening I felt stone cold sober. My first thought of course was "Oh no, I am going to go broke before I ever get drunk again"! And then my next thought was "Oh no, it is happening to me" (alcoholism). That night I had a dream. Upon awakening the next morning, I heard a crystal-clear voice in my head say "Janet, if you don't change your life you are going to die".

That dream was almost thirty-seven years ago and I still remember it like it was yesterday. Shortly thereafter I walked into the rooms of Alcoholics Anonymous. As I entered my first meeting, I told myself that I could be proud of what I had accomplished in my life thus far, however I had better check my pride at the door because those people knew how to stay sober and I didn't. A regular meeting on the island at that time was five people a huge meeting was ten. Those people showed me how they stayed sober and how I could too. They showed me that I had a choice! That with the help of my higher power, the Twelve Steps and the people in the rooms, I could choose to stay sober each and every day. I remember hearing someone say "we come into Alcoholics Anonymous to get rid of who we are not". (I was not my defenses!)

One man with eighteen years would always say his name and state that he was an arm's length away from a drunk. Hearing that I realized that there was no difference between a man with eighteen years sobriety and myself with just a first few weeks sober. It was a choice! It came to me that all I needed was to want to stay sober more than I wanted to use. I could use the tools of the program and choose to stay sober.

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The Power of Choice

Continued from Pg.2

My "ism's" showed up in my life as trouble with relationships. (I had continually sought counseling prior to getting sober because I knew I was the common denominator in my relationships!) In my first six months along with AA, and counseling, I was truly blessed to be introduced to the ACOA (Adult Children of Alcoholics) program which directly addressed many of my issues. I had not realized that being raised by alcoholics and my own alcoholism played such a huge part in these difficulties.

I remember one therapist explaining to me regarding my parent's relationship with each other and what was modeled to me. He used a metaphor of my parents teaching me how to fly. He said "Janet, if your parents only knew how to crash a plane, their example isn't going to show you how to fly one." This 3-pronged approach in my early sobriety enabled me to heal on deeper and deeper levels and grow more than ever before.

I found that acceptance brought peace, trust brought faith, meetings brought wisdom,
and fellowship brought my AA family into my life.

AA and the fellowship to me is "My family, my church and my school".

I learned how to have fun without alcohol or drugs! When I had ten years sober, I moved off South Whidbey Island to Lynnwood and found my new AA family at the 12 & 12 Fellowship. I participated in AA conventions, dances, picnics, rode with the Alky Angels motorcycle club for a few years, attended countless campouts, made lifelong friends; this and lots of service work gave me a life that I would never have dreamed of. Even through tragic times and loved ones passing over the years, I have been able to walk through "fire" and always come out the other side sober!

With AA, ACOA and a lot of work on my part I was able to see that... The changes in my life have always been for the better! No matter what they look like, no matter what they feel like when they are happening. Today I believe that I was blessed that the first sixteen years of my life were the worst sixteen years. I know firsthand what alcoholism looked and felt like from a child's perspective.

I was also able to see that my mother was the best "teacher" I could have ever had. She showed me exactly who I didn't want to be. That my parents "did my drinking for me" which allowed me to get sober early! These revelations and experiences have only deepened my faith that "All is in divine order". I don't take credit for my sobriety because I did not do it alone, but I do take care of it. I have been continually blessed with a successful career of many years and living a full and happy life.

However, about five years ago, I found myself wanting to do more in my life but not knowing what that would be. At that time, I was at an AA convention in Hawaii and I remember standing on the beach alone one night, looking at the moon and asking my higher power what was my purpose now in my life? Knowing that my only job is to do my best and leave my Higher Power the rest, I let that question go.

Then last year, I called Nancy at Eastside Intergroup about another meeting schedule change for the 12 & 12 Fellowship when I happened to mention that I saw that Intergroup had hired a person the previous year. I stated that I had administrative and office skills and if a parttime position ever opens up there again I would definitely be interested. And low and behold that casual comment transpired into my working at Eastside Intergroup a few months later. I could not have asked for a more perfect place for me to be!

To me, my higher power delivered this new purpose and I feel truly blessed! Working with Nancy and all the volunteers I have met and will meet in the future is so rewarding. I look forward to each and every day and hope that all who walk through the doors of Alcoholics Anonymous find what I have found in sobriety.

I always remember that I made a choice to follow those who have come before me and am doing my best to help make a pathway of light for those that follow. Knowing that walking in faith with my higher power, enables me to have the power to choose sobriety!

- Janet S



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

Kelli's Korner

Have Big Book Will Travel

I'm out of town for work this week and it's reminding me how work trips used to be the perfect excuse to sit in a hotel room and drink by myself. No regular errands, no responsibilities, nobody around to judge my behavior. It was the perfect opportunity to isolate and get drunk with zero accountability and believe me, I took full advantage. I would make up excuses for why I could not attend dinners with coworkers or why I was so tired during the day. I remember driving to different liquor stores in unfamiliar cities so I wouldn't hit the same place twice. I remember taking out my own garbage at the hotel so housekeeping wouldn't find the evidence. It's amazing how much work we put into protecting our secret so we can keep living in misery. I was willing to be in a perpetual state of demoralization so I could keep drinking.

As I sit here in this hotel room writing and reflecting, I can't help but appreciate how different everything in my life is today. For me it's important to think about the old times so I can recognize how far I've come. I don't dwell on the past or spend much time thinking about it, but I make a point to acknowledge the changes and improvements in my life today compared to how it used to be.

Tonight, instead of scheming and plotting my way out of a group dinner and into a liquor store, I went to eat with my coworkers and came back to my room to log on to a meeting. I will wake up tomorrow refreshed and hangover-free. I won't need to put my ear to the door to make sure the hallway is clear so I can throw my empties in the garbage by the elevator, I won't need to lie or make any excuses at work tomorrow to explain why I'm so tired. I won't need to do any of the other deceitful, humiliating things I used to do. Tonight, I am free.

No matter where I go, I know I need to keep my program going to stay on the path. Whether it's an overnight trip or an extended vacation, I need to "take my medicine" every day. I make a point to connect other alcoholics, I go to multiple meetings a week and read out of the Big Book daily. Those things make up the daily maintenance of my program and they keep me strong.

In two weeks, I am moving to a small, rural town in another state. I will be leaving the place where I got sober. Instead of letting my alcoholic brain take over and spin me out over the uncertainty of my situation, I contacted the GSR of the area where I will be living. We chatted about local meetings, and I let him know I want to jump into a service position right away. AA is my safety net. No matter what the future holds, you guys have got my back. We've all got each other no matter where we go and it's a beautiful thing.

- Love, Kelli



August 2021 Office Report—July Activity

FINANCIAL

Our A.A. community continues to ask how we're doing so here's an update. We are operating at a loss these past few months with both donations and sales lower but also some higher expenses with a license renewal fee for QuickBooks Point of Sale system of \$1400+ and higher bills to the answering service than normal as we transitioned to a new company. We could use a little extra help if you can.

Group Donations - Please keep in mind that the money you contribute to Eastside Intergroup makes it possible for us to carry the message to the alcoholic that still suffers. We do this through our 24-hour hotline, our office staff and volunteers, various committees and a lot of people dedicated to Alcoholics Anonymous. So please consider this when making your distributions and remember, even \$20 helps! Anyone wanting a copy of the group treasurer packet with the suggested pie-chart for distributions is welcome to pick one up at Intergroup.

And yes, there are other ways to donate!

Birthday Club – we haven't had too many people joining the Birthday Club over the past several years which makes me think maybe people don't know about it. On your birthday you can donate whatever dollar amount you like, give us your Name, Homegroup Name and Sobriety Date and we publish it in the newsletter. Some people donate \$1 per year of sobriety, and some donate \$2 or \$5. You can even give a specified amount. It's also tax deductible! I often times donate for a sponsee and surprise them when they see their name listed!

Faithful Fivers – Donate \$5 per month to support ESIG. Some people contribute \$60 for the year all at once. This also gets you in the newsletter but really helps ESIG out.

Our Store – Our store really helped carry us through COVID because a lot of you continued to come in and get your books but especially the fancy coins and we thank you! Remember that when you buy the books for your groups from us, your not only supporting us, you're supporting AA World Service because we purchase directly from them.

Individual Donations – Over this past year and a half with the pandemic, we have been fortunate indeed that many individuals have continued to send in donations because no actual basket was being passed. We are grateful and always appreciate anonymous donations.

Events – Again, due to COVID we had to cancel all three events in 2020 and two in 2021. We are however holding our annual picnic this year on September 18th from 11am-3pm at Beaver Lake Pavilion in Sammamish.

THANK YOU, JULY OFFICE VOLUNTEERS! Debbie M, Carmen A., David B., Doug H., Ellie P., Jan W., Ted W., Wallene D., Kathy C. and, Ed H. Interested in volunteering at the office? email nancyo@eastsideaa.org . Also, thank you to our awesome office assistant Janet.



August 2021 Office Report—July Activity

Continued from Pg 7

ESIG PICNIC INFO

- Tickets are \$6.00 per person and kids under 12 are free. They can be purchased on our website through our PayPal account or on our Venmo account <https://venmo.com/Eastside-Intergroup> and be sure to indicate PICNIC and your name. You can also come by the office if you prefer.
- Raffle baskets are a HUGE fund raiser for us and so far, we've received \$50 from the 12 & 12 Fellowship and that's it! If groups could start to make baskets or even send donations to us, we're happy to shop and make baskets for you. This is a fun part of the day, and it really helps us financially. Donations should be new items only and can be brought to the Intergroup office during business hours.



- We are limited to 200 tickets for the picnic this year due to park restrictions – *purchase early!!!*

SUNSHINE CLUB UPDATE

Thursday Night 7:00 PM starts 8/12
 Zoom meeting: 83906920431
 Password: 555363



As Covid infections decrease, many meetings are starting to meet in person again. This is great news and in person meetings are an integral part of our recovery. At the same time, many people are still at high risk and need to continue being cautious. Therefore, we are extending our online group to weekly meetings for those who'd like to attend. Our mission as a group hasn't changed; Bring meetings to members of AA who are unable to attend regularly scheduled meetings due to accident, illness, or temporary medical conditions. We feel this is an important need to fill on a regular basis for the foreseeable future. We hope you will join us and share your experience, strength, and hope on the broad online highway to recovery. -Robert S. Sunshine Club Chair

UPDATING YOUR MEETINGS

Remember that the easiest way to update a meeting is to go on our website, find your meeting, open the page and click on the button (Make a Change to this Meeting). The form is emailed directly to the web committee and most changes are made the same day. Once our website is updated, Seattle Intergroup, Area 72 and the Meeting Guide App all update within about a week. It's quite simple. But if you have questions, please call the office 425-454-9192.

We've also made a new pamphlet that gives a newcomer information about A.A., about the meetings, what to expect, our QR Code to the website along with a place to write names and numbers of people they meet. The pamphlet is available in English and Spanish. Copies are attached with a revision in the Spanish version correcting the word sponsor.

Continued on Pg 9



August 2021 Office Report—July Activity

Continued from Pg 8

MISC. MEETING ANNOUNCEMENTS

Misc. Meeting info & Tidbits go to www.eastsideaa.org for full descriptions and for other meetings.

PINE LAKE SPEAKER MEETING:

Has begun meeting in person again on the 2nd Saturday of the month at the Pine Lake Covenant Church located in Sammamish. The speaker for July was fabulous! I hope you'll all make it to the August meeting.

HIGHER POWERED AT GOLD CREEK TO HOLD SPECIAL SPEAKER MEETING:

The Mill Creek location invites you to attend a special speaker meeting with Stevie B. from Florida on September 12th from 7pm-8pm at Gold Creek Community Church in Mill Creek, 4326 148th St SE, Mill Creek, WA.

GOLDEN GARDENS PARK SUNDAYS – FREMONSTER AND FRIENDS ROUNDUP 2021:

2:00 pm to 5:30pm. Started 6/6/21 until tentatively 8/18/21 weather permitting.

Fellowship, burgers, hotdogs, fixings & soda provided 2:00 to 4:00 pm A.A. meeting at 4:00pm.

Address: 8498 Seaview Pl NW, Seattle 98117

KIRKLAND GAZEBO HOOTOWL-MIDNIGHT SATURDAY BY "LAST CALL" CHARLIE ANN'S FELLOWSHIP:

The meeting will be held at the Marina Park Pavilion, 25 Lakeshore Plaza, Kirkland 98033 until the rains set in in the Fall. This meeting will relocate in the Fall to: Charlie Ann's Fellowship, 6815 196th St. SW, Lynnwood 98036 which currently holds indoor live A.A. meetings 8pm and 10pm 7 nights a week.

www.eastsideaa.org

Thanks for letting me be of service!

Nancy O.

ESIG 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!

Debbie M. Carmen A. David B. Doug H. Jan W.
Wallene D. Ellie P. Ted W. Kathy C. Ed H.

Faithful Fivers!

Faithful Fivers donate \$5/month to support ESIG

Ellie P. Nancy O.

Birthday Club!

Gerard F.

8/1/88

Kirkland Attitude Modification (KAM)



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!



David F.

5/8/2014

Kirkland Sobriety Headquarters (KSH)



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	Feb	Mar	Apr	May	Jun	Jul	Total
A Path To Serenity	0.00	0.00	0.00	0.00	0.00	400.00	0.00	400.00
A Way Up	0.00	40.00	0.00	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	0.00	100.75
AA & US	0.00	0.00	0.00	0.00	50.00	0.00	0.00	50.00
Anchor Group	0.00	0.00	0.00	198.50	0.00	0.00	0.00	198.50
Anonymous	728.57	1,970.00	1,231.80	825.00	244.00	928.15	1,310.00	7,237.52
Any Lengths Group	64.55	0.00	0.00	188.75	0.00	0.00	0.00	253.30
Bel-Kirk Saturday Breakfast	0.00	250.00	0.00	0.00	0.00	0.00	0.00	250.00
Bellevue Group	0.00	400.00	300.00	0.00	0.00	0.00	0.00	700.00
Bellevue Men's Meeting	0.00	0.00	400.00	0.00	0.00	0.00	0.00	400.00
Bellevue New Group	0.00	405.00	0.00	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	0.00	122.00
Big Book Step Study	0.00	0.00	0.00	75.78	0.00	0.00	92.55	168.33
Bills Kitchen	0.00	0.00	0.00	0.00	0.00	52.09	0.00	52.09
Bothell Women's Step Study	0.00	0.00	125.00	0.00	0.00	0.00	0.00	125.00
Bothell Women STP	0.00	50.00	0.00	0.00	80.00	0.00	0.00	130.00
Came To Believe (Carnation)	0.00	0.00	8.12	0.00	0.00	0.00	0.00	8.12
Counter Sales	107.12	469.00	5.00	0.00	200.46	500.00	0.00	1,281.58
District 34	959.95	0.00	0.00	0.00	0.00	0.00	0.00	959.95
District 38	0.00	0.00	0.00	0.00	0.00	0.00	1,200.00	1,200.00
Duvall Sunday Morning	0.00	0.00	20.00	0.00	0.00	0.00	0.00	20.00
Eastside A.M. Reflections	0.00	300.00	0.00	0.00	0.00	0.00	0.00	300.00
Eastside Beginners	145.45	0.00	0.00	0.00	0.00	192.73	0.00	338.18
Eastside Men's Group	0.00	20.00	0.00	412.00	75.00	0.00	20.00	527.00
Eastside Women	0.00	0.00	125.00	0.00	0.00	150.00	0.00	275.00
Freedom from Bondage	0.00	122.00	3.00	14.00	141.00	8.00	0.00	288.00
Fresh Start	0.00	0.00	0.00	400.00	0.00	0.00	0.00	400.00
Friday night Live and Let Live	0.00	0.00	0.00	50.00	0.00	0.00	0.00	50.00
From the Hat	150.00	0.00	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	0.00	609.00
Frontstream (Costco)	0.00	0.00	0.00	1,036.80	0.00	0.00	0.00	1,036.80
Grace Rules	0.00	0.00	67.00	0.00	0.00	0.00	0.00	67.00
Happy Destinies	0.00	0.00	480.00	0.00	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	0.00	618.56
HOW - Women NorthBend	0.00	0.00	0.00	0.00	0.00	25.00	0.00	25.00
Issaquah Tuesday Night Group	0.00	0.00	0.00	83.50	50.00	0.00	0.00	133.50
Kathy H Memorial Donation	0.00	0.00	0.00	0.00	0.00	25.00	0.00	25.00
Kenmore Friday Nighters	200.00	0.00	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	0.00	100.00
Ladies Step Study	35.00	125.44	0.00	0.00	166.00	33.00	0.00	359.44

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ESIG YTD 2021 Group Contributions

Continued from Page 9

Meeting Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Total
Lifeline	0.00	0.00	0.00	0.00	0.00	0.00	239.07	239.07
Living Sober	188.01	0.00	443.55	583.35	0.00	0.00	0.00	1,214.91
Moss Bay	360.00	0.00	0.00	80.00	0.00	0.00	0.00	440.00
Nameless Bunch Of Drunks	0.00	1,500.00	4,500.00	1,500.00	1,500.00	1,500.00	1,500.00	12,000.00
Nameless Bunch Of Drunks Intl	0.00	1,022.40	465.75	463.00	546.75	509.00	1,121.75	4,128.65
Nooners	0.00	50.00	0.00	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	0.00	128.00
Pocket of Enthusiasm	0.00	0.00	0.00	0.00	0.00	325.00	0.00	325.00
Raging On The River	0.00	0.00	0.00	0.00	0.00	0.00	55.00	55.00
Recovery Through Honesty	0.00	0.00	0.00	0.00	628.56	0.00	0.00	628.56
Redmond Recovery	0.00	0.00	250.00	0.00	250.00	0.00	0.00	500.00
Regla 62 Grupo	0.00	80.00	40.00	40.00	0.00	40.00	0.00	200.00
Rule 62 Workshop	0.00	0.00	0.00	0.00	10.00	0.00	0.00	10.00
Sammamish Big Book Study	0.00	0.00	0.00	140.00	0.00	0.00	0.00	140.00
Serenity Break	0.00	242.46	0.00	299.87	245.07	0.00	405.79	1,193.19
Serenity on Sunday	200.00	0.00	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	1,000.00	7,250.00
Sharing the Legacy	0.00	250.00	30.00	0.00	50.00	0.00	0.00	330.00
Sisters in the Forest	0.00	0.00	0.00	0.00	0.00	0.00	25.00	25.00
Snoqualmie Stag	90.00	0.00	0.00	0.00	90.00	0.00	0.00	180.00
Sober Seniors	0.00	150.00	0.00	0.00	0.00	0.00	200.00	350.00
Steppin Up	0.00	0.00	0.00	0.00	0.00	0.00	126.48	126.48
Stepping into Recovery	0.00	0.00	0.00	0.00	0.00	80.00	0.00	80.00
Sunrise	209.93	0.00	0.00	236.40	0.00	0.00	393.61	839.94
The Overlake Group	125.00	0.00	63.00	0.00	0.00	0.00	63.00	251.00
Tiger Mountain OSAT	0.00	120.00	0.00	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	0.00	300.00
Tuesday Nite Starters	0.00	0.00	100.00	0.00	0.00	0.00	0.00	100.00
Wake Up	0.00	426.98	0.00	0.00	0.00	0.00	0.00	426.98
Women's Big Book Study	0.00	0.00	0.00	0.00	0.00	0.00	126.00	126.00
Women's Saturday Steps	288.00	0.00	0.00	260.71	0.00	0.00	278.85	827.56
Women In Recovery	0.00	244.18	0.00	195.18	0.00	0.00	297.60	736.96
Women of Worth	0.00	0.00	0.00	0.00	0.00	60.00	0.00	60.00
Total	5,460.58	9,659.46	9,885.22	8,332.84	6,046.15	5,827.97	8,454.70	53,666.92

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!

Eastside Intergroup Collecting Raffle Basket Donations for Sept. 18th Picnic

Eastside AA Community & Intergroup Reps-

Please check with your Homegroups and the meetings you represent about contributing **raffle baskets** or **cash donations** for our annual summer picnic.

Raffle baskets (*new items only please*) can be brought to the Eastside Intergroup office by 4pm on September 15th or directly to the picnic after that. If you prefer to donate cash, we are happy to shop for you!

THANK YOU FOR YOUR SUPPORT!

Eastside Intergroup 13401 Bel Red Rd. Suite B6 Bellevue 98005

Phone 425-454-9192 www.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: Janet@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
Sunrise Group



Newsletter Contributors

Lead Story.....Janet S.
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

- No one complained!

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

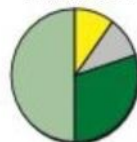
District 38

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*

This month I've made quite a few trips to the Eastside Intergroup office, picking up literature, coins, and other items. Besides meetings, the ESIG office is such a welcoming place, and I always feel better leaving than when I enter.

There are not many places or things that can provide that kind of return on investment. Of course I feel good after visiting a restaurant, and that feeling fades as time goes on. The same goes with meetings and fellowship; the feeling fades over time. So I go to a lot of meetings, do plenty of service, work and talk with fellow alcoholics and addicts on a daily basis. Just as I need food, I need AA.

One of the gifts that AA provides for me is running into program people outside of meetings. Some I see and honk at driving down Bel-Red Road, some I'll run into at Dick's Sporting Goods. Pike Place Market. The list goes on and on. Waling on the trail behind my house.

Before I got sober, I turned away or slunk when I ran into people I knew, not honking or waving them down, both of us smiling like we were just given a box of Krispy Kreme's.

Thank you, AA, and you, the fellowship, for being there, wherever I am.

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.