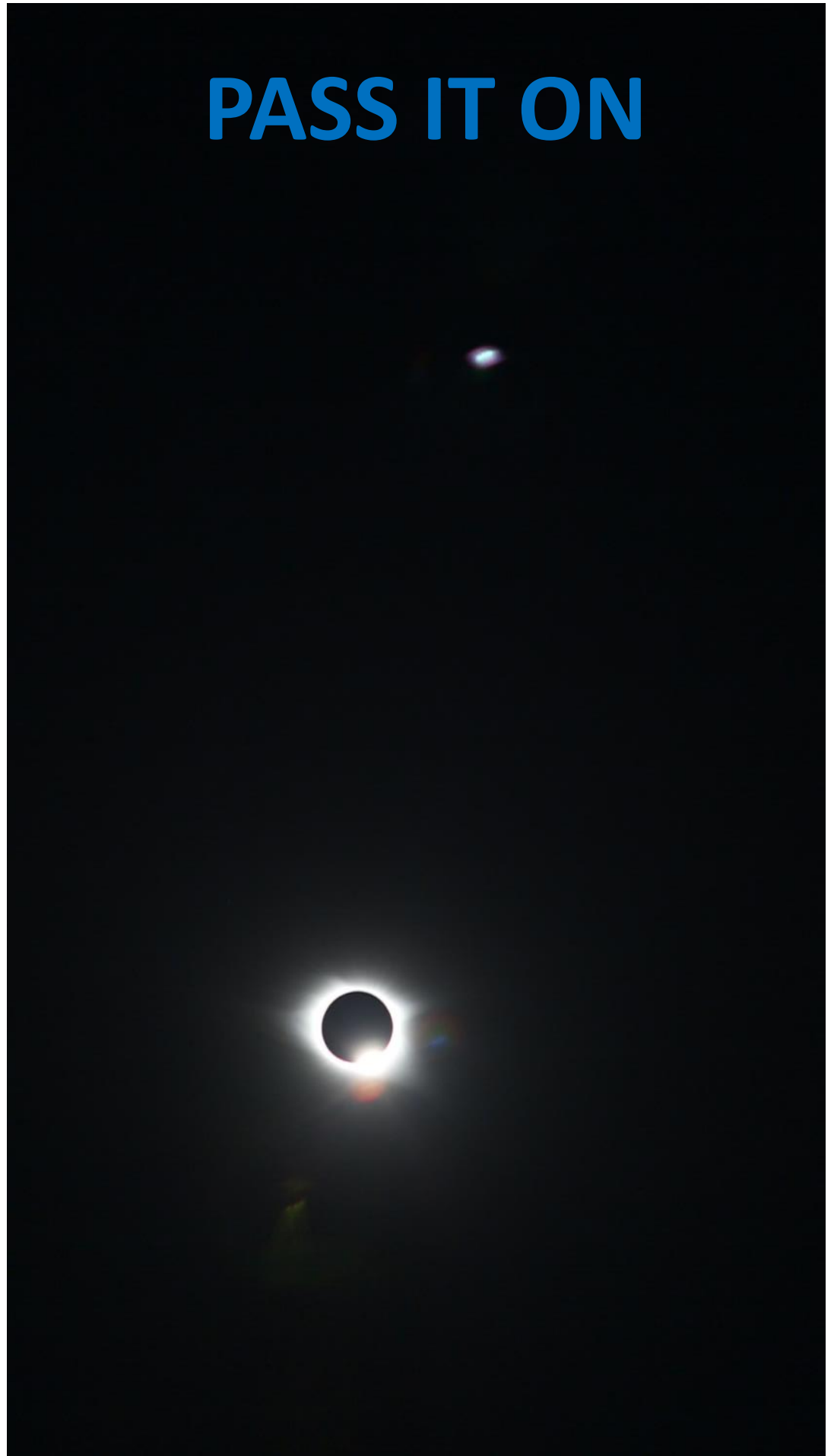




**PASS IT ON**

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E 2  
M 1  
B  
E  
R**





# PASS IT ON

## Eastside Intergroup Newsletter Issue 55 September 2021

### Truly Transformed

Growing up in the Manhattan borough of New York City, I was the oldest of two. My mother and father were both angry alcoholics who liked to fight and throw things. My brother started drinking at 11 or 12. My grandmother – my dad's mom – started her mornings with a glass of vodka and a shot of OJ, and my grandfather on my mother's side buried whisky in his garden where he spent most of his waking hours once he retired. My niece and two nephews have their demons too.

My parents, who had me and my brother very young, moved us from Boulder, Colorado, when I was three so my dad could study voice with a renowned vocal coach. We had very little money for most of my childhood and lived in a neighborhood where there were prostitutes operating out of some of the tenements and low-level Columbian drug dealers peddled their goods on the street corner. I joke about being a dry drunk from the get-go because while I didn't drink until later in high school, I had other addictions and compulsions that soothed whatever needed soothing. Food and smoking were the most obvious, followed by my more covert friends: people-pleasing, stealing, lying, manipulation, cheating, and blaming. I didn't wake up one morning and decide to add booze to the mix. In fact, I was NEVER going to be like my parents, and I spent some 20 years believing that and trying to prove to myself that I could drink normally and wasn't like them. But the three times I remember drinking in High School, I blacked out. An omen, for sure, of things to come.

After high school, I went right into the work force because we couldn't afford college. It became commonplace to go for drinks at Max's Kansas City after work on Fridays. I was 17 and back then, they weren't carding anyone. At that point alcohol was simply my social lubricant. It made me feel like I was someone else - confident, engaging, sophisticated, prettier, funnier, and smarter. As I would find out after I got sober, it also helped me to numb out the deep-rooted shame, guilt, and fear that I didn't even know I had.

I fell in love with a coworker and when he dumped me because he found out I'd lied to him about my age, I moved to Boulder to live with my grandparents so I could work and save money to go to CU. During that time, again with co-workers, drinking became a regular thing after work. At first, I was drinking like everyone else. Then, I met my first husband at a bar and because we both loved dancing, we became regulars at the local watering holes on drink special nights: Tuesday ladies-night, Thursday dollar-night, and FAC (Friday Afternoon Club). I was still working part-time while in school, but was now going out drinking nearly every night and sometimes even at lunch. I stopped going to classes, didn't study for finals, and, needless to say, flunked out of school. Ever the perfect denialist and delusionary, I convinced myself that it was the best thing to happen because now I could work full time and focus on making money and my career.

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by Kyle E.

## Truly Transformed

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About this same time, I added other drugs to the mix and became anorexic. I was not paying my bills, kiting checks, stealing from work, roommates, and cheating on my boyfriend. I went from roommate to roommate, house to house, and man to man, and was adept at quitting jobs before I could be fired. In 1984, when I was put on probation at work, I had a moment of clarity. If I didn't get away from the drugs, I would die. So, without telling anyone, my boyfriend and I moved in with his parents in St. Louis. I was 24.

My drug use ended, and we both seemed to be getting things under control. I went to inpatient treatment for my eating disorder, had a great job that started a long career, got married and had my son. For five years, life was pretty good, I rarely drank and seemed to be able to control it – except for the few times when I didn't. My husband began struggling again with his own addictions so in 1989 we moved to Seattle to get him away from his dealer. I hoped that his struggles would end and that we'd have a normal life – whatever that was. Soon after we got here, though, he found another dealer, lost his job, and I ran out of patience with his inability to get his life together as I so clearly had. We divorced and for all practical purposes, I was a single parent.

Within the year following my divorce, I started dating my current husband. By 1993 we had moved in together, and I started hiding my drinking. He knew my family history and was concerned about my potential.

But I could still control it – most of the time. Over the next four years, though, I steadily lost the battle. Once I'd take a drink I couldn't always stop, and I was not a happy drunk.

I was volatile, jealous, and liked to throw things – much like my parents had been. I always apologized the next day and was able to convince my husband that I didn't have a problem or that I would get a handle on it. We married in June 1997 and my drinking became more frequent and more hidden. Within 2-1/2 years, by the time I found AA in 1999, this bank VP, card-carrying PTSA member, and baseball team mom was drinking warm chardonnay from a coffee mug and hiding my bottles. When my empty bottle collection grew too large, I drove from Renton where I lived to the Mercer Island recycling center to get rid of them so my husband wouldn't find them and the guys from Waste Management wouldn't know how bad I was. I was watering down the Jim Beam that my husband would drink on rare occasion and replacing it with new bottles so he wouldn't find out. I rotated between liquor stores (back then they were operated by the State) in Bellevue, Newcastle and Renton and frequented the wine aisle in a variety of grocery stores and 7-elevens so the cashiers wouldn't figure out that I was a drunk. I would pre-drink before we went out and Nyquil became my bedtime shot.

My son, 11 when I quit, didn't realize that his mom was a drunk. I tried not to drink until I could get him home from school, and once safe at home, I would park him in front of the TV or with a neighborhood friend so I could start drinking without him knowing. In that last year, I could make it through dinner and get my son to bed, at which point I would come up with some excuse to go to bed early where I would pass out. I'd wake up the next morning sick and trembling, horrified and swearing to myself that it would not happen again. I would drink differently next time. I doctor-shopped to try to find out what was wrong with me and why my hands shook, looking for anything that might explain why I was having more frequent headaches and tremors, hoping for a tumor rather than have it be my drinking. There were also the frequent visits to therapists, a library of self-help books, and even a stint at ACOA. I learned I had PTSD – the result of a chaotic childhood, which made it easy to blame my parents for all my woes. I couldn't face the truth, which was that alcohol had become my best friend and when I wasn't drinking, I obsessed about when I could get my next drink. It was my everything. It was the solution to all my problems.

On the night of my last drunk, I had downed two bottles of warm wine with I don't know how much of a bourbon chaser. I was literally falling-down drunk. When my husband saw me trip over the couch, it was the last straw. He told me that he'd make sure that my son would not have to live with a drunk for a mother and that if I didn't get help, he would leave and take my son with him.

(Continued on Pg 4)

## Truly Transformed

Continued from Pg.3

Asking for help was NOT in my repertoire of tools. Rugged individualism – that was the credo in my family where everyone had to fend for themselves and if you didn't, you were weak. But in that moment – when my husband confronted me – I was truly hopeless and I knew, at depth, that I needed help. I had tried to stay sober but could not. I surrendered. Somehow, and I like to think it was my HP, I found the courage to take my husband on a 'bottle tour' of our house to show him where everything was hidden. He'd had no idea how sick I was and how proficient I had been at hiding my drinking from him. He was devastated. But – he was willing to stick with me if I got help and for that, I will always be grateful.

The next day, September 26, 1999, my sobriety date, I 'came to' and was horrified. The cat was out of the bag and there was no putting it back. No more secrets. My husband was at work, my son was at school, and I was alone. I pulled out the yellow pages and found the AA listing. I called the number and Judy, the angel who answered the phone, told me there was a meeting that day at 9:30 am within 10 minutes of my house. I made my way to the little portable west of the Aldersgate Methodist Church. I walked into the smoky room, sat down at the table, afraid to light up myself because I was trembling so badly. It was a small group. Bob C, Ron A, Joan R, Sonja, Rick, and Chris – the King of Bothell, all welcomed me before I had a chance to bolt. From my very first meeting, I knew I was home – that I'd found my tribe. They spoke my language and new exactly how I felt. It was also clear they'd found a solution for their drinking. At that very first meeting, I heard "we're not bad people getting good, we're sick people getting well." Later that day I was astonished to realize that I had no desire to drink.

Over the next year, with some grace and a lot of hard work, I would truly be transformed. At the urging of Joan R., my temporary sponsor, I went to treatment. Through an experience which I can only describe as divine intervention, I began to see the truth about who I had become and was willing to be completely honest with my counselors and group. Once I was discharged, I threw myself into meetings, service work, and the fellowship. I attended NDT five days a week and the Alano Club Nooners meeting 7 days a week. Joan R and I became good friends, so she told me to find a permanent sponsor who was nothing like me, since who I was had gotten me where I was. Nooners was where I met Fran T. She had what I wanted. She was confident, opinionated, and loved AA. Fran took me through the steps and helped me define my higher power. She hammered into me that steps 1, 2, and 3 are where I need to live every day - "I can't, he can, I think I'll let him." With her guidance, I made amends where I needed and forgave my parents who, as it turns out, were doing the best they could with what they had. She also pushed me into yet more service and stressed the importance of the traditions and how we are responsible for keeping AA here for the next suffering alcoholic. Through the years, I've had the great privilege of sponsoring other women, been taken through the steps by yet other women, and while Fran is still my sponsor, I have many wise, sober women, and yes, men, in my life who help keep me on the beam.

My relationships with those outside of AA completely transformed as well. My marriage to my husband is my most cherished. He knows my secrets and where all the bodies are buried but loves me just the same. Watching my son, 32 now and married, grow into the man he is today, has been my greatest gift and I have a good relationship with my stepson, who wouldn't have anything to do with me when I first started dating his dad. I love both of my daughters-in-law and it's truly a blessing that my grandsons feel safe when in my care. While my mother passed away from Multiple Sclerosis when I was 4 years sober, my father and brother are sober today and I have close relationships with both. My niece and nephews may still be writing their stories, but we stay in touch and there will always be a seat for them should they show up.

Today, I have choices because, one day at a time, I try my best to put sobriety first. Everything else is icing on the cake! For that, I am so grateful to the men and women who came into the rooms before me and hope that I can help leave the door open just a little wider for those who will come after me. My name is Sherre P. and I am a grateful, recovered alcoholic.





# 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 #25

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. *Who have you helped today?*

This question usually comes to me after I have spent a few minutes venting to my Sponsor. At first, the question bugs me because the program has taught me that as much as I take comfort in focusing on myself, it gets me nowhere. The solution lies in helping others. The Big Book literally suggests to “turn our thoughts to someone we can help.” My level of serenity is in direct correlation to the amount of time I spend helping people who aren’t me. It is easy for me to fall into the old pattern of turning inward in the hopes of finding answers or a solution. The outcome, however, is that I only continue to feel worse and do worse. Eventually, I will owe someone an amends, and I am not a fan of making amends because it is embarrassing and uncomfortable. I am grateful that making amends is a thing, of course, but remembering that feeling is a powerful motivator to understand that I don’t have to make them if I don’t spend too much time obsessing over myself. So, be warned that when you call your Sponsor about some rut you’re stuck in, be prepared to hear the question: Who have you helped today?

## 2. *I know I am spiritually unfit when I look for external things to make me happy.*

If I want to stay sober, sane, and available to others, I need to be mindful of what I focus on. I am learning that while my emotions can be indicators of my spiritual state. When I start to submit to certain emotions, I spend more money than I should, eat poorly, and isolate, to name a few. During my drinking days, I was spiritually dead. I was in a constant state of fear, worry, self loathing, and disillusionment. Today, I can feel when I have fallen off the beam and know what action to take. Step one is to call my Sponsor and ask for help. The second step is to be open to his suggestions and promptly carry them out. I cannot stand still in my recovery. Regardless of how painful it can be, I need to grow through my challenges, accept what I must, and be willing to let go of what is usually none of my business. I have been spiritually dead, and I have been spiritually alive. Spiritually alive is better.

## 3. *You don’t have to drink today even if you want to.*

My experience has taught me that I cannot do this alone. A lot of us in our initial days of sobriety were as sick as we’ve ever been. Just because the booze has been poured down the drain, does not mean that the desire has been removed yet. When I was in this horrible phase of my development, I needed meetings constantly. I loved the exhaustion I felt after a day of three meetings. The way my mind works is that if it get over stimulated as a result of lots of socializing, thinking, and listening, it wears me out. When I fell into this state, the last thing I wanted to do was drink, but in my drinking days, there were plenty of times where I had to take a drink even when I didn’t want to. A.A. taught me that I am powerless over alcohol. If you’re new and want to drink, you do not have to for today. Call someone from the meetings, go to a meeting, or read the Big Book until you get reminded that you’re not alone. It gets better, I promise.

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

-Matthew T.



## September 2021 Office Report—August Activity

(Continued on Pg 4)

### Financial

Thank you for all the donations this month, we appreciate it. Extra expenses during August included one additional license on our Point-of-Sale system, a large bill to AA World Service for a past book order, and an upgrade to our internet service with Comcast because our 2-year “starter” package at the reduced rate had expired. We were due for an increase in our internet speed.

We have maintained financially throughout the Pandemic without needing to use prudent reserve. This is due to the generous support of our members and groups so once again thank you! You have helped us continue to carry the A.A. message.

**Birthday Club** – This month **Mary B. from Steppin’ Up** celebrated **13 years of sobriety** and donated through the ESIG Birthday Club. [Click here for ESIG Birthday Club](#)

### Volunteers for August

Our office and store are run by a lot of different people, an office manager, an office assistant, and several wonderful office volunteers that show up with a smile on their face to greet you when you come to visit. If they are not busy on a project, you’ll find them behind the desk at the front door. Our volunteers during August were Carmen A, Cyndee L, David B, Debbie M, Dough H, Ed H, Ellie P, Jan W, Jim Mc, Kathy C, Ted W, Tiffany H, & Wallene D. Thank you all for the generous donation of your time.

### Picnic

Our committee chair Sarah A. is getting ready for our September 18<sup>th</sup> picnic at Beaver Lake Park. We are still hoping for raffle basket donations from groups. And, if you want to be of service, there are a lot of opportunities to help with the picnic. Email Sarah at [events@eastsideaa.org](mailto:events@eastsideaa.org). If you’re new to A.A., this is a fantastic way to meet new people and have some sober fun.

Tickets are \$6 and kids under 12 are free. You can purchase them on our website using PayPal, on Venmo at <https://venmo.com/Eastside-Intergroup> or pick them up at the Eastside Intergroup Office. Your ticket gets you a burger or dog, chips, a drink, and a raffle ticket.

Remember we have live music with (Terry B. & others) along with DJ Kruser for sound. And of course we have Robert for face painting!

# SUMMER PICNIC

\* Buying your ticket in advance helps us know how much food to purchase.

# September 2021 Office Report—August Activity

(Continued from Pg 8)

## Sunshine Club Update

Remember the Sunshine Club which is a group that takes meetings to people that are homebound and/or not able to attend meetings due to health reasons? During COVID it's been difficult at best to take meetings to anyone. However, they are holding a weekly step study meeting on Thursdays at 7:00pm for anyone that still wants a zoom meeting and is uncomfortable returning to in person meetings yet.

## COVID-19 Office Policy Update

Yes, masks are required again as is signing in so that we can contact trace if necessary. We will also be masked when you come in. Anyone not feeling safe is welcome to call in an order and come for curbside pickup. Call us on 425-454-9192. We will continue with our normal hours, 10am-5:30pm M-Th and 10am-5pm on Friday. I'm working from home some of the time but will be in the office every Wednesday.

## Young People in AA Committee Chair Opening

This is an open committee position at ESIG. The purpose of the YP committee is to bring the A.A. message to spaces where young people are – and to those who work with them – to help them understand how and why A.A. works, and that they are not “too young” to find recovery in A.A. If you are interested in this service opportunity email [esig@eastsideaa.org](mailto:esig@eastsideaa.org). This is a great service opportunity for someone young or young at heart.

## Live at Pine Lake Liaison Position Open

The Pine Lake Speaker meeting is meeting in person again and Eastside Intergroup generally has a table set up with information available about service opportunities at the Intergroup Office. This position is generally a one-year commitment. The meeting is only once a month on the 2<sup>nd</sup> Saturday of each month from 7pm to 8:30pm but you would need to be there by 6:30pm for set up. This position is fun to do with two people. Let us know if you are interested by emailing [esig@eastsideaa.org](mailto:esig@eastsideaa.org).

I appreciate the opportunity to be of service in our Eastside A.A. community.

Nancy O.  
Office Manager

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

I recently heard this in a meeting.....

“It's difficult to fall off the edge  
if you're standing in the middle.”



# Volunteers! Generosity! Birthday Club!

## Thank You Hotline Volunteers!

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

**Hotline Back-Ups**  
 Tom Z. Cindy S.  
 Jessica C. Travis S.  
 Sheree P. Nancy O.  
**Hotline Coordinator: Tom Z.**

**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.	Mary B.	Nancy O.
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## Birthday Club!

**Mary B.**

**13 Years!**



**<Your Name Here>**

**<Yes, this could be you!>**



**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	Jul-21	Aug-21	Total
A Path To Serenity	0.00	0.00	0.00	0.00	0.00	400.00	0.00	0.00	400.00
A Way Up	0.00	40.00	0.00	0.00	0.00	0.00	0.00	0.00	40.00
A Woman's Way	0.00	0.00	0.00	0.00	100.75	0.00	0.00	0.00	100.75
AA & US	0.00	0.00	0.00	0.00	50.00	0.00	0.00	0.00	50.00
Anchor Group	0.00	0.00	0.00	198.50	0.00	0.00	0.00	0.00	198.50
Anonymous	728.57	1,970.00	1,231.80	825.00	244.00	1,128.15	1,510.00	803.67	8,441.19
Any Lengths Group	64.55	0.00	0.00	188.75	0.00	0.00	0.00	212.50	465.80
Bel-Kirk Saturday Breakfast	0.00	250.00	0.00	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	0.00	700.00
Bellevue Men's Meeting	0.00	0.00	400.00	0.00	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	0.00	405.00
Benevity Fund Donation	0.00	122.00	0.00	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	0.00	168.33
Bills Kitchen	0.00	0.00	0.00	0.00	0.00	52.09	0.00	0.00	52.09
Bothell Women's Step Study	0.00	0.00	125.00	0.00	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	0.00	130.00
Came To Believe (Carnation)	0.00	0.00	8.12	0.00	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	84.60	1,366.18
District 34	959.95	0.00	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	0.00	1,200.00
Duvall Sunday Morning	0.00	0.00	20.00	0.00	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	0.00	300.00
Eastside Beginners	145.45	0.00	0.00	0.00	0.00	192.73	0.00	354.50	692.68
Eastside Men's Group	0.00	20.00	0.00	412.00	75.00	0.00	20.00	0.00	527.00
Eastside Open Breakfast	0.00	0.00	0.00	0.00	0.00	0.00	0.00	50.00	50.00
Eastside Women	0.00	0.00	125.00	0.00	0.00	150.00	0.00	0.00	275.00
Essentials	0.00	0.00	0.00	0.00	0.00	0.00	0.00	150.00	150.00
Freedom from Bondage	0.00	122.00	3.00	14.00	141.00	8.00	0.00	14.00	302.00
Fresh Start	0.00	0.00	0.00	400.00	0.00	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	0.00	50.00
From the Hat	150.00	0.00	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	0.00	609.00
Frontstream (Costco)	0.00	0.00	0.00	1,036.80	0.00	0.00	1,209.60	0.00	2,246.40
Grace Rules	0.00	0.00	67.00	0.00	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	0.00	480.00
Higher Powered at Gold Creek	0.00	0.00	0.00	0.00	618.56	0.00	0.00	0.00	618.56
HOW - Women NorthBend	0.00	0.00	0.00	0.00	0.00	25.00	0.00	0.00	25.00
Issaquah Tuesday Night Group	0.00	0.00	0.00	83.50	50.00	0.00	0.00	0.00	133.50
Joy Of Living	0.00	0.00	0.00	0.00	0.00	0.00	0.00	300.00	300.00
Kathy H Memorial Donation	0.00	0.00	0.00	0.00	0.00	25.00	0.00	0.00	25.00
Kenmore Friday Nighters	200.00	0.00	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	0.00	100.00
Ladies Step Study	35.00	125.44	0.00	0.00	166.00	33.00	0.00	75.60	435.04

Continued  
on Page 11

# ESIG YTD 2021 Group Contributions

Continued from Page 10

Lifeline	0.00	0.00	0.00	0.00	0.00	0.00	239.07	0.00	239.07
Living Sober	188.01	0.00	443.55	583.35	0.00	0.00	0.00	2,496.28	3,711.19
Moss Bay	360.00	0.00	0.00	80.00	0.00	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	0.00	12,000.00
Nameless Bunch of Drunks Int'l	0.00	1,022.40	465.75	463.00	546.75	509.00	1,121.75	679.60	4,808.25
Nooners	0.00	50.00	0.00	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	0.00	128.00
Pocket of Enthusiasm	0.00	0.00	0.00	0.00	0.00	325.00	0.00	0.00	325.00
Raging On The River	0.00	0.00	0.00	0.00	0.00	0.00	55.00	0.00	55.00
Recovery Through Honesty	0.00	0.00	0.00	0.00	628.56	0.00	0.00	0.00	628.56
Redmond Recovery	0.00	0.00	250.00	0.00	250.00	0.00	0.00	250.00	750.00
Regla 62 Grupo	0.00	80.00	40.00	40.00	0.00	40.00	0.00	40.00	240.00
Rule 62 Workshop	0.00	0.00	0.00	0.00	10.00	0.00	0.00	0.00	10.00
Sammamish Big Book Study	0.00	0.00	0.00	140.00	0.00	0.00	0.00	0.00	140.00
Serenity Break	0.00	242.46	0.00	299.87	245.07	0.00	405.79	346.15	1,539.34
Serenity on Sunday	200.00	0.00	0.00	0.00	0.00	0.00	0.00	69.12	269.12
Seven & Sober	1,000.00	1,000.00	1,000.00	1,250.00	1,000.00	1,000.00	1,000.00	2,000.00	9,250.00
Sharing the Legacy	0.00	250.00	30.00	0.00	50.00	0.00	0.00	10.00	340.00
Sisters in the Forest	0.00	0.00	0.00	0.00	0.00	0.00	25.00	0.00	25.00
Sisters of the Forest	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.00	5.00
Snoqualmie Stag	90.00	0.00	0.00	0.00	90.00	0.00	0.00	0.00	180.00
Sober Camels	0.00	0.00	0.00	0.00	0.00	0.00	0.00	500.00	500.00
Sober Gals	0.00	0.00	0.00	0.00	0.00	0.00	0.00	10.00	10.00
Sober Seniors	0.00	150.00	0.00	0.00	0.00	0.00	200.00	0.00	350.00
Steppin Up	0.00	0.00	0.00	0.00	0.00	0.00	126.48	0.00	126.48
Stepping into Recovery	0.00	0.00	0.00	0.00	0.00	80.00	0.00	0.00	80.00
Sunrise	209.93	0.00	0.00	236.40	0.00	0.00	393.61	0.00	839.94
The Overlake Group	125.00	0.00	63.00	0.00	0.00	0.00	63.00	0.00	251.00
Tiger Mountain OSAT	0.00	120.00	0.00	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	0.00	300.00
Tuesday Nite Starters	0.00	0.00	100.00	0.00	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	96.75	523.73
Women's Big Book Study	0.00	0.00	0.00	0.00	0.00	0.00	126.00	0.00	126.00
Women's Saturday Steps	288.00	0.00	0.00	260.71	0.00	0.00	278.85	0.00	827.56
Women In Recovery	0.00	244.18	0.00	195.18	0.00	0.00	297.60	0.00	736.96
Women of Worth	0.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00	60.00
<b>Total</b>	<b>5,460.58</b>	<b>9,659.46</b>	<b>9,885.22</b>	<b>8,332.84</b>	<b>6,046.15</b>	<b>6,027.97</b>	<b>9,864.30</b>	<b>8,547.77</b>	<b>63,824.29</b>

## Don't Panic if you don't see your group contribution!

During the pandemic a good portion of our contributions have been coming in via Venmo and PayPal. Quite often the donation is in the name of an individual so we list it as anonymous if we don't have a group name to associate with it. This is why Anonymous Donations are so high on here.

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

Thank you all for your support!

## Eastside Intergroup Collecting Raffle Basket Donations for Sept. 18<sup>th</sup> 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](http://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](mailto:esig@eastsideaa.org)  
**Website:** [eastsideaa.org](http://eastsideaa.org)

**Office Hours:** Open!  
Mon - Thurs 10AM-5:30PM  
Fri 10AM-5:00PM

**Office Manager:** Nancy O.  
Email: [NancyO@eastsideaa.org](mailto:NancyO@eastsideaa.org)  
**Office Assistant:** Janet S.  
Email: [Janet@eastsideaa.org](mailto:Janet@eastsideaa.org)  
**Intergroup Representative Meeting**  
First Thursday of each month  
7:30 pm-8:30 pm via Zoom

[https://zoom.us/j/181768191?](https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnNLSVFKQT09)  
[pwd=MG02L21hZXk1Y3N0UG1pZnNLSVFKQT09](https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnNLSVFKQT09)  
All members welcome!

### Pink Can Donations

Seven & Sober



### Newsletter Contributors

**Lead Story.....**Sherre P.  
**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](mailto: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

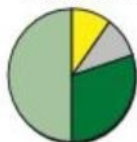
#### District 38

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*

When I was in my cups, as they say, I always thought I was surprising everyone by my unpredictability. Little did I know that everyone knew that I would just be a jerk, always. Most of my memories were of trying to figure out how to be that jerk. The words nice, sweet, and cute were not part of my vocabulary. This type of thinking and acting became really ingrained into every thought or action, starting in my teens. Being a jerk is usually the first thought that goes through my mind in response to something.

Breaking the pattern and being rid of this character defect has been very difficult for me. No one sees it more than those closest to me, and maybe the guy driving 60 in the left lane on the freeway.

So it breaks my heart to see my child exhibiting those same behaviors. Makes me feel like I created a monster, when millions of teenagers have done it, and millions of parents have survived it.

What do I do about it? Use the program: admit I'm powerless and try not to engage at a yelling or defensive level. Breathe. Turn it over. Call someone. Attend a meeting. Continue my morning reading and meditation practice.

Seems practical, right? Not for this reforming jerk. My instincts are to blow off my program and take control. AA and its program of recovery continues to help where I feel helpless, and when I want to give up, and when I want to hide to push down the hurt.

Thankfully, taking the corrective actions one step at a time works. Then I am not looking at the ideal and seeing something insurmountable and unachievable. Yes, the ideal is still there, and I may not recognize that I am closer, until I look back and see the beautiful valley below and that I have traveled toward it. And I look around me and see the faces of the people walking with me, everyone offering encouragement and hope to each other.

And loving that jerk who is trying.

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If you have a blurb or idea you would like to have published in the ESIG newsletter Pass It On, or suggestions or commentary on content, please reach out to me at [newsletter@eastsideaa.org](mailto:newsletter@eastsideaa.org)!

- Kyle E.