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PASS IT ON

Eastside Intergroup Newsletter

Issue 57 November 2021

He's a Modern Guy

My name is Dennis, and I am an alcoholic. My sobriety date is February 12, 1985.

Ever awakened bleary-eyed at 4 AM on the living room floor in front of the TV again – with snow on the screen and hissing because the station had gone off the air? With a half-finished drink on the floor? I have. That's not the worst place I've awakened in, but after the umpteenth time, after many broken relationships, praying at the porcelain throne, living in misery, I finally realized I was done -- in the words of Hoyt Axton's song:

"No no, no no, I don't drink it no more.
I'm tired of waking up on the floor"

So I swore off drinking! Avoided driving by liquor stores (also, in North Carolina they only took cash so I avoided having cash in my wallet). Didn't walk down the wine and beer aisle in the supermarket. Changed the channel on the TV when commercials for alcohol came on. Didn't go to any parties where alcohol was served. Avoided (if I could) company after-hours events where there was drinking. I'd tried everything and nothing would relieve the craving. I was miserable. I itched inside. I wanted to die.

Finally, being a modern guy, I went to a Psychologist for help. He told me that he could help me with emotional or psychological problems ('cause that's what Psychologists do, right?). But he said that if I was an alcoholic, the only remedy he knew that really worked was Alcoholics Anonymous.

He gave me a phone number. I called it, spoke to Tim M (who was to be my first sponsor) and joined him at my first meeting of the Budleigh group of AA in Raleigh, NC. After starting to work the steps, going to daily meetings, and trying prayer and meditation – I don't remember exactly when – but finally **the craving left! What a miracle!** And for that, I'm humbly thankful. One of the things I heard at one of my early meetings was:

"My name is blah-blah and I'm a grateful recovering alcoholic."

My first reaction?

"**Whut?** Grateful? **Grateful! What does that even mean?** How could anyone be **grateful** to be afflicted with the miserable disease of alcoholism?"

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by Kyle E.

He's a Modern Guy

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I had just encountered my first **Spiritual Principle**. I've come to understand that this is my initial reaction whenever I run into one. I've learned, though hard experience, to capture and study the spiritual principle until I can understand the message being sent to me. The message here is **gratitude**.

Yep, it's November – you know, Thanksgiving and all? And guess what: I'd like to talk about **gratitude**.

The root of the word "gratitude" comes from the word "grateful," which the dictionary defines as:

Grateful *adjective*

Warmly or deeply appreciative of kindness or benefits received: *I am grateful to you for your help.*

One old-timer said, "Thank God I didn't get what I deserved." I get that. Alcohol beat me down. I wanted to die. Alcoholics Anonymous gave me my life back. So, I'm humbly thankful for that gift of sobriety. I guess that makes me a "grateful recovering alcoholic" too!

In the words of Ralph Waldo Emerson:

"I'm humbly grateful for a life I never even knew I wanted. I've been blessed with an opportunity to help raise my Children, and I'm thankful for the chance to meet and know my Grandchildren, Relatives, and Friends. Thanks for the people who came before me and for those that follow. Thank you also for providing me with everything; especially grace, laughter, a loving heart, happiness, and for placing so many interesting characters in my life"

So if you are wondering if you might be an alcoholic, I have some bad news for you -- *normal people don't wonder if they might be an alcoholic*. But if you are like me, AA is truly the only answer that will work.

Try it. If it doesn't work for you, I'm told that your misery will be cheerfully refunded. Enjoy your Thanksgiving. Maybe I'll see you in a meeting.

--- In love and service, Dennis Mc.

From the Spiral #27

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. I don't want to maintain anything.

One of our members in the program is fond of sharing the quote about the maintenance of our spiritual condition. He abruptly follows the quote by saying that he does not want to maintain anything. His intention in the program is to grow, continue, and change as time and his Higher Power allow it. According to him, if he maintains, he will grow stagnate. The Big Book warns us about resting on our laurels. It is not always comfortable, but it is worth it to be in a growth-oriented state of intention. When my serenity is tested, I get the gift of growth. I am shown that sometimes, I do not have to work as hard as I think in certain areas of my recovery. My Higher Power always knows the situation so why go on and on explaining it. Instead, I am reminded to just hand it over and help someone who isn't me.

2. My life is better if I'm helping others.

Helping others is a gift and a break from me living in my head. The longer I go without helping someone else, the more depressed, exhausted, and ineffective I become. It really wasn't that long ago, when I was at my worst in terms of my disease. As far as I was concerned, there was no solution because I had tried everything. Just because I felt horrible, it did not mean that I had tried everything. If I can continue to remember what it was like for me in the beginning, I can see that same suffering in others and offer a solution. When I see the suffering stop, I feel useful and I forget my problems for awhile. If you're reading this, you probably have a handful of bad experiences from being addicted to things. When you give yourself to our program, you have our permission to get addicted to helping others. Your life will get better in how you enjoy the good times and how you show up in the challenging times.

3. My ego is my biggest joy killer.

When I hear about "causes and conditions" during a meeting, my ears perk up because it's one of my favorite concepts in the book. For years, I invested time and money into a cure for all of my symptoms. No matter what I did, the symptoms never went away. The program taught me that getting down to causes and conditions is to identify the problem that is birthing the symptoms. Focusing on my symptoms never freed me of my problem. To this day, thanks to the teachings of Alcoholics Anonymous, my biggest problem is my ego. My ego's diet consists of people, places, and things. I still have a lot more to learn, but that's why I have a Sponsor and a fellowship. When I reach out to them with a problem, they are quick to identify the epicenter of my frustration. As I grow and stay sober, my hope is to spend less time letting my ego creep in and try to take over. Old habits die hard for sure, but being around people whose life got better when they fired their ego helps a great deal.

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

-Matthew T.

Interview with an AA member: Nick V

1. What's your favorite meeting?

Saturday morning 8:30am - Eastside Men's Group

2. What's the best piece of advice a sponsor gave you?

"We are all human and are fallible. Prone to making mistakes. Don't put anyone on a pedestal as they will eventually disappoint you. The only two things I put on a pedestal is the Big Book and 12x12." This was my first sponsor and I still value him sharing this with me. I would add the Bible to his list. There are many people in my life that inspire me or that I try to emulate, but we all make mistakes. It's good not to place them "above" anything else.

3. What's your favorite AA catchphrase?

"Addiction is giving up everything for one thing. Recovery is giving up one thing for everything."

4. What's your go-to recovery-based reading?

Touchstones: A Book of Daily Meditations for Men

"I read a book by William James, and like any good book, it did not teach me something new, but drew out the wisdom that was already there, inside me. William talks about there being two kinds of will. Will A and Will B, I call it. Will A is what we all learn, the hold your head high, stuff it down, swallow your sobs, work hard kind of will. Will B, while it seems a slacker thing, is actually harder to have. It's a *willingness* instead of a willfulness, an ability to take life on life's terms as opposed to putting up a big fight. It's about being bendable, not brittle, a person who is brave enough to try to ride the waves instead of trying to stop them. Will B is what you need in order to learn to fall. It's the kind of will my mother never taught me, and yours probably never taught you either. It's a secret greater than sex; it's a spiritual thing. Will B is not passive. It means an active acceptance, a *say yes*, and you have to have a voice and courage if you want to learn it. If you know Will B, you know your life."

Lying by Lauren Slater

"Wild Geese" by Mary Oliver

You do not have to be good.

You do not have to walk on your knees

for a hundred miles through the desert repenting.

You only have to let the soft animal of your body

love what it loves.

Tell me about despair, yours, and I will tell you mine.

Meanwhile the world goes on.

Meanwhile the sun and the clear pebbles of the rain

are moving across the landscapes,

over the prairies and the deep trees,

the mountains and the rivers.

Meanwhile the wild geese, high in the clean blue air,

are heading home again.

Whoever you are, no matter how lonely,

the world offers itself to your imagination,

calls to you like the wild geese, harsh and exciting -

over and over announcing your place

in the family of things.



November 2021 Office Report—October Activity

THANK YOU, OCTOBER OFFICE VOLUNTEERS!

Together we are all helping carry the message of Alcoholics Anonymous in our community.

- **Doug H.** took on the project of assigning District numbers to all of the meetings on our website. We didn't have the sort of capability before this and now we do. He has sent the lists off to the districts to compare information.
- **Wallene D.** has been busy making up newcomer packets getting ready for meetings as they begin to return to meeting in person.
- **David B.** continues to issue zoom accounts to groups that put in a request. You can reach him by emailing zoom@eastsideaa.org. David is also our loyal Friday afternoon volunteer. When you find yourself in the area, stop in and say hi.
- **Ted W.** has been our faithful Wednesday morning guy for probably ten years. Ted is always happy to open up if I decide to work from home in the morning.
- **Debbie M.** is always so cheerful and happy to help. She works on special projects for us and is trained to open and close the office.
- **Ed H.** we're happy to have back and he too works on special projects.
- **Ellie P.** is so happy to be of service she beams from ear to ear when she comes in. Ellie is also on special projects and has just learned how to open and close.
- **Jan W.** is eager to please and wants to help you when you come through the door. She has been a great asset when we've needed backup opening or closing the office.



- Districts 34, 35 and 39 are all on November 20th and are all VIRTUAL
 - [District 34 flyer](#)
 - [District 35 flyer](#)
 - [District 39 flyer](#)
 - [Districts 15, 40, 41 flyer](#)
- Districts 36 & 38 – not holding Gratitude Dinners in 2021

NOVEMBER OFFICE CLOSURE – Thanksgiving Week 11/22 through 11/26

ESIG COMMITTEE CHAIR POSITIONS OPEN

- PI/CPC (Public Information / Cooperation with the Professional Community)
- Treatment & Hospitals
- Young People in A.A.

(Continued on Pg 6)

September 2021 Office Report—August Activity

(Continued from Pg 6)

12TH STEP WORKSHOP (ESIG) [12th Step Workshop](#) 12/9/21 6:30pm-7:30pm on Zoom

- **Robert S.** (12thStep@eastsideaa.org) for anyone interested in carrying the message of hope to another alcoholic and/or get your name on our 12th Step list.

HOTLINE (ESIG) [Hotline / Phone Training](#) 11/21/2021 6pm -7:00pm on Zoom

- **Tom Z.** (hotline@eastsideaa.org) The hotline currently has openings available if you'd like to be of service.

TREASURER WORKSHOP (AREA 72) [Treasurer Workshop Flyer](#) 11/7/21 1pm-3pm

OLUNTEER OPPORTUNITIES

- Office Volunteer opportunities currently available. Email nancyo@eastsideaa.org
- All volunteer opportunities, go to [Eastside AA How to Get Involved](#)

12 & 12 FELLOWSHIP HALL MOVES TO NEW LOCATION

- November 1st - 15812 116th Ave NE #B, Bothell, WA 98011 [12 & 12 New Location Flyer](#)

2022 MEETING SCHEDULES

- We are looking for ideas on what the schedule might look like. Meetings change so rapidly now-a-days with COVID, that it doesn't make sense to try and do an on-line version. Interested in helping on this project? Email nancyo@eastsideaa.org

WHO HAVEN'T WE SEEN?

- Don't forget to be looking around the rooms, virtual or in-person and think about who we may have not seen for a while. It doesn't matter whether we've got 10 minutes, 24 hours or 40+ years, let's reach out to one another.

NEW ITEMS

- Table Mates
- Book of Prayers from the Big Book
- Rosie coins and coffee mugs
- New added section of Russian literature
- Several new tri-plate coins

ON SALE

- As Bill Sees It (soft cover) \$8


TUESDAY IS SENIOR DISCOUNT DAY

- 10% off age 60 +



Thanks for letting me be of service.

Submitted with a grateful heart,

Nancy O
ESIG Office Manager 

Volunteers! Generosity! Birthday Club!

Thank You Hotline Volunteers!

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

24 Hours



425-454-9192

Thank You Office Volunteers!

Cyndee L. Tiffany H. Jim Mc. Debbie M. David B.
Doug H. Jan W. Wallene D. Ellie P. Ted W. Ed H.

Faithful Fivers!

Faithful Fivers donate \$5/month to support ESIG

Mary B. Nancy O.

Birthday Club!

<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!



<Yes, this could be you!>



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

Group Name	Jan 21	Feb 21	Mar 21	Apr 21	May 21	Jun 21	Jul 21	Aug 21	Sep 21	Oct 21	TOTAL
A Path To Serenity	0.00	0.00	0.00	0.00	0.00	400.00	0.00	0.00	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	0.00	0.00	40.00
A Womans Way	0.00	0.00	0.00	0.00	100.75	0.00	0.00	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	0.00	0.00	50.00
Anchor Group	0.00	0.00	0.00	198.50	0.00	0.00	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	1,310.00	803.67	788.61	203.80	9,233.60
Any Lengths Group	64.55	0.00	0.00	188.75	0.00	0.00	0.00	212.50	0.00	0.00	465.80
Bel-Kirk Saturday Breakfast	0.00	250.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	250.00
Bel East Lunch	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	255.00	255.00
Bellevue Group	0.00	400.00	300.00	0.00	0.00	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	475.00	0.00	875.00
Bellevue New Group	0.00	405.00	0.00	0.00	0.00	0.00	0.00	0.00	500.00	0.00	905.00
Benevity Fund Donation	0.00	650.17	1,047.30	400.00	600.00	400.00	200.00	400.00	400.00	0.00	4,097.47
Better Odds Sober	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	389.00	389.00
Big Book Step Study	0.00	0.00	0.00	75.78	0.00	0.00	92.55	0.00	0.00	75.00	243.33
Bills Kitchen	0.00	0.00	0.00	0.00	0.00	52.09	0.00	0.00	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	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	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	0.00	0.00	8.12
Come as You Are Part 2	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	422.13	422.13
Counter Sales	107.12	469.00	5.00	0.00	200.46	500.00	0.00	84.60	123.00	1,505.63	2,994.81
District 34	959.95	0.00	0.00	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	0.00	0.00	1,200.00
Duvall Sunday Morning	0.00	0.00	20.00	0.00	0.00	0.00	0.00	0.00	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	0.00	0.00	300.00
Eastside Beginners	145.45	0.00	0.00	0.00	0.00	192.73	0.00	354.50	0.00	0.00	692.68
Eastside Men's Group	0.00	20.00	0.00	412.00	75.00	0.00	20.00	0.00	370.00	0.00	897.00
Eastside Open Breakfast	0.00	0.00	0.00	0.00	0.00	0.00	0.00	50.00	0.00	0.00	50.00
Eastside Women	0.00	0.00	125.00	0.00	0.00	150.00	0.00	0.00	0.00	87.00	362.00
Essentials	0.00	0.00	0.00	0.00	0.00	0.00	0.00	150.00	0.00	0.00	150.00
Freedom from Bondage	0.00	122.00	3.00	14.00	141.00	8.00	0.00	14.00	5.00	3.00	310.00
Fresh Start	0.00	0.00	0.00	400.00	0.00	0.00	0.00	0.00	0.00	0.00	400.00
Friday Night Firehouse	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	400.00	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	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	0.00	0.00	150.00
Frontstream (Boeing)	609.00	0.00	0.00	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	0.00	1,036.80	3,283.20
Grace Rules	0.00	0.00	67.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	67.00
H.O.W.	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	25.00	0.00	25.00
Happy Destinies	0.00	0.00	480.00	0.00	0.00	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	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	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	121.88	0.00	255.38
Joy Of Living	0.00	0.00	0.00	0.00	0.00	0.00	0.00	300.00	0.00	0.00	300.00
Kathy H Memorial Donation	0.00	0.00	0.00	0.00	0.00	25.00	0.00	0.00	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	0.00	0.00	200.00
Kirkland Sobriety HQ	0.00	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00

Continued on Page 10

ESIG YTD 2021 Group Contributions

Group Name	Jan 21	Feb 21	Mar 21	Apr 21	May 21	Jun 21	Jul 21	Aug 21	Sep 21	Oct 21	TOTAL
Ladies Step Study	35.00	125.44	0.00	0.00	166.00	33.00	0.00	75.60	0.00	0.00	435.04
Lifeline	0.00	0.00	0.00	0.00	0.00	0.00	239.07	0.00	0.00	0.00	239.07
Living Sober	188.01	0.00	443.55	583.35	0.00	0.00	0.00	2,496.28	0.00	0.00	3,711.19
Moss Bay	360.00	0.00	0.00	80.00	0.00	0.00	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	1,500.00	1,500.00	15,000.00
Nameless Bunch of Drunks Intl	0.00	1,022.40	465.75	463.00	546.75	509.00	1,121.75	679.60	512.17	517.95	5,838.37
Nooners	0.00	50.00	0.00	0.00	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	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	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	0.00	0.00	55.00
Recovery Through Honesty	0.00	0.00	0.00	0.00	628.56	0.00	0.00	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	0.00	250.00	1,000.00
Regla 62 Grupo	0.00	80.00	40.00	40.00	0.00	40.00	0.00	40.00	60.00	40.00	340.00
Right Side of the Tracks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	600.00	600.00
Rule 62 Workshop	0.00	0.00	0.00	0.00	10.00	0.00	0.00	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	0.00	0.00	140.00
Serenity Break	0.00	242.46	0.00	299.87	245.07	0.00	405.79	346.15	381.53	366.99	2,287.86
Serenity Break Online	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	15.00	15.00	30.00
Serenity on Sunday	200.00	0.00	0.00	0.00	0.00	0.00	0.00	69.12	0.00	0.00	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	1,500.00	1,000.00	11,750.00
Sharing the Legacy	0.00	250.00	30.00	0.00	50.00	0.00	0.00	10.00	0.00	0.00	340.00
Snoqualmie Stag	90.00	0.00	0.00	0.00	90.00	0.00	0.00	0.00	90.00	0.00	270.00
Sober Camels	0.00	0.00	0.00	0.00	0.00	0.00	0.00	500.00	0.00	0.00	500.00
Sober Gals	0.00	0.00	0.00	0.00	0.00	0.00	0.00	10.00	0.00	1,000.00	1,010.00
Sober Seniors	0.00	150.00	0.00	0.00	0.00	0.00	200.00	0.00	0.00	0.00	350.00
Steppin Up	0.00	0.00	0.00	0.00	0.00	0.00	126.48	0.00	0.00	0.00	126.48
Stepping into Recovery	0.00	0.00	0.00	0.00	0.00	80.00	0.00	0.00	0.00	0.00	80.00
Sunrise	209.93	0.00	0.00	236.40	0.00	0.00	393.61	0.00	0.00	923.96	1,763.90
The Overlake Group	125.00	0.00	63.00	0.00	0.00	0.00	63.00	0.00	0.00	0.00	251.00
Tiger Mountain OSAT	0.00	120.00	0.00	0.00	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	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	0.00	0.00	100.00
Wake Up	0.00	426.98	0.00	0.00	0.00	0.00	0.00	96.75	139.54	27.20	690.47
Women's Big Book Study	0.00	0.00	0.00	0.00	0.00	0.00	126.00	0.00	0.00	0.00	126.00
Women's Saturday Steps	288.00	0.00	0.00	260.71	0.00	0.00	278.85	0.00	0.00	231.83	1,059.39
Women In Recovery	0.00	244.18	0.00	195.18	0.00	0.00	297.60	0.00	0.00	192.45	929.41
Women of the Forest	0.00	0.00	0.00	0.00	0.00	0.00	25.00	5.00	35.00	0.00	65.00
Women of Worth	0.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00	0.00	0.00	60.00
Woodinville Wed. Fellowship	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	42.00	42.00
Total	5,460.58	10,187.63	10,932.52	8,732.84	6,646.15	6,427.97	9,864.30	8,947.77	7,441.73	10,684.74	85,326.23

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

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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=MG02L21hZXk1Y3N0UG1pZnllSVFKQT09>
All members welcome!

Pink Can Donations

Seven & Sober
Sunrise Group



Newsletter Contributors

Lead Story	Dennis Mc.
From the Spiral	Matthew T.
Inspiration Spot	Jaimie L.
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

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General Service Office (GSO)

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New York, NY, 10163

District 34

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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

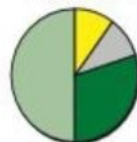
District 38

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*, *Inspiration Spot*, 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*

Since March of last year, Zoom meetings I've hosted and attended have dealt with the scourge of people attempting to be disruptive. At first I was a bit frustrated since online meetings were a new phenomenon which I was learning to help manage, while trying to focus on Tradition 5: "Each group has but one primary purpose – to carry its message to the alcoholic who still suffers."

Back up to my pre-recovery life, and I was pulling this same shamoley, prank calling businesses and people blindly picked out of the phone book (and some not so blindly). Look where I ended up!

The great thing AA teaches me is to be adaptable, teachable. Thus I have learned that Zoom bombers could be kids being kids, or possibly sick people. Certainly not at all harmful unless I cop a resentment for behavior I myself have exhibited.

The funny thing is that these individuals are trying to disrupt a meeting of recovered AAs, who most likely have seen and perhaps behaved way worse! It's like, "c'mon, that all you got?"

AA attracts all kinds, and AA's arms are wide open to everyone who enters. With appropriate security measures in place for virtual meetings, these folks may just get a seed planted, and know where to go someday.

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.