



**PASS IT ON**

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# PASS IT ON

## Eastside Intergroup Newsletter

### Issue 58 December 2021

#### Gratitude As A Way Of Life

##### A member finds a better way to share the joy than being a drunken Santa

There are times when I cannot help but feel a tremendous sense of gratitude for the countless blessings, I received as a result of taking the 12 Steps of Alcoholics Anonymous and making them a way of life. The first and foremost blessing is that a God of my very own understanding has entered my life and lifted the compulsion to drink from me and that I have been afforded a daily reprieve from alcoholic torture dependent upon the maintenance of my spiritual condition. Prior to coming to A.A., I ruined many an occasion for family members and friends who cared for me and loved me the most. I can still vividly recall one specific incident as if it were yesterday.

I was asked to play Santa Claus for a large family Christmas party at a banquet hall. At the time, I had two children—a one-year-old and a three-year-old. The party was to begin at noon, but as any respecting active alcoholic would do, I decided to party before the party and have a few to relax before putting on the beard and red suit.

So I went upstairs alone with a bottle, had a few, and then the phenomenon of craving kicked in and I was off to the races. I can't remember how many I had, but I do remember that at about 11:30 A.M. I decided to go downstairs, pack up the kids, and get to the party. On the way down the stairs, I did a header, bounced all the way down the stairs, Santa Claus outfit and all, and landed flat on my back head first in a drunken stupor. I will never forget the look of disgust and despair on my wife's face as she helped me out of the Santa suit in my children's presence and took the kids to the party without me. The guilt, shame, and remorse of that day are unforgettable.

Eventually, God led me to AA, which over time changed my life completely. God placed in my life a sponsor who emphasized that the Big Book is the "basic text" of our society and that it is to be studied as a text and not read as a novel. He took me through the 12 Steps as outlined in the Big Book, and I have since incorporated them as a way of life. When I asked him how I could repay him for all the time, effort and guidance he'd given me, he simply, and smilingly, told me to carry this message to others as he had done with me. My gratitude for all the blessings I've received by being an active member of AA, living the 12 Steps as a way of life, being of service and working with others has increased exponentially since.

-- Don J.

*Previously Published*

*Grapevine, December, 2016*

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*And Finally...*

*by Kyle E.*

# From the Spiral #28

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 forget, so I need to be reminded.*

For whatever reason, I forget what is good for me when it comes to the program of Alcoholics Anonymous. I will go to meetings, work the steps, help others, and life becomes manageable. Then, for some reason, I forget. I forget that the reason my life is manageable is because of the action I have taken. Going to meetings and listening for the message is how I stay emotionally sober. Physical sobriety without a program is an indescribable hell. We need to be reminded, which explains why you see the same people at your home group every week. It is a blessing to hear a member of our program share the same message of recovery at every meeting, especially if it needs to be heard over and over again. Repetition is the mother of skill. Give yourself the grace of getting reminded as often as you can.

*2. Service work gets us out of self.*

Commitment provides the opportunity to practice reliability. In the beginning, I was terrified to take a service position because I could not picture myself actually following through for six months on anything. At that point, I didn't even have six months of sobriety. A powerful thing started to happen when I became the Intergroup Representative for my home group. Serving for my home group got me out of my self. Suddenly, it wasn't all about me anymore because it was all about making me useful to someone else. The release from self-obsession is a gift of this program. In my experience, it does not matter what service position you have. Any help that is needed is a great privilege, especially if you are new. Give yourself a break from you, and ask where you can help.

*3. I hit bottom in sobriety because I wasn't doing anything.*

I heard this line at a meeting recently and it was shocking how accurately it applies to my current situation. Over the last year, my program has suffered because of a demanding job. The schedule made it difficult and in some cases impossible to attend the meetings that saved my life. Little by little, I began to use my work in treatment as my program. Gradually, I become more and more unhappy, off balance, and sad. This condition accelerated as the number of meetings I attended dropped. Eventually, I discovered that I owed several loved ones amends, and my wife told me to leave the house. She suggested that I either stay away for a few days or attend a meeting immediately before I could come back. It's incredible how I can still act like I did when I was in my addiction without my drug of choice. I can be completely sober, but still cause harm. What was missing was my program. I had slipped into self-will and we all know that self-will only runs one way for us. I highly recommend that you make recovery number one in your life. While I did not relapse, I did lose control and caused wreckage. Now that I have returned to meetings, my sanity is beginning to return.

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

*-Matthew T.*

### Interview with an AA member: Beth K

1. *What's your favorite meeting?*

Eastside Beginners, Thursday 7:30pm at St. Andrew's Lutheran Church in Bellevue

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

"Quit being so hard on yourself."

3. *What's your favorite AA catchphrase?*

"First things first."

4. *What's your go-to reading in AA-approved literature?*

"AA's Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole." Forward to the Twelve Steps and Twelve Traditions, page 15

Long before it legally served me, the bar saved me. It restored my faith when I was a boy, tended me as a teenager, and when I was a young man the bar embraced me. While I fear that we're drawn to what abandons us, and to what seems most likely to abandon us, in the end I believe we're defined by what embraces us. Naturally I embraced the bar right back, until one night the bar turned me away, and in that final abandonment the bar saved my life.

[...]

"Then it's decided," Bud said. He rose from his stool and came toward me, sniffing his fist, adjusting his Buddy Holly glasses. "You must do everything that frightens you, JR. Everything. I'm not talking about risking your life, but everything else. Think about fear, decide right now how you're going to deal with fear, because fear is going to be the great issue of your life, I promise you. Fear will be the fuel for all your success, and the root cause of all your failures, and the underlying dilemma in every story you tell yourself about yourself. And the only chance you'll have against fear? Follow it. Steer by it. Don't think of fear as the villain. Think of fear as your guide, your pathfinder--your Natty Bumpo."

[...]

"You're not drinking?" Jimbo said.

"No."

"Since when?"

"Ten years. Give or take." I didn't go into a long explanation. I didn't want to list all the reasons that drinking--along with smoking and gambling and most other vices--had lost its appeal after I left Publicans. I didn't want to tell Jimbo that sobering up had felt like growing up, and vice versa. I didn't want to say that drinking and trying felt like opposite impulses, that when I stopped the one I automatically started the other. I didn't want to say that sometimes, late at night, remembering Steve, I got a cold feeling in the pit of my stomach, because I wondered if he'd died for our sins. Had Steve lived, I'd have gone on living in his bar, and maybe a bar in Manhasset wasn't the best place for me after all. An old-timer at Publicans used to tell me that drinking is the only thing you don't get better at the more you do it, and when I left Publicans the sensibleness of that statement came home to me at last. I didn't say any of this to Jimbo because I didn't know how. I still don't. Deciding to quit drinking was the easiest thing I ever did. Describing how I did it, and why, and whether or not I will drink again, is much harder.



## December 2021 Office Report—November Activity

*Happy Holidays!*



Happy Holidays to all our A.A. Family! And thank you for your continued support throughout the pandemic. Together we continue to carry the message of Alcoholics Anonymous in our communities.

This can be a tough time of year for a lot of us so let's please continue to check on each other, especially those members we may not have seen for a while in our zoom and/or in person meetings.

### OFFICE ASSISTANT POSITION OPEN

- ESIG is looking for a new office assistant, approximately 20 hours per week. This is a paid position per Tradition 8 "our service centers may employ special workers". To apply email [nancyo@eastsideaa.org](mailto:nancyo@eastsideaa.org)
- The job posting will be on our website next week. Applicants will be interviewed by our Board members.
- On that note, thank you Janet for your time with Eastside Intergroup. I know the commute was too far for you and I wish you well in your future endeavors.

### 12<sup>TH</sup> STEP & HOTLINE WORKSHOP (combined) [12th Step Workshop](#) 12/9/21 6:30-7:30pm on Zoom

- **Robert S.** ([12thStep@eastsideaa.org](mailto:12thStep@eastsideaa.org)) for anyone interested in carrying the message of hope to another alcoholic and/or get your name on our 12<sup>th</sup> Step list.
- **Tom Z.** ([hotline@eastsideaa.org](mailto:hotline@eastsideaa.org)) The hotline currently has openings available if you'd like to be of service.

### VOLUNTEER OPPORTUNITIES

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

**12 & 12 FELLOWSHIP HALL HAS MOVED** to 15812 116<sup>th</sup> Ave NE #B, Bothell, WA 98011

### UPCOMING EVENTS:

- Continue to watch our website – we will update any sober activities we receive throughout the month including Alcathon information [www.eastsideaa.org](http://www.eastsideaa.org)

### LIVE AT PINE LAKE

- Speaker Meeting on December 11<sup>th</sup> at 7:00pm followed by a Dance at 9:00pm. [Pine Lake Speaker / Dance](#)

# December 2021 Office Report—November Activity

(Continued from Pg 6)

## HOLIDAY CELEBRATION DISTRICT 18 – December 11<sup>th</sup> 4pm-8pm

- Cedar River Grange, 22531 SE 218<sup>th</sup> St. Maple Valley, WA 98038 [District 18 Holiday Celebration](#)

## OPEN MIC

- December 11<sup>th</sup> at 7:30pm – Seattle Intergroup 5507 6<sup>th</sup> Ave S., Seattle, WA 98018 <https://www.seattleaa.org/event/open-mic-2/>

## Twelve Tips on Keeping Your Holiday Season Sober and Joyous

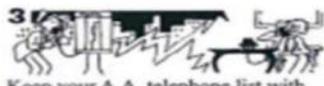
Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



**1** Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



**2** Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



**3** Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



**4** Find out about the special holiday parties, meetings, or other celebra-

tions given by groups in your area, and go. If you're timid, take someone newer than you are.



**5** Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



**6** If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



**7** Don't think you have to stay late. Plan in advance an "important date" you have to keep.



**8** Worship in your own way.



**9** Don't sit around brooding. Catch up on those books, museums, walks, and letters.



**10** Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



**11** Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



**12** "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

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# Happy Holidays

*Thank you for letting me be of service. Happy Holidays!*



Nancy O.  
Office Manager



# ESIG YTD 2021 Group Contributions

	Jan 21	Feb 21	Mar 21	Apr 21	May 21	Jun 21	Jul 21	Aug 21	Sep 21	Oct 21	Nov 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	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	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	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	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	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	1,159.30	10,392.90
Any Lengths Group	64.55	0.00	0.00	188.75	0.00	0.00	0.00	212.50	0.00	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	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	0.00	255.00
Bellevue Group	0.00	400.00	300.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	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	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	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	800.00	4,897.47
Better Odds Sober	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	389.00	194.50	583.50
Big Book Step Study	0.00	0.00	0.00	75.78	0.00	0.00	92.55	0.00	0.00	75.00	0.00	243.33
Bills Kitchen	0.00	0.00	0.00	0.00	0.00	52.09	0.00	0.00	0.00	0.00	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	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	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	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	0.00	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	142.66	3,137.47
District 34	959.95	0.00	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	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	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	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	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	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	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	0.00	362.00
Essentials	0.00	0.00	0.00	0.00	0.00	0.00	0.00	150.00	0.00	0.00	0.00	150.00
Forest, Sisters of the	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	20.00	20.00
Freedom from Bondage	0.00	122.00	3.00	14.00	141.00	8.00	0.00	14.00	5.00	3.00	0.00	310.00
Fresh Start	0.00	0.00	0.00	400.00	0.00	0.00	0.00	0.00	0.00	0.00	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	200.00	600.00
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	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	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	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	0.00	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	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	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	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	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	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	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	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	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	0.00	200.00
Kirkland Sobriety Headquarters	0.00	0.00	100.00	0.00	0.00	0.00	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	0.00	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	120.00	359.07
Living Sober	188.01	0.00	443.55	583.35	0.00	0.00	0.00	2,496.28	0.00	0.00	0.00	3,711.19

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# ESIG YTD 2021 Group Contributions

	Jan 21	Feb 21	Mar 21	Apr 21	May 21	Jun 21	Jul 21	Aug 21	Sep 21	Oct 21	Nov 21	TOTAL
Moss Bay	360.00	0.00	0.00	80.00	0.00	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	1,500.00	16,500.00
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	710.25	6,548.62
Nooners	0.00	50.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	178.43	228.43
OSAT Golden Gardens	0.00	0.00	128.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	128.00
Pine Lake Stag	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	250.00	250.00
Pocket of Enthusiasm	0.00	0.00	0.00	0.00	0.00	325.00	0.00	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	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	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	0.00	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	40.00	380.00
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	0.00	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	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	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	277.45	2,565.31
Serenity Break Online	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	15.00	15.00	20.00	50.00
Serenity on Sunday	200.00	0.00	0.00	0.00	0.00	0.00	0.00	69.12	0.00	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	1,500.00	13,250.00
Sharing the Legacy	0.00	250.00	30.00	0.00	50.00	0.00	0.00	10.00	0.00	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	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	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	0.00	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	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	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	0.00	80.00
Stillwater Serenity	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	100.00
Sunrise	209.93	0.00	0.00	236.40	0.00	0.00	393.61	0.00	0.00	923.96	0.00	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	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	0.00	120.00
Tiger Mountain Stag	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	300.00	300.00
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	0.00	300.00
Tuesday Night Solutions	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	100.00
Tuesday Nite Starters	0.00	0.00	100.00	0.00	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	62.35	752.82
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	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	0.00	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	0.00	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	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	75.00	135.00
Woodinville Wed. Fellowship	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	42.00	0.00	42.00
	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	7,749.94	93,076.17

## 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?pwd=MG02L21hZXk1Y3N0UG1pZnlLSVFKQT09>  
All members welcome!

### Pink Can Donations

Seven & Sober  
Sunrise Group



### Newsletter Contributors

Lead Story	Don J.
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](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

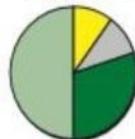
**District 38**

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*, *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*

All of us at Eastside Intergroup and the Newsletter Staff want to wish you a wonderful holiday season!

This time of year, I keep it simple:

- Visit [www.eastsideaa.org](http://www.eastsideaa.org) for round-the-clock meeting schedules
- Use phone lists and reach out
- Don't drink, no matter what

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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.