



**PASS IT ON**

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# PASS IT ON

## Eastside Intergroup Newsletter

### Issue 62 April 2022

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by Kyle E.

#### No Longer A Victim

My story began on Wednesday, September 20, 1961 at 4:27 p.m. in Seattle, Washington. I was born into a working middle class family. My dad worked for Boeing and my mom worked for an accountant. My paternal grandparents also lived in Seattle. Grandpa worked for Ma Bell, and was an alcoholic and my grandma worked for Fredrick and Nelsons, and suffered from both mental and emotional abuse at the hand of my grandfather when he was drunk. My only memory of my grandfather is the smell of beer and cigarettes, and he is the one who gave me my first drink at the tender age of five. My father was also an alcoholic and as the oldest child of a practicing alcoholic it had a profound effect on me.

Fortunately, my father got sober and remained that way nearly 25 years until he died. He laid the ground work for me in the future through his service with AA.

My drinking career started in earnest in Junior High. I was exposed to alcohol frequently, and would drink until I passed out. I stole liquor from the people I babysat for frequently, and continued on throughout my life. After high school the drinking continued and more frequently. Drinking age in Alaska was 19, and when I went to get an Alaska ID Card, they typed by year of birth wrong, by putting my birth year as 1951 not 1961. I won the jack pot!!! I had a fake ID but it wasn't real-ly. I became everyone's best friend!! I continued to drink throughout my adult life. It was never social it was always to get drunk and pass out.

In 2013 I had landed my dream job so I thought, instead it became my worst nightmare. I was offered a HR job with a native corporation, and if you don't have the right color of skin your destiny is doomed. As a person who always has a glass half full attitude, I was sure they had changed. WRONG!! Early on I helped facilitate the termination of a tribal member, and when that happened a huge bullseye was on my back, and ultimately, they won and fired me three months later. I was devastated. That is when the drinking became a regular habit.

I started to drink vodka every night to numb the pain. On top of being fired, the native community through their underground website, were assassinating my character, which made it impossible to find a job. I was unemployed for two years, and the longer it went on, the more I drank. I still managed to finish two Master's Degrees, with the last one being my Master's in Human Resources. At the time was working for a Woman's Shelter.

Again, unbeknownst to me there was someone working behind the scenes trying to get me fired and she finally got her way in late August. I took on the persona of being a victim which just fed my alcoholism more. Through my work through AA, I quit being a victim and began looking at it as unfortunate circumstances, but had it not happened it would not have set the next path of my life.

## No Longer A Victim

(Continued from Pg 2)

That weekend I spent three days drunk and severely depressed. But when I finally pulled my head out of my ass, I made the decision there was nothing left for me in Ketchikan and it was time to pack up my life and move to the lower 48 (that's what us Alaskan's call the Continental United States). That is when I finally let go of everything and gave it to my higher power, and he worked his magic and everything fell into place like it was supposed to. I was offered a job in Lincoln City, Oregon within six weeks, and began putting down new roots. The only problem; I was still drinking until I passed out. I was lonely and depressed. I managed to keep my drinking to the weekends at first but it slowly crept into drinking every night until I passed out.

Fast forward to 2019; I decided leave Lincoln City and find a job in Seattle. I found an amazing job with the State of Washington and loved it, but my drinking continued to accelerate, and it was affecting my performance. Then the world came to a crashing halt with COVID-19...I was working 7 days a week, 10 hours a day and under an incredible amount of pressure; add that to further isolation my depression deepened even more. That is when I no longer had control over my life. I was drinking every day until I passed out; going to work hungover, and sometimes still drunk. I was calling out sick frequently, and my performance was suffering.

About mid-August 2020, I was asked to resign, and my godson was found dead from a drug overdose the same week. Rather than do something healthy I spiraled out of control. I wanted to die, and the alcohol numbed the pain. Every day I resolved to quit drinking but the cravings took over every time.

On November 10th, 2019, I received a text message from my sister-in-law asking how I was doing. I told her I wanted to die, and that set the wheels in motion to my road to recovery. My sister and her husband came to my rescue and got me to the hospital.

**My blood alcohol was .375 and I truly believe I would be dead today had they not intervened. I checked into a detox center on November 11, 2020, and detoxed for five days.**

Upon my release I found an AA meeting, as I knew this was what I needed to do to remain sober. I found Serenity Break by chance, logged into my first meeting and never looked back.

As I shared my story with my close friends, they were shocked and had no clue. That is how well I kept the secret. Nobody knew, except for my sister. She was highly suspicious, as she had caught me hiding booze that summer, and every time I was at her house that summer, I was stealing her booze.

Today I am proud to say I have been sober 14 months, 29 days, and 19 hours. On April 11th, I will have had 15 months of sobriety under my belt and I couldn't be more grateful for my sobriety. For the first time in my life, I have a clear mind. Even though I was unemployed for 14 months, I remained steadfast in my sobriety. I finally secured a job in November of 2021 which I was fired from three months later.

Instead of turning to alcohol, I pulled up my big girl pants, and gave it to my higher power to guide me. As a result of that, an incredible opportunity came to that I didn't apply for. I successfully interviewed for the position and was offered the job. The first three weeks are a blur, but it is the most rewarding job I have ever had because of the mission of the organization. They are a non-profit who serves our vulnerable population. They give a hand up, not a hand out by breaking down barriers for people so they can access much needed resources to get back on their feet.

Throughout this journey I have held two service positions, and try to be of service every day. I am forever grateful for my sobriety. As the sayings go; "one day at a time", and "keep coming back".

- Colleen S.

# From the Spiral #32

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. Stay connected so you don't start to believe all the stuff in your head.*

Hearing this at a meeting this week was a two by four to the forehead. Right now, I believe all the stuff in my head. What's worse is that I'm letting it out of my head and it's causing harm to the people I care about the most. My will has taken over and it is way passed the time to do something different. Once I reach this point, it is the moment to sit down with my Sponsor and do an honest and thorough inventory. Our literature tells us that this is the process of letting go. For me, I cannot just will my resentments away. I need to do the work from top to bottom. Until I do that, the people I love will continue to suffer, and I will be unavailable to those who need my help. I am grateful to be where I'm at because it reminds me that the shine does wear off if I do nothing.

*2. I don't have to drink to have alcoholic behavior.*

My instincts need consistent and objective attention or else they will run wild again. Step Four tells me that the instincts can become unraveled due to fear or pride or both. Working the fourth suggestion with a Sponsor makes it easier to identify the causes of my behavior. This is difficult to confess here, but when I receive the rewards and promises of the program, I tend to easily ride it out instead of lean in to do more of the action that brought the gifts in the first place. The brief moments of relief from my ego are experienced when I am talking to another alcoholic who is new to the program and needs help. The more they help me forget about my thoughts and feelings, the more this program brings out the best in me. Somewhere inside is the real Matthew that I believe comes from my higher power. I am God's will personified in order to serve and do what is right. The moment I disagree with or forget that truth is the start of me setting fire to all for which I am grateful.

*3. I drank because I wanted to feel immediately different.*

Discomfort dominated my actions before I got sober, but it is still a challenge in my life today. The many forms that my discomfort takes is astonishing. Like alcohol, it is a cunning, baffling, and powerful force. Drinking eased my discomfort when it came to my rage toward people, places, and things in life that I was attached to. Looking back, it made perfect sense that trying life on Matthew's terms lead to enough discomfort that I had to resort to out of control drinking in order to calm down, forget, numb out, and get through social engagements. Today, I have zero desire to drink, but the discomfort is still a challenge. The fellowship and program of Alcoholics Anonymous teaches me to sit and stay in the discomfort and to communicate it to another alcoholic. When I practice this, I get freedom. I also get reminded that I am not my thoughts and my feelings.

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

-Matthew T.





## ESIG OFFICE REPORT

4/1/2022

### NEW BYLAWS SOON TO BE IMPLEMENTED



Eastside Intergroup has approved new bylaws with many changes that will affect our standard election process. Generally, in April of each year we elect 3 new board members as 3 board members rotate off. However, the new bylaws will be more in line with the Western Washington Area 72 elections. Our general membership will elect board officers in October.

In November we will request our 5 Districts to each elect a member to sit on the ESIG Board of Directors for a 2-year term beginning 1/1/2023. Service resumes for committee chair positions will be accepted through the end of December and will then be confirmed in January. More information will follow.

### NEW GRAPEVINE BOOK!



#### Fun in Sobriety –

The newest Grapevine book hot off the press, ordered and on its way to Eastside Intergroup! Call to reserve your copy now!

### WE ARE READY FOR YOUR MEETINGS!



As you return to in-person meetings, we've got our shelves stocked and ready for your meeting needs. Big Books, 12 & 12's, Daily Reflections, and all your other favorite A.A. World Service and Grapevine Books. When you purchase from Eastside Intergroup, you're not only supporting us, but you're also supporting A.A. World Service and the A.A. Grapevine. How's that you ask? Well, we purchase directly from them! We've also got your bronze and aluminum medallions available for your birthday meetings. And we've also got those special coins for sponsors or a sponsee for those special times.

### HOTLINE & PHONE WORKSHOP MAY 21st IN PERSON (hybrid if requested)



Join us at the Eastside Intergroup office for donuts and coffee on Saturday 5/21 from 10am-11am. This workshop is for anyone wanting to be on the after-hours hotline and/or answering phones during the day in the office. Anyone is welcome.

### POKER RUN!



A Poker Run? If you ride a motorcycle, join us for a predetermined route where you will be dealt a card at each stop. The best 3 poker hands at the end of the ride will win prizes. The entry fee is \$25 per person and gets you into the picnic and gets you one raffle ticket. The remainder of the registration fee will cover prizes and benefit ESIG directly. Danny K is working on a route through the valley while Vince, Doug and I are working on logistics and prizes. The plan is to start at ESIG at 8am and end up at the picnic by noon for the BBQ!



## ESIG OFFICE REPORT

4/1/2022

### ESIG ANNUAL PICNIC JULY 30<sup>TH</sup>



11:00am-2:00pm at Beaver Lake Park. Live music again, burgers, dogs, drinks, etc. along with our raffle, that because of all our groups, always turns out amazing! Fun, Food, & Fellowship!

### PANCAKE BREAKFAST SEPTEMBER 10<sup>TH</sup>



We've normally held this event in April but thanks to Claude R. who has checked with all the facilities in the area, we have secured the St. Thomas Episcopal Church in Medina for the breakfast this year. New place (well, new old place... that's where I went for my first pancake breakfast) new time of the year but we're looking forward to pulling it all together. Volunteers are needed so if you can help, please let us know!

*Pat & Alicia get your spatulas' ready -you have a challenge from Vince!*

### MARCH RAFFLE WINNER



Terry Mc from the Living Sober Group was the lucky ticket pulled in our raffle and she won a double book cover to hold the Big Book and the 12 & 12. Congratulations Terry!

### APRIL RAFFLE



Enter to win a copy of the new Grapevine Book "Fun in Sobriety" – Proceeds from raffle tickets directly support Eastside Intergroup.

### THANK YOU, MARCH OFFICE VOLUNTEERS!



Debbie M, Lisa S, Wallene D, David B. Ted W, Vince Y, Carla Y, Ken T, Terry Mc, Judy T. Aysen R. & Linda Z., and Tiffany H. Claude R. also volunteered and did the footwork to find us a place for our Pancake Breakfast.

### SENIOR DISCOUNT TUESDAYS



10% off for anyone over 55 but please keep in mind, we aren't going to ask you if you're a senior, that might be awkward so it's up to you to speak up and let us know! Tuesdays only.

**Service Opportunities!** We need help with our Poker Run, Picnic and Pancake Breakfast. Please email either [events@eastsideaa.org](mailto:events@eastsideaa.org) or [nancyo@eastsideaa.org](mailto:nancyo@eastsideaa.org) or both! It's a fun way to get involved and meet a lot of fun people! Office Manager

*Thanks for letting me be of service,*

*Nancy O.*

*Eastside Intergroup Office Manager*





# Volunteers! Generosity! Birthday Club!

## Thank You Hotline Volunteers!

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

**24 Hours**



**425-454-9192**

## Thank You Office Volunteers!

Ken T. Terry Mc. Carla Y. Debbie M. Linda Z. Judy T. Tiffany H.  
Claude R. Lisa S. Wallene D. David B. Ted W. Vince Y. Aysen R.

## Faithful Fivers!

Faithful Fivers donate \$5/month to support ESIG

Mary B. Nancy O. David W.

## Birthday Club!



**Your Name Here!!**  
**Your Sobriety Count!!**  
**Your Home Group!!**  
**Let people know that AA works!!**



### Join the Eastside Intergroup Birthday Club!

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

Or Venmo: @Eastside-Intergroup

Name \_\_\_\_\_

Home Group \_\_\_\_\_

Sobriety Date \_\_\_\_\_

Contribution \$ \_\_\_\_\_

## ESIG YTD 2022 Group Contributions

Group Name	Jan 22	Feb 22	Mar 22	TOTAL
Anchor Group	0.00	0.00	150.00	150.00
Anonymous	387.10	453.75	315.75	1,156.60
Bel East Lunch	116.00	0.00	0.00	116.00
Bellevue Men's Meeting	0.00	0.00	445.00	445.00
Bellevue New Group	0.00	1,000.00	0.00	1,000.00
Benevity Fund Donation	650.00	400.00	400.00	1,450.00
Big Book Step Study	140.37	0.00	0.00	140.37
Came To Believe (Carnation)	54.00	0.00	0.00	54.00
Counter Sales	30.92	151.22	6.36	188.50
Duvall Sunday Morning	50.00	0.00	0.00	50.00
Eastside Men's Group	0.00	10.00	0.00	10.00
Eastside Women	0.00	178.00	0.00	178.00
Freedom From Bondage	0.00	0.00	3.00	3.00
Frontstream (Costco)	1,209.60	0.00	0.00	1,209.60
Gay Men In Recovery	540.00	0.00	0.00	540.00
Grace Rules	268.00	0.00	0.00	268.00
Happy Destinies	0.00	0.00	213.96	213.96
Issaquah Tuesday Night Group	72.00	0.00	0.00	72.00
Joy Of Living	0.00	275.00	0.00	275.00
Just for Today	0.00	0.00	275.00	275.00
Kenmore Big Book	200.00	0.00	0.00	200.00
Kindred Spirits	100.00	0.00	0.00	100.00
Kirkland Attitude Modification	0.00	0.00	100.00	100.00
Kirkland Sobriety Headquarters	0.00	125.00	0.00	125.00
Lifeline	0.00	0.00	223.45	223.45
Living Sober	0.00	608.58	0.00	608.58

(Continued on Pg 9)



# ESIG YTD 2022 Group Contributions

(Continued from Pg 8)

<u>Group Name</u>	Jan 22	Feb 22	Mar 22	TOTAL
Midway Group	171.00	0.00	0.00	171.00
Moss Bay	125.00	0.00	0.00	125.00
Nameless Bunch Of Drunks	1,250.00	1,250.00	1,000.00	3,500.00
Nameless Bunch of Drunks Intl	635.50	591.71	477.35	1,704.56
Nooners	127.25	0.00	204.17	331.42
Nooners Online	0.00	256.38	0.00	256.38
Raging On The River	50.00	0.00	0.00	50.00
Redmond Recovery	250.00	0.00	0.00	250.00
Regla 62 Grupo	40.00	40.00	0.00	80.00
Secret Friday Group	0.00	0.00	49.12	49.12
Serenity Break	0.00	332.49	0.00	332.49
Serenity Break Online	125.00	0.00	808.42	933.42
Serenity on Sunday	0.00	0.00	433.68	433.68
Seven & Sober	1,500.00	1,000.00	1,000.00	3,500.00
Sisters in Solution Iss	0.00	0.00	90.00	90.00
Sisters of the Forest	40.00	75.00	0.00	115.00
Snoqualmie Stag	90.00	0.00	0.00	90.00
Sober Gals	200.00	0.00	0.00	200.00
Sober Seniors	100.00	0.00	0.00	100.00
Steppin Up	40.00	4.00	0.00	44.00
Sunrise	927.69	0.00	0.00	927.69
Up The Creek	0.00	40.00	0.00	40.00
Wake Up	20.90	96.62	135.05	252.57
Women In Recovery	226.19	0.00	400.00	626.19
Women of Worth	0.00	75.00	0.00	75.00
Women's Saturday Steps	300.00	0.00	0.00	300.00
<b>TOTAL</b>	<b>10,036.52</b>	<b>6,962.75</b>	<b>6,730.31</b>	<b>23,729.58</b>

## Office Information

**Address:** 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)

**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 \$781.87

Sunrise Group

Eastside Women

Kirkland Sobriety  
Headquarters



### Newsletter Contributors

<b>Lead Story</b>	<b>Colleen S.</b>
<b>From the Spiral</b>	<b>Matthew T.</b>
<b>Office Report</b>	<b>Nancy O.</b>
<b>Editor</b>	<b>Kyle E.</b>

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

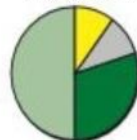
**District 35**  
Issaquah  
P.O. Box 442  
Issaquah, WA, 98027

**District 36**  
Snoqualmie Valley, Duval, North Bend  
P.O. Box 1963  
North Bend, WA, 98045

**District 38**  
Kirkland  
P.O. Box 322  
Kirkland, WA, 98083

**District 39**  
Bothell, Kenmore, Woodinville  
P.O. Box 1695  
Bothell, WA, 98041-1695

**Sample of Group Contributions  
to A.A. Service Entities**



10% to District  
10% to Area 72  
30% to G.S.O  
50% to Intergroup

### Publication Information

The *Personal Stories*, *From the Spiral*, *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*

First of all, I would like to thank those of you who, when you see me driving, recognize that you are witnessing true greatness. Poetry at the wheel.

Kinda crazy when I think about it! If everyone behaved like me, (fill in the blank). Such are the ego-centric thoughts that fly through my mind with regularity. Truly mistaken logic between acceptance and expectations. Really sets me up to be disappointed.

My behavior changes when I read AA literature, listen to how people in meetings go through life without drinking or using, check in with recovered AAs, and give up some of myself to AA.

The external is so much easier to accept when I take a breath, pause, and become teachable. How easy that door slams shut in even the slightest breeze! And I wish I could say I open the door right away, but it sometimes takes an extraordinary amount of pain before I give in. I wish I were kidding!

So again, thank you, though not for acknowledging my driving prowess. For teaching me how to drive my daily activities more sanely.

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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.