



**PASS IT ON**

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# PASS IT ON

## Eastside Intergroup Newsletter

### Issue 63 May 2022

#### My Story

I always wanted to be different than who I was. I felt the extreme need to be “cool” and “liked”. I felt this deep seeded insecurity for as far as I can remember. I grew up in a wealthy family with large marital problems. My home was an ongoing battle ground between my mother and father. Lying, cheating, and chaos were a constant. I had just moved to a new high school when they finally became separated. Around the same time I was diagnosed with a mood disorder, and given benzos and anti-depressants to help with my symptoms. I became infatuated with benzos. The whole world seemed to shrink when I took them. During times of anxiety, I would convince my parents to give me more pills than I was prescribed. I would start drooling or black-out and fall asleep. I would lie to them that the doctors said it was okay to take that much.

Shortly after, I began drinking at age 15. My first time being drunk defined a drinking career that was not normal, I was the only person who blacked out. I woke up 12 hours later to fall in love with this feeling. My friends would stop drinking for the night and I would try to keep the party going, so I could achieve a black out. I would binge drink on weekends and use pills during school to cope with my insecurity.

My alcoholism took more of a serious turn when I began college in Spokane WA. I was smoking weed almost every hour, and finishing a bottle of hard alcohol every time I drank. I began mixing my benzos with weed and alcohol. My friends told me my eyes would roll back and my body would start shaking. I would use the pills to maintenance my feelings about myself during the day time, rationalizing to myself that it was “prescribed by a doctor”. In the midst of this, I got admitted to a psychiatric hospital and spent a week locked in there. They asked me a variety of questions and suggested I see a drug and alcohol counselor. I dismissed their advice and told myself it was just my bipolar disorder.

I failed out of college, and was brought home by my father after I threatened suicide. I began working full-time and got a one-bedroom apartment. I didn't drink much my first year living alone, I smoked weed 5-6 times a day. I was always high and taking my benzos.

When I had to quit smoking weed for my new job, I began drinking heavily. I would drink alone, every night. Whether it was boxed wine, beer, a bottle of rum- it didn't matter. I convinced my friends to buy me alcohol, and when I couldn't find any I would take as many pills as I could to black out. Eventually when I got a Fake ID, my drinking took on another level. I had a non stop supply of alcohol that I secretly bought with my dad's credit card. If it would look suspicious on my dad's billing statement to buy alcohol that night, I took pills to compensate for no alcohol.

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*(from the archives, April 2018)*

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*by Kyle E.*

## My Story

(Continued from Pg 3)

My friends began to notice a change in me. I was no longer fun to party with. I would get emotional, yell or try to fight them. I would lock myself in the bathroom while my friends were over and I would take more pills or cut myself. My psychiatrist kept asking me to lower my drinks to three a night, so he could figure out why I was so depressed. Every single time he asked me to do that, I blacked out that exact same night.

My career with alcohol and drugs ended after I had gotten belligerently drunk and threatened to kill myself with a knife in front of my best friend at the time. I was disappointed in myself for stealing from my dad, and that every time he called me I was drunk. I was tired of wanting to die. I knew that if I was going to keep drinking, I was going to kill myself in a black out and that since I had lost all of my friends nobody was going to stop me.

**I came into Alcoholics Anonymous because my psychiatrist had suggested months prior that I should check it out. It appeared like they were all old people, but they kept telling me to call them and to “keep coming back”.**

I told them I wanted to die and that I wanted to drink but they told me to keep coming to meetings and that if I did, I didn't have to drink anymore. I kept coming into meetings, shaking and sharing. At one meeting, I shared and immediately after the meeting I rushed to leave. A young man approached me and asked me if I would go to any lengths to stay sober. I said, “Hell yeah man, how”? He told me to call him the next day and that he was now my sponsor. This man saved my life, and so did those members who told me to keep coming back despite how broken and scared I was. They did not judge me, they accepted me exactly where I was at.

I found a home group and began to work the 12 steps of Alcoholics Anonymous. My life began to change dramatically. A fellowship of men grew around me and I became to know real friendship. They cared about me and would stay outside of cheap restaurants like Shari's until 2:00am listening to my struggles. They offered me guidance and love with no strings attached. I repaired relationships with my family and now I can look my mother and father in their eyes knowing that they are actually proud of me. After working all 12 steps, I now help other young men through the 12 steps.

I have learned that Alcoholics Anonymous is not age restricted, and that I was indeed a full blown alcoholic at 20 years old. I found a solution and a way of life that provides me the happiness and love that I have always searched for.

*-Anonymous*

# From the Spiral #33

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. *Today, most of my resentments are judgments.*

By definition, resentment is indignation or ill will stemming from a feeling of having been wronged or offended. A judgment is defined as the formation of opinion after consideration. Feeling and opinion are the two words that stand out to me because they set off my Dean T Alarm. He was fond of saying that, "What you think and what you feel are the least of your concerns right now." Look back on your days before surrendering to our way of life. Call to mind your most recent resentment that you shared with your Sponsor. Chances are pretty strong that your current and past resentments are a judgment you have passed on a person, place, or thing. The same brain that nearly killed you now thinks it can run the show better than anyone and God. All this does is create a vicious cycle of setting expectations followed by inevitable resentments. Ask yourself this question: "Who is suffering the most as a result of my judgment toward \_\_\_\_\_?" Having just completed my 4th Step for the second time, I can tell you that I feel my resentments all day long. Until I continue with Steps 5 – 9, I will remain spiritually sick. Freedom from the pain of those judgments by working steps 4 and 5 of our program is a major milestone toward a vital spiritual experience.

2. *Logic is a wonderful thing unless you're an alcoholic.*

After almost twenty years of trying to find peace on logic alone, I became utterly burned out to put it mildly. To this day, I still find myself trying to rationalize alcoholic behavior in sobriety! The great thing about the action of our program is that it frees me from the exhaustive and futile process of using my logic to solve my problems. When I replace logic with suggestions from the Fellowship of Alcoholics Anonymous, I literally experience a physical change. I feel lighter. Belonging to our program requires the desire to stop drinking. Along the way, however, I had to retire certain habits that burned my life to the ground and logic was one of them. I have accepted that there are certain things I cannot do if I am to remain alive and useful to others. When it comes to achieving emotional sobriety, I would suggest that you never miss an opportunity to surrender one more thing you no longer need.

3. *The point of this program is to teach you how to live differently.*

If you are new, try this harmless, but enlightening exercise. Write down three actions you used to take that lead to any form of disaster, trouble with personal relationships, or irreversible damage. Next to each action, write down the opposite action. For example, I used to get smashed in order to avoid communicating my needs in my relationship for fear of abandonment. The next morning (actually afternoon) involved an empty apology, awkwardness, and a short-lived swearing off of booze to my wife. The opposite would be to not drink and tell my wife my truth. Today, I am sober and my marriage has never been better. DO THE OPPOSITE.

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

-Matthew T.



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



Join Nancy and Tom 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 registration is \$25 to cover the picnic, prizes, and a t-shirt.

I'm looking for Groups to sponsor the 3 stops along the way. This will include having people at the stop that will deal each rider a card and supplying water and some type of snack. Please email [nancyo@eastsideaa.org](mailto:nancyo@eastsideaa.org) if your group is willing to sponsor a stop. Living Sober is already signed up to sponsor.

Also – riders that are interested in joining in please contact us so we can start to get sizes of t-shirts!

### 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!

We'd like our groups to start thinking about raffle baskets. If you put one together, new items only please. If you prefer to send a donation and have us, put a raffle basket together for you, we are happy to do that, and we'll be sure your name is listed. If you send in a donation, be sure to indicate on your check that it is for the PICNIC RAFFLE and your GROUP NAME.

### 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. and Carmen O.

Anyone interested in volunteering at the office should attend the May 21<sup>st</sup> Phone Training. In addition to Tom talking about the Hotline after hours, I will cover information about answering phones in the office during open hours. We have afternoon shifts open Monday through Thursday. Any questions can be directed to [nancyo@eastsideaa.org](mailto:nancyo@eastsideaa.org).

### NEW GRAPEVINE BOOK!



#### Fun in Sobriety –

We've already sold nearly 20 and have just a few left so we'll be ordering more – get your copies at Eastside Intergroup! Terri Mc won the drawing again this month!





## ESIG OFFICE REPORT

5/5/2022

### MEETING SCHEDULES IN PRINT!



If your meetings are up to date with us, then they are in our new printed schedule. Doug has worked hard on getting the information into a format that works well. The new schedule has only in-person meetings listed but includes our QR Code and a link to [eastsideaa.org](http://eastsideaa.org) for anyone that wants to look for online meetings. It also has room for a lot of names and numbers! They are 35¢ including tax to cover the cost of printing.

### REMINDER! 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 us, you're not only supporting ESIG, you're also supporting A.A. World Service and the A.A. Grapevine because we buy directly from them.

### PANCAKE BREAKFAST SEPTEMBER 10TH



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!

### 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, which might be awkward so it's up to you to speak up and let us know! Tuesdays only.

While I'm on vacation from 5/4 through 5/18 any questions can be directed to Doug our office assistant.  
[Doug\\_h@eastsideaa.org](mailto:Doug_h@eastsideaa.org)

As always, thanks for letting me be of service!

*Nancy Osborn*

*ESIG 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	Apr 22	TOTAL
Anchor Group	0.00	0.00	150.00	0.00	150.00
Anonymous	261.10	183.75	310.10	241.75	754.95
Bel East Lunch	116.00	0.00	0.00	0.00	116.00
Bellevue Men's Meeting	0.00	0.00	445.00	0.00	445.00
Bellevue New Group	0.00	1,000.00	0.00	0.00	1,000.00
Benevity Fund Donation	650.00	400.00	400.00	400.00	1,450.00
Better Odds Sober	0.00	0.00	0.00	287.49	0.00
Big Book Step Study	140.37	0.00	0.00	165.29	140.37
Came To Believe (Carnation)	54.00	0.00	0.00	0.00	54.00
Counter Sales	30.92	151.22	6.36	530.58	188.50
Duvall Sunday Morning	50.00	0.00	0.00	0.00	50.00
Eastside Beginners	0.00	0.00	0.00	282.00	0.00
Eastside Men's Group	0.00	10.00	0.00	319.20	10.00
Eastside Women	0.00	178.00	0.00	0.00	178.00
Freedom From Bondage	0.00	0.00	3.00	0.00	3.00
Frontstream (Costco)	1,209.60	0.00	0.00	0.00	1,209.60
Gay Men In Recovery	540.00	0.00	0.00	0.00	540.00
Grace Rules	268.00	0.00	0.00	0.00	268.00
Happy Destinies	0.00	0.00	213.96	0.00	213.96
Issaquah Tuesday Night Group	72.00	0.00	0.00	0.00	72.00
Joy Of Living	0.00	275.00	0.00	0.00	275.00
Just for Today	0.00	0.00	275.00	0.00	275.00
Kenmore Big Book	200.00	0.00	0.00	0.00	200.00
Kindred Spirits	100.00	0.00	0.00	0.00	100.00
Kirkland Attitude Modification	0.00	0.00	100.00	0.00	100.00
Kirkland Sobriety Headquarters	0.00	125.00	0.00	0.00	125.00
Lifeline	0.00	0.00	223.45	0.00	223.45
Living Sober	0.00	608.58	0.00	0.00	608.58

(Continued on Pg 9)



# ESIG YTD 2022 Group Contributions

(Continued from Pg 8)

Group Name	Jan 22	Feb 22	Mar 22	Apr 22	TOTAL
Midway Group	171.00	0.00	0.00	0.00	171.00
Moss Bay	125.00	0.00	0.00	218.18	125.00
Nameless Bunch Of Drunks	1,250.00	1,250.00	1,000.00	1,000.00	3,500.00
Nameless Bunch of Drunks International	635.50	591.71	477.35	537.34	1,704.56
Nooners	127.25	0.00	204.17	156.53	331.42
Nooners Online	0.00	256.38	0.00	0.00	256.38
Raging On The River	50.00	0.00	0.00	0.00	50.00
Redmond Recovery	250.00	0.00	0.00	0.00	250.00
Regla 62 Grupo	40.00	40.00	0.00	40.00	80.00
Secret Friday Group	0.00	0.00	49.12	0.00	49.12
Serenity Break	0.00	332.49	0.00	456.47	332.49
Serenity Break Online	125.00	0.00	808.42	150.00	933.42
Serenity on Sunday	0.00	0.00	433.68	0.00	433.68
Seven & Sober	1,500.00	1,000.00	1,000.00	1,000.00	3,500.00
Sisters in Solution Iss	0.00	0.00	90.00	0.00	90.00
Sisters of the Forest	40.00	75.00	0.00	35.00	115.00
Snoqualmie Stag	90.00	0.00	0.00	90.00	90.00
Sober Gals	200.00	0.00	0.00	0.00	200.00
Sober Seniors	100.00	0.00	0.00	0.00	100.00
Steppin Up	40.00	4.00	0.00	0.00	44.00
Sunrise	927.69	0.00	0.00	1,121.49	927.69
Tons of Grace	0.00	0.00	0.00	185.00	0.00
Tuesday Night Solutions	0.00	0.00	0.00	600.00	0.00
Up The Creek	0.00	40.00	0.00	0.00	40.00
Wake Up	20.90	96.62	135.05	55.80	252.57
Women's Big Book Study	0.00	0.00	0.00	223.00	0.00
Women's Saturday Share	0.00	0.00	0.00	24.00	24.00
Women's Saturday Steps	300.00	0.00	0.00	258.00	300.00
Women In Recovery	226.19	0.00	400.00	0.00	626.19
Women of Worth	0.00	75.00	0.00	0.00	75.00
Woodinville Wed. Fellowship	0.00	0.00	0.00	51.00	51.00
	9,910.52	6,692.75	6,724.66	8,428.12	23,402.93

## 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=MG02L21hZXk1Y3N0UG1pZnllSVFKQT09>  
All members welcome!

### Pink Can Donations

Seven & Sober \$781.87

Sunrise Group

Eastside Women

Kirkland Sobriety  
Headquarters



### Newsletter Contributors

Lead Story	Anonymous
From the Spiral	Matthew T.
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

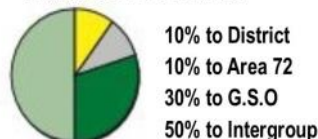
**District 35**  
Issaquah  
P.O. Box 442  
Issaquah, WA, 98027

**District 36**  
Snoqualmie Valley, 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



### 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*

Late, Late, Late

Let's get this out of the gate!

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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.