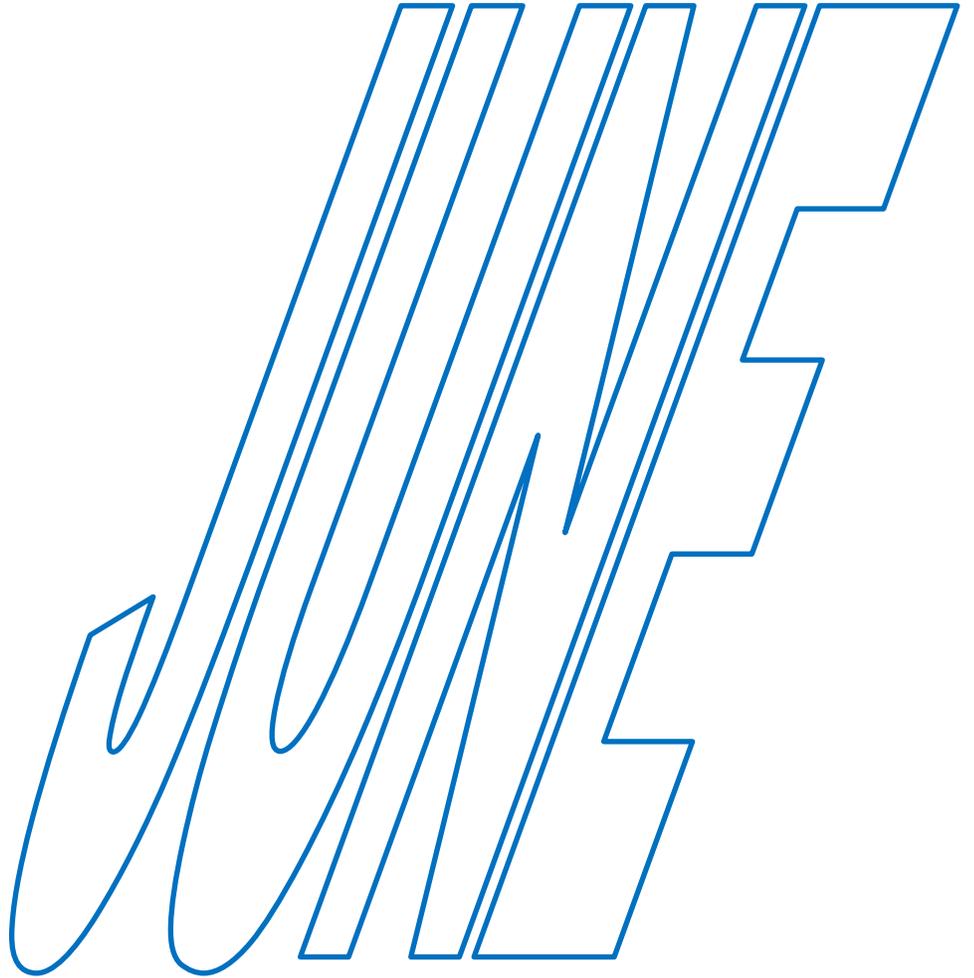




PASS IT ON

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PASS IT ON

Eastside Intergroup Newsletter

Issue 64 June 2022

Getting the Focus Off Me

My name is Mia...and I'm an alcoholic

I attended my first 12-Step meeting (it was a women's only group), when I was 16 years old. I didn't have any idea what the program was about, but my best friend was the live-in nanny for a woman who rented out rooms in her house to people of all ages and backgrounds who were learning how to live sober. It wasn't an official "sober living facility," much more informal, but they did have several 12-Step meetings in the house throughout the week, and my friend invited me to come attend one of the women's meetings that she thought I might find interesting.

My brother had committed suicide on the 4th of July, and my friend knew I was going through a tremendous amount of disruption and confusion - at home, school, and everywhere. I was getting progressively caught up partying, sleeping around, drinking too much, taking drugs with reckless abandon, and driving (or being driven around) drunk. In a fit of impulsiveness, I even dropped out of high school at the beginning of my junior year (something I never thought I would do). My drinking and partying were quickly leading me into a cycle of risky and dangerous behavior.

I didn't think of myself as an alcoholic at that time; but I trusted my friend, and she said there were a lot of cool women who attended the meeting, and she thought I would really like it...so I went. I've come to believe there are no coincidences or mistakes in life. The seed of recovery was meant to be planted that day, even if nothing grew from it until many years later.

I was hurting, but I had no idea how to express it, and the only relief I could find was in a state of numbness through alcohol, or whatever drugs were accessible. But, as a result of attending that first 12-Step meeting, I started to make some new sober friends, and started spending weekends hanging out with them. We'd stay up all night laughing and playing endless games of Uno. But then I'd start to get the itch to get drunk and escape reality, so I'd go out and cause trouble with my lower companions on other weekends. The longer I kept that up, the less I felt I really belonged in either group.

I continued this weekend on/weekend off pattern for several months, until I'd been to just enough meetings and met just enough sober people I liked hanging out with, that I considered giving sobriety an honest try. Somewhere between 17-18 years old, I decided to quit drinking. My first "experiment" in the program mostly involved going to a lot of sober dances and events, attending meetings just so I could meet up and hang out with my friends after - it did not involve doing any of what the foundation of the 12-Step program is, like doing the Steps, or being of service to other alcoholics. I was still a kid. A broken, messed up kid, just trying to figure out if I could have any fun without being high or drunk.

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And Finally...

by Kyle E.

Getting the Focus Off Me

(Continued from Pg 2)

While all this sober socializing and dabbling in the program was happening, my dad's health was going downhill. I was 19 when my dad passed away on the day before St. Patrick's Day. It was devastating, happening just three years after the death of my brother. When I got the news that he'd died, the very first person I called was a woman I had met in that first women's meeting. Both she and her daughter had become close friends of mine, and I had finally found some people I felt safe having big feelings with.

**If I only would have had the willingness to expand my recovery
and bring all those emotions to a solution,
rather than the alternative, which was to hide in my disease.**

I didn't work with a sponsor, do the step work, or make a more meaningful commitment to the program. If I had, I might not have had to go back out and find what I thought would be the easier, softer way to get through pain...by picking up again. But that's the way my journey through addiction had to be. I wasn't ready.

Two months after my dad's death, I took a coin commemorating my first year of sobriety, and I met a guy at work that I started spending more time with. This meant I started spending less time doing even the bare minimum in my recovery, which was basically just going to meetings. I eventually abandoned those, and all my sober buddies, and I was back to using in no time.

At Thanksgiving I snuck out of a family holiday dinner to meet my new boyfriend at a bar, and that was the night he introduced me to crack cocaine. It became my substance of choice. My ridiculously expensive, highly addictive, new best friend. I spent the next two years in a frightening downward spiral. My life became something I couldn't recognize. Friends and family were out of sight unless I needed something.

My new boyfriend was a married man, but by the time I discovered that about him, it was too late...I was already knee deep into getting drugs and alcohol and staying high, by any means necessary. We were partners in literal crime...a poor, drugged out "Bonnie & Clyde." Although getting involved with a married man with kids was not my finest hour, sadly, it was not the worst of my questionable life choices.

I entered my second decade of life with all the consequences of my disease, including not being able to keep a job, or a place to live. Towards the end of my two year crack story, after being fired from yet another job, I returned home to find a little note tacked to my front door - "NOTICE: You have 2 days to move." I couldn't remember the last time I'd paid my rent, and the apartment manager had had enough of my empty promises that the rent check was in the mail.

The series of events that followed became the catalyst to my bottom. Over a three-week period, I had no other choice but to ask my mother if I could move into her basement. She was gracious and generous to say yes, but the upside (or down-side depending on how you look at it), was that I was now walking distance from the crack houses I used to have to drive 20 miles roundtrip to get to.

Having such fast, easy access facilitated a dangerous binge that left me so desperate for money to get high, I found myself succumbing to the pressure from my toxic married boyfriend, to consider his idea that I start thinking about prostitution as a career option. I became so sick from my addiction I was starting to believe it was the only viable way to earn money.

After a horrendous night of using and getting to such a place of despair that I was begging for my life to end, I spent hours trying to come down, staring into the distance, until the wee hours of the morning, when I crawled upstairs to my mother. She could see I was in distress, but I was unable to form the words, so she kept prompting me: "What is it? Are you pregnant? Is he beating you? Are you on drugs?"

Getting the Focus Off Me

(Continued from Pg 3)

Her last guess sent me into a puddle of tears while nodding my weary head up and down. I knew I was done. I was at a fork in the road - afraid of what would happen if I didn't stop, and afraid of what would happen if I did. Thankfully, I was desperate enough to ask for help.

My mother made a few outreach calls, and through her generosity and concern for my life, I was admitted the next day into a 28-day drug and alcohol treatment facility.

I'd love to say that was the last time I used, and that I stayed sober from that point on. I did finally submerge myself into the program by staying actively clean and sober, working with a sponsor, doing step work, and taking service commitments for the next two years; but then I made the decision to move from Seattle to New York to pursue my dream of becoming a professional actor. In and of itself, that would have been fine! The program should be a "bridge back to life." But as much as I would have liked, I couldn't outrun my alcoholism.

When I got to NY, I "tried" (I use the term loosely) to find myself a new homegroup, and get situated in meetings in NY, but I felt like a fish out of water, and rather than push through the discomfort and explore as many meetings as I could until I found my people, my willingness became less and less, and my alcoholism got louder and louder "YOU DON'T NEED THESE MEETINGS ANYMORE, YOU'RE TOO YOUNG TO BE A REAL ALCOHOLIC, YOU CAN DO THIS ALL BY YOURSELF!"

**I found myself in that familiar place where I didn't feel comfortable anywhere.
I had a mind full of the program (at least enough to ruin my drinking),
and was getting thirstier as every day went by.**

Some good friends came from out-of-town for a visit, and because they were not in the program, not alcoholics themselves, and didn't really know much about the disease of alcoholism, they didn't flinch when I suggested that on the last night of their visit, I would make us all a lovely Italian meal, which would include a nice bottle of wine. That suggestion started the whole ball rolling. Rather than enjoy their company and their visit, all I could think about was that I'd FINALLY get to quench the thirst from my three and a half years of being a dry drunk. My phenomenon of craving was now full steam ahead.

After they ate their big meal, and were tired out from a full day of sightseeing, they both took a nap. I sat on my couch with that full bottle of wine that neither of them so much as touched - and I proceeded to take that first drink. It had been five and a half years since alcohol touched my lips, and my disease exhaled with relief as I proceeded to feel that warm, mushy glow. My alcoholism was alive and well, and regardless of my having not had a drink in many years, it had, as they say, been doing push-ups.

I spent the next two years drinking, which up until then had never been my "drug of choice." Alcohol was always available and reliable to get the job done, but now I was using it much like I used to smoke crack. And while I'm grateful I didn't go back down the rabbit hole of drugs, which on the streets of New York were readily available, instead, I found myself drinking booze furiously, as if I was trying to make up for lost time.

But make no mistake, my "relapse" happened long before I took that first sip of wine. It was in session all those years I was dry and had been separating myself from the program. Most importantly, I stopped being willing to be honest with myself, or anyone else about my obsession to drink.

At the age of 28 I found myself living alone in a lovely apartment, with a great job, and some good, but worried, friends. I'd been so lost in the haze and escape alcohol provided for me for two years, that I woke up on the 3rd of January 1993, incredibly sad and depressed.

The night before I'd participated in a number of embarrassing events, including a visit to a nasty strip club, falling flat on my face in Times Square in front of my "date," to end up once again, returning home, messed up and alone. And while I hadn't lost all the things (jobs, apartments) I previously had when I went into my first treatment

Getting the Focus Off Me

(Continued from Pg 4)

center at the age of 21 - this time, it felt like I was losing my mind, my spirit, and was at a point where I had no life in my life.

Good alcoholic rebel that I am, I still resisted asking for help, telling myself and anyone who'd ask, "I've done the whole 12-Step thing, it didn't work for me." But after three excruciating weeks of trying to do it alone, several little things happened in succession that got my attention – what I refer to as my "Is it odd or is it God" moments. I felt myself being pushed towards letting go of doing it my way and once again, being willing to ask for help. I was being 12-Stepped despite myself.

It's been over 29 years since I, one day at a time, surrendered to my disease and walked into the rooms of a 12-Step program...again.

**The one and only thing I've managed to do "perfectly" is
not pick up a drink or a drug, no matter what.**

I've gone through intense grief, divorce, the death of loved ones, the death of beloved pets, big moves, job changes, new relationships, having money, not having money, letting go of toxic relationships – pretty much anything and everything that, without active participation in my recovery, would have given me any number of excuses to drink or drug again. But I learned the hard way, that to get the most out of my program, I must stay in the middle of it.

I spent many years with my face pressed up against the glass, watching from the outside, as people embraced and celebrated everything recovery had to offer. Thinking I was too cool, too smart, too something, to really go all in. Until it got so painful, that I had to be willing to let all of that go and let myself be a part of.

In my tenth year of this sobriety my first marriage ended, and I went through a very painful divorce, where I had moments that I didn't know how I was going to get through it. I tried to tell the women I was sponsoring at the time that they might want to find another sponsor to work with – I felt like I was going to be too much of an emotional wreck to be able to show up for any of them. They all chuckled and wisely ignored my "suggestion," and all of them proceeded to lean-in closer. As I dealt with mending my broken heart, I found that taking their calls, listening to 5th Steps, and getting the focus off me...was saving my life. They all helped me heal, and I still showed up for my program, and theirs.

Learning to face life on life's terms was, and still is hard. But the connections I have with my friends, family, and fellow program members gets that much deeper when I feel the fear and keep moving through it. No matter what.

Around that time, I was at a speaker's meeting, when I heard the wisest, most perfect words, that have stayed with me to this day. The speaker ended his talk by saying "Even if your ass falls off...just come to a meeting...we'll teach you how to sit without an ass." Words to live by.

-Mia I.

From the Spiral #34

by Matthew T.

For this month, I dedicate my contribution to my Sponsor, Mark A. who celebrates four years sober on June 19th and who has broken down the Serenity Prayer in way that cannot go unshared.

1. *God, grant me the Serenity to accept the things I cannot change,*

God has what we need so long as we ask for it humbly. Your Higher Power has serenity along with courage and wisdom. Serenity is the absence of chaos. In this prayer, we are asking God to give us freedom from the noise coming from between our ears in exchange for the calm, love, and peace that sits in our heart. The word change in this first part can be replaced with a word that sets off all sorts of alarms within us, which is the word control. This is the true beginning of asking for help in surrendering and separating. When I say the Serenity Prayer, I surrender. Either I continue to suffer or I make a decision to separate myself from what I cannot control with God's help. I pray this prayer because I constantly need to be reminded that I cannot control as much as my brain tells me I can.

2. *Courage to change the things I can,*

Courage means to do the right thing regardless of how it feels. In other words, courage is an action step that is often overlooked. If we ask for the courage, meaning His courage, and he gives it to us, it's up to us to do something about it. I can control only three things: what I think, what I say, and what I do. This part of the prayer is asking our higher power to provide us with faith and clarity to let go of what we cannot control in order to realize what we can actually control. It has been said that there is Our Pile and then there is God's Pile. When you reach a point where your pile is higher than God's, the time has come to pause, shut the f\$#% up, pray, and listen. My Sponsor has taught me that prayer is not just about me reciting. Prayer also involves getting quiet and listening. I have experienced this many times where if I give it time and get as quiet as possible, eventually the right thought or action does in fact come. As we know all too well, it's that stubborn first thought that always comes right away.

3. *And wisdom to know the difference.*

Wisdom is the combination of knowledge and experience. When we ask for wisdom, we walk a tricky line. Be mindful that you are actually asking God for knowledge and experience here. Some of the lessons life has taught me in exchange for wisdom have been brutal, so as Mark A reminds us, "Be careful what you pray for." On the other hand, both Mark and the fellowship of Alcoholics Anonymous stresses the reality that more often than not, we already possess the wisdom to know the difference so long as we set aside a few simple (not simple) things such as our ego, our first thought, and what we feel. This prayer does not take long to say, but for this alcoholic, usually the time that it takes to say the words is enough time to calm down, take it easy, and do the next indicated thing. And as Mark A's Sponsor loves to tell us, "Don't think. Do."

Congratulations on four years, Mark! Thank you for everything, and I love you my brother.

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

-Matthew T.



- Having been out on vacation for two weeks in May and want to thank **DOUG H.** for managing the office with our office volunteers **Debbie M., Lisa S., Wallene D., David B., Ted W., Vince Y., Judy T., Aysen R., Bryce J., Claude R.** for a job well done while I was gone!
- May 21st Tom Z. and I had a small Hotline and phone training which is always informative and fun.
- May 21st District 34 held a workshop on the Third Legacy of Service which was very well done with speakers from Area 72, DCM's, GSR's and Intergroup's. It was really well done and quite informative. Thanks Brian G. for hosting this workshop.
- June 18th Eastside Intergroup Young People AA is holding **Young People in the Park** with a 7pm speaker followed by Frisbee at 8pm. Hidden Valley Sports Park at 1905 112th Ave NE in Bellevue.
- Don't forget we have 10% off for Seniors on Tuesdays – we're here to meet the needs of all of our groups as they return.
- New schedules are being printed as of June with the updates we have available on all in-person and hybrid meetings.
- Eastside Intergroup still has zoom accounts available for any groups that need them. Email zoom@eastsideaa.org to request one.
- If you receive our weekly "Future Tripping" this past one has most all of the information we have available right now. We have spent the past couple of weeks of May getting things booked and planning for our upcoming events. Anyone can sign up to receive this weekly update by emailing esig@eastsideaa.org and asking to be placed on the "Future Tripping" list.

Thanks for letting me be of service.

Nancy Osborn

ESIG Office Manager

Eastside Intergroup's 2022 Annual

PICNIC



**The Pavilion at Beaver Lake Park
25103 SE 24th St. Sammamish 98075**



\$10 Adults
Free—Under 12

Ticket is good for: burger or dog, chips, drink & a raffle ticket

Please bring a potluck dish according to your sobriety date:

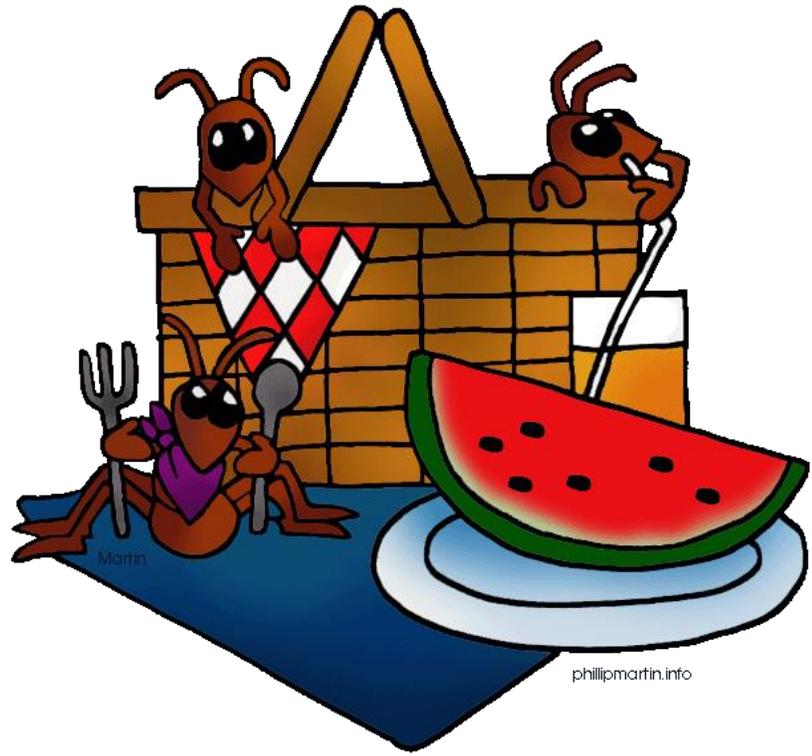
JAN.-APRIL: SALADS

MAY-AUG: SIDE DISH

SEPT.-DEC. DESSERT

Also Bring:
**Lawn Chairs, Swim Suit/Towels,
 Sunscreen, Sunglasses, Life Vests,
 Water Toys and SMILES!**

Home Groups: Please help support the ESIG Raffle with either a gift basket (new items only please) or a cash donation and we'll shop for you! Proceeds from the raffle support Eastside Intergroup ~ Thank You!



phillipmartin.info

Volunteers! Generosity! Birthday Club!

Thank You Hotline Volunteers!

Carmen A.	Sheldon A.	Tracy A.	Genny B.	Hotline Back-Ups	
Ginney K.	Chuck M.	Tammy K.	Katie K.	Tom Z.	Cindy S.
Cindy S.	Richard J.	Jim M.	Pete K.	Jessica C.	Travis S.
Travis S.	Elton B.	Jody K.	Nancy O.	Sherre P.	Nancy O.
Paul J.	Mark J.	Tom Z.	Ben K.	Hotline Coordinator: Tom Z.	
Ryan P.	Guy O.	Tomi O.	Jamie C.		

24 Hours



425-454-9192

Thank You Office Volunteers!

Bryce J. Debbie M. Judy T. Claude R. Lisa S.
Wallene D. David B. Ted W. Vince Y. Aysen R.

Faithful Fivers!

Faithful Fivers donate \$5/month to support ESIG

Terri P. Nancy O. David W.

Birthday Club! This Works!



Terri P.
FIVE Years!
Eastside Women

Virginia M.
THIRTEEN Years!
Sisters of the Forest



David S.
EIGHT Years!
Kirkland Sobriety Headquarters



Laura L.
EIGHT Years!
Tuesday Night Solutions

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	May 22	TOTAL
Anchor Group	0.00	0.00	150.00	0.00	150.00	300.00
Anonymous	261.10	183.75	310.10	241.75	415.00	1,411.70
Bel East Lunch	116.00	0.00	0.00	0.00	0.00	116.00
Bellevue Men's Meeting	0.00	0.00	445.00	0.00	0.00	445.00
Bellevue New Group	0.00	1,000.00	0.00	0.00	500.00	1,500.00
Benevity Fund Donation	650.00	400.00	400.00	400.00	0.00	1,850.00
Better Odds Sober	0.00	0.00	0.00	287.49	0.00	287.49
Big Book Step Study	140.37	0.00	0.00	165.29	0.00	305.66
Came To Believe (Carnation)	54.00	0.00	0.00	0.00	112.00	166.00
Counter Sales	30.92	151.22	6.36	530.58	639.18	1,358.26
Duvall Sunday Morning	50.00	0.00	0.00	0.00	0.00	50.00
Eastside Beginners	0.00	0.00	0.00	282.00	324.00	606.00
Eastside Men's Group	0.00	10.00	0.00	319.20	0.00	329.20
Eastside Women	0.00	178.00	0.00	0.00	0.00	178.00
Freedom From Bondage	0.00	0.00	3.00	0.00	0.00	3.00
Frontstream (Costco)	1,209.60	0.00	0.00	0.00	1,200.00	2,409.60
Gay Men In Recovery	540.00	0.00	0.00	0.00	0.00	540.00
Grace Rules	268.00	0.00	0.00	0.00	0.00	268.00
Happy Destinies	0.00	0.00	213.96	0.00	0.00	213.96
Issaquah Tuesday Night Group	72.00	0.00	0.00	0.00	0.00	72.00
Joy Of Living	0.00	275.00	0.00	0.00	0.00	275.00
Just for Today	0.00	0.00	275.00	0.00	0.00	275.00
Kenmore Big Book	200.00	0.00	0.00	0.00	0.00	200.00
Kindred Spirits	100.00	0.00	0.00	0.00	0.00	100.00
Kirkland Attitude Modification	0.00	0.00	100.00	0.00	0.00	100.00
Kirkland Sobriety Headquarters	0.00	125.00	0.00	0.00	0.00	125.00
Lifeline	0.00	0.00	223.45	0.00	0.00	223.45
Living Sober	0.00	608.58	0.00	0.00	833.52	1,442.10
Midway Group	171.00	0.00	0.00	0.00	0.00	171.00
Moss Bay	125.00	0.00	0.00	218.18	0.00	343.18

(Continued on Pg 11)

ESIG YTD 2022 Group Contributions

(Continued from Pg 10)

Group Name	Jan 22	Feb 22	Mar 22	Apr 22	May 22	TOTAL
Nameless Bunch Of Drunks	1,250.00	1,250.00	1,000.00	1,000.00	1,250.00	5,750.00
Nameless Bunch of Drunks International	635.50	591.71	477.35	537.34	674.89	2,916.79
Nooners	127.25	0.00	204.17	156.53	229.32	717.27
Nooners Online	0.00	256.38	0.00	0.00	0.00	256.38
North Bend Group	0.00	0.00	0.00	0.00	100.00	100.00
Raging On The River	50.00	0.00	0.00	0.00	0.00	50.00
Recovery Through Honesty	0.00	0.00	0.00	0.00	25.00	25.00
Redmond Recovery	250.00	0.00	0.00	0.00	250.00	500.00
Regla 62 Grupo	40.00	40.00	0.00	40.00	40.00	160.00
Secret Friday Group	0.00	0.00	49.12	0.00	0.00	49.12
Serenity Break	0.00	332.49	0.00	456.47	625.51	1,414.47
Serenity Break Online	125.00	0.00	808.42	150.00	0.00	1,083.42
Serenity on Sunday	0.00	0.00	433.68	0.00	0.00	433.68
Seven & Sober	1,500.00	1,000.00	1,000.00	1,000.00	1,500.00	6,000.00
Sisters in Solution Iss	0.00	0.00	90.00	0.00	0.00	90.00
Sisters of the Forest	40.00	75.00	0.00	35.00	50.00	200.00
Snoqualmie Stag	90.00	0.00	0.00	90.00	0.00	180.00
Sober Gals	200.00	0.00	0.00	0.00	0.00	200.00
Sober Seniors	100.00	0.00	0.00	0.00	0.00	100.00
Steppin Up	40.00	4.00	0.00	0.00	0.00	44.00
Sunrise	927.69	0.00	0.00	1,121.49	0.00	2,049.18
Tiger Mountain Stag	0.00	0.00	0.00	0.00	800.00	800.00
Tons of Grace	0.00	0.00	0.00	185.00	0.00	185.00
Tuesday Night Solutions	0.00	0.00	0.00	600.00	0.00	600.00
Up The Creek	0.00	40.00	0.00	0.00	25.00	65.00
Wake Up	20.90	96.62	135.05	55.80	14.47	322.84
Women's Big Book Study	0.00	0.00	0.00	223.00	0.00	223.00
Women's Saturday Share	0.00	0.00	0.00	24.00	141.05	165.05
Women's Saturday Steps	300.00	0.00	0.00	258.00	0.00	558.00
Women In Recovery	226.19	0.00	400.00	0.00	0.00	626.19
Women of Worth	0.00	75.00	0.00	0.00	50.00	125.00
Woodinville Wed. Fellowship	0.00	0.00	0.00	51.00	0.00	51.00
Total	9,910.52	6,692.75	6,724.66	8,428.12	9,948.94	41,704.99

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
Website: eastsideaa.org

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

Office Manager: Nancy O.
Email: 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	Mia I.
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

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
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Bellingham, WA, 98226

General Service Office (GSO)

P.O. Box 459
Grand Central Station
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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

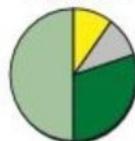
District 38

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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

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Pg 1—Solar Eclipse, August 21, 2017

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And Finally... *... from the Editor*

Well, life just keeps on coming, no matter what! And with AA, I have learned through everyone in the rooms is that I don't have to drink, no matter what!

Now I'm wondering if I have written about this topic before. If I have, then I'm sure it won't be the last time, then!

The family was sick the last few weeks, a second-layer family member passed away. Then there's the regular stuff: trying to get rest, eat, check my emotions, ensure I'm engaged with people. Vacuuming, dishes, washing clothes. And on and on.

None of which would get even a tiny bit easier by a drink.

Jails? Institutions? Death? Or how about the living hell of going back to being an active drunk? For me, a single sip would never be enough, and I know I would be much worse off trying to mitigate the pain or hide from responsibility with alcohol or chemicals.

So I turn to the book, you, and meetings to remain teachable, and be shown how to live life as it comes. Thank you, AA, for showing me the path through life sober.

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.