



PASS IT ON

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GROUP



PASS IT ON

Eastside Intergroup Newsletter

Issue 68 Oct 2022

An Introduction

Hi everyone, my name is Doug and I'm an alcoholic. Among other things! I am the assistant office manager at Eastside Intergroup. I've been in this position since January of 2022. I had been a volunteer here for the better part of a year prior to applying for the job. I enjoy the chance I get every day to carry the message of recovery through this job. My primary duties are to watch the inventory and order and receive items in to the store, and I'm beginning the process of taking on all of the back office tasks associated with keeping us healthy.

Prior to coming to work here, I had a long career in aerospace, primarily at a large company you may or may not have heard of. For most of my career I worked in Supply Chain and Major Sub-Contract Management. I retired from there in June 2018 and then for two years worked as the Supply Chain Director at a small machine shop which was also a training and employment agency. One of the things that I really enjoyed about that job is that we brought a substantial number of folks into our training program from clean and sober living houses in the area. At the end of the training, we were able to hire many of them and get them started in a productive post addiction life!

I got sober in April of 1989 and for the first couple of years primarily went to meetings at the old Hilltop Fellowship Hall in Bellevue. Since then, I've had a few different home groups, currently Meditation in Recovery. I have also been pretty deeply involved in Al-Anon and my home group is Mid-Week Men's in Kirkland. I strongly believe in not only working the steps of our recovery program, but in service work at the group level as well. I have service positions in both meetings and I have both AA and Al-Anon sponsorship, as well as sponsees. I can still be a little nuts, but not what I'd be without this fellowship.

Outside of that, because of some health issues (arthritis in my knees) I've tapered back significantly in my passions for hiking and climbing and have re-energized my passion in playing guitar. I have a daughter who lives in LA and is pursuing her career and passion in Dance. Most recently, she spent 13 weeks on the road as a back up dancer for The Weeknd on his North American Tour, including a stop in Seattle last August.

I look forward to interacting with many of you while I'm here! Stop in and say hi! And while you're here, pick up a couple of coins (and birthday cards) and any number of the great selection of books and other literature we carry!

Yours in Service,

Doug H

Page 2—*An Introduction*

by Doug H.

Page 3

From the Spiral

by Matthew T.

Page 4

Office Report:

Nancy O.

Page 8

Volunteers! Generosity!

Birthday Club!

Page 9

Group Contributions

Page 10

Office Information

Page 11

And Finally...

by Kyle E.

From the Spiral #38

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. *We spend the first few years recovering from alcohol and the rest of the time recovering from ourselves.*

When I began this journey almost four years ago, I wanted to learn how to drink like an adult. As it turned out, there was healing and growth beyond stopping drinking. How I stay stopped is the key to my recovery from myself. People, places, and things still challenge me, but they act as reminders to my current Spiritual Health. The truth is clear: they did not change---I changed.

It is clear that recovery is not a weekend thing or a few days here and there. Recovery is a lifestyle, a privilege, and something that I actually want.

2. *The goal is not sobriety; the goal is building a life you don't want to run away from.*

Over the recent months, I have been given some incredible gifts, but the miracle of it is that I know from which it came. The gifts are a direct result of working a program laid with a foundation of surrender, humility, and willingness. Because I work this program, the gifts are laid at my feet. As soon as I am able, I do whatever it takes to return the favor by giving back to another alcoholic. I ask God to point me in the direction of someone whom I can help, and because of my brothers in this program, I have accepted the truth that these gifts are results of doing things right.

3. *If I want to show up in this world, I need a clean house.*

There is nothing that has saved me more money, trouble, and harm in this program than the concept we know as, "pause when agitated." When I am agitated, I still feel a reminder in my head to pause because until my house is clean, I need to remain focused on what I am responsible for today. I'll let you in on a little secret...my house is not clean. The house is cleaner now than it has ever been, but even if it were spotless, pointing the finger is not how I want to show up, nor is it how I want to be remembered.

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

-Matthew T.



ESIG OFFICE REPORT

10/1/2022

HOLIDAY OPEN HOUSE

Please join us on Saturday December 3rd from 8:30am until noon for a holiday open house at Eastside Intergroup. Stop in and see all your Intergroup office has to offer and meet some of the volunteers board members, Doug and myself. Coffee and pastries along with fellowship and a holiday discount of 15% off everything. Perhaps do some holiday shopping for your sponsor or a sponsee. Put your name in to win a copy of the original manuscript book valued at \$65.

A.A. WORLD SERVICE – CARRYING THE MESSAGE TO YOUNG PEOPLE

World Service is looking for video submissions from A.A. members to help carry the message to young people. Deadline for submissions is November 7, 2022. [click here for more information](#)

FIFTH EDITION OF THE BIG BOOK

World Service is accepting stories for the updated edition. Deadline for submissions is October 31, 2022. [click here for more information](#)

THANK YOU, SEPTEMBER OFFICE VOLUNTEERS

Carla Y, David B, Debbie M, Ken T, Lisa S, Lynn B, Robin S, Ted W, Vince Y, & Wallene D.

OFFICE VOLUNTEER MEETING/Q & A FOR NEW VOLUNTEERS

Friday December 16th from 11am to 1pm at Eastside Intergroup. We'll have a meeting to go over office procedures at 11:00am followed by a year end luncheon at noon. Current office volunteers are invited as well as anyone interested in volunteering in the office. This is a perfect opportunity to ask questions and choose shifts on the calendar.

A.A. PHONE LINES IN THE OFFICE

We're getting more and more new people calling in wanting information about Alcoholics Anonymous. Our number 425-454-9192 is listed as Alcoholics Anonymous (not Eastside Intergroup) so when someone calls A.A. for help it comes to our office during the day and our hotline after hours. We had more calls this past month than usual which means we're carrying the message to the alcoholic that still suffers!

PANCAKE BREAKFAST

Thank you everyone that participated by helping, groups that donated baskets, those of you that attended and Jack K. (Kruser) our Events Chair for a wonderful event. The food was fabulous, fellowship was wonderful, and the speakers knocked it out of the park. A great event!

Nancy Osborn

ESIG Office Manager

DISTRICT 35

AA Gratitude Dinner

CHILD CARE AVAILABLE

DOORS OPEN/RAFFLE STARTS 5:00PM

Turkey & Ham Provided by Groups
Bring Side Dishes according to your AA Birthday

Dinner 6:00PM	January-May Rice, Pasta or other starch
AA & AL-ANON Speakers 7:00-8:00PM	June-July Green Salad
Raffle Winners 9:00PM	August-October Vegetable Side
Closing 9:30PM	November Bread/Stuffing
	December Dessert

*Childcare available during speakers

19TH NOV 2022	Pine Lake Covenant Church 1715 228th AVE SE, Sammamish, WA 93075	5:00 PM
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Questions? Colby A. 206.773.7529 & Dan H. 206.372.5835



Live at Pine Lake!

Speakers Meeting

**Saturday November 12, 2022
7PM**

Featuring
Paul W from Los Angeles CA
 &
Mary K from Everett

Pine Lake Covenant Church
 1715 228th Ave SE, Sammamish, WA

Please bring your Friends
to experience the
Fellowship of AA

Speakers subject to change



DISTRICT 34

GRATITUDE BANQUET

SATURDAY NOVEMBER 19 2022



Doors open 5:30 pm- Dinner 6:00 pm
 Meeting will start 7:00 pm. Readings: Steps, Traditions, promises

Al-Anon speaker: Allen L. 7:15pm - 7:45pm
Sobriety countdown 7:45pm - 8:15pm
AA speaker: Steve C. 8:15pm - 8:45pm



NORTH BELLEVUE COMMUNITY CENTER 4063 148TH AVE NE,
 BELLEVUE, WA 98007



Turkey/Hams are provided by each group in the District that are attending. Pre-cut or, sliced ahead of time would be very helpful to the serving crews and greatly appreciated. Individuals, please bring a dish to share with others. Tickets are **\$5.00 self-supporting event** – Note: This event is well attended, so purchasing tickets in advance is a good idea. They will be available at the September District 34 regular business meeting. Spanish translation will be provided

IT IS SUGGESTED TO BRING A DISH USING THE FIRST LETTER IN YOUR LAST NAME A-G: Salads, Stuffing, Dinner Rolls, Etc. H-P: Side Dishes, Yams, Green Beans, Etc. R-Z: Desserts, Pies, Cookies, Cakes, Etc.



FOR ADDITIONAL INFORMATION CONTACT
 ANGEL: 360-421-4458 ANGELZERO10@GMAIL.COM
 ALLISON F. 385-321-8264 AFLYNN411@GMAIL.COM
 CHRISTINE S. 206-419-3732 CHRISTINESPIRY@HOTMAIL.COM



District 36 annual
**GRATITUDE
 DINNER**

Join us Saturday, November 5th, 2022
 Si View Community Center
 400 S.E. Orchard Drive
 North Bend, WA
 5:00pm-9:00pm

Spectacular Speakers and Fantastic Food

Please bring the following side dish according to your AA birthday month

Jan-June: Potatoes, Rice, Pasta

July-August: Green salad

Sept-Oct: Cold side dish/vegetable sides

November- Bread

December- Desert

Meat to be provided by each meeting group
 (i.e. turkey, ham, roast beef, chicken)

Please cut and ready to serve

Doors open at 5:00pm for fellowship

Dinner starts at 6:00pm

Speakers start at 7:00

Photo Booth-50/50 Raffle-Birthday Countdown-Silent Auction
 Babysitting Provided

Presold Tickets Available \$5.00 Suggested Donation

Volunteers Needed

If you or your group would like to donate items or service

Contact Elizabeth R.

Email: cpcpi@snovalleyaa.org

Phone 360-367-9075



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!

Carla Y. Robin S. Debbie M. Lisa S.
Lynn B. Ken T. Wallene D. David B. Ted W. Vince Y.

Faithful Fivers!

Faithful Fivers donate \$5/month to support ESIG

Nancy O.

Birthday Club! This Works!



**Your Name Here!
Show Everyone It 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	May 22	Jun 22	Jul 22	Aug 22	Sep 22	TOTAL
12 & 12 Fellowship Hall	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 1,000.00	\$ -	\$ -	\$ -	\$ 1,000.00
Anchor Group	\$ -	\$ -	\$ 150.00	\$ -	\$ 150.00	\$ -	\$ 150.00	\$ -	\$ 150.00	\$ 600.00
Anonymous	\$ 261.10	\$ 183.75	\$ 310.10	\$ 241.75	\$ 415.00	\$ -	\$ 145.20	\$ 170.00	\$ 200.67	\$ 2,007.57
Bel East Lunch	\$ 116.00	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 378.00	\$ -	\$ 494.00
Bellevue Men's Meeting	\$ -	\$ -	\$ 445.00	\$ -	\$ -	\$ -	\$ -	\$ 485.00	\$ -	\$ 930.00
Bellevue New Group	\$ -	\$ 1,000.00	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 1,000.00
Benevity Fund Donation	\$ 650.00	\$ 400.00	\$ 400.00	\$ 400.00	\$ -	\$ 1,000.00	\$ 400.00	\$ 400.00	\$ 400.00	\$ 4,050.00
Better Odds Sober	\$ -	\$ -	\$ -	\$ 287.49	\$ -	\$ -	\$ -	\$ 308.00	\$ -	\$ 595.49
Big Book Step Study	\$ 140.37	\$ -	\$ -	\$ 165.29	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 398.23
Bills Kitchen	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 55.00	\$ 55.00
Came To Believe (Carnation)	\$ -	\$ -	\$ -	\$ -	\$ 112.00	\$ -	\$ -	\$ -	\$ -	\$ 166.00
District 34	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 1,499.68	\$ -	\$ -	\$ 1,499.68
Duvall Candlelight	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 252.00	\$ -	\$ -	\$ -	\$ 252.00
Duvall Sunday Morning	\$ 50.00	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 50.00
Eastside Beginners	\$ -	\$ -	\$ -	\$ 282.00	\$ 324.00	\$ -	\$ 425.00	\$ -	\$ -	\$ 1,031.00
Eastside Men's Group	\$ -	\$ -	\$ -	\$ 319.20	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 329.20
Eastside Women	\$ -	\$ 178.00	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 272.00
Essentials	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 940.00	\$ -	\$ -	\$ -	\$ 940.00
Faithful Fivers	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 25.65	\$ -	\$ -	\$ -	\$ 25.65
Freedom From Bondage	\$ -	\$ -	\$ 3.00	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 3.00
Fresh Start	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 268.19	\$ -	\$ 268.19
Frontstream (Costco)	\$ 1,209.60	\$ -	\$ -	\$ -	\$ 1,200.00	\$ -	\$ 1,400.00	\$ -	\$ -	\$ 3,809.60
Gay Men In Recovery	\$ 540.00	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 590.00
Grace Rules	\$ 268.00	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 268.00
Happy Destinies	\$ -	\$ -	\$ 213.96	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 213.96
Issaquah Tuesday Night Group	\$ 72.00	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 72.00
Joy Of Living	\$ -	\$ 275.00	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 275.00
Just for Today	\$ -	\$ -	\$ 275.00	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 275.00
Kenmore Big Book	\$ 200.00	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 309.00	\$ 509.00
Kindred Spirits	\$ 100.00	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 100.00
Kirkland Attitude Modification	\$ -	\$ -	\$ 100.00	\$ -	\$ -	\$ -	\$ 150.00	\$ -	\$ -	\$ 325.00
Kirkland Sobriety Headquarters	\$ -	\$ 125.00	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 125.00	\$ -	\$ 250.00
Ladies Step Study	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 128.00	\$ 128.00
Lifeline	\$ -	\$ -	\$ 223.45	\$ -	\$ -	\$ -	\$ -	\$ 276.72	\$ -	\$ 500.17
Living Sober	\$ -	\$ 608.58	\$ -	\$ -	\$ 833.52	\$ 314.49	\$ 229.84	\$ -	\$ -	\$ 1,986.43
Maggie Samson	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 25.00	\$ -	\$ 25.00

(Continued on Pg 10)

ESIG YTD 2022 Group Contributions

(Continued from Pg 9)

Group Name	Jan 22	Feb 22	Mar 22	Apr 22	May 22	Jun 22	Jul 22	Aug 22	Sep 22	TOTAL
Midway Group	\$ 171.00	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 171.00
Moss Bay	\$ 125.00	\$ -	\$ -	\$ 218.18	\$ -	\$ -	\$ 130.25	\$ -	\$ -	\$ 473.43
Nameless Bunch Of Drunks	\$ 1,250.00	\$ 1,250.00	\$ 1,000.00	\$ 1,000.00	\$ 1,250.00	\$ 1,250.00	\$ 1,250.00	\$ 1,250.00	\$ 1,250.00	\$ 10,750.00
Nameless Bunch of Drunks Intl	\$ 635.50	\$ 591.71	\$ 477.35	\$ 537.34	\$ 674.89	\$ 245.00	\$ 1,309.89	\$ 400.50	\$ 446.96	\$ 5,319.14
Nooners	\$ 127.25	\$ -	\$ 204.17	\$ 156.53	\$ 229.32	\$ 226.41	\$ 108.60	\$ 267.65	\$ 133.08	\$ 1,453.01
Nooners Online	\$ -	\$ 256.38	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 256.38
Raging On The River	\$ 50.00	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 100.00	\$ -	\$ -	\$ 150.00
Recovery Through Honesty	\$ -	\$ -	\$ -	\$ -	\$ 25.00	\$ -	\$ -	\$ -	\$ 50.00	\$
Redmond Recovery	\$ 250.00	\$ -	\$ -	\$ -	\$ 250.00	\$ -	\$ -	\$ -	\$ 250.00	\$ 750.00
Regla 62 Grupo	\$ 40.00	\$ 40.00	\$ -	\$ 40.00	\$ 40.00	\$ -	\$ -	\$ 80.00	\$ -	\$ 240.00
Relationships	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 400.00	\$ 400.00
Sammamish Big Book Study	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 124.00	\$ -	\$ -	\$ 124.00
Secret Friday Group	\$ -	\$ -	\$ 49.12	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 49.12
Serenity Break	\$ -	\$ 332.49	\$ -	\$ 456.47	\$ 625.51	\$ -	\$ -	\$ -	\$ 1,529.61	\$ 2,944.08
Serenity Break Online	\$ 125.00	\$ -	\$ 808.42	\$ 150.00	\$ -	\$ 567.40	\$ 25.00	\$ 364.04	\$ 25.00	\$ 2,064.86
Serenity on Sunday	\$ -	\$ -	\$ 433.68	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 220.00	\$ 653.68
Seven & Sober	\$ 1,500.00	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	\$ 1,500.00	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	\$ 10,000.00
Sisters in Solution Iss	\$ -	\$ -	\$ 90.00	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 90.00
Sisters of the Forest	\$ 40.00	\$ 75.00	\$ -	\$ 35.00	\$ 50.00	\$ 100.00	\$ 80.00	\$ 219.35	\$ 65.00	\$ 664.35
Snoqualmie Stag	\$ 90.00	\$ -	\$ -	\$ 90.00	\$ -	\$ -	\$ -	\$ 90.00	\$ -	\$ 270.00
Sober Gals	\$ 200.00	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 200.00
Sober Seniors	\$ 100.00	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 100.00
Steppin Up	\$ 40.00	\$ 4.00	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$
Stepping into Recovery	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 100.00	\$ -	\$ 100.00
Stillwater Serenity	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 60.00	\$ -	\$ -	\$ 60.00
Sunday Big Book Study	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 100.00	\$ -	\$ 100.00
Sunrise	\$ 927.69	\$ -	\$ -	\$ 1,121.49	\$ -	\$ -	\$ 1,021.74	\$ -	\$ -	\$ 3,070.92
Tiger Mountain Stag	\$ -	\$ -	\$ -	\$ -	\$ 800.00	\$ -	\$ -	\$ -	\$ -	\$ 800.00
Tons of Grace	\$ -	\$ -	\$ -	\$ 185.00	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 185.00
Tuesday Night Solutions	\$ -	\$ -	\$ -	\$ 600.00	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 600.00
Unshackled	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 100.00	\$ -	\$ 100.00
Up The Creek	\$ -	\$ 40.00	\$ -	\$ -	\$ 25.00	\$ -	\$ -	\$ -	\$ -	\$
Wake Up	\$ 20.90	\$ 96.62	\$ 135.05	\$ 55.80	\$ 14.47	\$ -	\$ 207.34	\$ 37.02	\$ 76.72	\$ 643.92
Women's Big Book Study	\$ -	\$ -	\$ -	\$ 223.00	\$ -	\$ 79.60	\$ -	\$ -	\$ -	\$ 302.60
Women's Saturday Share	\$ -	\$ -	\$ -	\$ 24.00	\$ 141.05	\$ -	\$ -	\$ -	\$ -	\$ 165.05
Women's Saturday Steps	\$ 300.00	\$ -	\$ -	\$ 258.00	\$ -	\$ -	\$ 186.86	\$ -	\$ -	\$ 744.86
Women In Recovery	\$ 226.19	\$ -	\$ 400.00	\$ -	\$ -	\$ -	\$ -	\$ 185.00	\$ -	\$ 811.19
Women of Worth	\$ -	\$ 75.00	\$ -	\$ -	\$ 50.00	\$ -	\$ -	\$ -	\$ -	\$ 125.00
Woodinville Wed. Fellowship	\$ -	\$ -	\$ -	\$ 51.00	\$ -	\$ -	\$ 48.00	\$ -	\$ -	\$ 99.00
	9,879.60	6,541.53	6,718.30	7,897.54	8,709.76	7,174.55	10,143.97	6,679.47	6,764.04	70,508.76

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
Assistant Office Manager: Doug H.
Email: doug_h@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](https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnNLSVFKQT09)
All members welcome!

Pink Can Donations YTD

Seven & Sober **\$1,948.41**

Sunrise Group

Eastside Women

Kirkland Sobriety
Headquarters

Nooners



Newsletter Contributors

Lead Story	Doug H.
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
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

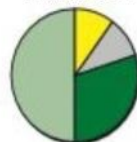
District 35
Issaquah
P.O. Box 442
Issaquah, WA, 98027

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*, 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

Pass It On is a publication of Eastside Intergroup



And Finally...

... from the Editor

Hi, Fellow Readers!

No “And Finally...” for this month! Please check back in November!

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.