



# PASS IT ON

## Eastside Intergroup Newsletter Issue 71 February 2023

### Page 2

*From the Spiral  
by Matthew T.*

### Page 3

*Office Report  
Nancy O. and Doug H.*

### Page 9

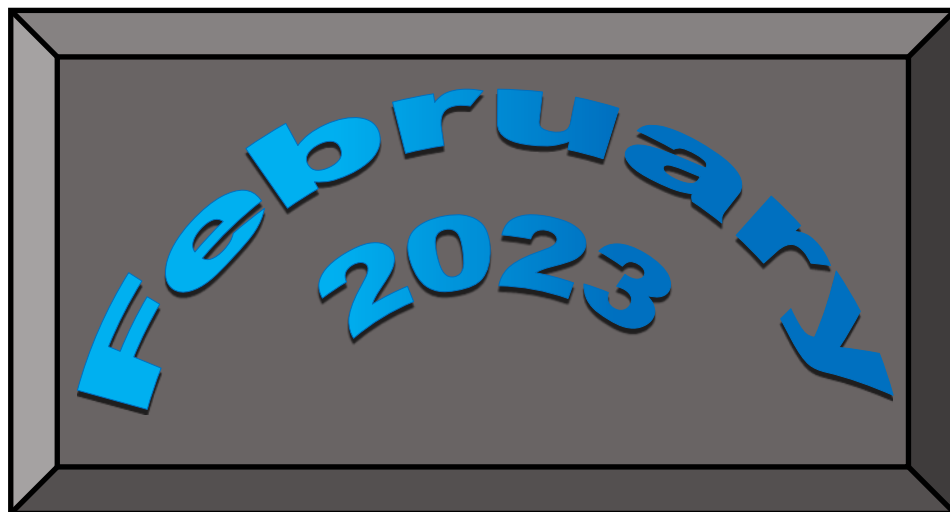
*Volunteers! Generosity!  
Birthday Club!*

### Page 10

*Group Contributions*

### Page 11

*Office Information*



# From the Spiral #41

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. Call the people on your phone list when you feel good, so it's easier to call when you feel bad.*

Good times and bad times are the same in that they are both temporary, but for this alcoholic I cannot hesitate to call when I need help. Hesitation feeds isolation. When things are good, however, one might say that it is even more important to call your fellow AAs. When my Sponsor calls me to share good news in his life, it makes me feel good. My attention re-routes to his state of joy instead of my fixation on me. Additionally, I get reminded of the gifts of our program provided we do the work, stay connected, and keep the program priority number one.

*2. If you have five days of sobriety, help the person who has four.*

Success in this program boils down to one thing: stay out of self, or to put it in one word, service.

When I heard this line at my Home Group last week, it reminded me of how fragile the newcomer is because their own program has failed them and have yet to accept a new program. Regardless of how new to sobriety you are, it is never too early to begin the Spiritual Practice of turning your attention to someone you can help. If you have 20 days or 20 years, you can be useful to someone besides yourself. When I get in my head, it is usually because I want something. Being in my head doesn't get me what I want. Helping others provides the unexpected gift of fulfillment. The power of fulfillment is humbling in that it allows me to step outside myself, take stock of my blessings, and recognize all the gifts I have been given.

*3. How and what we feel is where we connect.*

My first meeting of Alcoholics Anonymous was a complete blur. I was 21 years old and my attendance was simply a means of checking off an item on a list. Seventeen years later, I had a completely different experience. People were sharing the same feelings I had. Until that moment, I swore that I was the only person feeling so much shame, pain, and despair. This calmed me down and filled my heart with hope that I could deal with my feelings without booze and drugs. This experience also provided a sense of wonder that guided me toward working the steps that eventually gave me a life for which I am proud. When you hear someone say to look for the similarities, it means to listen to others share their thoughts and feelings because chances are you've had them too. Connection is the opposite of addiction.

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

-Matthew T.



## ESIG OFFICE REPORT 2/2/2023

### Volunteer Help

In last month's Office Report, we again put out the call for volunteers. We do have a very vital committee chair position open, that is the position of 12<sup>th</sup> Step coordinator. One of the primary functions of Eastside Intergroup is to facilitate the carrying of the message of Alcoholics Anonymous. The 12th Step Committee chair is the tip of the spear in making this happen. When a call comes into the office or is picked up by one of our hotline volunteers that call may end up being turned over to someone on the 12th Step list to further assist the suffering alcoholic by being the person who helps them get into a meeting and connected to the program. The task of the committee chair is to help recruit, train and provide whatever is needed to the 12th step volunteers to carry out this important task. If you're interested in this position, or know someone who would be, please let us know.

### Change In Date For The Picnic

The date for this year's picnic has been changed to August 26 from August 12 due to conflicts with a couple of recovery related events in the area. Please update your calendars!

### THANK YOU, January Office Volunteers

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

We still need more office volunteers so if you're looking for service at a very fun place to be, give us a call 425-454-9192.

This year, perhaps everyone could think about bringing someone they sponsor to the Intergroup office to see where we are and what we do. We love meeting new people too!

In Service,

Nancy Osborn  
Doug Hutton  
ESIG Co-Managers

# 36 Principles Annual Retreat

Seabeck Conference Center

13395 Lagoon Dr NW, Seabeck, WA 98308

**March 24th—26th**

Friday 5pm to Sunday 12pm

## **11th Step Workshop**

Nate Y. (from Belize) & Shane L. from Spokane will present

## **A Practical Guide to the Life Promised in Step 11**

Cost \$200 per person (single occupancy \$300) Includes 2 nights lodging, dinner on Friday night, 3 meals Saturday, breakfast and lunch on Sunday.

Please make checks payable to 36 Spiritual Principles and mail to:

36 Spiritual Principles, c/o Mark Straley

14928 210th Ave NE, Woodinville, WA 98077

We will send an email confirmation and list of things to bring.

.....  
DETACH HERE & RETURN with payment

Please submit one registration form per person

Name: \_\_\_\_\_

Phone \_\_\_\_\_

Email Address: \_\_\_\_\_

Special needs: i.e. Dietary, Health, Mobility \_\_\_\_\_

We will do our best to accommodate.

Questions contact Mark S. 425-233-9137





# Live at Pine Lake!

**Speakers Meeting**

**Saturday March 11, 2023  
7PM**

**Featuring**

**Judie T from Bellevue, WA**

**&**

**Sarah C from Woodinville**

**Pine Lake Covenant Church**

**1715 228<sup>th</sup> Ave SE, Sammamish, WA**



**Please bring your friends  
to experience the Fellowship of AA**

**Livestream Zoom ID: 977 787 8779**

**Password: 1212**

*Speakers subject to change*

**Learn how to make the hand of A.A. available to those in custody seeking sobriety by joining our spirited discussions.**

**Western Washington Area 72 AA Corrections Committee  
Presents: The 3<sup>rd</sup> Annual  
A.A. Corrections Workbook Study 2023**



**Hosted By:**

**Area 72 Corrections Committee**

**Work through the Corrections Workbook line by line, page by page, ask questions and enjoy Corrections fellowship with Derek S. as our guide.**

**Every Saturday, 9:00 am to 10:00 am on Zoom**

Meeting ID: 893 2268 0013

Passcode: 246170

Room Opens at 8:45 AM

Questions please contact:

Andrew M. @ [corrections@area72aa.org](mailto:corrections@area72aa.org)

**Hope to see you there!**

**36 Spiritual Principles Annual Retreat for Men & Women in Recovery**

Seabeck Conference Center – 13395 Lagoon Dr. NW, Seabeck, WA 98308

March 24<sup>th</sup> – 26<sup>th</sup>, 2023

Friday 5:00 PM to Sunday 12:00 PM

**Nate Y. of Belize and Shane L. of Spokane will present**

**Prayer & Meditation**

**A Practical Guide to the Life Promised in Step 11**

**Written by Tom R. of Seattle**

Cost \$200 per person (single occupancy \$300)

Includes 2 nights lodging, dinner on Friday night, 3 meals Saturday, breakfast, and lunch on Sunday. As well as a copy of the book & workbook

Please make checks payable to 36 Spiritual Principles and mail to:

36 Spiritual Principles, C/O Mark Straley 14928 210<sup>th</sup> Ave NE, Woodinville, WA

We will send an email confirmation and list of things to bring

.....  
DETACH HERE & RETURN with payment

Please submit one registration form per person

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Special needs: i.e., Dietary, Health, Mobility \_\_\_\_\_

(We will do our best to accommodate)

Questions contact: Mark S. 425-233-9137

# 50th ANNUAL BURIEN LITTLE ASSEMBLY

AA's **THREE LEGACIES: OUR COMMON SOLUTION**  
**RECOVERY. SERVICE, UNITY**

**March 11, 11 am to 5:00 pm**

Registration open at 10 am

Potluck lunch 11 am

Event kicks off at noon!



**Brooklake Church**

**629 S 356th Street**

**Federal Way, WA 98003**

From Seattle:

Take I-5 to WA-18 W (exit 142B)

Take Pacific Hwy S to S 356th Street

Church will be 1.1 miles away

In consideration of other participants, NO  
cameras and NO pets.

**And online via zoom**

## Offering

- > Intergroup and Area 72 service committee information
- > Panels comprised of AA and Alanon presenters discussing Our Three Legacies
- > Sobriety Countdown
- > AA and Al-Anon Speakers
- > Spanish/English Translation for speakers and some panels.
- > Archives and Grapevine & Literature



**Scan. Pay. Go.**

To volunteer, contribute or find out more, go to the website! Or Contact [bla@seattleaa.org](mailto:bla@seattleaa.org)

**[www.burienlittleassembly.org](http://www.burienlittleassembly.org)**

**Traditional Sponsors: Districts 14, 15, 16, 17, 18, 31, 32, 33, 54 & Greater Seattle Intergroup**

Burien Little Assembly is fully self-supporting through contributions from sponsors and participants. The 7th tradition will be observed.

Contributions can be made via <http://www.burienlittleassembly.org/contributions.html>, via PayPal @BurienLA

Or by sending a check to Greater Seattle Intergroup, Att: BLA, 5507 6th Ave South, Seattle WA. 98108.



# Volunteers! Generosity! Birthday Club!

## Thank You Hotline Volunteers!

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

### Hotline Back-Ups

Tom Z.	Cindy S.
Jessica C.	Travis S.
Sherre P.	Nancy O.

**Hotline Coordinator: Tom Z.**

**24 Hours**



**425-454-9192**

## Thank You Office Volunteers!

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

## Faithful Fivers!

Faithful Fivers donate \$5/month to support ESIG

Nancy O.	David W.	Terri P.
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## Birthday Club! This Works!



**Nancy O!**  
**35 Years!**  
**Home Group: Tuesday Night Solutions**



**Kyle E!**  
**28 Years!**  
**Home Group: Serenity Break Online**

**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 \$ \_\_\_\_\_

Group	Jan 23	Feb 23	Mar 23	Apr 23	May 23	Jun 23	TOTAL
A Way Up	500.00						500.00
Agnostics in Progress	50.00						50.00
Anchor Group	150.00						150.00
Anonymous	1,915.94						1,915.94
Benevity Fund Donation	350.00						350.00
Big Book Step Study	74.03						74.03
Bills Kitchen	20.00						20.00
Essentials	265.00						265.00
Frontstream (Costco)	1,200.00						1,200.00
Grace Rules	177.00						177.00
Living Sober	212.27						212.27
Nameless Bunch Of Drunks	1,000.00						1,000.00
Nameless Bunch of Drunks International	325.68						325.68
North Creek Study Group	75.00						75.00
Pine Lake Stag	100.00						100.00
Serenity on Sunday	222.00						222.00
Seven & Sober	1,000.00						1,000.00
Sisters of the Forest	11.00						11.00
Snoqualmie Stag	123.00						123.00
Sober Seniors	150.00						150.00
Sunday Big Book Study	130.00						130.00
Sunrise	1,037.10						1,037.10
The Shack	5.65						5.65
Tuesday Night Solutions	120.00						120.00
Up The Creek	75.00						75.00
Wake Up	29.64						29.64
Women's Big Book Study	99.00						99.00
Women's Saturday Share	47.00						47.00
Women's Saturday Steps	300.50						300.50
Woodinville Wed. Fellowship	61.00						61.00
	9,825.81	0.00	0.00	0.00	0.00	0.00	9,825.81

## 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)  
**Assistant Office Manager:** Doug H.  
Email: [doug\\_h@eastsideaa.org](mailto: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?](https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnNLSVFKQT09)  
[pwd=MG02L21hZXk1Y3N0UG1pZnNLSVFKQT09](https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnNLSVFKQT09)  
All members welcome!

### Pink Can Donations YTD

Seven & Sober

**\$169.50**

The Sunrise Group



### Newsletter Contributors

Lead Story	N/A
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

- Probably something! Let you know next month!

*Ed:* This is where I provide corrections to the previous newsletters! As a volunteer and humble servant of Eastside Intergroup and A.A., I am prone to mistakes, and this new column is where I get to practice the principle of righting wrongs.

### Eastside Intergroup, Districts, General Service Office & Area 72 Information

#### Eastside Intergroup

13401 NE Bel Red Rd. #B6  
Bellevue, WA, 98005

#### Western Washington Area 72

1225 East Sunset Drive  
Suite 145-745  
Bellingham, WA, 98226

#### General Service Office (GSO)

P.O. Box 459  
Grand Central Station  
New York, NY, 10163

#### District 34

Bellevue, Redmond, East Lake  
Sammamish, & Mercer Island  
PO Box 50081  
Bellevue, WA, 98015

#### District 35

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

#### District 36

Snoqualmie Valley, Duvall, North Bend  
P.O. Box 1963  
North Bend, WA, 98045

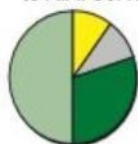
#### District 38

Kirkland  
P.O. Box 322  
Kirkland, WA, 98083

#### District 39

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

Sample of Group Contributions  
to A.A. Service Entities



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

### Publication Information

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

