



PASS IT ON

Eastside Intergroup Newsletter Issue 72 March 2023

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Anonymous

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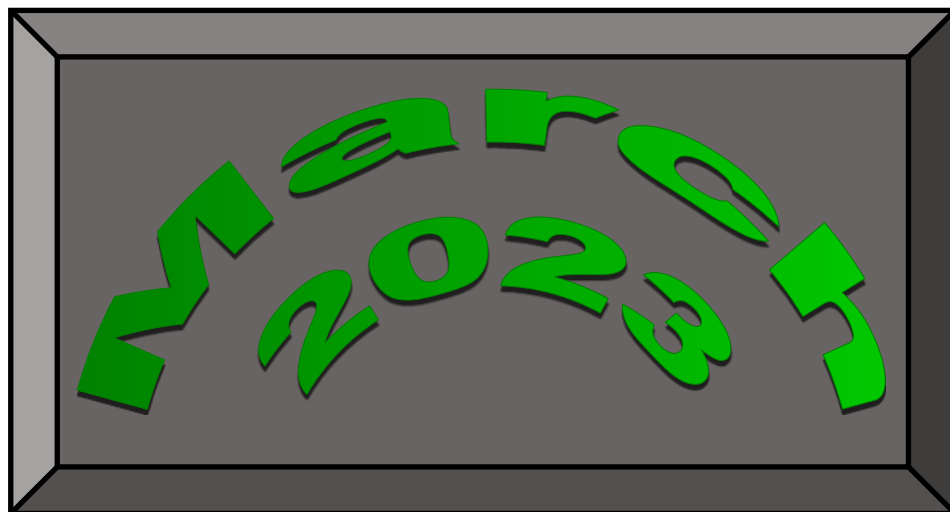
Birthday Club!

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My Journey to Alcoholics Anonymous

I enjoyed the luxury of growing up in a sunny, upper-middle class home. Dad had a steady job and Mom was a homemaker who adopted me, a girl two years later, and gave birth to their own daughter seven years later.

Three particular alcohol-related narratives strike me about my early years: First, my best friend was killed by a drunk driver on Christmas Eve when I was a third grader. Second, we had this wonderful summer home in a tight-knit community where everyone knew one another's business-and where you could drive in, park, and party. My dad told me that it was a great place to "learn how to drink", because one didn't need to drink and drive. That summer home became the place where I'd learn to drink, and where I would desperately strive to fit in. Third, I learned that my insecurities could be covered up by drinking.

I got drunk at that summer home at age 14, had the first of many blackouts, and was summarily "grounded" for the entire summer. I wanted to drink like the other kids and the adults I'd seen drinking, partly just to fit in, and partly because enjoying drinking seemed to come naturally. I drank regularly during my high-school years, suffered a few blackouts and hangovers, but enjoyed the credibility I garnered with friends for what a partier I was, and how I always seemed to score our booze. I also loved how alcohol put me at ease and helped me escape.

My drinking skyrocketed when I left for college where I became the proverbial "frat boy" and drank myself into oblivion or some kind of trouble on countless occasions. I was the life of the party or sought that mantle. College life was fun and reckless. I loved to party. Blackouts, promiscuity, severe hangovers, and occasional physical danger were the norm. I loved it. I loved how cool and charismatic the booze-fueled life was, and it worked for me.

Early in my career I sought the confluence of excitement in my job with a partying lifestyle. Bosses and co-workers "taught me how to drink at lunch" and I fused my drinking lifestyle with my career. Drinking was still fun.

But as I took on marriage, children, and a mortgage while still drinking-life got real and it got unmanageable. I continued to drink and my health teetered. I sabotaged my career and put myself in a position to be harmed when I stepped on the toes of my fellows. The cycle of daily drinking, drinking in the morning, drinking at work, working from the bar, and hiding my drinking, from whomever I felt like I needed to hide it from, took root.

I'd reunited with my biological mother in 2001 and she informed me that I'd had a number of family members who suffered from alcoholism, and that it was highly likely that I was an alcoholic. She took me to my first AA meetings where we both enjoyed the meetings. I saw interesting people there who lived without needing to drink to make their lives interesting. But I wasn't done, and I decided that no one was going to convince me that I was an alcoholic and I was determined to prove it to myself. So I drank for five years until I hit bottom during another unemployment phase-which I delusionally misinterpreted as a vacation.

During my "vacation" at that old summer home, where I'd learned how to drink, I'd seen the hideous four horsemen and realized I was at the turning point. Having attended AA meetings prior, I knew where to go now that I was done. I sobered up during vacation and immediately started hitting meetings and got a sponsor when I returned home. I was approached by those in whom the problem had been solved and I asked them where they spent their time, and what meetings they went to. I started making friends and calling people to ask for help. I started feeling connected to people without needing to drink, and I eventually learned to have fun in sobriety.

I haven't had a drink or a drug since the end of that vacation nearly six years ago. My life isn't what I thought it was going to be like, but I always wanted it to be interesting. I'm grateful that recovery through the twelve steps of Alcoholics Anonymous doesn't disappoint-it's given me something I didn't even know I ever wanted-the ability to stop drinking a day at a time and enjoy a life that's more interesting than I ever could have come up with on my own.

Dave C.

From the Spiral (Archive)

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. The program teaches me how to take care of myself, to have compassion, and that perfection is not a requirement.

I offer a simple suggestion that has helped me: Even if you are new or you are not new, ask yourself what it is, really, that you would like to become from turning your will and life over to A.A. For me, it was to be reliable to those I care for and love. I surrendered to A.A. and that is exactly what became of me and more. I am now reliable.

2. God provides me with examples of what I want and don't want in the form of people. If I want what they have, I do what they do. If I DO NOT want what they have, I DO NOT do what they do.

A design for living, as the Big Book tells us, is not forced upon us, nor is it a sales pitch. My Sponsor, his Sponsor, and the fellowship simply share their experience strength and hope with me. It's up to me what I do with it. When I see someone who has what I want, I follow their lead. Before I know it, I am helping someone else stay sober. My definition of "if you want what we have" is: I want to make people feel good the way my fellows in the program make me feel.

3. When your satisfaction of your desire(s)/instincts is more important to you than your spiritual growth, then you're off the beam.

It is nearly impossible for me to observe myself. I struggle to fairly evaluate when I am showing progress in practicing the spiritual principles in all of my affairs. By God's Grace, however, I am now a little bit more aware of when my motives are unhealthy and drifting away from what is right. What works best for me is to pick up the thousand pound phone and call a friend in the program and share my struggle with him or her. I highly recommend this because the results are life-saving.

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

-Matthew T.

from Nov 2019 ESIG Newsletter

Eastside Intergroup's 2023 PANCAKE BREAKFAST & Speaker Meeting

SATURDAY

April 29th

10am-1pm

SPEAKERS:

CHRIS H. and TERESA C. (both from 7 & Sober)

Adults \$10.00—Kids under 6 are free

Doors Open at 10am

Breakfast until 11am

Speakers 11am-12pm

Raffle drawings at Noon

Where:

St. Thomas Episcopal Church

8398 NE 12th St.

Medina, WA 98039

Breakfast

includes:

Pancakes
Scrambled Eggs
Bacon/Sausage
Hash Browns
Juice
Coffee/tea
VEGAN OPTIONS
AVAILABLE



Tickets available from your Intergroup Reps and at the ESIG Office

Raffle donations needed—New Items only please, or cash & we'll purchase items for you. Thank You for your support!

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

ESIG 2023 Pancake Breakfast Raffle Basket Request

ESIG Reps & AA Community-

It's time again to plan for our annual Pancake Breakfast and we need your help! This year the event is on April 29th.

The raffle helps fund this event and has always been a lot of fun!

Please check with your homegroups and meetings that you represent about contributing **RAFFLE BASKETS** or **CASH**

DONATIONS to help support Eastside Intergroup! **Your donations are greatly appreciated!!!**

If you or your group prefer to donate cash, we are happy to do the shopping but we'd appreciate the donations sooner than later.

Thank you in advance for your support and we'll see you at the Pancake Breakfast on April 29th.

Eastside Intergroup

13401 Bel Red Rd. #B6

Bellevue, WA 98005 425.454.9192

Email: esig@eastsideaa.org

Website: www.eastsideaa.org



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 3rd 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

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 24th – 26th, 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 210th 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

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.

Birthday Club! This Works!



Your Name in Highlights!

Show AA Working!

Home Group Recognition!



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 Group Contributions

Group Name	Jan 23	Feb 23	TOTAL
12 & 12 Fellowship Hall	\$ -	\$ 1,000.00	\$ 1,000.00
59 Minutes At Pine Lake	\$ -	\$ 75.00	\$ 75.00
A Way Up	\$ 500.00	\$ -	\$ 500.00
Agnostics in Progress	\$ 50.00	\$ -	\$ 50.00
Anchor Group	\$ 150.00	\$ -	\$ 150.00
Anonymous	\$ 1,915.94	\$ 388.74	\$ 2,304.68
Benevity Fund Donation	\$ 350.00	\$ 1,700.00	\$ 2,050.00
Big Book Step Study	\$ 74.03	\$ -	\$ 74.03
Bills Kitchen	\$ 20.00	\$ -	\$ 20.00
Counter Sales	\$ -	\$ 20.53	\$ 20.53
District 39	\$ -	\$ 333.00	\$ 333.00
Duvall Big Book Study	\$ -	\$ 400.00	\$ 400.00
Duvall Candlelight	\$ -	\$ 137.30	\$ 137.30
Essentials	\$ 265.00	\$ -	\$ 265.00
Frontstream (Costco)	\$ 1,200.00	\$ -	\$ 1,200.00
Grace Rules	\$ 177.00	\$ -	\$ 177.00
Lifeline	\$ -	\$ 279.74	\$ 279.74
Living Sober	\$ 212.27	\$ 297.31	\$ 509.58
Millennium Group	\$ -	\$ 200.00	\$ 200.00
Nameless Bunch Of Drunks	\$ 1,000.00	\$ 1,005.00	\$ 2,005.00
Nameless Bunch of Drunks International	\$ 325.68	\$ 120.00	\$ 445.68
North Bend Group	\$ -	\$ 200.00	\$ 200.00
North Creek Study Group	\$ 75.00	\$ -	\$ 75.00
Pine Lake Stag	\$ 100.00	\$ -	\$ 100.00
Redmond Recovery	\$ -	\$ 250.00	\$ 250.00
Sammamish Big Book Study	\$ -	\$ 134.00	\$ 134.00
Serenity Break Online	\$ -	\$ 226.97	\$ 226.97
Serenity on Sunday	\$ 222.00	\$ -	\$ 222.00
Seven & Sober	\$ 1,000.00	\$ 1,000.00	\$ 2,000.00
Sisters of the Forest	\$ 11.00	\$ 95.00	\$ 106.00
Sno-King, Intergroup	\$ -	\$ 6,750.00	\$ 6,750.00
Sno-Valley Young Peoples	\$ -	\$ 18.00	\$ 18.00
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
Tiger Mountain OSAT	\$ -	\$ 250.00	\$ 250.00
Tuesday Night Solutions	\$ 120.00	\$ -	\$ 120.00
Up The Creek	\$ 75.00	\$ 50.00	\$ 125.00
Wake Up	\$ 29.64	\$ 70.05	\$ 99.69
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	\$ 15,000.64	\$ 24,826.45

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?](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

\$325.51

The Sunrise Group

Lifeline



Newsletter Contributors

Lead Story	Dave C.
From the Spiral	Matthew T.
Office Report	Nancy O. Doug H.
Editor	Kyle E.

Interested in sharing your experience, strength, and hope in this newsletter? Send your story to us!

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

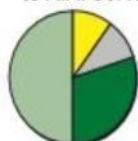
District 38

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

