



# PASS IT ON

## Eastside Intergroup Newsletter Issue 72 March 2023

### Page 2

*Your Story Here!  
by You!*

### Page 3

*From the Spiral  
by Matthew T.*

### Page 9

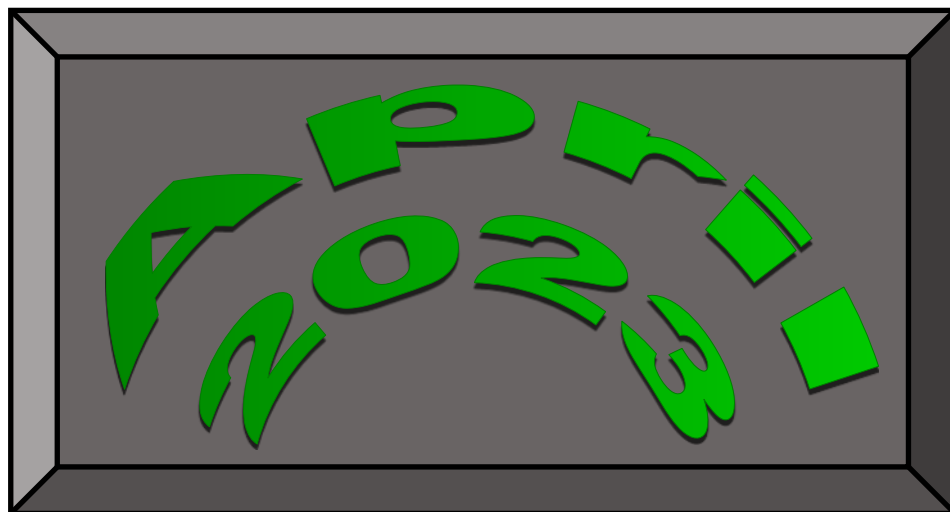
*Volunteers! Generosity!  
Birthday Club!*

### Page 10

*Group Contributions*

### Page 11

*Office Information*

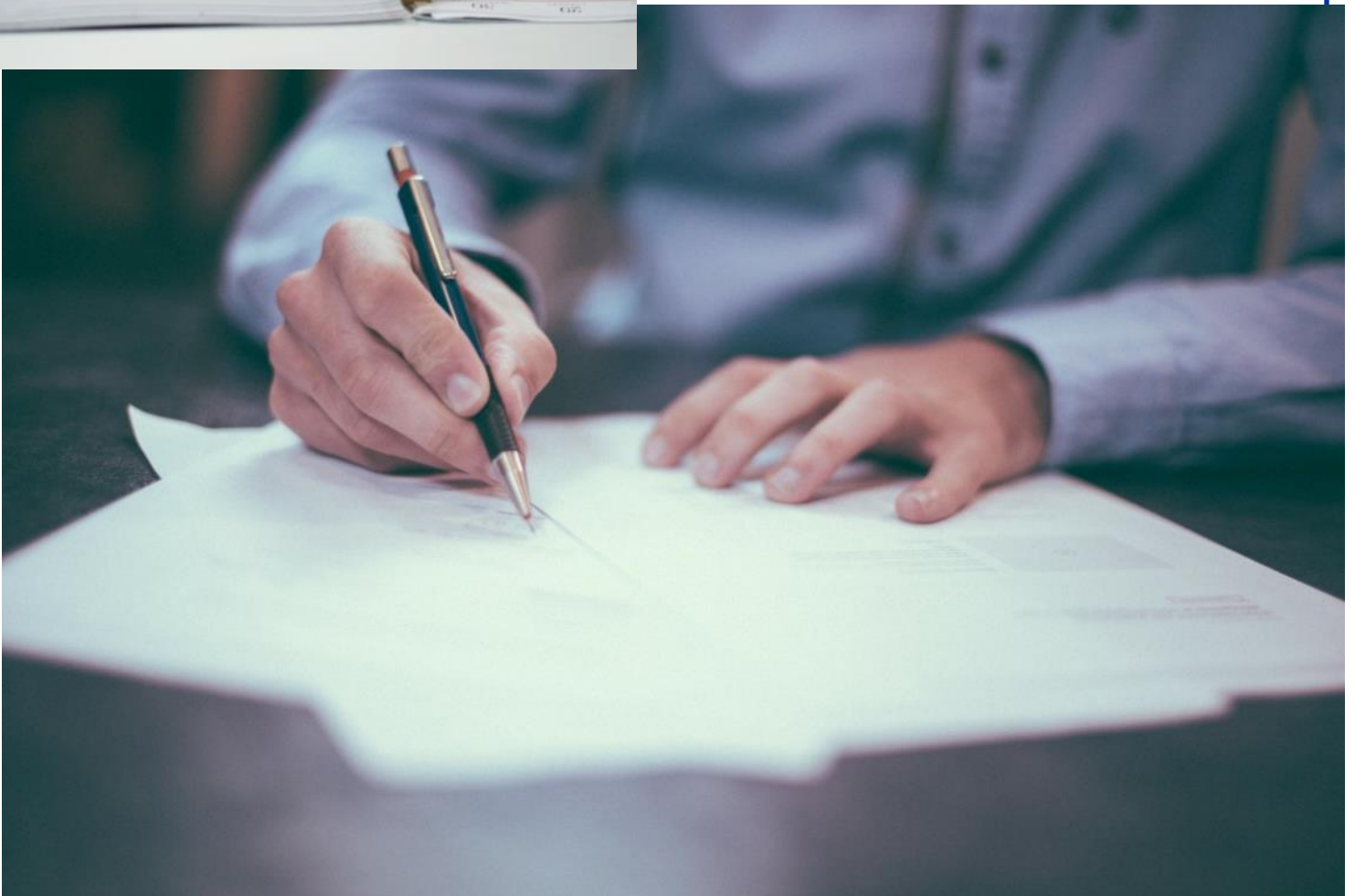


# Your Story Here!

Interested in sharing your Experience, Strength, and Hope in this here newsletter?

This is a great opportunity to reach hundreds of other people in recovery with your story!

Please consider writing, engaging sponsees or others, and spread the joy of sobriety!



# From the Spiral #42

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 miracles really start to happen when I stop running my life.*

When we arrive in the rooms, the first miracle happens in that we are spent. We are caught. We are F#\$% ed. At least for this alcoholic, I had run out of ideas, time, and resources. The result of that realization was that I stopped talking for awhile. For the first time in my life, I started to really listen, absorb, and not judge the solution laid at my feet. By God's Grace, I knew a man before Alcoholics Anonymous. His transformation at only a few months was too radical and profound to be an act. That is at the beginning, however, and eventually it is normal for us to take ourselves out of detention and take back control after we have lived sober for a time. The only thing that takes back its control is our addiction acting on orders from the ego. You know how subtle it is and how one minute everything is terrific and about a week after that, you're on your knees. Every single time I realize that I have to let go, it ALWAYS feels unnatural. The feeling of surrender is incorrect and counter-intuitive. Yet, every single time I let go, the miracles return in droves. I am here for now, but I run nothing. It's that simple.

*2. Don't be upset by the results you didn't get by the work you didn't do.*

I will be the first person to volunteer my truth that I want to broadcast the results of my success all day long, but I never want to do the work until it is the only option left before a permanent result shuts everything down. All I see on Social Media, (which I call 'The Highlight Reel') are wins. What I see in others are dollar bills, shiny new cars, and success that seemingly fell into their lap. I get upset at their results and want them for my own so I can feel that I am more than sober. If I can be more than sober, I can look people in the eye. If I get their results, I will know that I am enough, but this is a total lie. The true antidote for this is to get to know your brothers and sisters in the program who seemingly succeed. They all have one thing in common: they all put in the work. A 4th Step Inventory takes work as does your 9th Step Amends. My Higher Power connection shows me the way to see beyond results and realize the work involved, IF I consistently seek him.

*3. A Solution-Based Meeting answers the question, "What are you doing to stay sober?"*

This question is useful in so many settings because it can always be asked. In our Morning Rituals, we can attempt to answer it or discuss it with our Sponsor. In the meeting, however, we might pick up a new tool or two to add to our Spiritual Repertoire. My Home Group seems to have a standing topic around this question. To be surrounded by people who take action each day and throughout their day to stay sober has been the key blessing that recalibrates my intention when I need it most.

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

-Matthew T.



## ESIG OFFICE REPORT 4/6/2023

### Office Activity

Sales in March have been nearly identical to February. We put in as much of an order as we could with AA World Services for Books and Pamphlets before the prices went up.

As we will no longer be required to move, and really don't want to commit any more than we are currently paying for rent, we are staying put. However, in order to make better use of our space we're going to make some minor upgrades to the existing space. We have rented a 10 x 10 storage space across the street. Starting in April we will begin moving old office records, and even supplies out of our storage area into the storage unit. Ted W has donated a couple of shelving units to use in the new space. Secondly, as part of the lease extension negotiations we are going to get three bids on installing a mini-kitchenette next to our bathroom. We hope to get the landlord to pick up most if not all of that tab in exchange for a longer lease commitment. Doug has had preliminary discussions with the leasing agent about the future of this site. They are willing to go 5 years, with a bi-lateral option to opt out after 3.

Eastside Fire & Rescue contacted us twice in March. Only one was a successful call which went to District 35 and the young man was taken to his first meeting, Pine Lake Stag. The other call was referral for a woman that didn't follow through on the return call.

### Annual Pancake Breakfast

Preparations are going well for the breakfast. We've received several monetary donations for Raffle Baskets. Ed H and Lisa S have been working to design the baskets, find the content and get them purchased. We've got several volunteers on the roster and are picking up more each week. "Hard" sales of tickets (we've collected money) stand at 108 tickets, we still have 95 out with group representatives for sale. That would fill us to capacity. Don't be left out!

I've attached flyers and other information to the email. Contact us in the office to sign up! [esig@eastsideaa.org](mailto:esig@eastsideaa.org), 425-454-9192

### THANK YOU, February Office Volunteers

As always, an outstanding group of volunteers supported us throughout the month; Ted W, Ken T, David N, David B, Sally M, Debbie M, Lynn B, Lisa S, Ed H, Vince Y, Carla Y, Wallene D, and of course, Benedict the Emotional Support Corgi. Sadly, Debbie M will no longer be volunteering. Thank you Debbie for all of your support!! We did have two people apply to be volunteers in the past two weeks. We are vetting them currently.

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

# 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!**

# MENS SPIRITUAL RETREAT



**SEPT. 29 - OCT. 1ST 2023**

**Weekend Speaker: Joe C. - San Diego, CA**

**5 prepared meals, desserts, & snacks**

**PRIME RIB DINNER SATURDAY**

**We have multiple shared cabins on the grounds  
with meals & sessions held in the main lodge.**

**REGISTER NOW: [skycampmensretreat.square.site](https://skycampmensretreat.square.site)**

**limited to 50 men 83930 Peninsula Rd. Fall Creek, OR 97438**

# 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](mailto:esig@eastsideaa.org)

Website: [www.eastsideaa.org](http://www.eastsideaa.org)





**Area 72  
Treatment Quarterly**

**Saturday,  
April 15th, 2023  
Happy Spring!!!**

Hosted Virtually by Area 72 Treatment  
Fellowship Begins at 8:30 AM  
And the fun (with a little business thrown in) begins at 9:00 —  
ends around 1

Join Zoom Meeting  
Meeting ID: 812 5591 9512  
Passcode: 694688

Questions? please contact the Treatment Chair at  
[treatment@area72aa.org](mailto:treatment@area72aa.org)

***For spanish interpretation contact Treatment  
chair by March 25th***

Hope to see you there!

***Practical experience shows that nothing will so much insure immunity  
from drinking as intensive work with other alcoholics"*** —Alcoholic Anonymous, page

# 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.	Sally M.	Debbie M.	Lisa S.	David N.
Lynn B.	Ken T.	Wallene D.	David B.	Ted W.	Vince Y. Ed H.

## 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	Mar 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	\$ 347.74	\$ 2,652.42
Bellevue Group	\$ -	\$ -	\$ 400.00	\$ 400.00
Benevity Fund Donation	\$ 350.00	\$ 1,700.00	\$ 200.00	\$ 2,250.00
Better Odds Sober	\$ -	\$ -	\$ 250.00	\$ 250.00
Big Book Step Study	\$ 74.03	\$ -	\$ -	\$ 74.03
Bills Kitchen	\$ 20.00	\$ -	\$ -	\$ 20.00
Counter Sales	\$ -	\$ 20.53	\$ 80.97	\$ 101.50
District 39	\$ -	\$ 333.00	\$ -	\$ 333.00
Downtown Stag	\$ -	\$ -	\$ 150.00	\$ 150.00
Duvall Big Book Study	\$ -	\$ 400.00	\$ -	\$ 400.00
Duvall Candlelight	\$ -	\$ 137.30	\$ -	\$ 137.30
Eastside Beginners	\$ -	\$ -	\$ 643.25	\$ 643.25
Essentials	\$ 265.00	\$ -	\$ -	\$ 265.00
Friday Night Firehouse	\$ -	\$ -	\$ 140.00	\$ 140.00
Frontstream (Costco)	\$ 1,200.00	\$ -	\$ -	\$ 1,200.00
Grace Rules	\$ 177.00	\$ -	\$ -	\$ 177.00
Kirkland Sobriety Headquarters	\$ -	\$ -	\$ 125.00	\$ 125.00
Lifeline	\$ -	\$ 279.74	\$ -	\$ 279.74
Living Sober	\$ 212.27	\$ 297.31	\$ 189.25	\$ 698.83
Millennium Group	\$ -	\$ 200.00	\$ 5.00	\$ 205.00
Nameless Bunch Of Drunks	\$ 1,000.00	\$ 1,005.00	\$ 1,000.00	\$ 3,005.00
Nameless Bunch of Drunks International	\$ 325.68	\$ 120.00	\$ 723.41	\$ 1,169.09
No Perfect People Allowed	\$ -	\$ -	\$ 233.00	\$ 233.00
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	\$ -	\$ -	\$ 2,071.47	\$ 2,071.47
Serenity Break Online	\$ -	\$ 226.97	\$ 25.00	\$ 251.97
Serenity on Sunday	\$ 222.00	\$ -	\$ -	\$ 222.00
Seven & Sober	\$ 1,000.00	\$ 1,000.00	\$ 1,500.00	\$ 3,500.00
Sisters of the Forest	\$ 11.00	\$ 95.00	\$ 31.00	\$ 137.00
Sno-King, Intergroup	\$ -	\$ 6,750.00	\$ -	\$ 6,750.00
Sno-Valley Young Peoples	\$ -	\$ 18.00	\$ 64.00	\$ 82.00
Snoqualmie Stag	\$ 123.00	\$ -	\$ -	\$ 123.00
Sober Seniors	\$ 150.00	\$ -	\$ -	\$ 150.00
Sunday Big Book Study	\$ 130.00	\$ -	\$ -	\$ 130.00
Sundays Solution	\$ -	\$ -	\$ 91.00	\$ 91.00
Sunrise	\$ 1,037.10	\$ -	\$ -	\$ 1,037.10
The Shack	\$ 5.65	\$ -	\$ -	\$ 5.65
Tiger Mountain OSAT	\$ -	\$ 250.00	\$ -	\$ 250.00
Tiger Mountain Stag	\$ -	\$ -	\$ 175.00	\$ 175.00
Tuesday Night Solutions	\$ 120.00	\$ -	\$ -	\$ 120.00
Up The Creek	\$ 75.00	\$ 50.00	\$ -	\$ 125.00
Wake Up	\$ 29.64	\$ 70.05	\$ 75.50	\$ 175.19
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
	<b>\$ 9,825.81</b>	<b>\$ 15,000.64</b>	<b>\$ 8,520.59</b>	<b>\$ 33,347.04</b>

## 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

**\$378.26**

The Sunrise Group

Lifeline

Women's Step  
Study Group

Eastside Women's



### Newsletter Contributors

<b>Lead Story</b>	
<b>From the Spiral</b>	<b>Matthew T.</b>
<b>Office Report</b>	<b>Nancy O. Doug H.</b>
<b>Editor</b>	<b>Kyle E.</b>

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

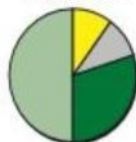
#### District 38

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

