



# PASS IT ON

## Eastside Intergroup Newsletter

### Issue 73 May 2023

#### Page 2

*Your Story Here!  
by You!*

#### Page 3

*From the Spiral  
by Matthew T.*

#### Page 9

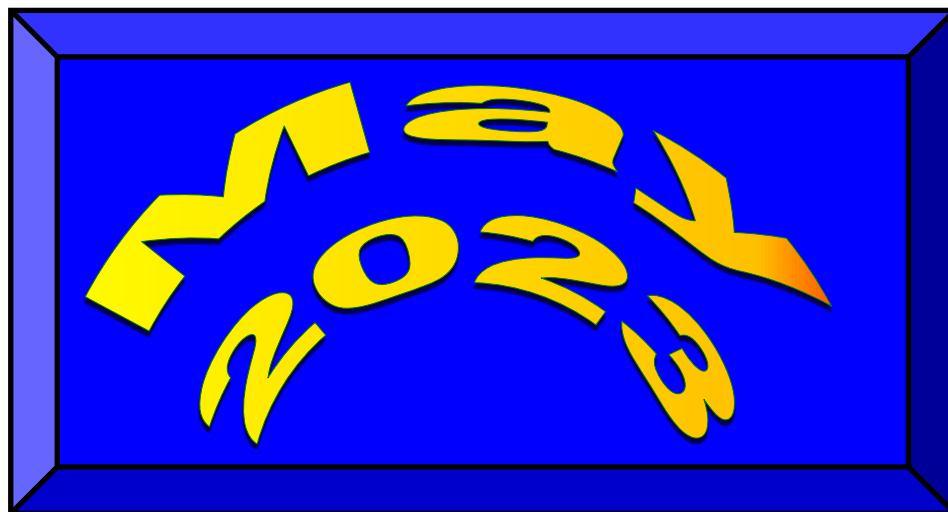
*Volunteers! Generosity!  
Birthday Club!*

#### Page 10

*Group Contributions*

#### Page 11

*Office Information*

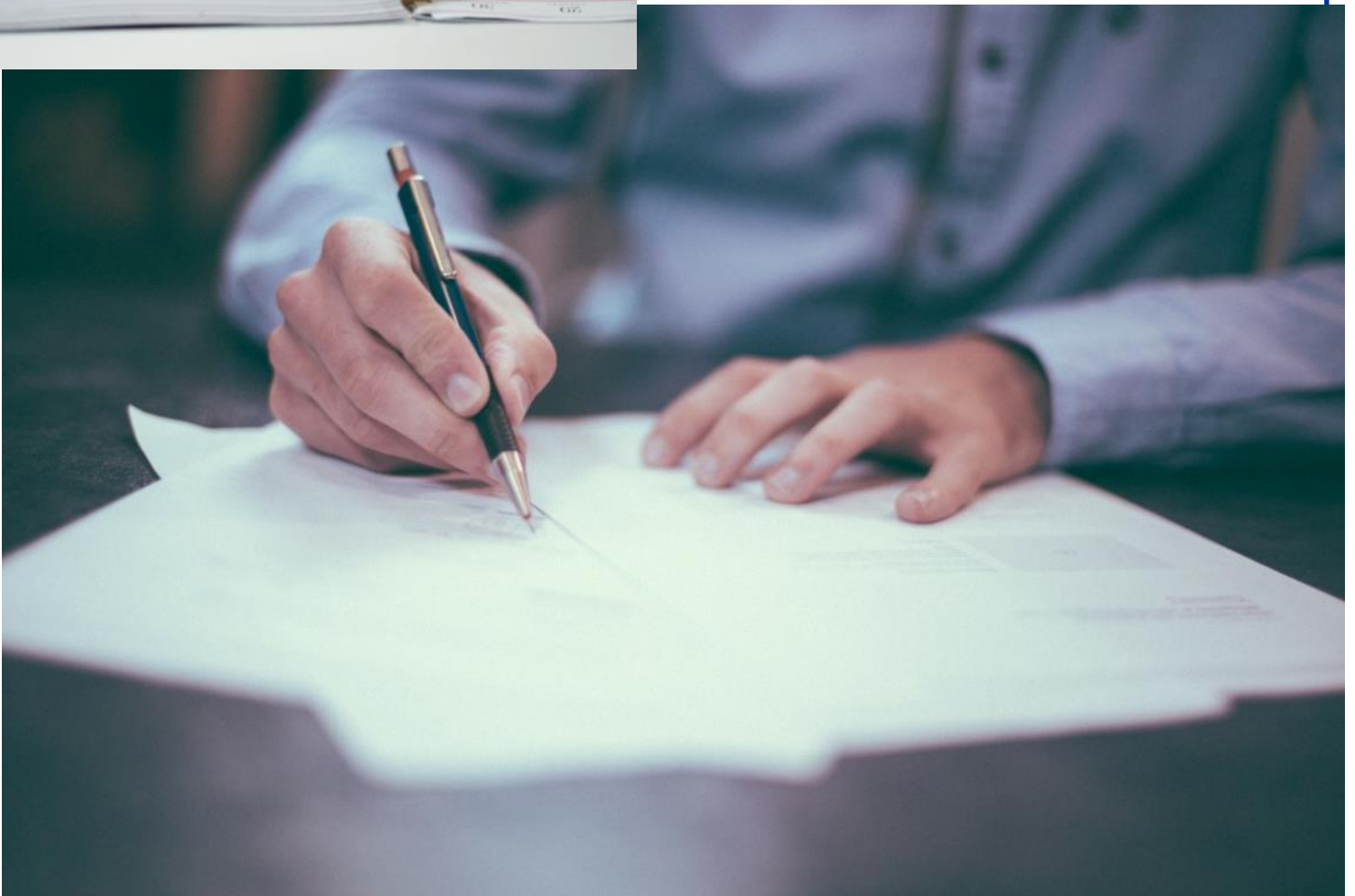


# Your Story Here!

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 #43

by Matthew T.

## From the Spiral

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 disease of perception is best managed by sharing---better out than in.*

Our thoughts tend to pile up in our mind, and our life before recovery taught us to keep it all locked in the vault. If we let this go on for too long, we struggle to know what is real and what is our disease of perception. The solution lies in sharing those thoughts with someone else. I cannot expect to be called on in a meeting of Alcoholics Anonymous, but I need to let my thoughts out with another alcoholic before I cause harm. Better out than in has always made the difference. I have been on my way to a meeting and felt so heavy and out of control only to leave a meeting feeling lighter and at peace. It's as if I need to try out my thoughts on another alcoholic to be free of them. If you're new to this, I promise that you will not be laughed at, ignored, or judged when you try this with one of us. Your leap of faith will be met with familiarity and connection.

### *2. If you complete your 4th and 5th Steps, you have a good shot at staying sober.*

I am grateful to learn that my Sponsee has completed his first 4th Step. He called me this week for help on one item and the fourth column. Afterwards, I told him that he is on the precipice of crossing over to a new way of living. I have been in the rooms long enough to see the difference between those of us who have completed a 4th and 5th Step and those who have not. You can feel it in their shares. While I was working on my first 4th Step, I was constantly being reminded to leave nothing out if I wanted to stay sober and truly feel the impact of the Spiritual Experience. Again, there is something so powerful about letting out your darkest secrets and past pain that hits the reset button. This is why I cannot recommend Sponsorship enough. Finding someone you can be honest with and who has been fearless and thorough will show you the way with compassion. If you need a Sponsor, or have had a hard time finding a good fit, go to the Eastside Intergroup in Bellevue and talk to one of us. We are there to help.

### *3. First thought: wrong. Sometimes, second thought: also wrong.*

When was the last time you actually did as the Big Book suggested and paused? For me, my thoughts tend to get off the beam when one or more aspects of my program are beginning to suffer. They also creep in when I am Hungry, Angry, Lonely, and Tired. Life feels like a fast moving ride where I either hop on or miss it. When I'm actively out in the world, it seems as though the activity of it all is faster than my thoughts so when I act, I blow it. Maybe, I tell a joke that misfires, or I forget to tell someone something, or I fail to assert myself. In these moments of missed opportunities are where I find myself having a thought. Thanks to my training in Alcoholics Anonymous, 90 percent of the time, I can pause and say to myself, "First thought: wrong." Every now and then, thought number two will also be a no-go, which means it's time for a meeting, a phone call to my Sponsor, or both.

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

-Matthew T.





## ESIG OFFICE REPORT

5/4/2023

### Store/Office Activity:

Sales of goods in April were at approximately \$3,100.00. AA World Services is running low on inventory for several books and pamphlets and has several items on backorder.

We've had a higher volume of 12<sup>th</sup> Step calls than normal with 5 in just the past few days.

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. Benedict could not make it in the last two weeks of April as his ride was recovering from knee surgery.

### Annual Pancake Breakfast:

Our committee chairperson Terry Mc. was a big help in getting volunteers and getting the word out about the breakfast but unfortunately became ill a few weeks before the event. We wish Terry well and know she would appreciate prayers. Thanks for getting us started Terry!

The Pancake Breakfast was a huge success this year! Thank you to everyone that volunteered to help! We sold 280 tickets, and our 50/50 raffle winner went home with \$430. We received donations from the following groups and individuals: Eastside Women, Women's Saturday Steps, Ladies Step Study, Eileen L., North Bend Group, Carla & Vince Y., Serenity Break, Eastside Alano Club, District 36, Juanita Triangle, A Woman's Way, Any Lengths, 12 & 12 Fellowship, OSAT Golden Gardens, Big Book Study (Issaquah), Kirkland Sobriety Headquarters, Eastside Stag, Women of Worth, Living Sober, Millennium Group, Better Odds Sober, Overlake (Medina), Tuesday Night Solutions, Reflections, Steppin' Up, Gay Men in Recovery, Anchor Group, District 38, Tons of grace, 7 & Sober, Woodinville Wednesday Fellowship and an anonymous donation. Thank you all!

### Upcoming ESIG Events:

Mark your calendars! On July 15<sup>th</sup> there will be "ESIG at the Mariners" playing the Tigers. Then, Saturday August 26<sup>th</sup> is our Poker Run starting at 8am and ending at our annual Picnic at Beaver Lake Pavilion which is from 11am-3pm. Then, Sunday August 27<sup>th</sup> is "Recovery Day at the Mariners" and ESIG will be holding at least 20 seats and will add more if wanted.

### Suggestion:

Check with people in your meetings to see if they've ever been to the Intergroup Office and if they haven't, offer to bring them!

Nancy Osborn  
Doug Hutton  
ESIG Co-Managers

Meeting Needing Support!

## **Serenity Break Online**

A Daily Solution-Based Meeting on Zoom

Meets Weekdays at Noon

Saturdays at 9AM

Wednesdays split into Men's and Women's Meetings

Zoom Meeting ID: 451 173 9751

Password: 615157

Direct Link: [https://us02web.zoom.us/j/4511739751?  
pwd=THQwWnF0NFd3RlpiZzRWNVgyRXRvUT09](https://us02web.zoom.us/j/4511739751?pwd=THQwWnF0NFd3RlpiZzRWNVgyRXRvUT09)

# 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**



Saturday,  
May 20th

Catered Tacos  
at 6 p.m.

Speakers  
At 7 p.m.

**POCKET OF ENTHUSIASM AA GROUP PRESENTS**  
**ANNIVERSARY**  
**SPEAKER MEETING**  
**AND CATERED TACO FEED**

Bob R. our guest speaker.  
6:00 PM dinner and coffee  
7:00 PM speakers begin  
\$15 a ticket or \$15 at the door



Eastside Church, 14520 100th Ave NE, Bothell, WA 98011  
Doors Open at 5:00 PM for setup. Any service is appreciated.  
Venmo @Bobby-Rodiek or @benhunt455 for ticket  
payments.



# **Live at Pine Lake**

## **Speakers Meeting**

**Saturday May 13, 2023  
7PM**

**Featuring  
Paul W. from Sunset Beach, CA  
&  
Scott S. from Bellevue**

**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*



# Volunteers! Generosity! Birthday Club!

## Thank You Hotline Volunteers!



425-454-9192

## Thank You Office Volunteers!

Carla Y. 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. Terri P.

## Birthday Club! This Works!



**Ray R!!**  
**42 Years Sober!!**  
**Home Group: Fresh Start!**



**Sharon R!!**  
**44 Years Sober!!**  
**Home Group:**  
**Women of Worth!**

**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

Meeting Name	Jan 23	Feb 23	Mar 23	Apr 23	TOTAL
12 & 12 Fellowship Hall	\$ -	\$ 1,000.00	\$ -	\$ 1,000.00	\$ 2,000.00
59 Minutes At Pine Lake	\$ -	\$ 75.00	\$ -	\$ -	\$ 75.00
A Way Up	\$ 500.00	\$ -	\$ -	\$ -	\$ 500.00
A Womans Way	\$ -	\$ -	\$ -	\$ 312.80	\$ 312.80
Agnostics in Progress	\$ 50.00	\$ -	\$ -	\$ -	\$ 50.00
Anchor Group	\$ 150.00	\$ -	\$ -	\$ 150.00	\$ 300.00
Anonymous	\$ 1,915.94	\$ 388.74	\$ 347.74	\$ 296.57	\$ 2,948.99
Bell East Lunch Group	\$ -	\$ -	\$ -	\$ -	\$ -
Bellevue Group	\$ -	\$ -	\$ 400.00	\$ -	\$ 400.00
Bellevue Men's Meeting	\$ -	\$ -	\$ -	\$ 540.00	\$ 540.00
Bellevue New Group	\$ -	\$ -	\$ -	\$ 500.00	\$ 500.00
Benevity Fund Donation	\$ 350.00	\$ 1,700.00	\$ 200.00	\$ 600.00	\$ 2,850.00
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	\$ -	\$ -	\$ -	\$ 2,193.97	\$ 2,193.97
Frontstream (Costco)	\$ 1,200.00	\$ -	\$ -	\$ -	\$ 1,200.00
Gay Men In Recovery	\$ -	\$ -	\$ -	\$ 180.00	\$ 180.00
Grace Rules	\$ 177.00	\$ -	\$ -	\$ -	\$ 177.00
Kirkland Attitude Modification	\$ -	\$ -	\$ -	\$ 50.00	\$ 50.00
Kirkland Sobriety Headquarters	\$ -	\$ -	\$ 125.00	\$ -	\$ 125.00
Lifeline	\$ -	\$ 279.74	\$ -	\$ -	\$ 279.74
Living Sober	\$ 212.27	\$ 297.31	\$ 189.25	\$ 300.00	\$ 998.83
Millennium Group	\$ -	\$ 200.00	\$ -	\$ -	\$ 200.00
Moss Bay	\$ -	\$ -	\$ -	\$ 1,000.00	\$ 1,000.00
Nameless Bunch Of Drunks	\$ 1,000.00	\$ 1,005.00	\$ 1,000.00	\$ 1,000.00	\$ 4,005.00
Nameless Bunch of Drunks Intl	\$ 325.68	\$ 120.00	\$ 723.41	\$ 225.44	\$ 1,394.53
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
Regla 62 Grupo	\$ -	\$ -	\$ -	\$ 320.00	\$ 320.00
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	\$ 1,000.00	\$ 4,500.00
Sisters of the Forest	\$ 11.00	\$ 95.00	\$ 31.00	\$ 2.00	\$ 139.00
Sno-King, Intergroup	\$ -	\$ 6,750.00	\$ -	\$ -	\$ 6,750.00
Sno-Valley Young Peoples	\$ -	\$ 18.00	\$ 64.00	\$ 47.00	\$ 129.00
Snoqualmie Stag	\$ 123.00	\$ -	\$ -	\$ -	\$ 123.00
Sober Seniors	\$ 150.00	\$ -	\$ -	\$ -	\$ 150.00
Stepping into Recovery	\$ -	\$ -	\$ -	\$ 100.00	\$ 100.00
Sunday Big Book Study	\$ 130.00	\$ -	\$ -	\$ -	\$ 130.00
Sundays Solution	\$ -	\$ -	\$ 91.00	\$ -	\$ 91.00
Sunrise	\$ 1,037.10	\$ -	\$ -	\$ 1,153.56	\$ 2,190.66
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	\$ -	\$ 75.00	\$ 200.00
Wake Up	\$ 29.64	\$ 70.05	\$ 75.50	\$ 291.98	\$ 467.17
Women's Big Book Study	\$ 99.00	\$ -	\$ -	\$ -	\$ 99.00
Women's Saturday Share	\$ 47.00	\$ -	\$ -	\$ -	\$ 47.00
Women's Saturday Steps	\$ 300.50	\$ -	\$ -	\$ 243.44	\$ 543.94
Woodinville Wed. Fellowship	\$ 61.00	\$ -	\$ -	\$ 65.00	\$ 126.00
<b>Total</b>	<b>\$ 9,825.81</b>	<b>\$ 15,000.64</b>	<b>\$ 8,515.59</b>	<b>\$ 11,646.76</b>	<b>\$ 44,988.80</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

**\$480.66**

The Sunrise Group

Lifeline

Women's Step  
Study Group

Eastside Women's



### Newsletter Contributors

Lead Story	
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](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

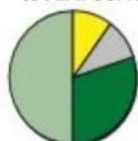
#### District 38

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

