



PASS IT ON

Eastside Intergroup Newsletter

Issue 74 June 2023

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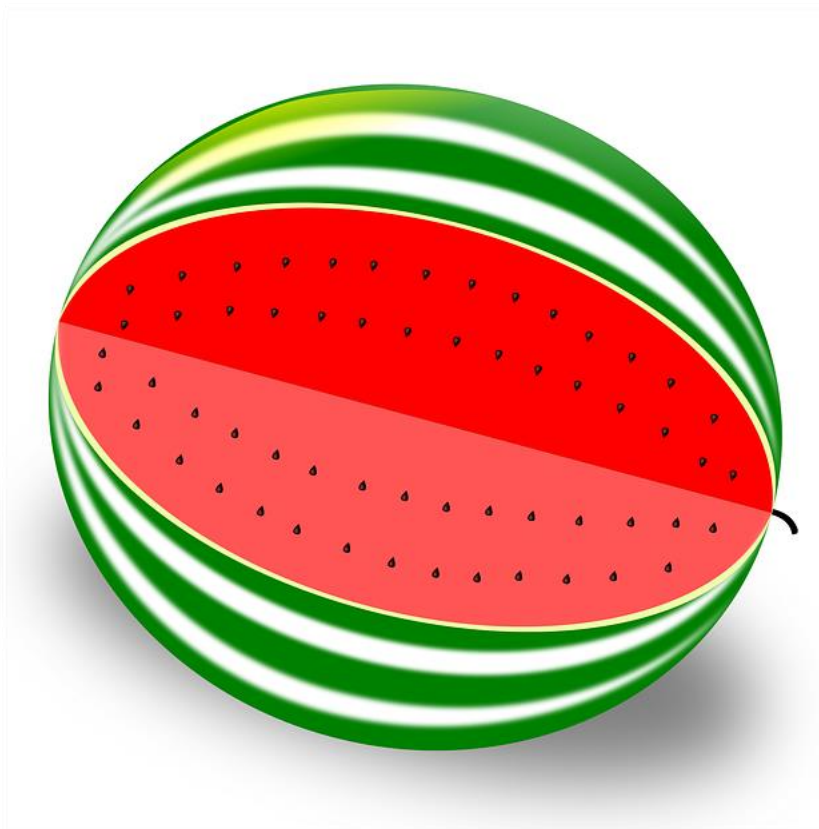
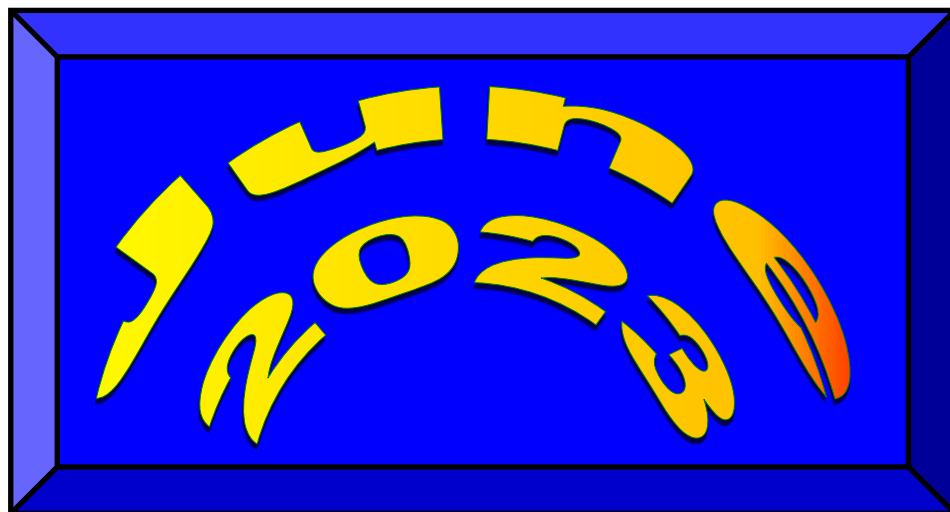
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A Very Special Amends in My Life

When I got sober, I blamed my alcoholism and all my problems on my family, especially my parents. I left home at 17 and would say that I never looked back, but I did show up for Mother's Day, Father's Day, Christmas and all those things that for some reason still thought I would get in trouble for not attending.

I was 33 when I got sober, had been married to the same guy for 15 years and had two kids ages 4 and 8, had home, 2 cars and a good job. I immersed myself in AA and when my older son was 12 I had him babysitting the younger one so that I could go to more AA meetings. I thought I was doing the right thing, working on myself, and staying sober.

What I missed though was that my older son had already started drinking and using drugs at age 12 and I was leaving him in charge of my younger son. I missed the signs and even when I saw some of them, I ignored them because he would say I was always picking on him. I thought I was helping our family be being in AA so much.

What I later learned is that I was running away from everything and not taking care of what was right in front of me. By age 14 he had a lengthy juvenile record including stealing a car. He had stolen from us on more than one occasion, and we were constantly meeting with a probation officer.

One Christmas when he was about 15, my younger brother's family said they would prefer my son either didn't come to their home for Christmas or that he sat with the adults and not be allowed to join the other kids or be out of the sight of adults. I was appalled that they would look at my family like that.

Looking back, my brother and his wife raised a faith-based family, and their children were what I call normal and stable because of good parenting. Me? I had a 15-year-old addict/alcoholic that would soon be using heroin and I stood on my high horse and judged them.

My brother and I were only a year apart in age and we were close when we were young. But the difference between our families was glaring even though I didn't see it until many years later. We would see each other at family events but that was it.

Several years ago, my brother was diagnosed with ALS and I was so angry at God for letting all this time pass without the closeness of our younger days. I was mad at God for giving him this horrible death sentence. But my brother asked our family to not be angry at God and to know he felt there was some reason for all of this.

I prayed for what to do with these missed years between us. I called him and told him that I really wanted to get to know him before he died. That was probably the hardest call I've ever made. We met my brother and his wife for dinner and laughed about old times and talked about the future.

It's only because of this program that I was able to make that call to him and then follow through and continue to show up in his life as a loving sister until the day he died. I'd see him as often as I could and when he'd be a smart ass, I would threaten to wheel him into the pool. A week before his passing he showed me all his different hiking pictures and adventures. My brother and his wife not only went through this disease with grace, but my brother died with dignity and grace. When he passed, he knew I loved him, and I knew he loved me.

I miss him a lot but feel his smile and kind eyes often. Thank God for this program and the ability to set things right. His wife and I continue our journey as sisters.

- Nancy O.

From the Spiral #44

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. *Reading doesn't get you there; practicing what's in the reading gets you there*

I love how hearing other people's suggestions in the program are not sugarcoated because that engages my attention just when I think that I got my message for the day. Reading is something I struggle with in that I am highly selective. Reading just for the sake of reading isn't my thing. My thing is living. I would rather experience a sunset than read about one. This line reminds me that our literature isn't a collection of novels. The literature is a series of workbooks, and all workbooks have the most effectiveness when they are taught by an instructor, or a Sponsor. Having a guide and translator is a gift you cannot put a price on, but to see that guide practice the principles outside of the rooms has been the greatest teacher for me.

2. *When I'm suffering, my mind is on me*

Of all the rabbit holes we spend our time in whether it's social media, conspiracy theories, or an idea for a business, the mind is the easiest trap to fall into and the hardest one from which to escape. In my experience, I escape into my mind, usually without even realizing it. For this alcoholic, I escape because it is a coping mechanism triggered by discomfort or frustration from my inability to control a person, place, or thing. Usually, I spin around in my head because I need a solution, or answer to a question. Before I know it, a ton of time has gone by that I'll never get back, and I am angrier than I was when I began. The 12 X 12 tells us that "when I am disturbed, there is something wrong with me." The member who quoted this at my home group the other night put his own spin on it by suggesting that when he suffers, his mind is on him. The only way out is to take action with someone who isn't you. Literally shift your time, energy, and focus on to someone else. When you make this shift, you will then experience the relief and serenity you were seeking in the first place.

3. *Sunlight is the best disinfectant*

The first I heard this I was confused because I thought the person sharing was talking out stain removal. Yes, I write for the newsletter and even I find my mind drifting during a meeting sometimes. I asked my Sponsor about this line later on and he told me that the meaning of it is to be honest. Once again, I love how our members word things in a way that I find intriguing and approachable. As I kid, I was sternly told to tell the truth or I was going to hell. It should come as no surprise to you that such a notion only scared me into lying even more to keep my secrets protected. The community of Alcoholics Anonymous welcomes honesty and rewards you for it. As you work the steps, you will find power and serenity in shedding light on your secret thoughts, feelings, or supposed sins. Ask any of our members who have completed a 4th and 5th Step if they felt worse after Step 5 then when they handed their 4th Step over to their Sponsor.

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

-Matthew T.



ESIG OFFICE REPORT

6/1/2023

STORE/OFFICE ACTIVITY:

For the past few years, we've developed a relationship with Eastside Fire and Rescue and their team of care advocates. When they encounter someone that is a frequent 911 caller and it is related to alcoholism, they contact us for help. They always get consent from the person before contacting us and it's been a good relationship. Together, we've helped a lot of people.

In May we had 2 more calls, one for a man and one for a woman. We were able to connect them with people, but we almost always end up calling the same people to help. This month, thank you again Dan H. in Issaquah and Wendy J. in Duvall.

We sent out an email earlier in the month asking our Reps to check with their groups to see if anyone would be interested in taking these referral calls and we didn't get very many responses. We're asking again if you or anyone in your groups would like to be available for this special type of 12th step work, please contact us at esig@eastsideaa.org.

We have three fairly major projects going on currently. One is renewing/renegotiating our lease. Tied in with that are some moderate improvements to our office space, including but not limited to installing a kitchenette and getting some more functional office furniture.

THANK YOU, OFFICE VOLUNTEERS:

As always, an outstanding group of volunteers supported us throughout the month, Ted W, Ken T, David N, David B, Sally M, Lynn B, Lisa S, Vince Y, Carla Y, Wallene D, Charlie G., and of course, Benedict. Thank you, Robin, for folding our schedules each week.

We do have a need for more office volunteers. If this interests you, please contact Nancy or Doug.

UPCOMING SUMMER EVENTS:

ESIG at The Mariners: July 15th 6:30pm-9:15pm, Mariners vs. Detroit Tigers. As of today # tickets acquired, # tickets reserved

ESIG Annual Poker Run: August 26th Kickstands up 8:00am ESIG Office – ends at ESIG Picnic

ESIG Summer Picnic: August 26th 11am-3pm at Beaver Lake Park in Sammamish.

Recovery Day with the Seattle Mariners: August 27th 1:00pm-3:00pm, Mariners vs. Kansas City Royals. As of today # tickets acquired, # tickets reserved

All these events can be found on our website: [ESIG Summer Events 2023](#)

COMMITTEE OPENINGS:

As committee chairs for Eastside Intergroup, we make every effort to liaison with all our District committees to find out how we can help each District. Eastside Intergroup currently has committee chair positions open for Accessibility, Treatment, Grapevine & Literature and Events. If you are interested in any of these positions, please email us at esig@eastsideaa.org.

Nancy Osborn
Doug Hutton
ESIG Co-Managers

**Eastside Intergroup at
The Mariners Game
JULY 15TH**



Seattle Mariners vs. Detroit Tigers

6:30pm-9:15pm. \$19 per ticket. Tickets are limited so reserve early. (first 1,000 into stadium receive a free Mariners Hawaiian t-shirt!)

[Email: esig@eastsideaa.org](mailto:esig@eastsideaa.org)

Eastside Intergroup's 2023 Annual

PICNIC

The Pavillon at Beaver Lake Park
25201 SE 24th St. Sammamish 98075



\$10 Adults

Kids 6—Free

Ticket is good for: burger or dog, chips,
 drink & a raffle ticket

Please bring a potluck dish according to your sobriety date:

JAN.-APRIL: SALADS

MAY-AUG: SIDE DISH

SEPT.-DEC. DESSERT

Also Bring:

**Lawn Chairs, Swim Suit/Towels,
 Sunscreen, Sunglasses, Life Vests,
 Water Toys and SMILES!**

Home Groups: Please help support the ESIG Raffle with either a gift basket (new items only please) or a cash donation and we'll shop for you! Proceeds from the raffle support Eastside Intergroup ~ Thank You!

Volunteers! Generosity! Birthday Club!

Thank You Hotline Volunteers!



425-454-9192

Thank You Office Volunteers!

Carla Y. Sally M. Robin Lisa S. David N. Charlie G.
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!



- Celebrate Your Birthday in This Space!
- Home Group!
- Years of Success!

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

Pg1

Group Name	Jan 23	Feb 23	Mar 23	Apr 23	May 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	\$ 123.83	\$ 134.74	\$ 2,910.99
Any Lengths Group	\$ -	\$ -	\$ -	\$ -	\$ 300.00	\$ 300.00
Bel-Kirk Saturday Breakfast	\$ -	\$ -	\$ -	\$ -	\$ 150.00	\$ 150.00
Bell East Lunch Group	\$ -	\$ -	\$ -	\$ -	\$ 150.00	\$ 150.00
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	\$ 400.00	\$ 3,250.00
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	\$ -	\$ 0.92	\$ 102.42
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	\$ 284.50	\$ 1,283.33
Millennium Group	\$ -	\$ 200.00	\$ -	\$ -	\$ -	\$ 200.00
Moss Bay	\$ -	\$ -	\$ -	\$ 500.00	\$ -	\$ 500.00
Nameless Bunch Of Drunks	\$ 1,000.00	\$ 1,005.00	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	\$ 5,005.00
Nameless Bunch of Drunks Intl	\$ 325.68	\$ 120.00	\$ 723.41	\$ 225.44	\$ 799.15	\$ 2,193.68
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	\$ -	\$ -	\$ -	\$ 160.00	\$ -	\$ 160.00

ESIG YTD Group Contributions

Pg2

Group Name	Jan 23	Feb 23	Mar 23	Apr 23	May 23	TOTAL
Sammamish Big Book Study	\$ -	\$ 134.00	\$ -	\$ -	\$ -	\$ 134.00
Serenity Break	\$ -	\$ -	\$ 2,071.47	\$ -	\$ -	\$ 2,071.47
Serenity Break Online	\$ -	\$ 226.97	\$ 25.00	\$ -	\$ 235.00	\$ 486.97
Serenity on Sunday	\$ 222.00	\$ -	\$ -	\$ -	\$ -	\$ 222.00
Seven & Sober	\$ 1,000.00	\$ 1,000.00	\$ 1,500.00	\$ 1,000.00	\$ 1,000.00	\$ 5,500.00
Sisters of the Forest	\$ 11.00	\$ 95.00	\$ 31.00	\$ -	\$ 6.00	\$ 143.00
Sno-King, Intergroup	\$ -	\$ 6,750.00	\$ -	\$ -	\$ -	\$ 6,750.00
Sno-Valley Young Peoples	\$ -	\$ 18.00	\$ 64.00	\$ 11.00	\$ 46.00	\$ 139.00
Snoqualmie Stag	\$ 123.00	\$ -	\$ -	\$ -	\$ 144.60	\$ 267.60
Sober Seniors	\$ 150.00	\$ -	\$ -	\$ -	\$ -	\$ 150.00
Stepping into Recovery	\$ -	\$ -	\$ -	\$ 50.00	\$ -	\$ 50.00
Sunday Big Book Study	\$ 130.00	\$ -	\$ -	\$ -	\$ 125.00	\$ 255.00
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	\$ -	\$ -	\$ 12.00	\$ 262.00
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	\$ 145.99	\$ 65.54	\$ 386.72
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
	9,825.81	15,000.64	8,515.59	10,580.03	4,853.45	48,775.52

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

\$480.66

The Sunrise Group

Lifeline

Women's Step
Study Group

Eastside Women's



Newsletter Contributors

Lead Story	Nancy O.
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

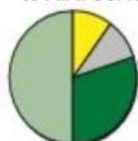
District 38

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



In Remembrance

Rick Lent

A Past Office Volunteer

Passed at the end of May