



# PASS IT ON

## Eastside Intergroup Newsletter Issue 79 Jan, Feb 2024

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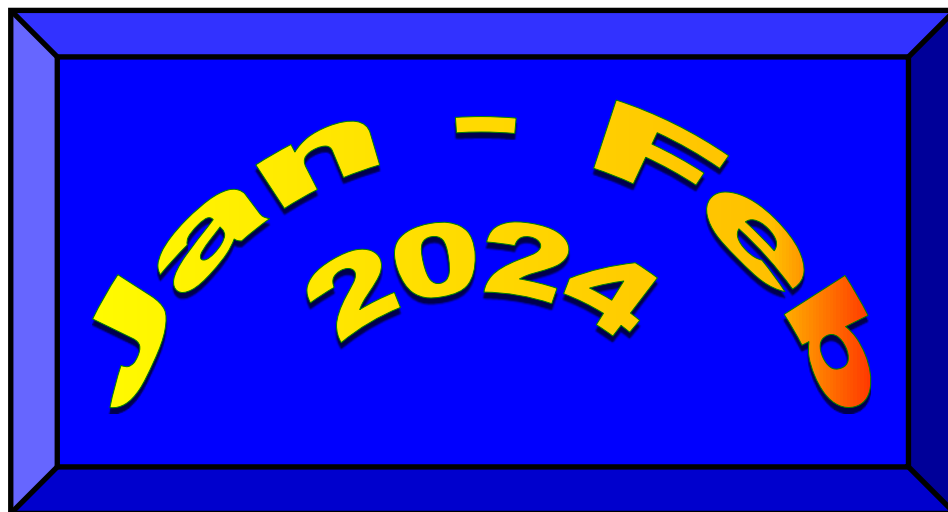
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# From the Spiral #48

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. I need to attend meetings because only there does the whole thing get explained to me and I mellow out*

There is no other experience like sitting in a meeting of Alcoholics Anonymous. When I was a kid, my parents had a heat pump installed in our house that was nearly as big as our car. The Heat Pump kept the house warm in the winter and cool in the summer. I vividly remember it being so overwhelmingly hot outside on a July day that I thought I would die from exposure, but the second I set foot in the house, I instantaneously felt relief. Despite what I see on social media, or how confusing life on life's terms gets, I am safe and feel at home in a meeting. Even when I attended my first meeting, I felt an odd comfort and familiarity. People at the meetings share incredible nuggets of wisdom that make both them and the steps approachable. One example was at a recent Speaker Meeting when I heard that the best way to do Step One is to also do Steps Two and Three. That idea would have gone right over my head on day one, but right now, I can use that in my work with others who hesitate working certain steps because they find the concept too cumbersome. The more I go, the more serenity I get.

## *2. Fear runs the show if I'm not careful*

There are so many words and symptoms that dance around what takes over my life and hijacks my serenity, but the only real culprit is called fear. As I have mentioned before, fear is a subtle foe that usually has me before I'm even aware of it. The best test of what is running my show lies in how I treat others. Am I keeping them close or pushing them away? Do they approach me with sensitive, important concerns, or do they hesitate out of their own fear of not knowing how I will react? Step Ten reminds us that it is easy to let up on this program, or to let fear take over, but for me, it is a challenge to recalibrate my settings to love, faith, and service to gratitude. For so many years, fear drove and protected me. Without the constant contact, my old ways will return.

## *3. I keep coming back because I don't ever want to forget*

The better my life gets, the more A.A. begins to shift to my rearview mirror, which is not an option if I am to stay alive and keep what this program has given to me. When A.A. is first in my life, everything else that comes second is first class. Listening to our members share their story reminds me that I have a story. For me, it is easy to forget. Life gets busy usually because I tend to take on way more than I can handle. What I take on becomes the focus, and the correct focus gets lost. First things first is all about priorities. Even now, I hesitate to fully lean into this simple program because the story my brain is telling me is that I will lose everything I value. Coming back reminds me to question what is real in my head and to communicate to the members of the program, especially my Sponsor, so I can do the opposite of my thoughts.

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

-Matthew T.



## EASTSIDE INTERGROUP OFFICE REPORT

01/04/2023

December was about as average as you can get in the office. The bookkeeper and office manager continue to work on synchronizing the inventory records and counts between Clover and Quickbooks. The holiday open house went well, good sales and great fellowship! December Sales data: Coins – 417 (28 Tri-Plate, 18 Bling, 122 Bronze, 178 Aluminum, 11 Bi-Plate, 25 Specialty Bronze, 24 Poker Chip, 11 Specialty Tri-Plate); AA Published Literature - 349 copies (192 Books, 157 Pamphlets); Hazelden and Other Literature – 44 copies; Cards – 21; Eastside Schedules – 150; Seattle Schedules – 14; Ornaments – 3; Pocket Stones – 12; Decals – 2; t-shirts 3; Beanie Caps 2; Jewelry – 2; Grapevine Literature – 8.

The opening for the Office Assistant has been posted and we're accepting resume's Until Monday January 8.

We had another great month with volunteers. Here is the volunteer honor roll for the month of December: Ted W, Charlie G, Chris D, Ken T, Robin R, David N, Lynn B, Lisa S, Vince Y, Carla L, Wallene D, Jim M, Sarah M. We had an office volunteer appreciation lunch in the office!

Speaking of volunteers.....In last week's Future Tripping I included a paragraph about our upcoming Pancake Breakfast extravaganza on April 13. We do need volunteers. Positions such as assembling raffle baskets, setting up (including decorations), cleaning up, cooking, taking tickets, and being of general service. Please consider helping out!

This past month the Hotline fielded 65 phone calls. Hotline volunteers were Carmen A, John W, Chuck M, Tomi D, Tom Z, Ginny K, Cindy S, Mark J, Marisa S, Travis S, Jamie C, Katie K, Ryan P, Peter K, Tammy K, Richard J, Jim M, Ben D, Michael L, Doug H.. We still need help on both the Hotline and 12<sup>th</sup> Step list. By Tradition, this service work is non-professional. We'd love to see more groups take on an organizing role to get your groups represented in both crucial activities which carry the message of Alcoholics Anonymous to the alcoholic who still suffers. We will have Hotline volunteer training sessions quarterly in the new year, start dates TBD. I promise we will have one set up within two weeks.

In love and service,

Doug H





## EASTSIDE INTERGROUP OFFICE REPORT

02/01/2024

The bookkeeper and I continue to work through data issues from our systems conversion. We've made good progress and on February 19 we're going to take the opportunity since we're closed for President's Day to do our wall-to-wall inventory. Beyond that, It looks like by the end of March we should have all of the data cleaned up and synchronized between the Point of Sale and Financial Systems.

I attended the Area 72 Quarterly last month in Bellevue. District 34 did a great job hosting the event!

Group Contributions for January were \$9,576.66. This compares to \$9825.81 last year and an average of \$7,341.42 in the month of January 2017 - 2022.

I've sent out requests to all the districts we support on cleaning up the meeting schedule. I'm asking to validate meetings that are still running, new meetings to add, and old meetings to delete. I've had a pretty good response so far.

In the store, January proved to be a busy and eventful month! The bookkeeper and office manager continue to work on the cleanup of data left over from migration and develop new workflows on how to get things done. January Sales data: Coins – 844 (31 Tri-Plate, 10 Bling, 557 Bronze, 213 Aluminum, 11 Bi-Plate, 3 Specialty Bronze, 10 Poker Chip, 5 Specialty Tri-Plate); AA Published Literature - 1466 copies (964 Books, 502 Pamphlets); Hazelden and Other Literature – 34 copies; Cards – 21; Eastside Schedules – 193; Seattle Schedules – 26; Book Covers – 3; Jewelry - 5; Decals – 2; t-shirts 2; Grapevine Literature – 9.

The opening for the Office Assistant has been filled!! Brenda E. has been hired and will be a great addition to the office! She brings a great background in administrative and inventory work with her. Please welcome Brenda!

Volunteer support continues to be exceptional, and we even got a new volunteer this past month!. Here is the volunteer honor roll for the month of January: Ted W, Chris D, Ken T, Lynn B, Lisa S, Vince Y, Carla L, Wallene D, Jim M, Ali V.

We're beginning to get volunteers for the Pancake Breakfast in April. Please consider signing your home groups up for specific tasks! Positions are available to help with assembling raffle baskets, setting up (including decorations), cleaning up, cooking, taking tickets, and being of general service. Please consider helping out! Look for Terry M to visit your meetings and putting the call out for help! We will also shortly be putting out the official call for donations for Raffle Baskets, both monetary and hard goods.

This past month the Hotline fielded 65 phone calls. Hotline volunteers were Carmen A, John W, Chuck M, Tomi D, Tom Z, Ginny K, Mark J, Marisa S, Travis S, Jamie C, Katie K, Ryan P, Peter K, Tammy K, Richard J, Jim M, Ben D, Michael L, Doug H.. We're getting good traction on both the Hotline and 12<sup>th</sup> Step lists being built back up! We'd love to see more groups take on an organizing role to get your groups represented in both crucial activities which carry the message of Alcoholics Anonymous to the alcoholic who still suffers. We will have Hotline volunteer training sessions this Saturday at 10:00 in the office.

## WANT TO STAY SOBER?

ANSWER THE  
**HOTLINE**

and/or

DO  
**12<sup>TH</sup> STEP CALLS**



On your own schedule,  
wherever you are,  
connect people to meetings  
and 12<sup>th</sup> step calls



In person or on phone,  
sharing experience, strength, and hope,  
helping people in the moment

## Training Event and Social Feb 3 @ 10a – 11:30a Intergroup Office

Join us!

### Interested?

Go to [www.eastsideaa.org](http://www.eastsideaa.org) and  
at bottom of page, click either

- 12<sup>th</sup> Step
- Hotline Committee

### Already volunteering?

Come hang out with your fellow  
Hotline and 12 Step volunteers!

- Share your tips
- Put faces with names

1 year sobriety required



# District 24 Annual GRATITUDE POTLUCK DINNER Saturday, February 24, 2024

**AA Speaker: Greg S.**  
**Al-Anon Speaker: Penny**

**St. Pius X Gymnasium**  
**22301 58th Ave. W.**  
**Mountlake Terrace, WA**  
**98043**

## **Raffle Baskets and 50/50 Raffle**

**\$5 Suggested Donation at the Door**  
**(gets you a raffle/basket ticket)**



**Directions:** From I-5, either direction—take the 220th St SW exit, turn east onto 220th St., take the first right onto 58th Ave. Your destination is just past 222nd Place on the left-hand side of the road.

- ◇ **Doors Open at 5:00 p.m.**
- ◇ **Dinner at 6:00 p.m.**
- ◇ **Speakers at 7:00 p.m.**

## **HOME GROUPS:**

PLEASE BRING **RAFFLE ITEM** AND  
**HAM** OR **TURKEY**

## **INDIVIDUALS:**

PLEASE BRING A **SIDE DISH** OR  
**DESSERT**

**VOLUNTEERS:** Contact Claire W. at [dist.24events@yahoo.com](mailto:dist.24events@yahoo.com)

OKANOGAN VALLEY

# Round-up

March 22nd- 24th 2024

AA & Al-Anon Speakers

Meditation - Yoga

Silent Auction - 50/50 Raffle

And much more!

**Winthrop Barn**

51 St. Rt. 20 Winthrop, WA

Register Online at

[www.okanoganvalleyroundup.com](http://www.okanoganvalleyroundup.com)



# Step Ashore

"The Northwest Woodstock Of AA"

AUGUST 8 - 11, 2024

OCEAN SHORES CONVENTION CENTER

## 2024 SPEAKERS

**Aaron Z. - Molalla, OR**

**Marty J. - Richmond, B.C.**

**Tami P. - Sonoma County, CA**

**Rick J. - Ontario, CA**

**Sheldon F. - Henderson, NV.**

**Chris C. - Sisters, OR**

**Don L. - Bellingham, WA**

**Nancy D. - Lake Mary, FL**

**Hiro S. - Long Beach, CA**

**David T. - Edmonton, AB**

**Judith R. - Bismarck, ND**

**Linda L. - Cookeville, TN**

## 2024 FULL PROGRAM ON WEB!

All Speakers and schedule of events are subject to change

**EASY ONLINE REGISTRATION**





Betty Ford  
Treatment  
Center Speaker  
Panel

**Share your Experience, Strength  
and Hope!!**

- Looking for Panel Speakers on the **1<sup>st</sup> Thursday of Every Month**
- **One-Hour Virtual Commitment**
- Time slots are **9:00 AM & 6:00 PM**
- Give back what was so freely given to you!!
- Email request to District 34 Chairperson:

**[dist34treatment@area72aa.org](mailto:dist34treatment@area72aa.org)**

# Volunteers! Generosity! Birthday Club!

## Thank You Hotline Volunteers!

Carmen A.	John W.	Chuck M.	Marisa S.	Katie K.
Tomi D.	Tom Z.	Ginny K.	Travis S.	Ryan P.
Doug H.	Cindy S.	Mark J.	Jamie C.	Peter K.
Tammy K.	Richard J.	Jim M.	Ben D.	Michael L.

**24 Hours**



**425-454-9192**

## Thank You Office Volunteers!

Jim M. Chris D. Sarah M. Carla L. Sally M. Robin R. Lisa S. Charlie G.  
Lynn B. Ken T. Wallene D. David N. Ted W. Vince Y. Ed H.

## Faithful Fivers!

Faithful Fivers donate \$5/month to support ESIG

Nancy O. Terri P.

## Birthday Club! A.A. Works!



- Nancy O.
- Home Group: Tuesday Night Solutions
- Jan 12, 36 Years!



- Kyle E.
- Home Group: Serenity Break Online
- Feb 19, 29 Years, ODAT!

**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 24	Feb 24	TOTAL
Anonymous	176.3		176.3
Benevity Fund Donation	300		300
Better Odds Sober	500		500
Eastside Women	280		280
Friday Night Firehouse	75		75
Frontstream	2240		2240
Keep it Simple	25		25
Kirkland Attitude Modification	50		50
Living Sober	375		375
Moss Bay	750		750
Nameless Bunch Of Drunks	1000		1000
Nameless Bunch of Drunks International	321.2	50	371.2
No Perfect People Allowed	130.85		130.85
North Creek Study Group	75		75
Online Solutions Group		50	50
Saturday Women's Share		20	20
Serenity Break	845.34		845.34
Serenity Break Online	325		325
Seven & Sober	1000		1000
Sisters of the Forest	102		102
Sno-Valley Young Peoples	59	10	69
Sober At Cottage Lake	50		50
The AA Team	125		125
The Fourth Dimension Group	300		300
Tons of Grace	366		366
Wake Up	63.08		63.08
Women's Big Book Study	110.12		110.12
Women's Saturday Steps	232.77		232.77
	9876.66	130	10006.66

## 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:** 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=MG02L21hZXk1Y3N0UG1pZnllSVFKQT09)  
[pwd=MG02L21hZXk1Y3N0UG1pZnllSVFKQT09](https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnllSVFKQT09)  
All members welcome!

### Pink Can Donations YE2023

- Seven & Sober
- Kenmore Friday Nighters
- The Sunrise Group
- Lifeline
- Women's Step Study Group
- Eastside Women
- Kenmore Big Book
- Ladies Step Study
- Lifeline
- Women's Saturday Steps
- Friday Night Fire-house

**\$2,073.47**



### Newsletter Contributors

Office Report	Doug H.
Matthew T.	From the Spiral
Newsletter 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

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

**Western Washington Area 72**  
1901 Cornwall Ave #745  
Bellingham, WA, 98225

**District 38**  
Kirkland  
P.O. Box 322  
Kirkland, WA, 98083

**General Service Office (GSO)**  
P.O. Box 459  
Grand Central Station  
New York, NY, 10163

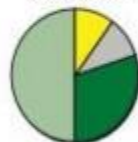
**District 39**  
Bothell, Kenmore, Woodinville  
P.O. Box 1695  
Bothell, WA, 98041-1695

**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**

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

