

Page 2

From the Spiral
by Matthew T.

Pages 3-12

AA Info and Events

Pages 13-15

Group Contributions

Pages 16-17

Office Information

PASS IT ON

Eastside Intergroup Newsletter

Issue 94 May 2025



Can't stop drinking?

We get it.

In A.A. we don't tell anyone to do anything. We talk about our own drinking, the trouble we got into, and how we stopped. Whether in person or online, we're here to help.

Alcoholics Anonymous[®]

For more information visit
AA.org or download the
Meeting Guide app.



eastsideaa.org



From the Spiral #56

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. It's so much more than not drinking.

As a newcomer, I was hoping for a way to stop drinking in a way that didn't burn my life to the ground over and over regardless of what new approach I attempted. After a few months of meetings, step work, and spending time outside of the rooms with other members, it suddenly occurred to me that I was a part of something that was more than just not drinking. If you haven't felt this yet, you will if you keep doing what you're doing. At meetings, I hear countless stories of our members learning how to do life. They learn how to manage money, become organized, live by a schedule, and operate under a structure that turns their supposed hindrances into superpowers. The only suggestion is that you go all in on this program so that you may experience the full effect.

2. Eliminate the word control from your vocabulary.

I lived to control outcomes before joining Alcoholics Anonymous. The more I felt in control, the more everyone close to me suffered, although the number of those close to me was dwindling by the day at the end. The real reason why I say the Serenity Prayer is to remind myself that I am not in control of this thing. I can barely control myself, but for the most part, I can stop myself before my first thought puts me in a corner. Talk this over with your Sponsor and ask him or her about replacing the word control with the word serve. If you're new and have yet to buy in on the whole Higher Power thing, just take 2 seconds in the morning and repeat the following out loud:

"Where do you want me today?"

3. This program is designed to get us out of ourselves.

Being with just you is a lonely and dangerous place to be. You have heard it at meetings that being left to our own devices is the precursor to disaster. Maybe that's because we are not designed to be alone. Yes, you might be faster alone, but you'll be stronger together, which is exactly the intent behind the concept of fellowship. Even on your best day, be mindful of how your disease can find a way in when you are not turning your attention to others and spending time surrounded by your new family. Working with others is not just a service, but a relief from the bondage of self. Answer your phone. Give yourself the gift of a break from your thoughts and feelings, especially when you're new to sobriety.

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

-Matthew T.



Language of the Heart
Lenguaje del corazón
Le langage du cœur



REGISTER BY
APRIL 15
FOR EARLY-BIRD
PRICING

2025

A.A. INTERNATIONAL CONVENTION

Join your friends in Vancouver,
British Columbia, Canada
July 3-6

HIGHLIGHTS INCLUDE...

- ▶ Thursday night block party
- ▶ Flag Ceremony
- ▶ Stadium meetings
- ▶ Old Timers Meeting

AND MORE...including 250+ meetings,
hospitality suites, and a full slate of
panels and workshops

**HOUSING IS
STILL
AVAILABLE!**

REGISTER NOW



LEARN MORE

aa.org/international-convention

2025ic@aa.org

Alcoholics
Anonymous®

HOPE HALL SPEAKER MEETING



2 GUEST SPEAKERS
***FIRST SATURDAY
OF EVERY MONTH
@ 7:00 PM***

STARTING MAY 2025

WHERE: HOPE HALL
8305 MEADOWBROOK WAY SE
SNOQUALMIE, WA 98065





Corrections Service Workshop

Sunday May 4, 1:30pm-3:00pm

Hope Hall

8305 Meadowbrook Way SE Snoqualmie, WA

Have you ever been curious about getting involved in carrying the message to alcoholics in correctional facilities?

Join us to learn what meetings are like, how to be of service outside of corrections AA meetings, and more.

Aimee B.—Area 72 Corrections Chair

Natalie C.—District 36 Corrections Chair



Live at Pine Lake

Speaker Meeting
Saturday, May 10, 2025
7:00 – 8:30 PM

Featuring

Cia F.

From Los Angeles, CA

Pine Lake Covenant Church

1715 228th Ave SE, Sammamish, WA 98075

This meeting provides free childcare.

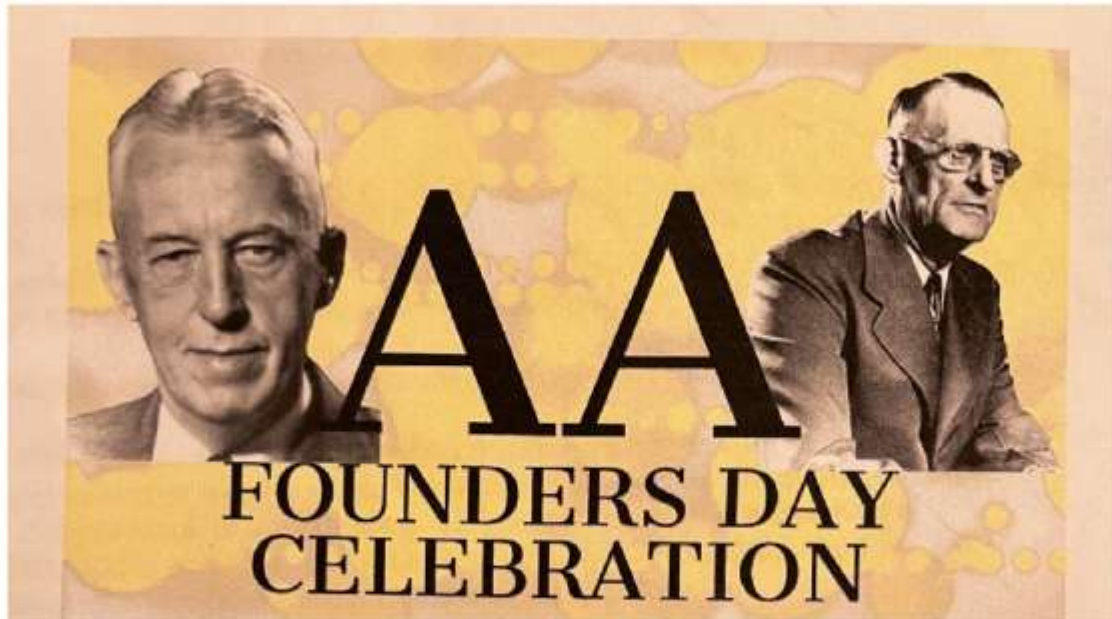
Please bring your friends to
experience the fellowship of AA.

Live cast Zoom ID: 977 787 8779

Password: 1212

Speakers subject to change





CELEBRATE the 90th ANNIVERSARY of
AA's Founder's Day

June 7th, 2025 5:00 - 9:30 (doors open @ 4:30)

North Bellevue Community Center 4063 148th Ave NE
Bellevue WA

Hosted by District 38 of Kirkland, WA

SAVE THE DATE, MORE DETAILS SOON

To volunteer or get more information email -

FoundersDayDistrict38@gmail.com

JOIN US FOR D39'S 2025

SUMMER PICNIC

****FREE****

****FREE****

SATURDAY, JULY 19TH

WILLIS TUCKER AMPHITHEATRE

**11am to 2pm Burger's,
Hot Dogs, Games, Raffles**

&

**** LIVE MUSIC ****

Ft. Ray's Garage

Bring your own chair or

Picnic Blanket

**6805 PUGET PARK DRIVE
SNOHOMISH, WA 98296**



Bring a dish to share.

A-M Side dish

N-Z Dessert/Apps

EASTSIDE INTERGROUP'S ANNUAL

SUMMER *Picnic*

JULY

SUNDAY

20

10AM - 2PM

2025

MARYMOOR VELODROME SHELTER

6046 West Lake Samammish Pkwy NE

Marymoor Park



\$10 FOR ADULTS AND KIDS 6+

Burger/Dog, Chips, Drink, Raffle Ticket!

(Parking is \$1 at the event)

Purchase tickets at ESIG, by phone, or:
Venmo/Paypal (please type Attendee(s) and "Picnic")

POTLUCK!

Bring food by sober month:

Jan-Apr: Dessert

May-Aug: Salad/Fruit/Veg

Sept-Dec: Side Dish/Snack

ALSO BRING:

Lawn Chairs,
Games to share, Sunscreen
and summer smiles!

Step Ashore XI

"The Northwest Woodstock Of AA"

AUGUST 7 - 10, 2025

OCEAN SHORES CONVENTION CENTER

2025 SPEAKERS

Nancy K. - Galt, CA

Marty J. - Richmond, B.C.

Angie B. - Destin, FL

Paula P. - Champagne, IL

Jack W. - Carbondale, CO

Chris C. - Portland, OR

Michele B. - Kelowna, BC

Chip B. - Destin, FL

Pat U. - Seal Beach, CA

Scott T. - Cold Brook, NY

Mo L. - Keizer, OR

Ali H. - Toronto, ON, CA

Pearl J. - Conyers, GA

All Speakers and schedule of events are subject to change

2025 FULL PROGRAM ON WEB!

www.nwwoodstockofaa.org

EASY ONLINE REGISTRATION



The 2025 Annual
Women in Sobriety Retreat

Grateful & Grounded

A journey to emotional sobriety.

Join us August 22-24th, 2025
The Rainbow Lodge
North Bend, WA

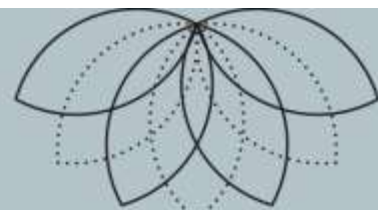
Fellowship | Connection | Recovery

Yoga | Meditation | Food | Arts & Crafts

Speakers | Nature Walks | Workshops

Register Online @
womeninsobriety.info
\$285

Questions? Email us at:
Womeninsobriety@outlook.com
Scholarships Available



AA & AL-ANON

NW Fellowship of the Spirit

NEW DATE AND LOCATION!
SEPT. 11-14, 2025

Register April 1st
@ www.nwfots.org



Festhalle Civic Center
LEAVENWORTH, WA

Workshops, BBQ, Banquet, Dancing and Fun!

Brendan D. - Seattle, WA
Kellie F. - Denver, Colorado
Devin C. - Brooklyn, NY
Amy D. - Louisville, Kentucky
Janet V. - Seattle, WA



ESIG 2025 Group Contributions YTD

Pg 1

Group Name	Jan 25	Feb 25	Mar 25	Apr 25	TOTAL
12 & 12 Fellowship Hall					\$ -
59 Minutes At Pine Lake					\$ -
A Way Up					\$ -
A Womans Way	\$ 40.00				\$ 40.00
Agnostics in Progress					\$ -
Anchor Group			\$ 180.00		\$ 180.00
Anonymous	\$ 248.54	\$ 343.83	\$ 165.84	\$ 184.74	\$ 942.95
Any Lengths Group					\$ -
Bel-Kirk Saturday Breakfast					\$ -
Bel East Lunch Group	\$ 200.00				\$ 200.00
Bellevue Group				\$ 400.00	\$ 400.00
Bellevue Men's Meeting					\$ -
Bellevue New Group					\$ -
Benevity Fund Donation	\$ 749.44	\$ 600.00		\$ 400.00	\$ 1,749.44
Better Odds Sober					\$ -
Big Book Step Study					\$ -
Bills Kitchen					\$ -
Came To Believe (Carnation)			\$ 75.00		\$ 75.00
Counter Sales					\$ -
District 34					\$ -
District 39			\$ 500.00		\$ 500.00
Downtown Stag				\$ 600.00	\$ 600.00
Duvall Big Book Study	\$ 130.00				\$ 130.00
Duvall Candlelight					\$ -
Duvall Sunday Morning Break	\$ 80.00				\$ 80.00
Eastside Beginners	\$ 81.50				\$ 81.50
Eastside Men's Group	\$ 429.00				\$ 429.00
Eastside Open Breakfast					\$ -
Eastside Stag					\$ -
Eastside Women	\$ 160.00				\$ 160.00
Essentials					\$ -
Fresh Start	\$ 100.00	\$ 200.00	\$ 220.00		\$ 520.00
Friday Night Firehouse				\$ 132.50	\$ 132.50
Friday Night Live and Let Live					\$ -
Frontstream	\$ 2,240.00				\$ 2,240.00
Frontstream (Costco)				\$ 2,040.00	\$ 2,040.00
Gay Men In Recovery					\$ -
Grace Rules					\$ -
Higher Powered at Gold Creek			\$ 266.57	\$ 156.91	\$ 423.48
HOW - Women NorthBend					\$ -
Issaquah Breakfast Club			\$ 50.00		\$ 50.00
Joy Of Living					\$ -

ESIG 2025 Group Contributions YTD

Pg 2

Keep it Simple		\$ 5.00			\$ 5.00
Kenmore Big Book		\$ 195.00		\$ 131.76	\$ 326.76
Kenmore Friday Nighters			\$ 253.00		\$ 253.00
Kindred Spirits				\$ 100.00	\$ 100.00
Kirkland Attitude Modification		\$ 460.00			\$ 460.00
Kirkland Sobriety Headquarters		\$ 75.00			\$ 75.00
Ladies Step Study					\$ -
Lifeline					\$ -
Living Sober		\$ 272.00	\$ 115.70	\$ 179.86	\$ 567.56
Living Sober Online	\$ 62.21	\$ 183.45		\$ 116.45	\$ 362.11
Maximum Service	\$ 300.00		\$ 300.00		\$ 600.00
Mercer Island Thursday Night	\$ 100.00				\$ 100.00
Moss Bay				\$ 326.56	\$ 326.56
Nameless Bunch Of Drunks	\$ 1,000.00	\$ 1,002.00	\$ 1,006.00	\$ 1,004.00	\$ 4,012.00
Nameless Bunch of Drunks International	\$ 374.16	\$ 416.55	\$ 286.99	\$ 110.00	\$ 1,187.70
Nooners	\$ 500.00		\$ 500.00	\$ 500.00	\$ 1,500.00
No Perfect People Allowed	\$ 257.50			\$ 157.50	\$ 415.00
North Bend Group					\$ -
North Creek Study Group	\$ 200.00				\$ 200.00
Pine Lake Stag					\$ -
Practicing The Principles			\$ 943.50		\$ 943.50
Redmond Recovery					\$ -
Regla 62 Grupo	\$ 40.00		\$ 80.00		\$ 120.00
Right Side of the Tracks					\$ -
Sammamish Big Book Study	\$ 114.00				\$ 114.00
Sammamish Plateau Women's Step Study	\$ 100.00				\$ 100.00
Saturday Women's Share					\$ -
Serenity Break					\$ -
Serenity Break Online			\$ 250.00		\$ 250.00
Serenity on Sunday	\$ 200.00				\$ 200.00
Seven & Sober	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	\$ 4,000.00
Silverlake Study Group			\$ 375.00		\$ 375.00
Sisters of the Forest	\$ 20.00	\$ 20.00	\$ 75.00	\$ 10.00	\$ 125.00
Sno-Valley Women in Recovery	\$ 150.00				\$ 150.00
Sno-Valley Young Peoples		\$ 2.00			\$ 2.00
Snoqualmie Happy Hour			\$ 3.00		\$ 3.00
Snoqualmie Stag			\$ 186.00		\$ 186.00

ESIG 2025 Group Contributions YTD

Pg 3

Sober At Cottage Lake					\$ -
Sober Camels	\$ 610.00				\$ 610.00
Sober Gals					\$ -
Sober Rebels					\$ -
Sober Seniors			\$ 300.00	\$ 25.00	\$ 325.00
Steppin Up					\$ -
Stepping into Recovery					\$ -
Steps to Freedom			\$ 100.00		\$ 100.00
Stillwater Serenity	\$ 66.00		\$ 88.00		\$ 154.00
Sunday Big Book Study					\$ -
Sundays Solution	\$ 257.50				\$ 257.50
Sunrise					\$ -
The AA Team	\$ 50.00		\$ 50.00		\$ 100.00
The Camel and I				\$ 76.72	\$ 76.72
The Fourth Dimension Group				\$ 302.83	\$ 302.83
The Overlake Group			\$ 635.00		\$ 635.00
The Shack		\$ 5.00	\$ 32.00		\$ 37.00
Thursday Night Candlelight			\$ 125.00		
Tiger Mountain OSAT	\$ 500.00		\$ 6.00		\$ 506.00
Tiger Mountain Stag				\$ 200.00	\$ 200.00
Tons of Grace		\$ 309.50			\$ 309.50
Tuesday Issaquah Big Book Study	\$ 208.00				\$ 208.00
Tuesday Night Solutions		\$ 93.00			\$ 93.00
Up The Creek				\$ 50.00	\$ 50.00
Wake Up	\$ 47.65			\$ 121.37	\$ 169.02
Women's Big Book Study		\$ 136.28			\$ 136.28
Women's Saturday Share					\$ -
Women's Saturday Steps	\$ 352.20			\$ 298.69	\$ 650.89
Women's Sunlight of the Spirit				\$ 50.00	\$ 50.00
Women In Recovery				\$ 150.00	\$ 150.00
Woodinville Wed. Fellowship	\$ 122.25				\$ 122.25
	\$ 11,089.95	\$ 5,318.61	\$ 8,167.60	\$ 8,824.89	\$ 33,276.05



Office/Store Activity

Here are the sales numbers: Coins – 376; AA Published Literature (Books) - 237 copies; AA Published Literature (Pamphlets) - 272 copies; Grapevine Literature – 4 copies; Hazelden and Other Literature – 32 copies; Cards – 30; Eastside Schedules – 140; Seattle Schedules – 26; Gift & Jewelry Items – 15; Alanon Literature – 4 Copies.

Some of the specialty tri-**plate coins that we've carried in the past have gone away. Ali has spent** some considerable time finding some replacements. Stop by and check out some of the new items!

Without our office volunteers we would be hard pressed to operate. For April we had: Patti (Welcome Back!!), Ulf W, Vince Y & Carla L, Ted W, Amber A., Ken T, & Tim C.. Thank you for all you do!!

The Hotline received 47 calls in April; 11 were hang ups, 33 were connected to a volunteer, 3 went to voicemail, Ali R., Kark J., Marisa O., Grace, Moniece, Brian, Ben, Mark, Carmen, Sheree, Ginny, Laine, Happy, Tomi, Jim, Tom, Evan, Marc, Michael, John and Tammy. Thank you all so much for being a part of such an important effort for the AA community on the Eastside and beyond!

We've made an update to how we post flyers on our website. You now can download and print flyers directly!

Kyle E recently stepped down as the newsletter editor, and he found a replacement editor, Emily G. Please welcome Emily, and how about writing an article for her to publish! Thank you, Kyle,

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:
Mon - Fri: 9:30AM-5:00PM

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=MG02L21hZXk1Y3N0UG1pZnlSVFKQT09)
[pwd=MG02L21hZXk1Y3N0UG1pZnlSVFKQT09](https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnlSVFKQT09)
All members welcome!

Pink Can Donations 2025

- Eastside Women
- Friday Night Firehouse
- Juanita Triangle
- Kenmore Friday Nighters
- Ladies Step Study
- Moss Bay
- Seven & Sober
- Sharing The Legacy
- Silverlake Study Group
- Women's Sat Steps

\$3,763.90



Newsletter Contributors

Newsletter Editor and Publisher	Emily G.
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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

1901 Cornwall Ave #745
Bellingham, WA, 98225

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

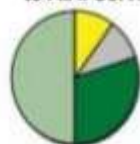
District 38

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

