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*From the Spiral*  
by Matthew T.

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# PASS IT ON

## Eastside Intergroup Newsletter

**Issue 95 June 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<sup>®</sup>

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



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



# From the Spiral #57

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.*

*The exploration is the journey.*

Our program is meant to be suggestive, but the process is an exploration. When I came in, I was prepared to feel shame, grief, and regret because that's exactly what I brought to it. My Sponsor, however, told me that as we went through the steps, I would get introduced to myself for the first time and that would keep me going. Before A.A. I could not articulate my reasons for my behavior. I knew I had tendencies, but I had no way of preventing them or explaining them. The tools of our program make it possible for us to provide our loved ones with understanding, which is not the same as explanation. I want to know what makes me tick so I can replicate the good and see the bad coming. If I maintain an attitude of curiosity, it's impossible for me to be judgmental. Judgment halts my personal growth and prevents me from being available to others in service.

*2. I'm just one of many.*

In the working world, there are supervisors, experts, and managers. The military has captains, admirals, and generals. A.A. has alcoholics. No one has this program totally nailed and I get reminded of this when the guy with 30 years shares his truth. When the newcomer shares at a meeting, I experience compassion. The vibe in the rooms is that everyone is there to help and get help. We're in this together and share a common title: alcoholic. Even when I seek counsel in someone with more time, I never feel they are above me. I feel supported, loved, and validated. If you're new and reading this, I hope that you understand that our community is not one of Big Shots and rookies. We can be your new family, friends, and protectors. The service we provide is happily available because it was given to us freely. Letting us help you keeps us alive and sober.

*3. Don't wait--you're invited.*

The effects of alcohol ruined my life, but not at first. In the beginning, it gave me confidence and took away my fears. Later on, the program provided the same benefits, but without jail time. It's still against my nature to simply insert myself into social gatherings without being asked, but by staying sober, the invitation is always open. The biggest gift I hope you receive is what happens at the meeting after the meeting. Fight your natural instinct to ask for permission and just show up. Finding humor, joy, and peace in social settings sober is a Super Power. Just show up, smile, and enjoy yourself because this experience is not all work and no play.

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

*-Matthew T.*



BELLEVUE GROUP

**FREE CHILDCARE!**

MONDAY  
7:30-8:30PM

The Bellevue Group offers free  
childcare during our meeting.  
Room for up to 8 children.

St. Thomas Episcopal Church  
8398 NE 12th St Medina, WA 98039





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](https://aa.org/international-convention)

[2025ic@aa.org](mailto:2025ic@aa.org)

Alcoholics  
Anonymous®

# HOPE HALL SPEAKER MEETING

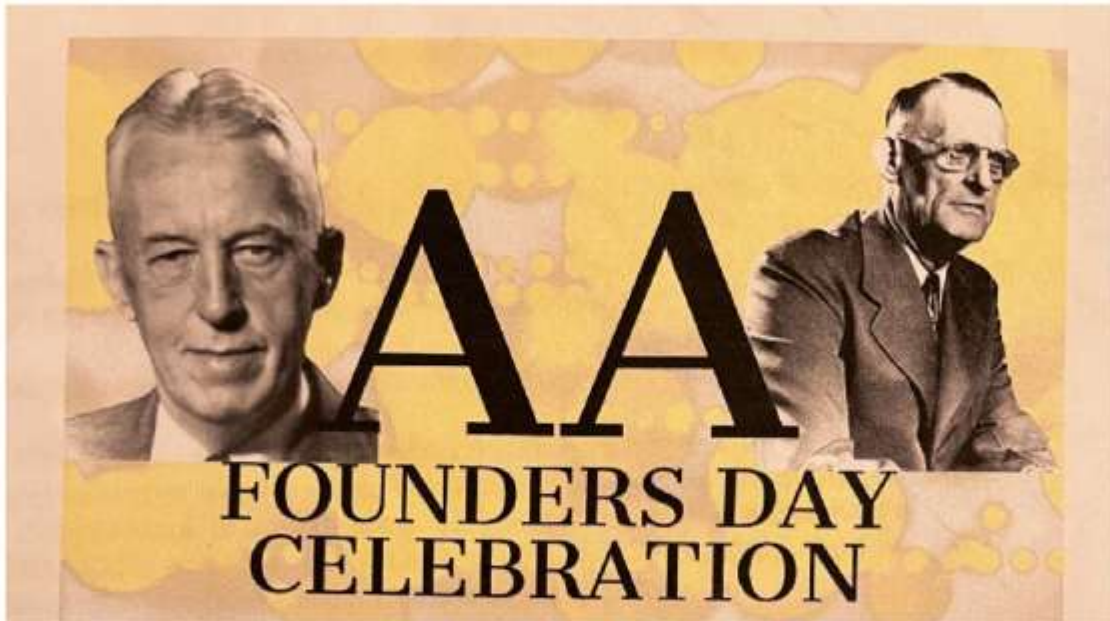


2 GUEST SPEAKERS  
***FIRST SATURDAY  
OF EVERY MONTH  
@ 7:00 PM***

***STARTING MAY 2025***

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





CELEBRATE the 90<sup>th</sup> ANNIVERSARY of  
AA's Founder's Day

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

North Bellevue Community Center 4063 148<sup>th</sup> 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](mailto:FoundersDayDistrict38@gmail.com)





# Live at Pine Lake

Speaker Meeting  
Saturday, June 14, 2025  
7:00 – 8:30 PM

Featuring

## Reggie W.

from Los Angeles, CA

### Pine Lake Covenant Church

1715 228<sup>th</sup> 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*



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**

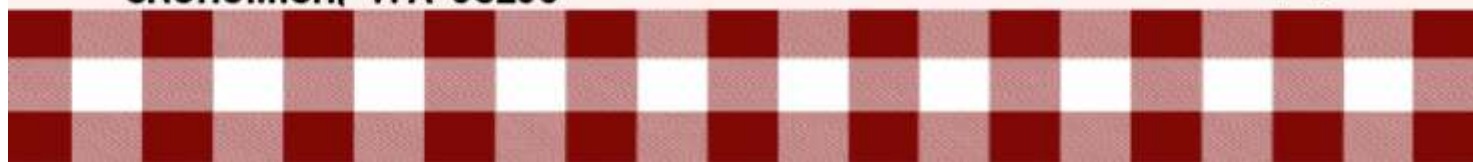
**6805 PUGET PARK DRIVE  
SNOHOMISH, WA 98296**



**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](http://www.nwwoodstockofaa.org)

**EASY ONLINE REGISTRATION**



The 2025 Annual  
Women in Sobriety Retreat

**Grateful & Grounded**

**A journey to emotional sobriety.**

Join us August 22-24<sup>th</sup>, 2025  
The Rainbow Lodge  
North Bend, WA

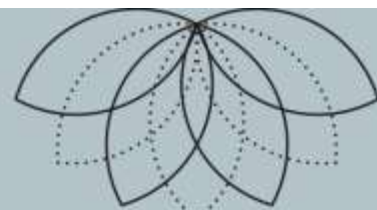
**Fellowship | Connection | Recovery**

**Yoga | Meditation | Food | Arts & Crafts**

**Speakers | Nature Walks | Workshops**

Register Online @  
[womeninsobriety.info](http://womeninsobriety.info)  
\$285

Questions? Email us at:  
[Womeninsobriety@outlook.com](mailto: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](http://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



# NOT A GLUM LOT

## RETREAT

An exploration of the AA principles

*“Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, To have a host of friends --- this is an experience you must not miss! P. 89 Big Book*



Seabeck Front Porch

Most people go to an AA meeting to figure out their problem with alcohol – not to develop a way of living. Over time, a “way of living” does develop, based upon a certain set of principles

hidden in the 12 steps. Join us as we delve into the principles for a weekend of fellowship, fun, and principles!

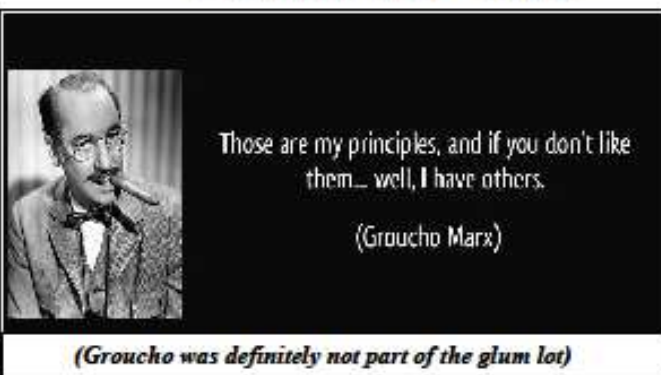
*We are not a glum lot!*

**Second Annual AA Men’s Retreat**

**“Not A Glum Lot”: An Exploration of the AA Principles**

*How do YOU practice these principles?*

Date: September 19 – 21, 2025



*(Groucho was definitely not part of the glum lot)*

**\$375 – Double Occupancy \*\***

**Time: Friday 4 PM – Sunday 11 AM**

**Location: Seabeck Conference Center on the Hood Canal**

**Hosts: John F. / Bill B. / Dante T. / Barry M. / Doug H. / Randy N. / Pat H.**

Contact [info@notaglumlotretrat.com](mailto:info@notaglumlotretrat.com) or (425) 681-3496 for more info

**\*\* Limited single occupancy available for a higher rate upon request. \$475**

# ESIG 2025 Group Contributions YTD

Pg 1

	Jan 25	Feb 25	Mar 25	Apr 25	May 25	TOTAL
12 & 12 Fellowship Hall						\$ -
59 Minutes At Pine Lake					\$ 240.00	\$ 240.00
A Way Up						\$ -
A Womans Way	\$ 40.00					\$ 40.00
Agnostics in Progress						\$ -
Anchor Group			\$ 180.00		\$ 150.00	\$ 330.00
Anonymous	\$ 248.54	\$ 343.83	\$ 165.84	\$ 184.74	\$ 174.74	\$ 1,117.69
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		\$ 800.00	\$ 400.00	\$ 2,549.44
Better Odds Sober					\$ 500.00	\$ 500.00
Big Book Step Study					\$ 84.56	\$ 84.56
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				\$ 470.00	\$ 551.50
Eastside Men's Group	\$ 429.00					\$ 429.00
Eastside Open Breakfast						\$ -
Eastside Stag						\$ -
Eastside Women	\$ 160.00				\$ 144.00	\$ 304.00
Essentials						\$ -
Fresh Start	\$ 100.00	\$ 200.00	\$ 220.00			\$ 520.00
Friday Night Firehouse				\$ 132.50		\$ 132.50
Friday Night Live and Let Live					\$ 100.00	\$ 100.00
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	\$ 185.97	\$ 609.45
Hope Hall Step Study					\$ 62.29	\$ 62.29
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	\$ 147.45	\$ 509.56
Maximum Service	\$ 300.00		\$ 300.00			\$ 600.00
Mercer Island Thursday Night	\$ 100.00					\$ 100.00
Moss Bay				\$ 326.56		\$ 326.56
Mount Si Snoqualmie Friday Night					\$ 276.10	\$ 276.10
Nameless Bunch Of Drunks	\$ 1,000.00	\$ 1,002.00	\$ 1,006.00	\$ 1,004.00	\$ 1,004.00	\$ 5,016.00
Nameless Bunch of Drunks International	\$ 374.16	\$ 416.55	\$ 286.99	\$ 110.00	\$ 315.00	\$ 1,502.70
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				\$ 175.00	\$ 375.00
Pine Lake Stag						\$ -
Practicing The Principles			\$ 943.50			\$ 943.50
Redmond Recovery						\$ -
Regla 62 Grupo	\$ 40.00		\$ 80.00		\$ 40.00	\$ 160.00
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					\$ 1,000.00	\$ 1,000.00
Serenity Break Online			\$ 250.00			\$ 250.00
Serenity on Sunday	\$ 200.00				\$ 200.00	\$ 400.00
Seven & Sober	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	\$ 772.45	\$ 4,772.45
Silverlake Study Group			\$ 375.00			\$ 375.00
Sisters of the Forest	\$ 20.00	\$ 20.00	\$ 75.00	\$ 10.00	\$ 5.00	\$ 130.00
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

## Pg 3

Sober At Cottage Lake						\$ -
Sober Camels	\$ 610.00				\$ 500.00	\$ 1,110.00
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		\$ 9.00	\$ 46.00
Thursday Night Candlelight			\$ 125.00		\$ 150.00	\$ 275.00
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			\$ 81.54	\$ 217.82
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	\$ 9,224.89	\$ 7,187.10	\$ 40,988.15



## EASTSIDE INTERGROUP OFFICE REPORT

06/05/2025

### Office/Store Activity

#### Sales numbers for May:

Coins: 536

AA Published Literature (Books): 145 copies

AA Published Literature (Pamphlets): 381 copies

Grapevine Literature: 3 copies

Hazelden and Other Literature: 11 copies

Cards: 25

Eastside Schedules: 150

Seattle Schedules: 26

Gift & Jewelry Items: 15

Alanon Literature: 4 copies

Every month, we strive to acknowledge the exceptional service provided by our office volunteers. We received outstanding assistance from Patti B., Ulf W., Vince Y., Carla L., Ted W., Amber A., Ken T., and Tim C. during May. Your efforts are greatly appreciated. If anyone is interested in experiencing volunteer work at our office, please feel free to stop by or call us.

In May, the Hotline received 73 calls, with 26 hang-ups, 20 connections to a volunteer, and 3 voicemails. We appreciate the dedication of 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 for their invaluable contribution to this essential service for the AA community on the Eastside and beyond.

We currently have several open service focal positions and are preparing for the next round of board member rotations. Elections for two outgoing board positions will take place in October. Board members participate in a steering committee essential for maintaining the viability of Eastside Intergroup within the AA Community. The term duration is three years, and candidates should have a minimum of three years of recovery in AA along with a service resume through district service. We encourage you to consider running for a board position to help ensure the long-term sustainability of Eastside Intergroup.

The following service positions play a critical role in disseminating information from Eastside Intergroup to the service committees in the supported districts. We are seeking volunteers in the following areas: Grapevine and Literature, Public Information/Cooperation with the Professional Community (PI/CPC), Treatment/Bridging the Gap, Young Peoples, and Events. Please visit us at the office or contact us for further details.

In love and service,

Doug and Ali, your trusted servants and Special Workers



## 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:**  
Mon - Fri: 9:30AM-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=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

**\$3,535.00**



### 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](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

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

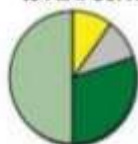
#### District 38

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

