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# PASS IT ON

## Eastside Intergroup Newsletter

Issue 96 July 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](http://eastsideaa.org)



# D34 ORAL HISTORIES PROJECT



## DO YOU KNOW:

- a “long-timer” in D34 with 35+ years of sobriety?
- an AA member who started an AA group in D34?
- someone with a connection to the history of AA as a whole and its pioneers?
- an AA member of an underrepresented background whose experience, strength, and hope can carry the message to the still suffering alcoholic?

If so, please contact D34 Archives Chair Jaimie L. at [dist34archives@area72aa.org](mailto:dist34archives@area72aa.org) for more info on becoming an interviewer and/or interviewee. Help preserve District 34’s rich AA history for generations to come!



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



# 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





# Live at Pine Lake

Speaker Meeting  
Saturday, July 12, 2025  
7:00 – 8:30 PM

Featuring  
**Matt K.**

from Brentwood, 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 PICINIC

**\*\*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!



**21 July 2025**  
**Eastside Stag 55 Years of**  
**fellowship.**

**Come Join us in celebration as we**  
**Trudge Down the Happy Road of**  
**Destiny.**

**Potluck starts at 6 pm at Kelsey Creek**  
**Church, followed by our meeting at**  
**7:30 PM**

Contributions for the potluck are by sobriety month:

Jan to April – Dessert

May to Aug – Main Dish

Sept to Dec – Side dish or salad



# 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!**

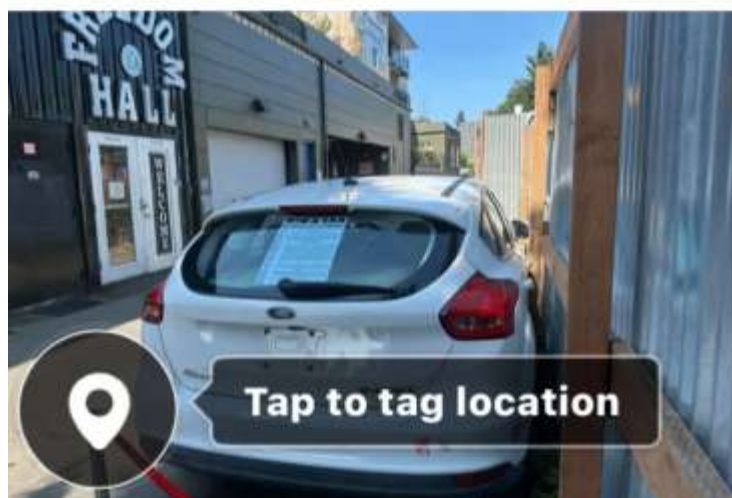
[www.nwwoodstockofaa.org](http://www.nwwoodstockofaa.org)

**EASY ONLINE REGISTRATION**





# "WIN THIS FULLY ELECTRIC CAR" AT THE "FREEDOM HALL FUN FEST" PICNIC EXTRAVAGANZA ON AUGUST 9th FOR JUST HAVING FUN IN RECOVERY!!!!!!



**PICNIC EXTRAVAGANZA, SATURDAY AUGUST 9th from NOON - 10pm-ish, at the SEWARD PARK AMPITHEATER, 5900 LAKE WA BLVD., SEATTLE.**

## **ELECTRIC CAR RAFFLE GIVE-A-WAY**

Folks, this 10-hr. extravaganza gives you numerous opportunities to earn free raffle tickets toward the electric Ford Focus car Give-a-way at 10pm, must be 18 years of age or older and present to win, people under 18, can give their tickets to their parents or guardians. This raffle will be held immediately after the lip sync talent contest between the "Salvation Army" (ARP), "Weld housing", "Oxford housing", and whoever else would like to throw their hat in the ring. Each activity you participate in will earn you free raffle tickets in order to enter the free electric car give-a-way, tickets will not be sold for money. The activities you can participate in are: softball, dodge ball, kick ball, volley ball, pool table 3-ball, Karaoke singing, lip sync battles, and being a service volunteer. And lastly, everyone that just shows up gets five free tickets. The car is on display at Freedom Hall for your viewing.

## **FOOD**

Starting at noon there will be free fresh grilled hamburgers, hotdogs, fresh roasted coffee, corn on the cob, watermelon, ice-cream sandwiches, popicles, and ice-cold bottled water, along with free Funfest T-shirts being printed on site.



# The Alano Club of the Eastside

**52nd  
Annual**



**SATURDAY  
AUGUST 16TH  
1-4 PM**

**BBQ**

**Music from  
DJ Dombek!**



**50/50 Raffle,  
+ Raffle prizes**

**Tom's ribs and chicken! Plus  
burgers, dogs, chips and  
beverages provided for \$20  
Pre-sale Tickets available  
at the Alano Club  
All Proceeds go to support the Club!  
Membership Specials available**



**Potluck by sobriety month**  
Jan—Apr: Side dishes  
May—Sept: Snacks  
Oct—Dec: Salads



**WEBSITE: [ALANOCLUBEASTSIDE.ORG](http://ALANOCLUBEASTSIDE.ORG)  
12302 NE 8TH STREET, BELLEVUE, WA 98005  
PHONE: 425-455-5700**



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

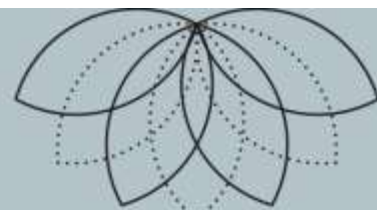
**Fellowship | Connection | Recovery**

**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!

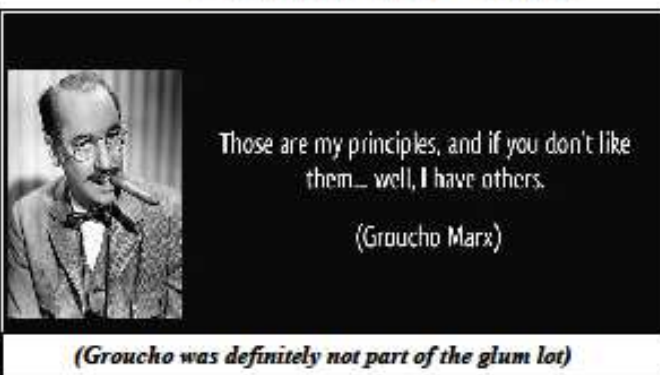
*We are not a glum lot!*

**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	Jun 25
12 & 12 Fellowship Hall						\$ 100.00
59 Minutes At Pine Lake					\$ 240.00	
A Way Up						
A Womans Way	\$ 40.00					
Agnostics in Progress						\$ 300.00
Anchor Group			\$ 180.00		\$ 150.00	\$ 150.00
Anonymous	\$ 248.54	\$ 343.83	\$ 165.84	\$ 184.74	\$ 174.74	\$ 193.74
Any Lengths Group						
Bel-Kirk Saturday Breakfast						
Bel East Lunch Group	\$ 200.00					
Bellevue Group				\$ 400.00		
Bellevue Men's Meeting						
Bellevue New Group						
Benevity Fund Donation	\$ 749.44	\$ 600.00		\$ 800.00	\$ 400.00	\$ 400.00
Better Odds Sober					\$ 500.00	
Big Book Step Study					\$ 84.56	
Bills Kitchen						
Came To Believe (Carnation)			\$ 75.00			
Counter Sales						
District 34						
District 39			\$ 500.00			
Downtown Stag				\$ 600.00		
Duvall Big Book Study	\$ 130.00					
Duvall Candlelight					\$ 100.00	
Duvall Sunday Morning Break	\$ 80.00					
Eastside Beginners	\$ 81.50				\$ 470.00	
Eastside Men's Group	\$ 429.00					
Eastside Open Breakfast						
Eastside Stag						
Eastside Women	\$ 160.00				\$ 144.00	
Essentials						
Fresh Start	\$ 100.00	\$ 200.00	\$ 220.00			\$ 200.00
Friday Night Firehouse				\$ 132.50		
Friday Night Live and Let Live						
Frontstream	\$ 2,240.00					
Frontstream (Costco)				\$ 2,040.00		
Gay Men In Recovery						
Grace Rules						
Higher Powered at Gold Creek			\$ 266.57	\$ 156.91	\$ 185.97	\$ 86.00
Hope Hall Step Study					\$ 62.29	
HOW - Women NorthBend						\$ 150.00
Issaquah Breakfast Club			\$ 50.00			
Joy Of Living						

# ESIG 2025 Group Contributions YTD

Pg 2

Juanita Triangle						\$ 150.00
Keep it Simple		\$ 5.00				
Kenmore Big Book		\$ 195.00		\$ 131.76		
Kenmore Friday Nighters			\$ 253.00			
Kindred Spirits				\$ 100.00		
Kirkland Attitude Modification		\$ 460.00				
Kirkland Sobriety Headquarters		\$ 75.00				
Ladies Step Study						
Lifeline						
Living Sober		\$ 272.00	\$ 115.70	\$ 179.86		\$ 99.01
Living Sober Online	\$ 62.21	\$ 183.45		\$ 116.45	\$ 147.45	
Maximum Service	\$ 300.00		\$ 300.00			\$ 300.00
Mercer Island Thursday Night	\$ 100.00					
Moss Bay				\$ 326.56		
Mount Si Snoqualmie Friday Night					\$ 276.10	
Nameless Bunch Of Drunks	\$ 1,000.00	\$ 1,002.00	\$ 1,006.00	\$ 1,004.00	\$ 1,004.00	\$ 1,010.00
Nameless Bunch of Drunks International	\$ 374.16	\$ 416.55	\$ 286.99	\$ 110.00	\$ 315.00	\$ 240.00
Nooners	\$ 500.00		\$ 500.00	\$ 500.00		
No Perfect People Allowed	\$ 257.50			\$ 157.50		
North Bend Group						
North Creek Study Group	\$ 200.00				\$ 175.00	
Pine Lake Stag						
Practicing The Principles			\$ 943.50			
Redmond Recovery						
Regla 62 Grupo	\$ 40.00		\$ 80.00		\$ 40.00	\$ 40.00
Right Side of the Tracks						
Sammamish Big Book Study	\$ 114.00					
Sammamish Plateau Women's Step Study	\$ 100.00					
Saturday Women's Share						
Serenity Break					\$ 1,000.00	\$ 1,200.00
Serenity Break Online			\$ 250.00			
Serenity on Sunday	\$ 200.00				\$ 200.00	
Seven & Sober	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	\$ 772.45	\$ 1,080.14
Silverlake Study Group			\$ 375.00			
Sisters of the Forest	\$ 20.00	\$ 20.00	\$ 75.00	\$ 10.00	\$ 5.00	
Sno-Valley Women in Recovery	\$ 150.00					
Sno-Valley Young Peoples		\$ 2.00				
Snoqualmie Happy Hour			\$ 3.00			
Snoqualmie Stag			\$ 186.00			

## Pg 3

**\$ 11,089.95   \$ 5,318.61   \$ 8,167.60   \$ 9,224.89   \$ 7,187.10   \$ 6,895.17**





## EASTSIDE INTERGROUP OFFICE REPORT

07/10/2025

### Office/Store Activity

#### Sales numbers for June:

Coins: 623  
 AA Published Literature (Books): 336 copies  
 AA Published Literature (Pamphlets): 79 copies  
 Grapevine Literature: 2 copies  
 Hazelden and Other Literature: 32 copies  
 Cards: 13  
 Eastside Schedules: 135  
 Seattle Schedules: 3  
 Gift & Jewelry Items: 28  
 Alanon Literature: 4 copies

We had another month of outstanding work by volunteers from all areas, including our faithful and consistent office volunteers. Patti, Ted, Ulf, Vince, Carla, Amber, Ken and Tim. If anyone is interested in experiencing volunteer work at our office, please feel free to stop by or call us.

Our Hotline received 92 calls in June, with 31 hang-ups, 59 connections to a volunteer, and 2 voicemails. We appreciate the dedication of Tomi D, Jim M, Tom, Evan P, Ali, Marc R, Marisa, Moniece, Sheree, Ben, Michael, Happy, Tammy, and John for their dedication to this vital service for the AA community on the Eastside and beyond.

**We've got a picnic coming up in a little over a week. Tickets sales are low, and we're going to have a good time no matter what.** The picnic starts at 10:00 at Marymoor Park, at the Picnic shelter between the velodrome and climbing spires. Come on out, meet folks from the districts other than your own and have a burger, win a raffle prize or two. **It'll be fun!**

**There's another issue with our website, when the link to update a meeting is sent it does not reach the office.** Blaine has been working on the issue for the past couple of weeks. No solution in site.

**Another friendly reminder that we're also coming up on the next round of rotations for board members.** In October we will have elections for the two outgoing board positions. As a board member you are part of a steering committee that keeps Eastside Intergroup viable in the AA Community. The terms are for three years and we ask for a minimum of 3 years recovery in AA, along with a service resume of positions through district service. Please consider ensuring the long term viability of Eastside Intergroup by volunteering to run for a board position!

In addition, these service positions are critical in getting information from Eastside Intergroup to the service committees in the districts supported by ESIG. We can use folks in the following areas: Grapevine and Literature, Public Information/Cooperation with the Professional Community (PI/CPC), Treatment/Bridging The Gap, Young Peoples, and Events. **These are all position which are required to put Eastside Intergroup in it's sweet spot in the service structure.** Please consider adding one of these to your service resume! Give us a call in the office or stop by for a cup of coffee and a chat!

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=MG02L21hZXk1Y3N0UG1pZnNLSVFKQT09)

[pwd=MG02L21hZXk1Y3N0UG1pZnNLSVFKQT09](https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnNLSVFKQT09)

All members welcome!

### Pink Can Donations 2025

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

**\$4,035.41**



### 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

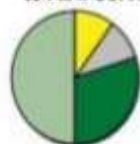
#### District 38

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



### 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

