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PASS IT ON

Eastside Intergroup Newsletter

Issue 97 August 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





Thank You!

Thank you to everyone who made our picnic a success! We've received a number of positive comments regarding the location. I so appreciate everyone who volunteered their time, effort and talent in pulling it off!

As promised, here's this week's reminder: we have 2 board positions coming up for rotation. We need nominations in order to hold an election in October. Please help us fill the upcoming vacancies with some good, qualified individuals who have a passion for serving the AA Community!

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 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



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





PI QUARTERLY MEETING 8/9

GUEST SPEAKER MILLIE T.

In person and online meeting! Let's discuss current trends, best practices, challenges and success!

ZOOM ID:896 5804 3205

We will have cookies, pizza, salad and drinks!

We will have a 7th Tradition ask to cover expenses. Thank you!



Date!

Saturday, August 9th

Time!

10:00a-2:00p

**Fellowship Hall @
Kelsey Creek Church**

1221 148th Ave NE

Bellevue, 98007

**Please come early for
a 9:30 to 10:00am
meet and greet!**

**Sponsor:
District 34**

**Any questions?
John M
Call or text
206-669-5226**



Live at Pine Lake

Speaker Meeting

Saturday, August 9, 2025

7:00 – 8:30 PM

Featuring

Kelly H.

from Claremont, 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

"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
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 22-24th, 2025
The Rainbow Lodge
North Bend, WA

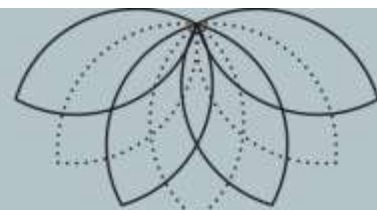
Fellowship | Connection | Recovery

Yoga | Meditation | Food | Arts & Crafts

Speakers | Nature Walks | Workshops

Register Online @
womeninsobriety.info
\$285

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



DISTRICT 36 PICNIC

SEPTEMBER 6TH 2025

1-6 PM

BRING THE FAMILY
AND FRIENDS



FELLOWSHIP, FUN
& FOOD

WHERE: 5504 308TH AVE SE ISSAQUAH, WA 98027
(GAIL & EDDIES HOUSE)



BBQ POTLUCK

BURGERS & DOGS PROVIDED BY DISTRICT 36

AA B-DAY = BRING....

JAN - MAY = SALAD
JUNE - SEPT = DESERT
OCT - DEC = DRINKS

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



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!

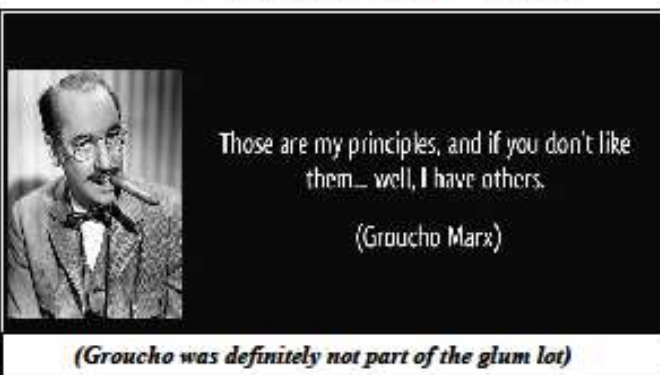
We are not a glum lot!

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



\$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 or (425) 681-3496 for more info

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

BAKERSTOCK

OCTOBER 17-19 2025



Bakerstock

BOOST YOUR RECOVERY

Excellent Speakers, Fun, Fellowship & Food

Register Now at www.BAKERSTOCK.org

BE ENTHUSED & INSPIRED BY THE EXPERIENCE, STRENGTH & HOPE OF

CAROLYN P., Seattle, WA ~ WA CLIFF G., Oklahoma City, OK

JACK W., Denver, CO ~ KELLI D., Bellevue, WA ~ LORI G., Oklahoma City, OK Al-Anon

MIKE K., Seattle, WA ~ TIM W., Canby, OR ~ TINA A., Los Angeles, CA

REGISTRATION: Speakers: & Saturday Night Dinner Buffet & Sunday Breakfast Buffet: \$160.00

Hotel Sleeping Rooms: \$139.00 – Silver Reef Casino Resort - 360.383.0777

DISCOUNTED GROUP RATE #: 6104



District 34

Gratitude Dinner

November 22, 2025

North Bellevue Community Center
4063 148th Ave NE
Bellevue, WA

Time: 5:30-8:30 PM

Bring a dish

Tickets \$10.00

ESIG 2025 Group Contributions YTD

Pg 1

	Jan 25	Feb 25	Mar 25	Apr 25	May 25	Jun 25	Jul 25	TOTAL
12 & 12 Fellowship Hall						\$ 100.00		\$ 100.00
59 Minutes At Pine Lake					\$ 240.00			\$ 240.00
A Way Up								\$ -
A Womans Way	\$ 40.00						\$ 40.00	\$ 80.00
Agnostics in Progress						\$ 300.00		\$ 300.00
Anchor Group			\$ 180.00		\$ 150.00	\$ 150.00		\$ 480.00
Anonymous	\$ 248.54	\$ 343.83	\$ 165.84	\$ 184.74	\$ 174.74	\$ 193.74	\$ 182.74	\$ 1,494.17
Any Lengths Group							\$ 125.00	\$ 125.00
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		\$ 400.00	\$ 2,949.44
Better Odds Sober					\$ 500.00		\$ 200.00	\$ 700.00
Big Book Step Study					\$ 84.56			\$ 84.56
Bills Kitchen								\$ -
Came To Believe (Carnation)			\$ 75.00				\$ 75.00	\$ 150.00
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					\$ 100.00			\$ 100.00
Duvall Sunday Morning Break	\$ 80.00						\$ 110.00	\$ 190.00
Eastside Beginners	\$ 81.50				\$ 470.00			\$ 551.50
Eastside Men's Group	\$ 429.00						\$ 263.00	\$ 692.00
Eastside Open Breakfast								\$ -
Eastside Stag							\$ 270.00	\$ 270.00
Eastside Women	\$ 160.00				\$ 144.00			\$ 304.00
Essentials								\$ -
Fresh Start	\$ 100.00	\$ 200.00	\$ 220.00			\$ 200.00	\$ 200.00	\$ 920.00
Friday Night Firehouse				\$ 132.50			\$ 125.40	\$ 257.90
Friday Night Live and Let Live								\$ -
Frontstream	\$ 2,240.00						\$ 2,380.00	\$ 4,620.00
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	\$ 86.00	\$ 320.40	\$ 1,015.85
Hope Hall Step Study					\$ 62.29			\$ 62.29
HOW - Women NorthBend						\$ 150.00		\$ 150.00
Issaquah Breakfast Club			\$ 50.00					\$ 50.00
Joy Of Living							\$ 420.00	\$ 420.00

ESIG 2025 Group Contributions YTD

Pg 2

Juanita Triangle						\$ 150.00		\$ 150.00
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					\$ 125.00	\$ 200.00
Ladies Step Study								\$ -
Lifeline							\$ 50.00	\$ 50.00
Living Sober		\$ 272.00	\$ 115.70	\$ 179.86		\$ 99.01	\$ 380.00	\$ 1,046.57
Living Sober Online	\$ 62.21	\$ 183.45		\$ 116.45	\$ 147.45		\$ 96.76	\$ 606.32
Maximum Service	\$ 300.00		\$ 300.00			\$ 300.00		\$ 900.00
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	\$ 1,010.00	\$ 1,014.00	\$ 7,040.00
Nameless Bunch of Drunks Interna-tional	\$ 374.16	\$ 416.55	\$ 286.99	\$ 110.00	\$ 315.00	\$ 240.00	\$ 185.00	\$ 1,927.70
Nooners	\$ 500.00		\$ 500.00	\$ 500.00				\$ 1,500.00
No Perfect People Allowed	\$ 257.50			\$ 157.50			\$ 132.50	\$ 547.50
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	\$ 40.00		\$ 200.00
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	\$ 1,200.00	\$ 1,200.00	\$ 3,400.00
Serenity Break Online			\$ 250.00					\$ 250.00
Serenity on Sunday	\$ 200.00				\$ 200.00		\$ 225.00	\$ 625.00
Seven & Sober	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	\$ 772.45	\$ 1,080.14	\$ 647.59	\$ 6,500.18
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						\$ 193.91	\$ 343.91
Sno-Valley Young Peoples		\$ 2.00						\$ 2.00
Snoqualmie Happy Hour			\$ 3.00					\$ 3.00
Snoqualmie Stag			\$ 186.00				\$ 199.50	\$ 385.50

ESIG 2025 Group Contributions YTD

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		\$ 100.00		\$ 425.00
Sober Sisters East							\$ 450.00	\$ 450.00
Steppin Up								\$ -
Stepping into Recovery								\$ -
Steps to Freedom			\$ 100.00					\$ 100.00
Stillwater Serenity	\$ 66.00		\$ 88.00					\$ 154.00
Sunday Big Book Study						\$ 125.00		\$ 125.00
Sundays Solution	\$ 257.50						\$ 132.50	\$ 390.00
Sunrise						\$ 721.28		\$ 721.28
That 12 & 12 Meeting							\$ 43.00	\$ 43.00
The AA Team	\$ 50.00		\$ 50.00			\$ 50.00		\$ 150.00
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		\$ 4.00	\$ 50.00
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		\$ 400.00
Tons of Grace		\$ 309.50						\$ 309.50
Tuesday Issaquah Big Book Study	\$ 208.00						\$ 150.00	\$ 358.00
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			\$ 225.25	\$ 876.14
Women's Sunlight of the Spirit				\$ 50.00				\$ 50.00
Women In Recovery				\$ 150.00		\$ -	\$ 150.00	\$ 300.00
Women of Worth							\$ 69.00	\$ 69.00
Woodinville Wed. Fellowship	\$ 122.25						\$ 134.03	\$ 256.28
	\$ 11,089.95	\$ 5,318.61	\$ 8,167.60	\$ 9,224.89	\$ 7,187.10	\$ 6,495.17	\$ 10,918.58	\$ 58,401.90



EASTSIDE INTERGROUP OFFICE REPORT

08/01/2025

Office/Store Activity

Sales numbers for June:

- Coins: 518
- AA Published Literature (Books): 594 copies
- AA Published Literature (Pamphlets): 320 copies
- Grapevine Literature: 16 copies
- Hazelden and Other Literature: 23 copies
- Cards: 40
- Eastside Schedules: 173
- Seattle Schedules: 24
- Gift Items: 57
- Jewelry Items: 5
- Alanon Literature: 3 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 118 calls in July. The report we download from Grasshopper doesn't give us very decipherable information. As close as we can tell of the 118 calls after hours, 11 went to voicemail, 19 were connected to volunteers, 47 were hangups at the main outgoing message. We appreciate the willingness of the hotline volunteers to be available to take calls after hours! Moniece, Brian, Ben, Chuck, Carmen, Sheree, Ginny, Laine, Ali, Mark J, Marisa, Mark P, Happy, Tomi, Jim, Tom, Evan, Marc R, Michael, Tammy, and John, you are valued volunteers! There is some energy around trying to migrate the hotline away from an automated system to something which would get the call immediately to a human being. I'll take this opportunity to crowd source that. Anyone have any ideas?

Thanks everyone for making our picnic a good event! We greatly appreciate the folks who pitched in to help every step of the way. We're very open to input from everyone regarding anything from location to time of year to food, etc. We would love to ensure we do everything to make it an enjoyable event for the majority of the folks involved!

If you read Future tripping, you know that planning is starting among some local intergroup offices for an event in April 2026 commemorating 85th anniversary of the first AA Meeting in the state. Great opportunity for a short duration service opportunity!

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 positions which are required to put Eastside Intergroup in its 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
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=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
- Kirkland Sobriety Headquarters
- Ladies Step Study
- Lifeline
- Moss Bay
- Seven & Sober
- Sharing The Legacy
- Silverlake Study Group
- Sunrise Group
- Women's Sat Steps

\$4,081.50



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

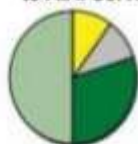
District 38

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

