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PASS IT ON

Eastside Intergroup Newsletter

Issue 98 September 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 #58

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.

If you felt like I felt when I drank, you'd do it too.

For me, drinking was the missing ingredient for awhile. Alcohol has often been referred to as the social lubricant. My Uncle calls booze Aiming Fluid when he's on the Golf Course. Meeting your partner's parents for the first time might be easier with the help of some liquid courage. Hearing this truth at a meeting last week took me back to why I drank the way I did. A false sense of self-protection and ease around others were the main reasons why I drank. Additionally, trying hard to be anyone but me is beyond exhausting. Liquor gave me the energy to keep playing the role. As I have mentioned before, alcohol was my salvation, not my problem. I am grateful and humbled that Alcoholics Anonymous gave me the strength and guidance required to clean up my side of the street and grow up.

2. *Staying connected is what keeps my ego right-sized.*

When it comes to Steps 4 and 5, one word comes to mind: CONFESSION. Being raised Catholic, this word used to fill me with fear, but after I completed the 12 Steps for the first time, I actually developed an addiction to spilling my guts to my Sponsor. I take zero credit for the fact that when I start getting sloppy, I make the phone call and confess everything, and then shut up to hear what is suggested. Tell people what is going on between your ears. The cornerstone is confession because honesty is an on-going practice that pays huge dividends. Keep an eye on your ego. Left unattended, it will eventually try to take back control.

3. *My "ism" isn't just about drinking---it's about how I do life.*

If you're new and about to read this part, I hope and pray that it does not deter you from staying in the program. At some point in your journey, you may discover that drinking isn't really your problem. Heroin is not your problem. Shopping, gambling, nicotine, spending, and anything else that help you escape life on life's terms are not the disease. Some people seem to naturally know how to do life. Most of us alcoholics do not naturally know how to do life well, which may explain why addiction happens to be a significant part of our story. In the beginning, working the steps with a Sponsor will get you free from drinking. After that, the real work begins to free you from yourself. If you keep going and do the work inside A.A., the stuff outside goes a lot smoother.

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

-Matthew T.

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



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



HELP US CELEBRATE

85 YEARS OF AA IN WASHINGTON



SECOND PLANNING
MEETING

SEPTEMBER 13, 2025

1PM-3:00PM

AA WILL BE 85 YEARS OLD ON
APRIL 19, 2026

in person at Seattle Intergroup
Tacoma Central Service Office
Eastside Intergroup
Vancouver Intergroup

Online at: Meeting ID: 890 5414 6610
Passcode: 281302

For more info contact Seattle, Eastside or
Tacoma CSO/Intergroup



Live at Pine Lake

Speaker Meeting
Saturday, 9/13/2025
7:00 – 8:30 PM

Featuring

Danny M.

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



RECOVERY DAY AT THE MARINERS

Sunday, Sept. 14th at 1:10pm



VS



Seattle Mariners vs. Los Angeles Angels

ESIG will have a block of 50 tickets to sell.

First come, First serve to join our Group!

\$29.00 View Level Ticket which includes a

Limited-Edition Recovery Day T-Shirts

(while supplies last).

****Call ESIG at 425-454-9192**

or stop in to purchase your tickets**

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!

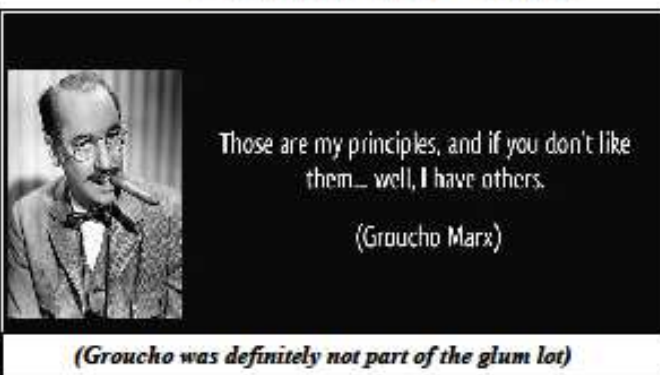
We are not a glum lot!

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@notaglumlottretreat.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	Aug 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		\$ 150.00	\$ 630.00
Anonymous	\$ 248.54	\$ 343.83	\$ 165.84	\$ 184.74	\$ 174.74	\$ 193.74	\$ 182.74	\$ 415.86	\$ 1,910.03
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	\$ 800.00	\$ 3,749.44
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			\$ 200.00	\$ 504.00
Essentials									\$ -
Fresh Start	\$ 100.00	\$ 200.00	\$ 220.00			\$ 200.00	\$ 200.00	\$ 200.00	\$ 1,120.00
Friday Night Firehouse				\$ 132.50			\$ 125.40		\$ 257.90
Friday Night Live and Let Live								\$ 100.00	\$ 100.00
Frontstream	\$ 2,240.00						\$ 2,380.00		\$ 4,620.00
Frontstream (Costco)				\$ 2,040.00					\$ 2,040.00
Gay Men In Recovery								\$ 214.56	\$ 214.56
Grace Rules									\$ -
Higher Powered at Gold Creek			\$ 266.57	\$ 156.91	\$ 185.97	\$ 86.00	\$ 320.40	\$ 195.12	\$ 1,210.97
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

JuanitaA45:J83 Triangle						\$ 150.00			\$ 150.00
Keep it Simple		\$ 5.00							\$ 5.00
Kenmore Big Book		\$ 195.00		\$ 131.76				\$ 177.00	\$ 503.76
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								\$ 164.88	\$ 164.88
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	\$ 1,002.00	\$ 8,042.00
Nameless Bunch of Drunks									
International	\$ 374.16	\$ 416.55	\$ 286.99	\$ 110.00	\$ 315.00	\$ 240.00	\$ 185.00	\$ 430.00	\$ 2,357.70
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		\$ 80.00	\$ 280.00
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	\$ 915.48	\$ 7,415.66
Silverlake Study Group			\$ 375.00					\$ 350.00	\$ 725.00
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
Sober At Cottage Lake									\$ -
Sober Camels	\$ 610.00				\$ 500.00				\$ 1,110.00

\$ 11,089.95	\$ 5,318.61	\$ 8,167.60	\$ 9,224.89	\$ 7,187.10	\$ 6,495.17	\$ 10,918.58	\$ 6,720.26	\$ 65,122.16
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EASTSIDE INTERGROUP OFFICE REPORT

9/4/2025

Office Activity:

Overall, sales in the office were a little slow this past month. We had our usual administrative stuff to do to keep the office running, so that kept us gainfully occupied throughout the month. Next time you're in the office check out the special order coins we're now offering. If you find one you like, we can get it in on our next order from that vendor.

What's Selling!

Items sold for the month of August:

AA Published Liter-	91	Grapevine Books	2
Hazelden and oth-	6	Schedules	191
er Literature			
Al-Anon	0	Gifts	14
AA Pamphlets	267	Bookmarks,	25
		Greeting Cards	
Coins	695	Jewelry	2
Hazelden, Other	47		

Hotline:

The hotline continues to provide vital support to the Eastside AA Community. The following people supported after hours hotline calls in August: 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. Thank you for your contributions to help carry the message. We're still working out bugs in

Volunteer Support

We always have a need for office volunteers whose primary responsibility is to answer the phones in the office during working hours. Office volunteers can also perform other tasks based on their abilities and willingness. Other tasks are helping with inventory counts, stocking shelves, and ringing up sales, etc.. If you have some spare time and some skills and a willingness to use them, we have an opportunity for you! As always, an outstanding group of volunteers supported us in the office throughout the month, Ted W, Tim C, Ken T, Ulf W (welcome back!), Vince Y, Carla L, Patti B, and Amber A.

Lastly, we have Service Focal openings: Treatment, Grapevine/Literature, Events Coordinator and Young People. At ESIG, we get requests for AA Service work from time to time and our service focals coordinate with the district and area service committees to get the opportunities to the right place and support them in making it happen. Lastly, the election for two board members to replace the two outgoing board members will be next month. If you know of anyone willing to serve a three year term on the board, contact Ray (chair@eastsideaa.org) or the office at esig@eastsideaa.org.

Respectfully Submitted by Doug H

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
- Women's Step Study Group



\$4,535.17

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

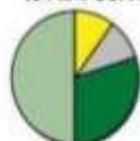
District 38

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

