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PASS IT ON

Eastside Intergroup Newsletter

Issue 99 October 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



Seeking the Solution

by Emily G..

I've been thinking about spirituality as an exercise. If "The spiritual life is not a theory. We have to live it." then practicing mindfulness in my daily life (intentionality, staying present, and being respectful of myself and others) is how my spirituality shows up in all my affairs.

Our meetings are spiritual exercise, and my sponsor is my personal trainer. I can't regularly go to meetings with my video off, while running errands, not actively listening, or not participating and call it part of my program. The same way I can't go to a gym, watch people on treadmills, and claim cardio benefits. Or lie down on a bench in the weight room for 45 minutes and say I built muscle. Like with exercise, I'm not perfect. I'll have a meeting where I am mentally distracted. It happen. But I have to keep that capacity to be honest, call myself out on a halfhearted attempt, and remember that an AA meeting isn't a podcast. I didn't build community. I wasn't in the present. And because of this program, I can look at those misses without shame or self-pity, call myself out, and do better. All the proper spiritual exercise this program lays out has built self-resilience to keep coming back.

Nor am I here for looks. Are my workouts about vanity or about how I can use my body to serve and be in community by playing tag with my kids, helping a family member move, or lifting groceries into a neighbor's car? I am not in these rooms to preen and then in my life behave as I did in active alcoholism, while claiming I am changed. I am not in recovery if I limit my spiritual exercise to our rooms. I have to practice these principles in all my affairs. Act as if I am spiritual. As if I am mindful.

As I progressed in the Steps I was reminded it was on me to truly progress, not my trainer. At first, I viewed it as training with end goal. But as I worked the steps, I realized I never "finish" a step. I live the steps as a healthy life, not a fad diet. It's multi-pronged and constant and not usually perfect but it is overall healthy. I try to avoid both excess of over consumption and the sanctimony of self-imposed under consumption. With different seasons of my life, I will change that prescription of healthy living a tiny bit – in consultation with my trainer/sponsor - maybe miss a normal meeting for a special occasion, take on more sponsees, or commitments. Maybe my living amends have to take priority. My life is now intentional. This program gives me a design for living and it is absolutely in my power and control to choose who I want to be, the character traits I want to exercise, and to act as if. And that is not and should not be limited to these rooms. I do not live at the gym.

Outside of these rooms, I apply these same principles and structure to personal relations –to the best of my ability, I maintain the integrity and intentionality I learned and practice regularly in these rooms. And own it with amends when I don't. I lean on the pause, ask myself the purpose of the relationship and/or interaction, go to the serenity prayer for discerning what's in my control, then fully accept what isn't and take the next right action. I use emotionally controlled language to remind me of my purpose. I know that choosing *no* action, not to participate, is an action in and of itself because now it's intentional instead of wounded or wounding! Life isn't just happening to me anymore. And that relieves me of my self-pity.

I learned because I did the work. I listened even when I didn't want to, even when it seemed exhausting and overwhelming because my sponsor knew when I could push myself more. And when I actively seek it, I can provide hope for others who need that solution. I can become the alcoholic in recovery who always has room to grow because I'm never perfect and there are always more healthy choices to make.

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





Live at Pine Lake

Speaker Meeting

Saturday, October 11, 2025

7:00 – 8:30 PM

Featuring

Gemma B.

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



BAKERSTOCK

OCTOBER 17-19 2025



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



Halloween — Party —

Come dance the night away. Live DJ, costume contest, haunted lounge with snacks.

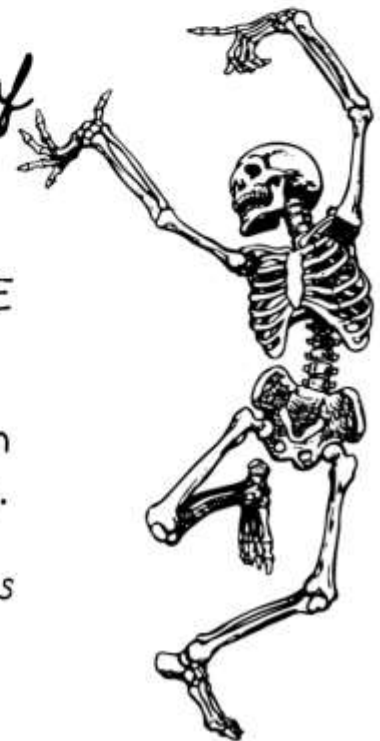
Saturday October 25th
8pm to 11 pm

*The Alana Club of
the Eastside*

12302 NE 8th ST BELLEVUE
WA 425-455-5700

\$10 suggested donation
No one will be turned away.

Snack and dessert donations
appreciated.



District 39 2025 Gratitude Dinner



MILL CREEK

District 39, in collaboration with Gold Creek Church, present nationally known AA speaker Karl M.

Come join the fun, and share in the experience, strength & hope. Raffle tickets and prizes will be available.

Where: **Gold Creek Community Church**
 Address: **4326 148th St SE, Mill Creek, WA 98012**
 When: **Friday, Nov. 7th**
 Time: **5:00PM - 9:00PM**
 Details: 5 PM **Doors open**
 5:45 PM **Dinner**
 7 PM **Speaker**
 9 PM **Event done**

Home Groups: Please Supply a sliced Turkey or Ham. If you can bring two sides, it would be much appreciated.

Side dish based on first letter of last name:

A - F: Sides - any side dish

G - L: Appetizer

M - R: Dessert



DISTRICT 36

2025

GRATITUDE DINNER

WHEN

Saturday Nov. 8, 2025
4pm - 8pm

WHERE

Church on the Ridge
35221 SE Douglas St. Snoqualmie, WA

**PLEASE BRING THE FOLLOWING SIDE DISH ACCORDING TO
YOUR SOBRIETY BIRTHDAY**

Jan—Feb: Green Salad

March—August: Potatoes, Rice, Pasta

September: Dessert

October: Bread

November—December: Cold Side Dish/Vegetable

Meat to be provided by each meeting group

EVENT SCHEDULE

DINNER
5PM

SPEAKERS
6PM



TICKETS

\$10

Purchase online

www.snovalleyaa.org



**TICKETS WILL ALSO BE SOLD AT THE
DOOR**

FEATURING

Child Care
Gift Basket Raffle
Sobriety Countdown

District 38 GRATITUDE BANQUET

BRING A SIDE DISH ACCORDING
TO YOUR SOBRIETY DATE

Jan-June: Potato/Rice/Pasta

July & Aug: Greens/Salad

Sept & Oct: Cold Side Dish/Veggies

Nov: Bread

Dec: Dessert

SPEAKERS
FELLOWSHIP
50/50 RAFFLE
ARCHIVES
DISPLAY

SUGGESTED \$10
PER PERSON
DOORS @ 4:30
EVENT @ 5:30

SATURDAY **NOV 8** 4:30 PM

2025

EASTSIDE CHURCH
14520 100TH AVE. BOTHELL, WA

For questions, contact:

D38 DCM Kim: (206) 229-9545

District 35 Gratitude Dinner

November 15th, 2025

5:00-9:30 PM

Free Admission

Doors open/Raffle Starts	5:00 PM
Dinner	6:00 PM
Speakers & Sobriety Countdown*	7:00 PM
Raffle Drawing	9:00 PM
Closing	9:30 PM

**Childcare available during speakers*

Turkey and Ham Provided by Groups

Please bring a side dish based on your AA Birthday:

Jan – May	Potatoes/ pasta/ other starch
Jun – Jul	Green Salad
Aug – Sep	Vegetable Side
October	Bread/Stuffing
Nov – Dec	Dessert

Pine Lake Covenant Church
1715 228th Ave SE, Sammamish, WA 98075

Questions? Call Carmen: 425-890-0283



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

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	Jan 25	Feb 25	Mar 25	Apr 25	May 25	Jun 25	Jul 25	Aug 25	Sep 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	\$ 150.00	\$ 780.00
Anonymous	\$ 248.54	\$ 343.83	\$ 165.84	\$ 184.74	\$ 174.74	\$ 193.74	\$ 182.74	\$ 415.86	\$ 100.74	\$ 2,010.77
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	\$ 400.00	\$ 4,149.44
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	\$ 200.00	\$ 1,320.00
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	\$ 286.68	\$ 1,497.65
Hope Hall Step Study					\$ 62.29					\$ 62.29
HOW - Women North-Bend						\$ 150.00				\$ 150.00

ESIG 2025 Group Contributions YTD

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Issaquah Breakfast Club			\$ 50.00							\$ 50.00
Joy Of Living							\$ 420.00			\$ 420.00
Juanita 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		\$ 96.02	\$ 1,142.59
Living Sober Online	\$ 62.21	\$ 183.45		\$ 116.45	\$ 147.45		\$ 96.76			\$ 606.32
Maximum Service	\$ 300.00		\$ 300.00			\$ 300.00			\$ 300.00	\$ 1,200.00
Mercer Island Thursday Night	\$ 100.00									\$ 100.00
Moss Bay				\$ 326.56					\$ 50.00	\$ 376.56
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	\$ 1,004.00	\$ 9,046.00
Nameless Bunch of Drunks International	\$ 374.16	\$ 416.55	\$ 286.99	\$ 110.00	\$ 315.00	\$ 240.00	\$ 185.00	\$ 430.00	\$ 125.00	\$ 2,482.70
Nooners	\$ 500.00		\$ 500.00	\$ 500.00					\$ 500.00	\$ 2,000.00
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						\$ 285.21	\$ 1,228.71
Redmond Recovery										\$ -
Regla 62 Grupo	\$ 40.00		\$ 80.00		\$ 40.00	\$ 40.00		\$ 80.00	\$ 40.00	\$ 320.00
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		\$ 1,200.00	\$ 4,600.00
Serenity Break Online			\$ 250.00						\$ 839.04	\$ 1,089.04
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	\$ 554.13	\$ 7,969.79
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

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\$ 11,089.95	\$ 5,318.61	\$ 8,167.60	\$ 9,224.89	\$ 7,187.10	\$ 6,495.17	\$ 10,918.58	\$ 6,720.26	\$ 6,586.82	\$ 71,708.98
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EASTSIDE INTERGROUP OFFICE REPORT

10/2/2025

Office Activity:

The office activity did pick up slightly this month. It was great interacting with the people who came in throughout September. Below is a table of items that we've sold in the past month. I'd like to take another opportunity to thank everyone who came out for the Mariners game on September 14th. A great time was had by all!

What's Selling!

Items sold for the month of September:

AA Published Literature	140	Grapevine Books	4
Hazelden and other Literature	6	Schedules	192
Al-Anon	2	Gifts	8
AA Pamphlets	603	Bookmarks, Greeting Cards	50
Coins	423	Jewelry	6
Hazelden, Other Books	35		

Hotline:

The hotline has been operating efficiently. The following individuals provided valuable support by handling after-hours hotline calls in September: 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. We appreciate your commitment and dedication to delivering this important service. Efforts to resolve remaining technical issues are ongoing.

Volunteer Support

We are seeking office volunteers to provide support during business hours, including answering phone calls and assisting with tasks such as inventory management, shelf stocking, and sales transactions. Individuals with available time, relevant skills, and a commitment to serving the AA community are encouraged to consider joining our team. We wish to express our appreciation to our recent volunteers: Ted W, Tim C, Ken T, Ulf W (welcome back), Vince Y, Carla L, Patti B, and Amber A. You guys are the bright light of our days!

Additionally, there are openings for Service Focal positions in the following areas: Treatment, Grapevine/Literature, Events Coordinator, and Young People. At ESIG, we periodically receive requests for AA Service work, and our service focals collaborate with district and area service committees to facilitate these opportunities and ensure effective support.

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



\$2,500.36

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

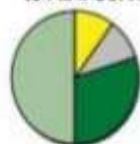
District 38

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

