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PASS IT ON

Eastside Intergroup Newsletter

Issue 100 November 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.

eastsideaa.org



Alcoholics
Anonymous®

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



From the Spiral #59

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.

Resentment is a lack of acceptance.

The Big Book tells us all about how resentment is one of the things to watch out for because like life, it is a relentless force. There is no magic pill that can wipe out the deliberate manufacture of misery. It must be that resentments are a byproduct of being in the world. They are also signals to stay vigilant when it comes to our program of recovery. My car has a fuel gauge to let me know when I need to stop and add more so I can keep driving. What I do with my resentments and how quickly I take action acts as a measure of my current spiritual condition. The longer I let a resentment stick around, the more likely it is to control my attitude, actions, and outcomes. It all begins with expectations. Expectations are future resentments. Resentments indicate nothing more than a lack of acceptance. My Sponsor does not ask me what my resentments are. He asks me what are the people, places, and things in my life that I am not currently accepting.

2. It's easier to stay than to come back in.

For now, I have not left and had to come back in to the rooms. That is an experience I do not want. If you are reading this and have done so, I am proud of you. Going into a meeting of Alcoholics Anonymous in the first place is nothing short of a miracle. Hearing this warning a few weeks ago gave me a healthy dose of fear. Instead of letting that fear grow and take over, I did a temperature check of my current state. The trick is to not do this on your own. In fact, the keystone of our entire community is to not do anything on your own because that approach does not produce a winning streak. There is nothing wrong with growing stagnant in your program. It is okay to develop resentments toward aspects of a meeting, family member, or job. Keeping it a secret, however, marks the early stages of a potential relapse. Listening to some of our friends talk about how hard it was to return to us is terrifying to listen to, so it reinforces the easy choice to stay regardless of how it feels. Not all of us make it back. If you're thinking of taking a vacation, please reach out before you go.

3. My faith is a direct result of results.

The other night, my Sponsor and I talked about how faith without works is dead. We likened it to other examples in life to truly understand and frankly verify its validity. Faith alone does not keep us sober so we work a program. Wishing and praying for a goal will not help you reach it until you start to actually move. The results I have been given automatically compel me to give thanks and continue doing what brought the results in the first place. Additionally, when something truly amazing lands in my lap in terms of results, my first thought is: Who needs my help? I know it sounds cheesy, but it is a result of laying a firm foundation in the program of Alcoholics Anonymous. Faith + works = results.

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!



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 39 2025 Gratitude Dinner



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



Gratitude Banquet Volunteer Meeting

Saturday, November 8th at 12 PM

Zoom ID: 347 206 1035

Passcode: 1234

Zoom Link:

<https://us06web.zoom.us/j/3472061035>



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**



Live at Pine Lake

Speaker Meeting

Saturday, November 8, 2025

7:00 – 8:30 PM

Featuring

Patrick R.

from Lacey, Washington

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





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

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

SPEAKERS
FELLOWSHIP
50/50 RAFFLE
ARCHIVES
DISPLAY

NOV
8
4:30 PM
SATURDAY

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



Candlelight

ResidenceXII
FOUNDATION
Supporting Women in Recovery

Join us Dec 5th

Please join us for
Candlelight, an annual
celebration for women in
recovery and those
exploring a sober life.

Candlelight 2025: December 5, 2025

Program details

6:30 pm – Doors open
7:00 pm – Lite hors-d'oeuvres
7:30 pm – 9:00 pm – Program

Free parking and event location

Mobius Hall | UW Bothell Cascadia Campus
North Garage 18500 Campus Way NE, Bothell, WA 98011
See registration page for full event details, including free parking information.

**Reserve your free ticket
Scan QR code below
to register today**

<https://residencexiifoundation.org>



EASTSIDE INTERGROUP

HOLIDAY

Open House

SATURDAY, DECEMBER 6TH

COMMUNITY OF RECOVERY

FELLOWSHIP. FOOD . SHOP

10AM - 2PM

ESIG: 13401 BEL RED RD. B-6, BELLEVUE

MORE INFO : 425-454-9192

EASTSIDEAA.ORG

Contribute to Washington State's 85th Anniversary Celebration

On April 19th, 1941, four alcoholics gathered in room 522 of the New Washington Hotel for the first meeting of Alcoholics
Anonymous in Washington State.

Celebrate our statewide 85th Anniversary with us in Spring 2026.
In an attempt to raise funds for this event we are offering members a permanent place in the history of AA of WA.
We are purchasing two beautiful leather journal style books to record your donations which will become a part of Area 72 and Area 92 archives forever.

Our suggested contribution is \$1.00/year of sobriety
The entry in the book will reflect name, home group sobriety date Area and District.

To contribute digitally please scan the QR Code



ESIG 2025 Group Contributions YTD

Pg 1

	Jan 25	Feb 25	Mar 25	Apr 25	May 25	Jun 25	Jul 25	Aug 25	Sep 25	Oct 25	TOTAL
12 & 12 Fellowship Hall						\$100.00					\$100.00
59 Minutes At Pine Lake					\$240.00						\$240.00
A Way Up											\$0.00
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	\$149.74	\$2,160.51
Any Lengths Group							\$125.00				\$125.00
Bel-Kirk Saturday Breakfast											\$0.00
Bel East Lunch Group	\$200.00										\$200.00
Bellevue Group				\$400.00							\$400.00
Bellevue Men's Meeting											\$0.00
Bellevue New Group											\$0.00
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					\$160.00	\$244.56
Bills Kitchen											\$0.00
Came To Believe (Carnation)			\$75.00				\$75.00				\$150.00
Counter Sales											\$0.00
District 34											\$0.00
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											\$0.00
Eastside Stag							\$270.00				\$270.00
Eastside Women	\$160.00				\$144.00			\$200.00			\$504.00
Essentials											\$0.00
Fairwood Group											\$150.00
Fresh Start	\$100.00	\$200.00	\$220.00			\$200.00	\$200.00	\$200.00	\$200.00	\$200.00	\$1,520.00
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			\$2,040.00	\$6,660.00
Frontstream (Costco)				\$2,040.00							\$2,040.00
Gay Men In Recovery								\$214.56			\$214.56
Grace Rules											\$0.00
Higher Powered at Gold Creek			\$266.57	\$156.91	\$185.97	\$86.00	\$320.40	\$195.12	\$286.68	\$212.05	\$1,709.70
Hope Hall Step Study					\$62.29						\$62.29
HOW - Women NorthBend						\$150.00					\$150.00

ESIG 2025 Group Contributions YTD

Pg 2

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	\$281.00	\$1,423.59
Living Sober Online	\$62.21	\$183.45		\$116.45	\$147.45		\$96.76			\$150.76	\$757.08
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	\$1,018.00	\$10,064.00
Nameless Bunch of Drunks International	\$374.16	\$416.55	\$286.99	\$110.00	\$315.00	\$240.00	\$185.00	\$430.00	\$125.00	\$90.00	\$2,572.70
Nooners	\$500.00		\$500.00	\$500.00					\$500.00		\$2,000.00
No Perfect People Allowed	\$257.50			\$157.50			\$132.50			\$120.00	\$667.50
North Bend Group											\$0.00
North Creek Study Group	\$200.00					\$175.00					\$375.00
Pine Lake Stag											\$0.00
Practicing The Principles			\$943.50							\$285.21	
Recovery Through Honesty										\$50.00	\$50.00
Redmond Recovery											\$0.00
Reflections										\$60.00	\$60.00
Regla 62 Grupo	\$40.00		\$80.00		\$40.00	\$40.00		\$80.00	\$40.00	\$40.00	\$360.00
Right Side of the Tracks											\$0.00
Sammamish Big Book Study	\$114.00										\$114.00
Sammamish Plateau Women's Step Study	\$100.00										\$100.00
Saturday Women's Share											\$0.00
Serenity Break						\$1,000.00	\$1,200.00	\$1,200.00		\$1,200.00	\$1,200.00
Serenity Break Online			\$250.00							\$839.04	\$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	\$554.13	\$845.45	\$8,815.24
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

ESIG 2025 Group Contributions YTD

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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				\$3.00	\$388.50
Sober At Cottage Lake												\$0.00
Sober Camels	\$610.00				\$500.00							\$1,110.00
Sober Gals									\$50.00			\$50.00
Sober Rebels												\$0.00
Sober Seniors			\$300.00	\$25.00		\$100.00						\$425.00
Sober Sisters East							\$450.00					\$450.00
Steppin Up									\$354.00			\$354.00
Stepping into Recovery												\$0.00
Steps to Freedom			\$100.00					\$100.00				\$200.00
Stillwater Serenity	\$66.00		\$88.00					\$136.00				\$290.00
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				\$276.36				\$579.19
The Overlake Group			\$635.00									\$635.00
The Shack		\$5.00	\$32.00		\$9.00		\$4.00	\$25.00	\$2.00			\$77.00
Thusrday Night Candlelight			\$125.00		\$150.00							\$275.00
Tiger Mountain OSAT	\$500.00		\$6.00					\$405.00				\$911.00
Tiger Mountain Stag				\$200.00		\$200.00		\$200.00				\$600.00
Tons of Grace		\$309.50										\$309.50
Tuesday Issaquah Big Book Study	\$208.00						\$150.00					\$358.00
Tuesday Night Solutions		\$93.00						\$183.00		\$100.00		\$376.00
Up The Creek				\$50.00					\$50.00			\$100.00
Wake Up	\$47.65			\$121.37								\$169.02
Women's Big Book Study		\$136.28			\$81.54							\$217.82
Women's Saturday Share												\$0.00
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		\$0.00	\$150.00			\$150.00		\$450.00
Women of Worth							\$69.00			\$20.00		\$89.00
Woodinville Wed. Fellowship	\$122.25						\$134.03			\$102.47		\$358.75

\$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 \$7,392.47 \$79,101.45



EASTSIDE INTERGROUP OFFICE REPORT

11/6/2025

Office Activity:

October was a busy month, with all 5 districts finalizing details for their respective Gratitude Dinners. Tickets are already sold out for District 34's banquet on the 22nd. The Alano club held a Halloween party as well as several Seahawks Game Day viewing events – more of these are taking place throughout November. See our website and our flyer wall in the office (eastsideaa.org/events/) for a list of dates and flyers for these and all upcoming events in the area.

Coming up- Eastside Intergroup is hosting a **Holiday Open House!** This will take place from 10am-2pm on December 6th. Please join us for some holiday snacks and drinks, socialize with your AA friends (and meet new ones) and do a little holiday shopping! Please help us spread the word, and we can't wait to see you all there as we welcome the Winter Season!

As we have been discussing the last few months, ESIG is no longer hosting multiple zoom accounts for Groups' use as of Nov 1st. This is a cost-saving measure, which will decrease our operating costs by ~\$500/year. We have been working with each group that is being affected by this change to ensure they are able to find alternative hosts, are set up with and ready with new zoom accounts and that these changes are reflected in our online meeting guide. Please contact our office if you are still in need of help with this transition.

Sales had a boost this month due to a large literature order from Milam. Otherwise, sales are looking very stable. Contributions are up a bit from last month – and as always, we are grateful for each contribution that we receive, no matter the amount!

What's Selling!

Items sold for the month of October:

AA Published Literature	913	Grapevine Books	2
Grapevine and other Literature	20	Schedules	139
Al-Anon	1	Gifts	11
AA Pamphlets	243	Bookmarks, Greeting Cards	47
Coins	511	Jewelry	0
Hazelden, Other Books	11		

Hotline:

The hotline has been operating efficiently. A big thank you to the volunteers who provided valuable support by handling after-hours hotline calls in October: 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. We always welcome new faces to our hotline volunteer pool – please reach out to us at esig@eastsideaa.org if you are interested!

Volunteer Support

We love having volunteers in the Eastside Intergroup office and are hoping to add a few more fantastic volunteers to our group! Volunteers provide a variety of support services including answering phone calls and assisting with tasks such as inventory management, shelf stocking, and sales transactions. Please feel free to stop by or email us if you have any questions about this opportunity – it is truly a fulfilling way to help serve your AA community. A huge thank you to our recent volunteers: Ted W, Tim C, Ken T, Ulf W, Patti B and Amber A. And a special thank you to Vincy Y and Carla L who have been long-time volunteers both at the office as well as at many of our ESIG events. Last week was their last week volunteering with us, and we hope you will help us spread our gratitude to them both for all the hours and heart they have put into ESIG for many years.

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 focus collaborates with district and area service committees to facilitate these opportunities and ensure effective support.

Respectfully Submitted by Ali v.

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?
pwd=MG02L21hZXk1Y3N0UG1pZnILSVFKQT09](https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnILSVFKQT09)
All members welcome!

Pink Can Donations 2025

- Eastside Women \$2,805.41
- Friday Night Firehouse
- Juanita Triangle
- Kenmore Friday Niighters
- 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



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



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

