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# PASS IT ON

## Eastside Intergroup Newsletter

### Issue 101 December 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](http://eastsideaa.org)



Alcoholics  
Anonymous®

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



# From the Spiral #60

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.

## *Surrender the outcomes and results.*

Life on life's terms is another way of saying we are not running this thing. My happiness and self worth used to be dependent on being the best, making the most money, winning at everything, and being the smartest guy in the room. My alcoholism thrived on my inability to never obtain or be any of those things despite my best efforts. Drinking was an escape from exhaustion and frustration. Nothing I did ever worked out, and I was always trying to resist people who I thought were hoping to run my life. A.A. taught me how to let it all go and stay out of the outcomes and results business. As a newcomer, I could not wrap my mind around such a concept, but working the steps and talking with people who have been around awhile helped me truly learn how to surrender. Keep in mind that expectations are future resentments.

## *2. Establish a firm foundation.*

A.A. will give you a life that takes you away from A.A. The vast majority of us did not attend our first meeting on a winning streak. Additionally, just because we work a program and stay sober for awhile does not mean we will never lose again. When done correctly, however, the promises will come true and before you know it, amazing things will happen. Your schedule will fill and people will enter your life and love you. If you had a job before A.A. you will now have a career. Single before, married now, and so on. After a year or two, meetings may slip down the list of priorities and something will trip you up, but it doesn't have to lead to the bottle. When you begin working the steps, do not do it alone. Do an honest and thorough 4<sup>th</sup> Step. Find out where you fit in and put yourself in the middle of that herd. Have a solid set of rituals in the morning and before bed. If you lay the groundwork from the beginning, it will make the difference between a bumpy ride and a crash.

## *3. My fear comes from a desire to protect myself and feel secure.*

You will hear the word fear at least once in a meeting. As you work the steps, your Sponsor will help you dig deeper into your fear in order to determine where it comes from. A great Sponsor will not start you off at Step One, but instead will suggest that you make a Fears List. This list is an opportunity to help your Sponsor truly understand where you're coming from and what drives your decision making. Our behavior is learned and is a form of communication. What tends to motivate our behavior is fear. Some of us are afraid of success so we self sabotage before we make it to the medal stand. Others are afraid to lose control so they box themselves in and keep people, places, and things at a distance. Once you discover where your fear comes from, you can start to experience self-compassion and become open to what it means to operate from a place of faith instead of fear,

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

-Matthew T.

## Zoom in AA

by Emily G.

My name is Emily, and I'm an alcoholic. I am a sponsor, and I have a sponsor, who has a sponsor, who also has a sponsor, and she has a sponsor as well. Many of us are separated physically, but joined in fellowship and able to work the steps together through the miracles of AA and technology. As we enter the holiday season, a time that is notoriously tough for mental health and frequently centers around celebrations with alcohol, I have been reflecting on the many gifts Zoom provides us for fellowship and twelfth step work. It removes barriers like time of day or night, transportation difficulties (through inebriation, legal consequences, poor night vision, lack of funds, and much more), and the newcomer fear of walking into a local meeting and running into someone you know. Zoom broadens our ability to be inclusive so we may further our mission to share our experience, strength and hope with each other that we may solve our common problem and help others to recover from alcoholism. Here are some of our online experiences in fellowship:

“Since joining Serenity Break it's allowed me to have a safe haven when life is getting too much. I have a home group, service at physical meetings but to have a safe place to attend when I can't face the world or my obligations require me to stay home is a LIFE LINE!” - Feryl M.

“I'm someone who has primarily done only Zoom Noon Meetings and I had a moment of clarity one time while doing Zoom, the first time in my Home Group called the Auburn Awake Zoom Group when It slowly dawned on me that a I was an alcoholic in Recovery...! Another of the things that makes our Group unique is that we offer Cards and Coins, to newly sober alcoholics. Who should choose to continue with us. Its a joy to get our Cards and Coins via Postal mail. And we often share that day with each other when it does arrive in the Mail. Also we have a Group/Chat thing going on our phones on certain days that enable us to cover for each other throughout the week and on weekends. We also pray for one another through the Group Chat.” – Scottie D.

“For me, zoom meetings were a godsend. I was on house arrest and unable to attend in person meetings. If it weren't for Zoom meetings, I wouldn't have been able to participate in AA. AA has saved my life so in essence, Zoom meetings have.” - Rob O

“Zoom meetings during Covid helped me stay connected to my home group and enabled me to find my first service positions--as Zoom host, secretary, and service coordinator--in the Bellevue area. It was, and is, fantastic to see newcomers find sponsors and work the 12 steps on Zoom, and it shows me that this program really works! I became particularly close with my Zoom home group when my first child was born in early 2022. I was 10 years sober at that point and, despite needing community more than ever, was functionally isolated at home in the postpartum period amid a new resurgence of Omicron cases. It was important for me to protect my child's health and my health, and yet I didn't have to sacrifice my attendance at meetings. Several days a week, I could listen in on a meeting with my camera off or participate in the meeting with my camera on with my child in my arms. The bonds I built with long-time and new members of my Zoom home group, Serenity Break Online, stay with me today, and I know when my second child is born in early 2026, I will have a place I can go until I am ready to also start attending in person meetings again!”

- Jaimie L

# 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!



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



## Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.

1



Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.

2



Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.

3



Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.

4



Find out about the special holiday parties, meetings, or other celebra-

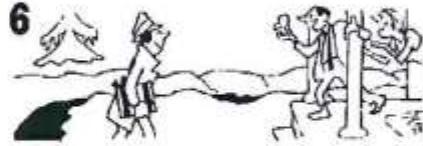
tions given by groups in your area, and go. If you're timid, take someone newer than you are.

5



Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.

6



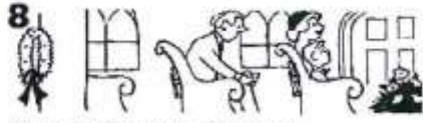
If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.

7



Don't think you have to stay late. Plan in advance an "important date" you have to keep.

8



Worship in your own way.

9



Don't sit around brooding. Catch up on those books, museums, walks, and letters.

10



Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."

11



Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.

12



"Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

Reprinted from *Box 459* with permission.

# Happy Holidays



# Candlelight

**ResidenceXII  
FOUNDATION**  
Supporting Women in Recovery

**Join us Dec 5<sup>th</sup>**

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



## WOMEN IN EARLY A.A.

PRESENTER  
NANCY K.  
(AREA 6 ARCHIVIST)

Join us for limited spots on zoom  
English/Japanese translation

Part 1 -December 13th Sat 8pm (PST)  
Part 2- December 27<sup>th</sup> Sat 8pm (PST)

ID 850 8944 2391 PW women

Contact  
Tetsuya U. 9738uesato@gmail.com  
Chia S. chiewhow@gmail.com



**Bellevue Group's  
Annual Holiday  
POTLUCK AND  
SPEAKER MEETING  
December 15th**

**Join us for an evening of food, fellowship  
& an inspiring speaker, Michael C!**

**Bring a dish, bring a friend, & your holiday spirit!**

**6:30- Potluck  7:30- Meeting & Speaker  
Childcare provided**



**St. Thomas Episcopal Church  
8398 NE 12th Street Medina, WA 98039**



District 36



## ★ HOLIDAY ALCOTHONS

*Round the Clock AA Meetings!*

The Hall in Duvall



16661 W Snoqualmie River Rd  
Duvall, WA 98019



### Christmas Alcothon

Christmas Eve @ 5:00 PM – Christmas Day @ 7:00 PM



### New Year's Alcothon

New Year's Eve @ 5:00 PM – New Year's Day @ 2:00 PM



*Bring your favorite snacks to share*



Sign up to Secretary an Alcothon Meeting:  
[alcothon@snovalleyaa.org](mailto:alcothon@snovalleyaa.org)



Website: [snovalleyaa.org](http://snovalleyaa.org)





Millennium & D38 YP Presents

# ROCKETED INTO 2026

*Ring in the New Year with  
dancing, fellowship, and fun!*



**Immediately  
following  
Millennium's  
NYE Speaker  
Meeting  
730P-830P**

#### Need 2 Know:

- Suggested \$10 at the door
- Theme: **Out of This World**
- Bring your dancin' shoes!
- Concessions Available

**DEC. 31 2025**  
**START AT 9 PM UNTIL 12:30 AM**

*Kirkland Congregational  
Church in the **BASS**ment*  
106 5<sup>TH</sup> AVE KIRKLAND, WA 98033



To volunteer or ask questions text/email D38 Young Persons Chair:

206-288-3840 **or** [dist38yp@area72aa.org](mailto:dist38yp@area72aa.org)

## Contribute to Washington State's 85<sup>th</sup> Anniversary Celebration

On April 19<sup>th</sup>, 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 85<sup>th</sup> 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	Nov 25	TOTAL
12 & 12 Fellowship Hall						\$100.00						\$100.00
59 Minutes At Pine Lake					\$240.00							\$240.00
A Way Up											\$500.00	\$500.00
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	\$869.74	\$3,030.25
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											\$150.00	\$150.00
Bellevue New Group												\$400.00
Benevity Fund Donation	\$749.44	\$600.00		\$800.00	\$400.00		\$400.00	\$800.00	\$400.00		\$200.00	\$4,349.44
Better Odds Sober					\$500.00		\$200.00				\$150.00	\$850.00
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						\$337.50	\$889.00
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		\$150.00
Fresh Start	\$100.00	\$200.00	\$220.00			\$200.00	\$200.00	\$200.00	\$200.00	\$200.00	\$200.00	\$1,720.00
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	\$260.95	\$1,970.65
Hope Hall Step Study					\$62.29							\$62.29
HOW - Women North-Bend						\$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			\$190.50	\$694.26	
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				\$250.00	\$450.00	
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	\$154.51	\$911.59	
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		\$50.00	\$426.56	
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	\$1,016.00	\$11,080.00	
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	\$80.00	\$2,652.70	
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				\$1,228.71
Recovery Through Honesty											\$50.00		\$50.00
Redmond Recovery											\$250.00		\$250.00
Reflections											\$60.00		\$60.00
Regla 62 Grupo		\$40.00		\$80.00		\$40.00	\$40.00		\$80.00	\$40.00	\$40.00		\$400.00
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	\$1,200.00	\$7,000.00
Serenity Break Online			\$250.00							\$839.04	\$250.00		\$1,339.04
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	\$845.45	\$1,200.00	\$10,015.24	
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

Pg 3

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		\$60.00		\$137.00
Thursday Night Candle-light			\$125.00		\$150.00						\$75.00		\$350.00
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						\$336.34		\$554.16
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 \$7,970.54 \$87,071.99



## EASTSIDE INTERGROUP OFFICE REPORT

12/4/2025

### Office Activity:

I hope that you all had a fabulous Thanksgiving Holiday if you celebrate, filled with community, connection and great food! As we move into December, the ESIG Holiday Open House is quickly approaching. Please join us in the office (13401 Bel Red Rd, Ste B6, Bellevue) THIS Saturday, Dec 6<sup>th</sup> from 10am -2pm. We will have warm drinks and snacks to nibble on while we shop for all your AA needs and enjoy the fellowship of our AA community. Look for several great sales and some new items to enjoy!

Sales were down a bit this month, and we are hoping that the Open House will help jump start our sales figures again. Contributions saw a significant increase from this month last year (About \$2000 increase - thank you!). While this is truly appreciated, our contributions to date for the year are still significantly lower than in previous years. We continue to ask for support from your groups if you have not had a chance to contribute yet, and as always, welcome any questions or feedback on how we can be most useful to our AA community!

Please continue to use our website at [EastsideAA.org](http://EastsideAA.org) to find an updated meeting finder, as well as info / printable flyers for local events and more!

### What's Selling! Items sold for the month of December:

AA Published Literature	91	Grapevine Books	1
Hazelden	32	Schedules	128
Al-Anon	1	Gifts	16
AA Pamphlets	288	Bookmarks, Greeting Cards	20
Coins	306	Jewelry	2
Other Literature	6		

### Hotline:

The hotline has been operating efficiently, with 27 calls coming in last month. Of the 27, 5 went to voicemail and 2 were hang ups. The following individuals provided valuable support by handling after-hours hotline calls in November: Moniece, Brian, Ben, Chuck, Carmen, Sheree, Ginny, Laine, Mark J, Marisa, Mark P, Happy, Tomi, Jim, Tom, Evan, Marc R, Michael, Tammy, Julie and John. We appreciate your commitment and dedication to delivering this important service. Also, thank you to Marc R. who has moved out of the area into a blissful retirement. Thanks, Rosie!!

### Volunteer Support

We love having volunteers at ESIG— and are seeking additional 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 and Amber, as well as welcoming back both Patti B and Sarah to the office. We really appreciate all you do to help keep us running smoothly!

We would like to extend a big welcome to Candyce B, who is taking on the role of Events Coordinator – we are looking forward to working together on our events next year! We still have several openings for Service Focal positions in the following areas: Treatment, PI/CPC, Grapevine/Literature, 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 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 \$2,954.91
- 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](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



## 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

