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PASS IT ON

Eastside Intergroup Newsletter

Issue 102 January 2026



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 #61

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.

1. *Every day is a do-over.*

It should be no surprise that the meetings I have been to lately have been focused on Step One. One of my friends shared a simple translation that has inspired me to refresh my the maintenance of my Spiritual Condition. Step One is all about powerlessness. The Serenity Prayer helps me sort out what I can and cannot control. If I am powerless over alcohol on Monday morning, it's a good bet the same will be the case for Tuesday morning. Ask your Higher Power to keep you sober as you start your day and then do the same the next day. Talk to your Higher Power about what you're powerless over and humbly ask for guidance in your actions. If every day is a do-over, then there is no such thing as perfection, only practice.

2. *Talk about what's ACTUALLY going on.*

Outside of the rooms, people can be mildly curious about what's going on with you. When it comes to our community, the more you express what's actually going on, the more spiritual you will be so that you can be available to others in service. When people ask me how I am, my instinct is always to impress and entertain. I feel like I am being tested so I behave as though I am trying to measure up or seek approval. Answering a question in this manner leaves me feeling spiritually ill. Yet when I share what's actually going on to my Sponsor or to the group during a meeting, I only feel ill right before I start talking. Once I am finished, I feel free, heard, and loved. In other words, I get to experience hope.

3. *External wins will get you going, but the internal work will keep you here.*

Having a Sponsor and completing the steps provides an unspoken promise: it only becomes easier to share your truth in the future. Cleaning up your side of the street is no easy feat, but as the years go by, the real work becomes apparent. Eventually, it will become an inescapable project that will demand your attention...or at least this is the case for me. I laid the groundwork with a Sponsor I trust so I had no problem confessing where I was at with him not long ago. He immediately laid some new tools at my feet and offered a few reminders to make sure I don't overcomplicate things. This program has taught me how to pay attention to my thoughts and reoccurring resentments because they are vital signals that there is more work to be done. If I do the work, I get to keep my seat.

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 38 – Kirkland

www.kirklandaa.org



Service Opportunities Await!

Want to grow in sobriety? Give back through service!

District 38 has several exciting open service positions — a chance to connect, learn, and help carry the message of A.A. beyond the meeting room.



Treatment Facilities Chair

Help bring A.A. meetings and "Bridging the Gap" support to those leaving treatment centers. Coordinate with local districts, maintain contacts, and share Grapevine subscriptions.



Grapevine & Literature Chair

Be the link between members and A.A. materials! Keep literature displays current, bring them to workshops and assemblies, and promote Grapevine reps in groups.



Corrections Chair

Carry the message behind the walls. Support A.A. meetings in correctional facilities and help guide committees through training and assistance.



Accessibility Chair

Make A.A. available to all

who seek it. Focus on access issues, remote communities, and language inclusivity. Participate in Area meetings.

Coming Spring 2026:

District Service Workshop

Learn how to get involved, meet trusted servants, and explore what district service is all about.

Questions?

Reach out via our website:
www.kirklandaa.org

District 38 Business Meeting

meets on the **second Tuesday of every month**
upstairs at Kirkland Congregational Church.



ALCOHOLICS ANONYMOUS GROUP

DO YOU THINK YOU HAVE A PROBLEM WITH ALCOHOL?

WE ARE HERE TO HELP

OPEN MEETINGS / EVERYONE IS WELCOME



GRUPO REGLA 62

Meetings

Mondays: Hybrid Meeting

In person: 16540 NE 00th ST, Redmond, W, A

Zoom ID: 917 6571 1060-Password: REGLA62

Pacific Time: 7:30 to 8:30 PM

Central Time: 9:50 to 10:30 PM M

Mountain Time: 10:30 to 11:30 PM

Fridays: Virtual Meeting

Same time and Zoom ID



SPEAKER MEETING

Virtual Only

Every third Monday of the month
Bilingual Meeting with Spanish to English and
English to Spanish translation

Zoom ID: 835 5592 2611 (no password)

At the same time

MORE INFORMATION

In English: East side Intergroup Office

Phone: 425 454.9192

In Spanish: Fermin D,

Phone: 425 518 1383

Email: Regla62@hotmail.com

Grupo de A.A. REGLA 62
Redmond, WA

Los invita a nuestra junta de oradores cada tercer lunes del mes con participación de A.A. y Al-Anon.

Próxima junta: Enero 19, 7:30pm. Horario del pacífico

Expositor de Al-Anon: Bob R
Expositor de A.A.: Karen M

7ma. Tradición via Venmo, solo para miembros de AA
Venmo: <https://account.venmo.com/u/Carlos-Escobar-88>
Zelle: Carlos Escobar 206-351-2744

Traducción de ingles al español disponible

Para mas información: Fermin 425-518-1383
Email: regla62@hotmail.com

<https://eastsideaa-org.zoom.us/j/83555922611>
ID: 83555922611
no requiere contraseña



REGLA 62 A.A. Group
Redmond, WA

Invites you to join us the third Monday of every month to our AA speaker meeting with Al-anon participation.

Next meeting: January 19th at 7:30pm pacific time.

Al-Anon speaker: Bob R
A.A. speaker: Karen M

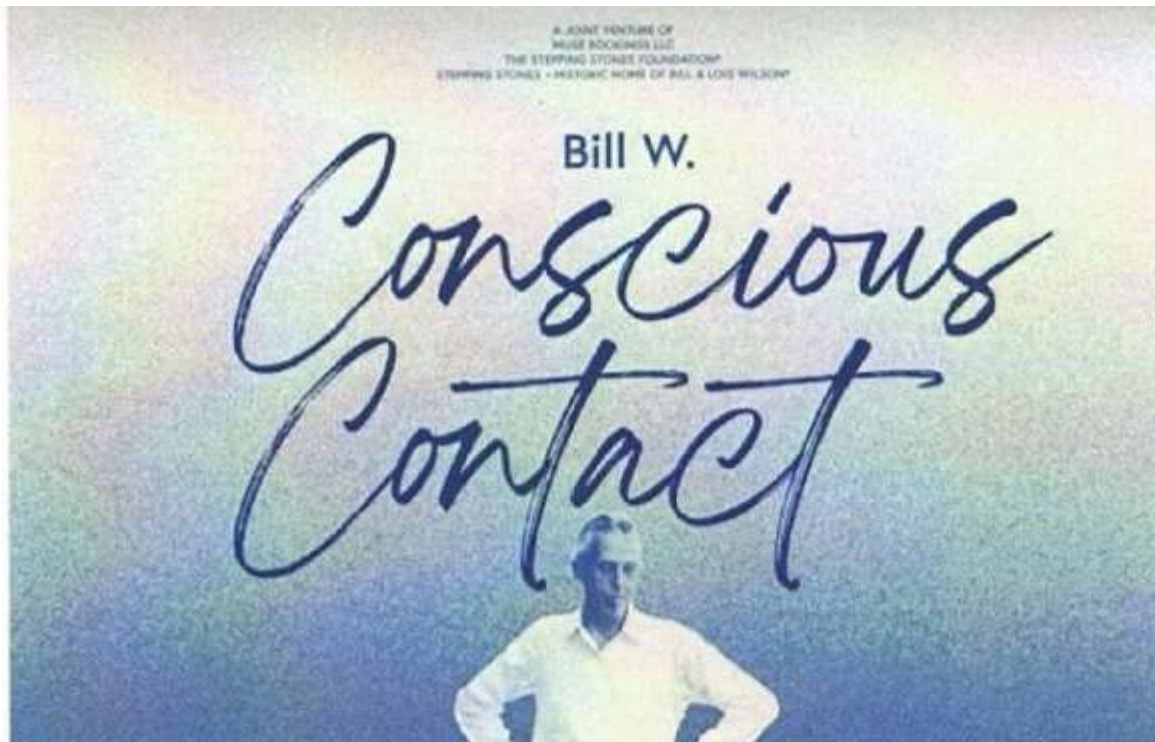
7th tradition via Venmo, only AA members
Venmo: <https://account.venmo.com/u/Carlos-Escobar-88>
Zelle: Carlos Escobar: 206-351-2744

Translate from Spanish to English will be available.

For more info: Fermin 425-518-1383
email regla62@hotmail.com

<https://eastsideaa-org.zoom.us/j/83555922611>
ID: 83555922611
no password required





Discover the powerful story behind the founding and evolution of Alcoholics Anonymous.

Bill W.: Conscious Contact explores the Twelve Steps, the early traditions, and Bill W.'s own expanding spiritual awareness—his “conscious contact”—and how it shaped the fellowship we know today.

Join us for an uplifting gathering with like-minded seekers as we deepen our own spiritual paths and grow together, **one day at a time.**

Date: January 25th, 2026

Place: Center for Spiritual Living Seattle, 6318 Linden Ave N., Seattle

Time: 12:45pm (following the 11am Sunday Talk)

For More information: 206-527-8801, info@spiritualliving.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



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[illegible]

ESIG 2025 Group Contributions

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		\$226.50	\$615.00
Sober At Cottage Lake													\$0.00
Sober Camels	\$610.00				\$500.00							\$1,000.00	\$2,110.00
Sober Gals									\$50.00				\$50.00
Sober Rebels												\$175.00	\$175.00
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				\$150.00	\$350.00
Stillwater Serenity	\$66.00		\$88.00					\$136.00				\$36.00	\$326.00
Sunday Big Book Study						\$125.00						\$100.00	\$225.00
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 Candlelight			\$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										\$310.00	\$619.50
Tuesday Issaquah Big Book Study	\$208.00						\$150.00						\$358.00
Tuesday Night Solutions		\$93.00						\$183.00		\$100.00		\$90.00	\$466.00
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		\$200.00	\$650.00
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	\$6,536.82	\$7,392.47	\$7,920.54	\$15,059.63	\$102,031.62



EASTSIDE INTERGROUP OFFICE REPORT

1/08/2026

Office Activity:

We began our month with a successful Open House at the ESIG office – thank you to all who stopped by to shop, socialize and enjoy some food and drinks! I really enjoyed meeting so many people and getting a chance to chat on a more personal level with everyone. It was also fantastic to hear about the many events which the districts held around the Holidays, with several Alcohols, Dinners, Speaker meetings and Dances throughout the month. I love how our community prioritizes both the importance of supporting sobriety over the holidays as well as having fun and enjoying the fellowship while we do it!

Some December Numbers:

December Contributions	\$15,059.63
Annual Contributions	\$102,061.62
December Sales of Merchandise	\$3,974.75

Sales were up slightly for the month. December contributions were extraordinary; our highest month of contributions for the year- bringing our total contributions for 2025 to \$102,061.62. We are extremely grateful for the generosity of our groups and individuals who contributed and will continue to strive to use these funds responsibly. To this end, we have been looking for additional ways to decrease office costs. Just some of the upcoming changes will be a change to a less expensive storage unit, decreasing administrative costs through using google for non-profits, and by decreasing our payroll dollars. We are continuing our office Manager transition, with Ali v. moving into the Office Manager position in March, with continued support by Doug who will stay on as Office Assistant to help the transition flow smoothly.

Hotline:

Our Hotline Coordinator, Mark, will give a more detailed report for the month but things have been running smoothly, with a total of 62 calls coming in this month. We've had several valuable interactions with callers both during and after office hours. The following individuals provided valuable support by handling after-hours hotline calls in December: Moniece, Brian, Ben, Chuck, Carmen, Sheree, Ginny, Laine, Mark J, Marisa, Marc P, Happy, Tomi, Jim, Tom, Evan, Michael, Tammy, Julie and John. We appreciate your commitment and dedication to delivering this important service.

Volunteer Support

We would still love a few more office volunteers! Volunteers' 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. And as always, we wanted to extend a huge thank you to this month's office volunteers: Ted W, Tim C, Ken T, Ulf W, Patti B, Sarah, Robin and Amber A. Lastly, we still have several committee chair openings: Treatment, PI/CPC, Grapevine/Literature and Young People, as well as one open Board member position. Please help spread the word - If you know of anyone willing to serve a three year term on the board, or fill a vacant chair position, contact Ray (chair@eastsideaa.org) or the office at esig@eastsideaa.org.

- 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?](https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnlSVFKQT09)

[pwd=MG02L21hZXk1Y3N0UG1pZnlSVFKQT09](https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnlSVFKQT09)

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



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

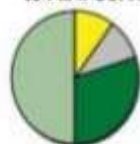
District 38

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

