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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](http://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](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!



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](http://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

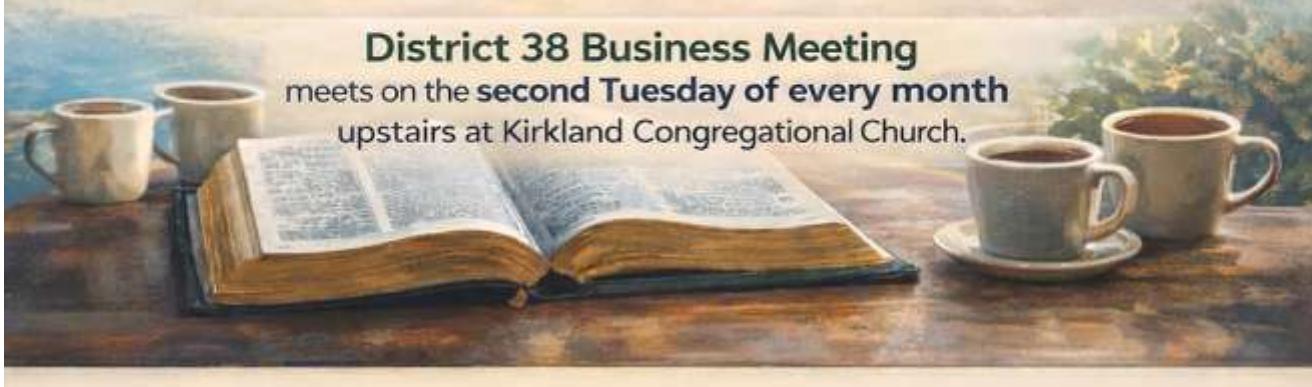
who seek it. Focus on access issues, remote communities, and language inclusivity. Participate in Area meetings.

### Coming Spring 2026: District Service Workshop

Learn how to get involved, meet trusted servants, and explore what district service is all about. Reach out via our website: [www.kirklandaa.org](http://www.kirklandaa.org)

### Questions?

**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



ALCOHOLICS  
ANONYMOUS

## 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

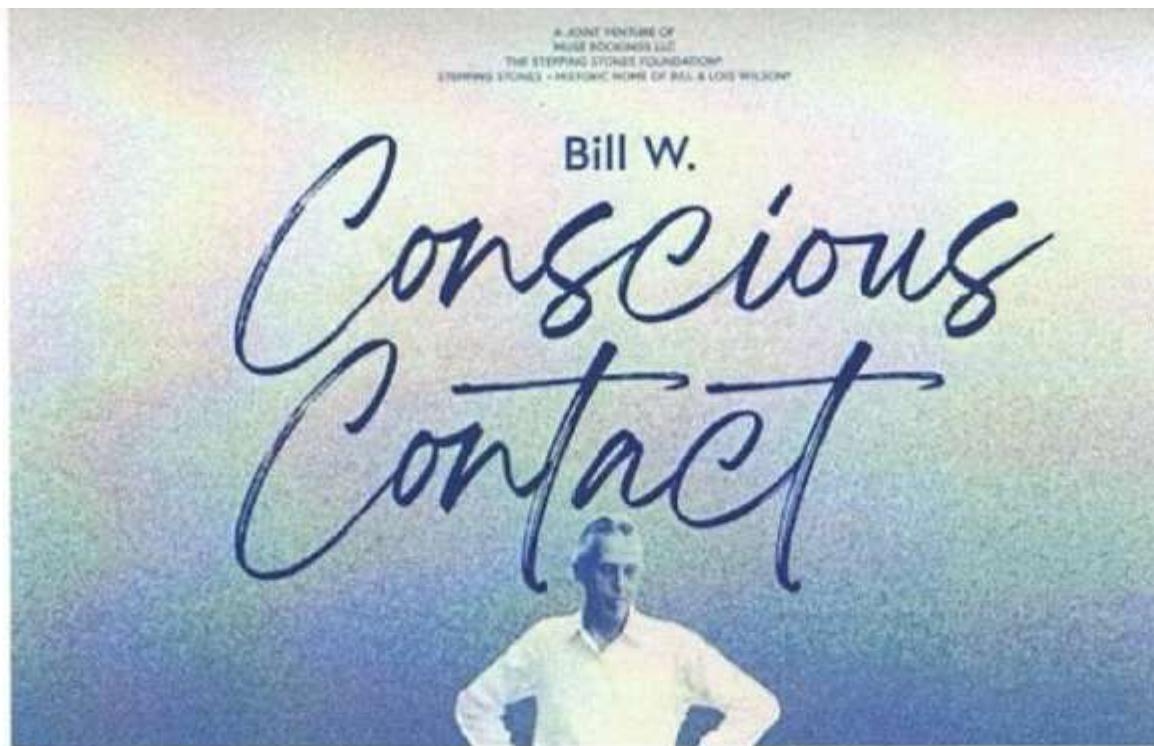
Phone: 425 454.9192

In Spanish: Fermin D,

Phone: 425 518 1383

Email: Regla62@hotmail.com

<p><b>Grupo de A.A. REGLA 62</b> Redmond, WA</p> <p>Los invita a nuestra junta de oradores cada tercer lunes del mes con participación de A.A. y Al-Anon.</p> <p>Próxima junta: Enero 19, 7:30pm. Horario del pacífico</p> <p>Expositor de Al-Anon: Bob R Expositor de A.A.: Karen M</p> <p>7ma. Tradición via Venmo, solo para miembros de AA Venmo: <a href="https://account.venmo.com/u/Carlos-Escobar-88">https://account.venmo.com/u/Carlos-Escobar-88</a> Zelle: Carlos Escobar 206-351-2744</p> <p>Traducción de inglés al español disponible</p> <p>Para más información: Fermín 425-518-1383 Email: <a href="mailto:regla62@hotmail.com">regla62@hotmail.com</a></p> <p><a href="https://eastsidetaa.org/zoom.us/j/83555922611">Https://eastsidetaa.org/zoom.us/j/83555922611</a> ID: 83555922611 no requiere contraseña</p>		<p><b>REGLA 62 A.A. Group</b> Redmond, WA</p> <p>Invites you to join us the third Monday of every month to our AA speaker meeting with Al-anon participation.</p> <p>Next meeting: January 19<sup>th</sup> at 7:30pm pacific time.</p> <p>Al-Anon speaker: Bob R A.A. speaker: Karen M</p> <p>7th tradition via Venmo, only AA members Venmo: <a href="https://account.venmo.com/u/Carlos-Escobar-88">https://account.venmo.com/u/Carlos-Escobar-88</a> Zelle: Carlos Escobar: 206-351-2744</p> <p>Translate from Spanish to English will be available.</p> <p>For more info: Fermín 425-518-1383 email <a href="mailto:regla62@hotmail.com">regla62@hotmail.com</a></p> <p><a href="https://eastsidetaa.org/zoom.us/j/83555922611">Https://eastsidetaa.org/zoom.us/j/83555922611</a> ID: 83555922611 no password required</p>
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**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 25<sup>th</sup>, 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](mailto:info@spiritualliving.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

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# ESIG 2025 Group Contributions

Pg 2

Higher Powered at Gold Creek			\$266.57	\$156.91	\$185.97	\$86.00	\$320.40	\$195.12	\$286.68	\$212.05	\$260.95	\$96.43	\$2,067.08
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
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										\$283.00
Kindred Spirits				\$100.00									\$100.00
Kirkland Attitude Modification			\$460.00										\$460.00
Kirkland Sobriety Headquarters			\$75.00					\$125.00				\$250.00	\$125.00
Ladies Step Study									\$164.88				\$194.04
Lifeline							\$50.00						\$160.00
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	\$80.20
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									\$766.21
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	\$1,000.00	\$12,080.00
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	\$200.00	\$2,852.70
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	
Reflections											\$60.00		\$100.00
Regla 62 Grupo	\$40.00		\$80.00		\$40.00	\$40.00			\$80.00	\$40.00	\$40.00	\$40.00	\$440.00
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
Serenity Break Online				\$250.00							\$839.04	\$250.00	
Serenity on Sunday	\$200.00					\$200.00		\$225.00					
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	\$700.00	\$10,715.24
Silverlake Study Group				\$375.00					\$350.00				\$725.00
Sisters of the Forest	\$20.00	\$20.00	\$75.00	\$10.00	\$5.00							\$2.00	\$132.00

# 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
Thusrday Night Candlelight			\$125.00		\$150.00							\$75.00	
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



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

### Pink Can Donations 2025

- Eastside Women \$3,160.41
- 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](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

