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# PASS IT ON

## Eastside Intergroup Newsletter

### Issue 103 February 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](http://AA.org) or download the Meeting Guide app.



[eastsideaa.org](http://eastsideaa.org)



## Seeking the Solution

by Emily G,

Some of what I am going to recommend may not be entirely possible for others who may be experiencing homelessness or food insecurity. I know I am speaking from a place of privilege and safety, but I have also checked off most things on this list from a jail cell. That's a constant reminder to myself of when I'm trying to turn an excuse into an explanation, and to instead do what needs to be done to stay in recovery.

This time of year, I am tired and feel like I'm treading water. I know there have been huge, wonderful changes in my life with my sobriety, but I don't always feel them. Physically acting "as if" is an important way to help me fully rewire.

If I listen to my body, I am reminded to go back to basics. Basics that I was 100% neglecting at the bottom of my disease. Ignoring bodily cues (irritation, cravings, restlessness) and basic bodily care is one of my early warning signs. I have to vigilantly work a program that acknowledges recovery is mind, body, and soul, like any other chronic disease.

When my body is telling me something, I need to listen and to take the next right action – and sometimes that is a contrary action. This is a time when I double down on basics and remind myself to live as a healthy person. The folks I know with and without a chronic disease who live a healthy life do *\*not\** want to do all these things all of the time, but they *\*still\** do them 90 something percent of the time. Literally everyone healthy is out there taking contrary actions. I am not alone or special in not wanting to do stuff. So what are the things I do?

I get outside no matter what the weather is. Sometimes it's just getting the mail. It doesn't have to be big. I get physically connected to the nature I am a part of and see other people out and about.

I get up around the same time every morning. 98% of the time I do not let that deviate by a full hour. I use an eye mask in the brighter seasons, and have a small amount of caffeine in the afternoon during darker seasons. I make sure my morning routines are prepped and easy to do so if I've gotten less sleep I still don't have excuses. I schedule some appointments for the morning – with others or simply self-imposed – and I stick to them. I set alarms and calendar things so I can see tasks and progress. I exercise. And just like with my morning routine, I try to get into bed around the same time every night. Even if I can't sleep. I always have a paperback book nearby. Or I do the less healthy thing and watch a show. But I am in bed.

I stay clean in every sense of the word. I make sure I'm practicing basic hygiene. I eat well, even if I don't feel like it. Mindfully. Not to fill a void. And I also can't avoid eating in an effort to control. I only take my body to places it will be nourished. This is the time to get my butt in an AA seat. This is a time to take my body to responsible places and make it show up for everything I've committed it to. This is the time to have the phone in my hand, ready for a call. This is the time to be closer to others.

I have a routine similar to what I have for my kids. These routines are set out of love. They teach them what it is to properly care for themselves. Same, same, with some flexibility for fun or rest as needed. This is the time to establish some harder self-love with these basics. To remember that in this case, treating myself with kid gloves is to literally treat myself like a child and not pretend that neglecting myself is indulging myself. When I slip on these things, I am saying to myself I don't love myself enough to be worth a basic baseline of care. Does any one of these things solve my down to the soul exhaustion immediately? Nope. But they are tools of resilience that keep me in my best space possible to do the one thing I have to do 100% - which is not pick up a drink – and to be healthy enough to remember the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference, and keep going.

# 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.

#### Questions?

Reach out via our website: [www.kirklandaa.org](http://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

**Cooperation with Professional Community**

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**District 35 Hosted**

**A72 CPC Quarterly  
Feb 07, 2026  
10A-3p**

Eastside Fire & Rescue  
175 Newport Way NW  
Issaquah, WA 98027



**Topic: Youth & CPC -  
Powering Professional Outreach**

**Food & Refreshments Provided**

Zoom Meeting ID: 833 4771 9488  
PW: Service

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cpc@area72aa.org / 425-299-5660

ALANO CLUB NOONER'S  
AA MEETING  
**VALENTINE'S DAY**  
**BBQ**



**SATURDAY, FEBRUARY 14**  
**12:30 PM**  
**\$14 SUGGESTED DONATION**



# Live at Pine Lake

Speaker Meeting  
Saturday, 2/14/26  
7:00 – 8:30 PM

Featuring

## Ricardo H.

from Pico Rivera, CA

### Pine Lake Covenant Church

1715 228<sup>th</sup> Ave SE, Sammamish, WA 98075



Please bring your friends to  
experience the fellowship of AA.

Live cast Zoom ID: 977 787 8779

Password: 1212

*Speakers subject to change*

**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: Febrero 16, 7:30pm. Horario del pacífico

Expositor de Al-Anon: Dulce  
Expositor de A.A.: Jan H

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](mailto: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: February 16<sup>th</sup> at 7:30pm pacific time.

Al-Anon speaker: Dulce  
A.A. speaker: Jan H

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](mailto:regla62@hotmail.com)

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



**37<sup>TH</sup> INTERNATIONAL A.A. MEN'S CONFERENCE  
(IAAMC)**

**APRIL 10 – 12, 2026**

# MIRACLES IN PROGRESS

**HILTON SEATTLE AIRPORT AND CONFERENCE CENTER  
17620 INTERNATIONAL BLVD, SEATTLE, WA 98188**  
Deadline for pre-registration is March 31, 2026

*In April 1986, four men discussed the idea of holding a National AA Men's Conference after hearing from some AA women about how successful their Women's Conference was every year. Ted H. was contacted by Sam L., Demers, Sam W., and Mike F. to collaborate. The men met at Ted's home in Cleveland, Ohio, to devise a plan of action.*

*Letters were sent out to the Cleveland AA community, inviting them to participate in the planning of the conference. A meeting was held in response, and a committee was formed to raise funds. The men set a fundraising goal of \$1,500. Through raffles, picnics, dances, and out-of-pocket donations, they successfully raised the seed money needed to hold the first conference.*

*Since then, 36 cities have hosted the International AA Men's Conference. The 37th Annual 3-Day International AA Men's Conference will be held in Seattle, Washington, from April 10 to 12, 2026. We hope to see you there!*

## EVENT REGISTRATION

**[WWW.IAAMCAB.ORG](http://WWW.IAAMCAB.ORG) OR BY MAIL AT: IAAMC 2026, 11012 CANYON RD E  
SUITE 8 PMB 114, PUYALLUP, WA 98373**

Make checks payable to IAAMC 2026

Book a Hotel Room: <https://book.passkey.com/go/IAAMC2026>

For more information on the conference, contact Don N. at (253) 365-8073,  
Jeffery R. at (253) 754-7617, or Randy M. at (253) 278-9842



Qty

- \$ \_\_\_\_\_ Registration and Saturday Evening Banquet, \$165.00
- \$ \_\_\_\_\_ Registration only, \$50.00
- \$ \_\_\_\_\_ T-Shirt select size [S, M, L, XL: \$19.50, 2X: \$21.50, 3XL, 4XL, 5XL, 6XL: \$23.50]
- \$ \_\_\_\_\_ Bus Tour of the Seattle Area (\$80.00)     Friday 9:00AM     Saturday 9:00AM

Total: \$ \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address 1: \_\_\_\_\_

Address 2: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

- I would be interested in volunteering for a workshop or panel



# 9<sup>th</sup> Annual Northwest Girlstock

**APRIL 17, 18, & 19, 2026**

**At Four Points by Sheraton Hotel & Conference Center  
in Beautiful Bellingham, WA.**

**Treat yourself and invite your friends to an infusion of happy recovery!  
Listen to Experience, Strength and Hope, delivered by some of the best  
communicators among us:**

**DAWN M., Laguna Hills, CA.**

**HOLLY D., Jacksonville, FL.**

**JEANNIE M., Bentonville, Ark.**

**KATHLEEN H., Al-Anon, Cincinnati, OH**

**KATYA A., Woodland Hills, CA.**

**MOONLI S., LOS Angeles, CA.**

**ROSA G., Los Angeles, CA.**

**ROSIE T., Seal Beach, CA.**

**Please REGISTER EARLY at [NWGIRLSTOCK.COM](http://NWGIRLSTOCK.COM)**

**- MEETINGS ONLY: \$ 80.00**

**- MEETINGS & 2 MEALS: \$180.00**

**A link on our website will help you reserve a room at the  
Four Points at a very special \$142.00 per night rate.**

**Choose two queen beds, or one king bed.**

**Hotel Reservations: 360.671.1011**

## 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 2026 Group Contributions

Pg 1

	Jan 25	TOTAL
12 & 12 Fellowship Hall		\$ -
59 Minutes At Pine Lake		\$ -
60 Minutes In Preston		\$ -
A Way Up		\$ -
A Womans Way		\$ -
Agnostics in Progress		\$ -
Anchor Group	\$ 150.00	\$ 150.00
Anonymous	\$ 107.74	\$ 107.74
Any Lengths Group		\$ -
Bel-Kirk Saturday Breakfast		\$ -
Bel East Lunch Group	\$ 284.00	\$ 284.00
Bellevue Group		\$ -
Bellevue Men's Meeting		\$ -
Bellevue New Group		\$ -
Benevity Fund Donation		\$ -
Better Odds Sober		\$ -
Big Book Step Study	\$ 100.00	\$ 100.00
Bills Kitchen		\$ -
Birthday Club	\$ 60.00	\$ 60.00
Came To Believe (Carnation)		\$ -
Counter Sales		\$ -
District 34		\$ -
District 39		\$ -
Downtown Stag		\$ -
Duvall Big Book Study		\$ -
Duvall Candlelight		\$ -
Duvall Sunday Morning Break		\$ -
Eastside Beginners		\$ -
Eastside Men's Group	\$ 273.00	\$ 273.00
Eastside Open Breakfast		\$ -
Eastside Stag		\$ -
Eastside Women		\$ -
Essentials	\$ 20.00	\$ 20.00
Fresh Start		\$ -
Friday Night Firehouse	\$ 256.74	\$ 256.74
Friday Night Live and Let Live		\$ -
Frontstream	\$ 2,380.00	\$ 2,380.00
Frontstream (Costco)		\$ -
Gay Men In Recovery		\$ -
Grace Rules		\$ -

# ESIG 2026 Group Contributions

Pg 2

Higher Powered at Gold Creek	\$ 265.20	\$ 265.20
HOW - Women NorthBend		\$ -
Joy Of Living		\$ -
Keep it Simple		\$ -
Kenmore Big Book		\$ -
Kindred Spirits		\$ -
Kirkland Attitude Modification		\$ -
Kirkland Sobriety Headquarters		\$ -
Ladies Step Study		\$ -
Lifeline		\$ -
Living Sober		\$ -
Living Sober Online	\$ 92.76	\$ 92.76
Maximum Service	\$ 197.40	\$ 197.40
Mercer Island Thursday Night		\$ -
Moss Bay		\$ -
Nameless Bunch Of Drunks	\$ 1,004.00	\$ 1,004.00
Nameless Bunch of Drunks International	\$ 130.00	\$ 130.00
Nooners		\$ -
No Perfect People Allowed	\$ 105.00	\$ 105.00
North Bend Group		\$ -
North Creek Study Group		\$ -
Pine Lake Stag	\$ 300.00	\$ 300.00
Practicing The Principles		\$ -
Redmond Recovery		\$ -
Regla 62 Grupo	\$ 40.00	\$ 40.00
Right Side of the Tracks		\$ -
Sammamish Big Book Study		\$ -
Sammamish Plateau Women's Step Study		\$ -
Saturday Women's Share		\$ -
Serenity Break	\$ 1,200.00	\$ 1,200.00
Serenity Break Online	\$ 632.05	\$ 632.05
Serenity on Sunday		\$ -
Seven & Sober	\$ 1,000.00	\$ 1,000.00
Silverlake Study Group		\$ -
Sisters of the Forest		\$ -
Sno-Valley Women in Recovery	\$ 63.00	\$ 63.00
Sno-Valley Young Peoples		\$ -
Snoqualmie Stag		\$ -

# ESIG 2026 Group Contributions

Sober At Cottage Lake		\$ -
Sober Camels		\$ -
Sober Gals		\$ -
Sober Rebels		\$ -
Sober Seniors		\$ -
Steppin Up		\$ -
Stepping into Recovery		\$ -
Steps to Freedom		\$ -
Stillwater Serenity		\$ -
Sunday Big Book Study		\$ -
Sundays Solution		\$ -
Sunrise		\$ -
The AA Team		\$ -
The Fourth Dimension Group	\$ 286.67	\$ 286.67
The Overlake Group		\$ -
The Shack		\$ -
Tiger Mountain OSAT		\$ -
Tiger Mountain Stag		\$ -
Tons of Grace		\$ -
Tuesday Issaquah Big Book Study	\$ 250.00	\$ 250.00
Up The Creek	\$ 50.00	\$ 50.00
Wake Up		\$ -
Women's Big Book Study		\$ -
Women's Saturday Share		\$ -
Women's Saturday Steps	\$ 353.86	\$ 353.86
Women In Recovery		\$ -
Woodinville Wed. Fellowship	\$ 144.25	\$ 144.25
	<b>\$ 9,745.67</b>	<b>\$ 9,745.67</b>



## EASTSIDE INTERGROUP OFFICE REPORT

2/05/2026

### Office Activity:

Mark your calendars! This year's annual ESIG Pancake Breakfast will take place on April 18th, from 10am-2pm at St Thomas Episcopal Church. Tickets are on sale now. They are \$15 each and are available via QR code, or by phone/in person in our office. We would love volunteers for this event- please reach out to the office at 425454-9192 or via email at [esig@eastsideaa.org](mailto:esig@eastsideaa.org) if you are willing to help! In addition, we are collecting Raffle Baskets for the event (or funds to be put towards raffle baskets). If your group would like to contribute a basket, please let us know, and drop your basket to the office by April 15th. We have a few new items in the office to compliment your AA literature and coin purchases – please check them out the next time you're in! We now carry the Little Big Book Prayer Book for \$5.00, 2 new tote bags, Stickers, Gratitude and Blank journals and many new bookmarks.

### Some January Numbers:

January Contributions	\$9749.67 (\$11,219.95 Jan 2025)
# of Groups who have contributed	23
January Sales	\$11,044.95 (\$3,684.27 Jan 2025)
January Net Cash	(\$955.21)

Some notes on these numbers: Our January Sales numbers were outstanding, partially due to a large Milam Sale (\$6373.13) as well as a large sale to the Alano Club (\$713.47). We're grateful that word spread about the February GSO literature price increase, allowing many groups to stock up before the changes took effect. As previously advertised, our AAWS literature at ESIG has also increased in price as of Feb 1st, correlating with the increased purchase prices from AAWS.

Our net cash for January was negative – this is partially due to a larger than "usual" merchandise order. We placed an additional AAWS literature order before their prices increased on Feb 1st. Total contributions were fairly good this month, although they were down almost \$1500 from this time last year. Pink Can brought in \$293.55 in donations last month, with zero expenditure.

Merchandise sales in January:

Big Books (softcover) – 57

Big Books (hardcover) – 25

Bronze Coins – 387

Eastside Schedules - 171

### Hotline:

Our Hotline Coordinator, Mark, will give a more detailed report for the month but things have been running smoothly, with a total of 38 incoming calls (including 18 hangups). We've had several valuable interactions with callers both during and after office hours. The following individuals provided valuable support by handling afterhours 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](mailto:chair@eastsideaa.org)) or the office at [esig@eastsideaa.org](mailto: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=MG02L21hZXk1Y3N0UG1pZnllSVFKQT09](https://zoom.us/j/181768191?pwd=MG02L21hZXk1Y3N0UG1pZnllSVFKQT09)  
All members welcome!

### Newsletter Contributors

Interested in sharing your experience, strength, and hope in this newsletter? Send your story to us!

Newsletter Editor and Publisher	Emily G.
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[newsletter@eastsideaa.org](mailto:newsletter@eastsideaa.org)

## Contribute to Eastside Intergroup



Scan the QR code to contribute



### 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

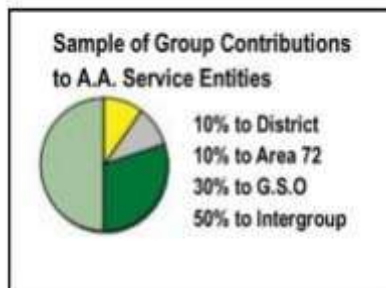
**District 34**  
Bellevue, Redmond, East Lake  
Sammamish, & Mercer Island  
PO Box 50081  
Bellevue, WA, 98015

**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



### Pink Can Donations

Eastside Beginners, Juanita Triangle, Kenmore Friday Nighters, Moss Bay, Seven & Sober, Women's Saturday Steps

**\$293.55**

