

Page 2

Board Chair Message

Pages 3-20

AA Info and Events

Pages 21

Group Contributions

Pages 22-24

Office Information

PASS IT ON

Eastside Intergroup Newsletter

Issue 104 March 2026



Can't stop drinking?

We get it.

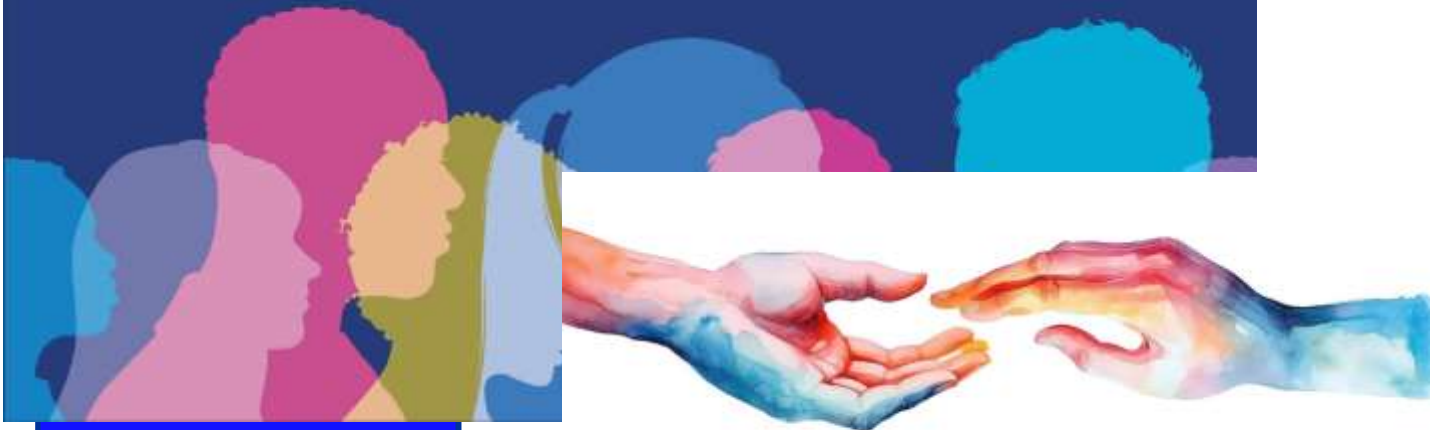
In A.A. we don't tell anyone to do anything. We talk about our own drinking, the trouble we got into, and how we stopped. Whether in person or online, we're here to help.

Alcoholics Anonymous®

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



eastsideaa.org



Board Chair Message

Service work has been a cornerstone of my recovery. For me, it's about commitment—following through for myself and others. The connections I've made in AA have been the greatest benefit, but it wasn't until 10 years in that I really expanded my service. At the district level, I learned how to work with others—organizing events like a gratitude dinner. Service also keeps me from slipping into my own head, especially when old behaviors call. Attending area events taught me to face uncertainty and act anyway. I even attended PRAASA right before COVID, where being from Kirkland was a unique experience! Now, as Public Information Chair in my district and on the Eastside Intergroup Board, I continue to grow. And we have an upcoming event—our pancake breakfast on April 18th, 10 a.m., at St. Thomas Church in Bellevue/Medina. More info is on eastsideaa.org. If your home group's on the Eastside, we still have one open board position—so if you're interested in service, please contact us and join in!

- Ray H
- ESIG

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



Live at Pine Lake

Speaker Meeting

Saturday, March 14 2026

7:00 – 8:30 PM

Featuring

Alex T

from Calgary, Canada

Pine Lake Covenant Church

1715 228th 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



EAST DIVISION
Presents

BINGO *Night*

SATURDAY, MARCH 14

4:30-9 PM

KIRKLAND CONGREGATIONAL CHURCH

106 5th Ave, Kirkland

\$10 ENTRY

(KIDS 4-12 \$5 - KIDS 3 AND UNDER FREE)

Bingo, Games and Raffle Tickets Sold Separately

Bingo - 50/50 Raffle - Bat Raffle


Pizza/Salad/Desserts

Speaker: Rachelle L.



<https://www.cssaeast.org>





Come and learn about some of
the proposed agenda items for
the upcoming conference

Pre-Conference

INFO SESSION



15 MARCH

2:30p - 6:30p

1700 Edmonds Ave NE - Renton, WA - 98056

Hosted by Eastern Districts
18, 33, 34, 35, 36, 38, and 39



CALL ROLL CALL CALL ROLL CALL

**Are you sober and looking
to play softball?
Come join the CSSA East Division.**

March 15th & 22nd | 10am - 2pm

Tibbetts Valley Park | 965 12th Ave NW, Issaquah, WA 98027

For more info call or text:
Rochelle: (425) 830-1891

We have extra softball gear for those who need it...



<https://www.cssaeast.org>



All skill levels welcome. Come ready to play!



Join us for fellowship, fun, and softball!



In the Alano Club of the Eastside on

ST. PATRICK'S DAY

LIVE MUSIC, TRADITIONAL DINNER, FELLOWSHIP

TUESDAY MARCH 17TH 6-8PM

\$10 SUGGESTED DONATION

SPONSORED BY LIVING SOBER

12302 NE 8th ST BELLEVUE WA



Meditate with Grace

Mindfulness. Meditation.

Facilitator
Grace De La Rosa

Sunday
03.22.26

2:15p - 3:15p

SLOW. LIVING.

⊕ *Embrace the Pause
Find Your Calm.*

Register in Advance: \$25
Attire: Per your comfort level
Note: We will be seated in chairs.
Location: 12302 NE 8th St, Bellevue, WA

Register at
LivingwithGrace.net/events

Meditate with Grace:
03/22/26



SATURDAY – March 28th – HOPE HALL

Spring fling 2026

SPEAKER MTG
4pm

BBQ w/POTLUCK
2:30pm

DANCE
5:30pm
featuring:

**NO
COVER
CHARGE**

RAY'S GARAGE

AMERICAN FRIED ROCK-N-ROLL BLUES



**7th
Tradition
will go to
District 36**

**8305
Meadowbrook
Way SE
Snoqualmie
98065**



DISTRICT 34

March 29th
2pm-5pm

CORRECTIONS WORKSHOP

Panel Discussion - Q&A

Event will be Hybrid:

Eastside Alano Club:

12302 NE 8th St, Bellevue, WA

zoom link:

[https://us06web.zoom.us/j/3472061035?
pwd=aqsTOGIldcYzWSCX6fgFbyO8SISBzPZ.1](https://us06web.zoom.us/j/3472061035?pwd=aqsTOGIldcYzWSCX6fgFbyO8SISBzPZ.1)

MEETING ID: 347 206 1035

PASSCODE: 1234

Angel Manriquez
@Angel-Manriquez-1



venmo

(The 7th Tradition will be observed)




EASTSIDE ALANO CLUB

Easter brunch

*FOOD, FELLOWSHIP, GAMES,
\$10 SUGGESTED DONATION*

NO ONE WILL BE TURNED AWAY

*HAM, SCALLOPED POTATOES,
GREEN BEAN CASSEROLE, SALAD,
DINNER ROLL.*

SUNDAY APRIL 5TH

1-3PM

Tickets available now!

425-455-5700

12302 NE 8TH ST BELLEVUE WA






**37TH 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 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



9th 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

- 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

Annual **ESIG** **PANCAKE BREAKFAST**

April 18th 2026, 10am-2pm

St Thomas Episcopal Church - 8398 NE 12th St, Medina, WA

Tickets \$15 per person

Buy your Ticket early - 150 capacity - we expect to sell out!

Breakfast - 2 Speakers - Raffles - Fellowship

Doors Open at 9 am

Breakfast served 10:00 - 11:15am

Speakers begin at 11:30am

Raffle at 12:30pm - Must be present to win!

Volunteers and Raffle Baskets Needed!

Please contact the office at (425) 454-9192

Reserve your seat! Here's how:

Venmo or PayPal (QR Codes Below): Type
Name(s) and "Pancake Breakfast" in comments
ESIG Office - Pay over the phone or in person
*children 5 and under are free



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 2026 Group Contributions

Group	Jan 25	Feb 25	TOTAL
Anchor Group	\$ 150.00		\$ 150.00
Anonymous	\$ 107.74	\$ 413.74	\$ 521.48
Any Lengths Group		\$ 125.00	\$ 125.00
Bel East Lunch Group	\$ 284.00		\$ 284.00
Big Book Step Study	\$ 100.00		\$ 100.00
Birthday Club	\$ 60.00		\$ 60.00
Duvall Big Book Study	\$ 130.00		\$ 130.00
Eastside Beginners		\$ 342.25	\$ 342.25
Eastside Men's Group	\$ 273.00		\$ 273.00
Essentials	\$ 20.00	\$ 20.00	\$ 40.00
Friday Night Firehouse	\$ 256.74		\$ 256.74
Frontstream	\$ 2,380.00		\$ 2,380.00
Higher Powered at Gold Creek	\$ 265.20	\$ 195.90	\$ 461.10
Kenmore Big Book		\$ 259.19	\$ 259.19
Living Sober		\$ 157.00	\$ 157.00
Living Sober Online	\$ 92.76	\$ 146.41	\$ 239.17
Maximum Service	\$ 197.40		\$ 197.40
Moss Bay		\$ 650.00	\$ 650.00
Nameless Bunch Of Drunks	\$ 1,004.00	\$ 1,000.00	\$ 2,004.00
Nameless Bunch of Drunks International	\$ 130.00	\$ 30.00	\$ 160.00
No Perfect People Allowed	\$ 105.00		\$ 105.00
Pacific Northwesat Fellowship		\$ 10.00	\$ 10.00
Pine Lake Stag	\$ 300.00		\$ 300.00
Regla 62 Grupo	\$ 40.00	\$ 45.00	\$ 85.00
Sammamish Plateau Women's Step Study		\$ 200.00	\$ 200.00
Serenity Break	\$ 1,200.00	\$ 1,200.00	\$ 2,400.00
Serenity Break Online	\$ 632.05	\$ 15.00	\$ 647.05
Seven & Sober	\$ 1,000.00	\$ 550.00	\$ 1,550.00
Sisters of the Forest		\$ 50.00	\$ 50.00
Sno-Valley Women in Recovery	\$ 63.00		\$ 63.00
Sober Seniors		\$ 50.00	\$ 50.00
The Fourth Dimension Group	\$ 286.67		\$ 286.67
Tiger Mountain OSAT		\$ 314.00	\$ 314.00
Tuesday Issaquah Big Book Study	\$ 250.00		\$ 250.00
Up The Creek	\$ 50.00		\$ 50.00
Women's Saturday Steps	\$ 353.86		\$ 353.86
Woodinville Wed. Fellowship	\$ 144.25		\$ 144.25
	\$ 9,875.67	\$ 5,773.49	\$ 15,649.16



Office Activity:

February was a pretty busy month in the office. We had lots of folks coming by and calling regarding the Pancake Breakfast. Ticket sales are going well and we're expecting a full house. Ali and I spent a bit of time ensuring she had what she needed from me to ensure the smoothest transition possible as she took over as office manager on March 1. We migrated our email services back to Google Workspace for non-profits and that will save us a couple of hundred dollars per year. The migration went relatively smoothly and if you got this via email we know at least one of the distribution lists is set up properly!

Some February Numbers:

February Contributions	\$5773.49 (\$5318.61 Feb 2025)
# of Groups who have contributed YTD	37
February Sales	\$4061.70 (\$3809.27 Feb 2025)
February Net Cash	(\$2193)

Our net cash for February was negative –very negative. This is partially due being on an accrual accounting basis. We received the Milam books and delivered on 2/13 and that bill from AAWS hit the accounts payable, and we also have a new line in accounts receivable for the order. This number should look much improved for March and year to date. Once the Milam payment (received March 2) hits the books.

Merchandise sales in February (not counting the Milam delivery):

AAWS Literature including Pamphlets – 328 items

Bronze Coins – 460

Aluminum Coins - 215

Eastside Schedules - 335

Hotline:

Mark will have a more detailed report. February, there were 38 incoming calls after hours, including 7 that left a voicemail, 16 hangups, 14 connected to a volunteer, 1 by office staff. Thank you to our volunteers who provided valuable support by handling after-hours hotline calls in February: 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 February's office volunteers: Ted W, Tim C, Ken T, Ulf W, Patti B, Sarah, Robin, Maria and Amber A.

As a reminder, 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.

Pancake Breakfast Reminder

Things are moving along with the ESIG Pancake Breakfast. A reminder, it is April 18 th , 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 425-454-9192 or via email at esig@eastsideaa.org or events@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 .

Respectfully Submitted by Doug H.

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>

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.
---------------------------------	----------

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

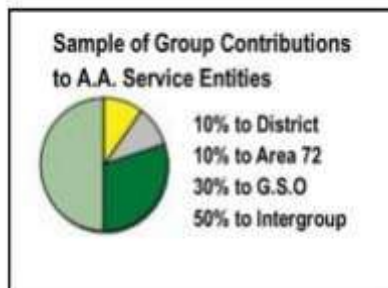
Snoqualmie Valley, Duvall, North Bend
P.O. Box 1963
North Bend, WA, 98045

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

\$426.67

