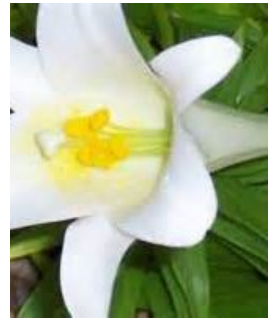




Pass It On

Eastside Intergroup Newsletter

April 2015

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Thank you Intergroup Representatives

Fellowship of Hope

I guess it all began back in Jamestown New York. I was born into a family of five children. As the youngest I became very aware at an early age I was a bit different from my siblings. There were three girls and two boys. My parents stayed married their entire lives and were loving and supportive. And although we didn't have much money we owned our own home and always felt loved.

As the youngest I was my mother's favorite. While this caused friction with my brother and sisters I was thankful for the extra attention. When it came time to leave home and go to school, the separation from my mom was very difficult for me. School quickly became a nightmare for me. I was teased a lot at home by siblings and at school because I am gay. I began missing on average of 54 days of school a year. I would be failing and at midterm my teachers would tell me if I didn't turn things around I was going to fail. I always turned it around. Started getting "A's" which would average out to a passing grade.

I came out in high school at the age of 16 although I had been out to myself a year earlier. The crowd I hung out with smoked pot and drank. I seem to fit into the alternative crowd much better than main stream school. I feared gym class (which is odd because I belong to two now). I didn't like the competition or the fact they made us undress and take showers (very vulnerable to a gay boy).

My first drink was at a club on the edge of Chautauqua Lake. We were there with my friends Mom and his grandmother. They had ordered drinks and did not like them so they gave them to us! I was likely 14 at the time. I loved the way it made me feel. Somehow this all made sense. I am not sure when my next drink happened, but what I do remember is that every time I had a drink, even before that drink was finished I wanted another. It took years to realize that had always been the case. I got very good at denying myself the indulgence of several beverages. I would always set my limit at three drinks.

It wasn't till I met my soon to be long term relationship that drinking would become an everyday event. I met my Ex at a Gay bar in town.

(continue on page 2)

Fellowship of Hope

by Darry J.

It was the nicer of two bars and owned by a local pediatrician. The other bar was way more open and much less refined. But it was always a good time and a place to let your hair down.

My partner was just out of graduate school. He was a Psychologist, Jewish and driven, not to mention always kept a full bar (ah, true love). We met and hit it off. Clearly for the area where we lived he was the best pick as a partner in my mind. He was working as a professor at the community. His position was a temporary two year position. When his position ended he began a job search, deciding to move to Seattle. After much deliberation I decide to leave my home town, a great job that I was about to be promoted in and move to Seattle with him.

He began a private practice and I got a job with a local distributor. He had always wanted a family and three years into our move to Seattle we have our first child. We had a surrogate . She and I processed having children in this manner prior to my letting my ex know I was ready to be a parent. Mind you during this whole time I had not lost control of my drinking. Certainly there were times I over imbibed, but never really lost control.

We bought a house in Redmond, were 6 months pregnant with our first and had gone through a commitment ceremony when my partner told me he could not stay in a relationship that was physically monogamous. I felt trapped. And much to my detriment agreed to open our relationship. Knowing full well it was not something that I wanted. But I thought perhaps it was a growth opportunity (as he was telling me it was) we would remain emotionally monogamous. Yeah, right.

Clearly one of my favorite coping mechanisms was alcohol. A drink could quickly make my insecurities go away. I focused on raising our daughter, additions to our new home. Taking care of our animals, and began my own construction/handyman business.

Five years later we had our second daughter and my drinking escalated as soon as she hit kindergarten. It was a slow downhill for about four years until I would find my bottom. Hiding empties, burning the plastic empties in the wood stove and wine boxes were just becoming popular. What an alcoholic dream come true. I could no longer predict how my friend (alcohol) was going to affect me.

It was becoming clear I had to stop once again. I had been successful at this many times before. But for some reason it was impossible this time. I would swear I wasn't going to drink only to end up with a half rack of crushed empties in a brown paper bag. I had turned into an isolating drinker. I would close myself in my room for hours drinking. Only coming out to check on the girls and make dinner. Trying to pull it together before my partner would get home.

After a trip with our girls (a yearly event) my partner came home confronting me on our back deck about my alcoholism. I was able to admit I was an alcoholic but would be able to stop on my own.

(continue on page 3)

Fellowship of Hope

by Darry J.

Many of you know without my saying that this was not possible. Two months of failed attempts ensued. My ex had a three week trip planned to Spain. It would be during that time that I would hit bottom hard. We were coming up on 9/9/99. September 9 would be my sobriety date. September 10th would be my first AA meeting. That meeting changed my life. I sat there in tears, knowing that a new life was before me. It was a Friday night. My friend (who later became my sponsor) took me. She was one year sober and full of promise. We had dinner after that meeting. It was a wonderful fellowship and connection. I learned there was a Sunday morning meeting in the same location that was Gay sponsored. I attended that meeting again in tears, after the meeting I went home and pulled all the alcohol out of the house. Something I had never been able to do before. I had no idea where I got the ability to do this. Perhaps there was something to this AA thing after all.

My ex returned from Spain, I would spend the next five years working on myself, completing the 12 steps and working with my sponsor, finally coming to a point where I realized the relationship was too toxic for me. After I spent another year and a half seeking professional assistance, I came to the conclusion to leave.

AA has given me the gift of self. I am happier than I have ever been in my life. I work with others and hold service positions in several meetings. I am on an amazing spiritual journey. I have wonderful friends who love me for who I am not what they can get from me. They help me grow as a person. I am still friendly with my ex. His journey is very different from mine and I learned a lot from my relationship with him. My connection with my children is very close. I am truly blessed beyond blessed. Sobriety has made all that possible.



WHEN *life* GETS
TOO HARD TO STAND *kneel*

Upcoming Sober Events

April 4th: Bingo at Hope Hall in Snoqualmie from 10 p.m. to 12 am. Hosted by Three Bridges Campout.

April 4th: No Reservation Speakers Meeting in La Conner at Swinomish Gymnasium at 7 pm. Speakers are AA Candice M. from Long Beach, CA and Al-Non Pam B.. from Maple Valley,.

April 10th to the 12th: 36 Principles Men's Retreat at Seabeck Conference Center in Seabeck, WA. Contact Mark S. at 425-233-9137.

April 11th: Live at Pine Lake Speakers Meeting at 7 pm at Pine Lake Covenant Church 1715-228th Ave SE, Sammamish. Doors open at 6:30pm. Speaker is Sandy H. (childcare)

April 12th: Gene Coulon Beach Bonfire Meeting in Renton from 2 pm to 5pm. The outdoor meeting takes place under the North Shelter around a huge fire pit. Rain or Shine!

April 18th: Emotional Sobriety hosted by District 35 at Our Savior Lutheran Church from 1 pm. to 4 pm.

April 19th: 3rd Annual Spiritual Retreat for Women "Into Action" at Cedar River Watershed Education Center in North Bend, WA. Contact Carol W. at 425-396-5679

April 25th: Emotional Sobriety with Polly P. at Fox Hall at Hampton Inn in Bellingham, WA. Registration is \$25

May 25th: Bellevue Group 60th Anniversary! Speaker Meeting & Potluck Dinner. St. Thomas Episcopal Church 8398 NE 12th, Medina.

August 2015: Rock Sober 9th Annual. Contact Ray H. at rvbutcher@yahoo.com for more information

August 15th: Eastside Intergroup Picnic at Beaver Lake Park—watch for more information! **NOTICE DATE CHANGE!**

Conferences

July 2nd to 5th: The 2015 International Convention Alcoholics Anonymous in Atlanta, Georgia. Eighty years—Happy, Joyous and Free.

August 7th to 9th: Step Ashore 2nd annual at Ocean Shores Convention Center in Ocean Shores. Full package pre-registration is \$79.

Meeting Updates

NEW MEETINGS!

Open Mind Recovery

Wednesday nights 7:30 pm
Holy Cross Church
11526 162nd Ave NE
Redmond, WA 98052
(Small house east of church)

Wednesday Willingness

Wednesday evening at 7 pm
Lake Washington Christian Church
343 15th Ave. Kirkland

Valley Girls Step Study

Friday mornings at 10 am
Snoqualmie Valley Alliance Church "Green Room"
36017 SE Fish Hatchery Rd Fall City 98024

SUPPORT NEEDED

Kirkland Study Group

Open Step Study Meeting
Saturday night 8 to 9 p.m.
Rose Hill Presbyterian Church
Kirkland

Kirkland Sobriety Headquarters

Friday evenings 7:30 p.m.
Kirkland Congregational Church
106 5th Ave, Kirkland

MEETING UPDATES & CHANGES

Kirkland Attitude Modification (8 AM)

Saturday mornings at 9 am
505 Park Place Center
Kirkland

March Office Report

Wow what a month! I think putting directions to our office on the back of our business cards and on the website has paid off because we've had a lot more of you stopping in to purchase literature, coins and to say hi! It's been great! The phones are ringing more than ever and we're carrying the message of Alcoholics Anonymous to the alcoholic that still suffers. Since January we have sold 404 Big Books!

Our Pancake Breakfast was so much fun this year with more than 240 people sharing in fellowship, food and fun! Thank you everyone that helped in every aspect of this event, from our Intergroup Reps announcing and selling tickets to those of you that set up, cooked, decorated, worked on the raffle, greeted at the door and especially all of you that joined us on Saturday! I think a good time was had by all. Thank you Mike O., our committee Chairman for a job well done! We did forget the sugar free syrup and we'll be sure to have it next year.



Next we have the Eastside Intergroup picnic to look forward to..... Mark your calendars for **AUGUST 15TH**** at Beaver Lake Park again this year. **Date Change******

Our March Office Volunteers were Leah W., Leslie G., Marita M., Ted W., Kristi G., and Margo. I enjoy working with all of you & appreciate your service! If you or anyone you know would like the opportunity to be of service at the Intergroup Office give me a call during office hours on 425-454-9192 or stop by and fill out an application. Right now there are openings on the calendar for either morning or afternoon and these are usually two hour shifts. You can also reach me via email nancy@eastsideintergroup.com.



I am really excited to announce our new Hotline Coordinators Eric C. and Bill J. who have taken over the Eastside Intergroup Hotline as of April 1st. We have decided to offer training on Tuesday May 12th at 6pm and then going forward we will hold training quarterly. The quarterly training will start June 13th at 11am at the office with subsequent training in September and again in December. It's a fun way to be of service so if you are interested let us know so we can get you on the list for training. It takes about an hour to an hour and a half depending on the class size. If you are interested please call ahead to reserve your place or email Eric at hotline@eastsideintergroup.com

Our Web Committee, Mike S., Charlie C., Margie C., Jason D., and Michael P. have been working on a new platform for our website and within the next couple of months you will see an awesome change! The new website will have an interactive calendar view of events, web pages available for our Districts to use and much more than our current website. If you are a District Web Committee chair please get in contact with us about this feature. It will save the Districts from setting up and maintaining their own websites!

Our new Hospital & Institutions (H&I) Committee Chair Tim M. is looking for volunteers on this committee. Tim is available prior to the Intergroup meeting at 6:30 on the first Thursday of each month.

April 15th through the 30th I will be on Maui enjoying vacation with my husband Terry. In my absence the office will be managed by Leah W. who can help you with anything you may need.

Nancy O. ~ ESIG Manager



**How Can You Help Support Your Intergroup in
addition to the 7th Tradition at your Meetings?**

Become a Faithful Fiver!

Or Join Our Birthday Club!

What are Faithful Fivers?

Faithful Fivers are AA members who graciously pledge to contribute \$5.00 each month to support Eastside Intergroup in its efforts to carry the AA message of hope and recovery to those alcoholics who still suffer in the Eastside area. As a Faithful Fiver, your contribution can and will make our vital services possible.

The Faithful Fiver idea came about when we remembered that we wasted much more than \$5 each month during our drinking days.

Contributions to Eastside Intergroup from AA members are limited to \$3,000 per member per year and are tax deductible under Internal Revenue Code: 501(c)3.

Eastside Intergroup Birthday Club!

Many of our members contribute to ESIG \$1, \$2 or \$5 per year during their AA Anniversary month.

We'll print your name, sobriety date and home group in our Newsletter.

Your Birthday Club contributions directly support your Eastside Intergroup Office which provides a 24 hour phone line, literature, coins

Birthday Club!

Name _____

Home Group _____

Sobriety Date _____

Contribution \$ _____

Get your name & home group in the newsletter!

Thank You March 2015 Faithful Fivers!

- Pat A. • Barbara M. • Daniel S.
- Dave W. • Ulf W.
- Colin R. • Beth L.
- Nancy O • Pam Z.

thank you!

March 2015 BIRTHDAY CLUB

**Mary B. 2/14/95 –
20 years BB2**

**Lloyd P. 4/5/61 – 54
years Saturday Night
Mt. Si**



YES! Please enroll me as a Faithful Fiver!

Here is my contribution of

\$ _____ for _____ months

Name _____

Address _____

City _____ State/Zip _____

Return this form to:
Eastside Intergroup
1299 156th Ave NE Suite 160
Bellevue, WA 98007

MARCH PINK CAN CONTRIBUTIONS

- Sober Seniors Big Book Step Study
- Anchor Group Grace Rules
- Fresh Start Wake Up
- Ladies Step Study Sober Women
- Seven & Sober
- Women of Worth
- Reflections

Notes from the Archives

By David C., District 38 Archivist

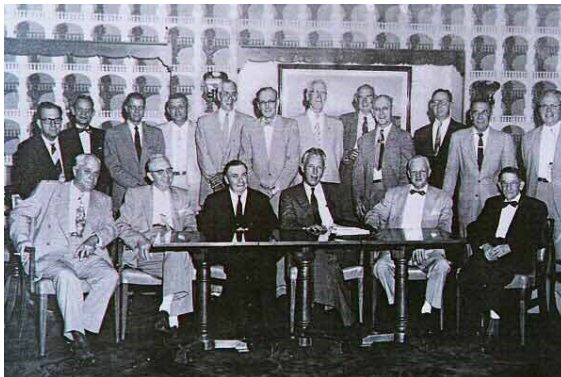
Hello from the vaults of the District 38 Archives. This month I want to talk about why I am the District 38 Archivist. Unlike most of the people in our Fellowship, I have a burning desire for knowledge about our past. Sure a lot of you might have a passing interest in AA's history, but not many really wish to understand the who, what, and where's of our cherished past. My journey began 20 years ago when I was elected to be my groups GSR. On attending my first District meeting, I was asked if I wanted to do service work on a committee. As my District was fairly new, we had not yet had an Archivist. I knew I loved history so I raised my hand.

Little did I know that simple gesture would propel me into a world of mystery and delight. I began to realize that there was more to being an AA Archivist than just collecting a bunch of books and AA memorabilia. For as I did that very thing, a new awakening began inside me. I realized that this service was helping to keep me sober. The more I collected the more knowledge I got. I actually have read every book I have brought to the District exhibit, somewhere around 600 at last count! I also learned that there was much more to our Fellowship than just AA approved materials.

Bill and Bob knew this also, for their libraries contain many books on spirituality and examples of sobriety from the past. Being the District Archivist has allowed me to travel all around the country and visit many places and meet a lot of people. I got the opportunity to know Dr. Bob's children Smitty and Sue. I became lasting friends with Dr. Paul and his wife Maxine. I have met and had wonderful conversations with celebrated AA historians like Mitchell K, Gail L. Nell Wing and Ernie Kurtz. I got to talk to people who knew and lived with our two co-founders, and have visited both of their homes.

I just know that by raising my hand so many years ago has enabled me to do all of the above. I am so fortunate to have been able to serve in this wonderful capacity. The blessings I have received have far outweighed any of the trials and tribulations I have experienced along this journey. Little did I know that this service would fill my life with such joy and happiness! I hope to continue being the District Archivist as long as they wish, and I will continue to bring our treasures to you as long as I am able. Now I don't know how many people out there read this humble column every month, but if what I write makes just one person wish to know more about AA and its history, then it will have been worth it. More will be revealed....

P.S. Come on in to the Intergroup Office and see my new exhibit "Women in Early AA". As space is available I will bring in other thought provoking displays. As always if you have ?? please let Nancy know and I will try to answer them. Till next time.....



Traditions

On Tradition Four

"Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

Editorial by Bill W.
A.A. Grapevine, March 1948

"With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of The Alcoholic Foundation. On such issues our common welfare is paramount."

This Tradition, Number 4, is a specific application of general principles already outlined in Traditions 1 and 2.

Tradition 1 states, *"Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward."*

Tradition 2 states, *"For our group purpose there is but one ultimate authority--a loving God as He may express Himself in our group conscience."*

With these concepts in mind, let us look more closely at Tradition 4. The first sentence of Tradition 4 guarantees each A.A. group local autonomy. With respect to its own affairs, the group may make any decisions, adopt any attitudes that it likes. No over-all or intergroup authority should challenge this primary privilege. We feel this ought to be so, even though the group might sometimes act with complete indifference to our tradition. For example, an A.A. group could, if it wished, hire a paid preacher and support him out of the proceeds of a group night club. Though such an absurd procedure would be miles outside our tradition, the group's "right to be wrong" would be held inviolate. We are sure that each group can be granted, and safely granted, these most extreme privileges. We know that our familiar process of trial and error would summarily eliminate both the preacher and the night club. Those severe growing pains which invariably follow any radical departure from A.A. tradition can be absolutely relied upon to bring an erring group back into line. An A.A. group need not be coerced by any human government over and above its own members. Their own experience, plus A.A. opinion in surrounding groups, plus God's prompting in their group conscience would be sufficient. Much travail has already taught us this. Hence we may confidently say to each group, "You should be responsible to no other authority than your own conscience."

Yet please note one important qualification. It will be seen that such extreme liberty of thought and action applies only *to the group's own affairs*. Rightly enough, this Tradition goes on to say, *"But when its plans concern the welfare of neighboring groups also, these groups ought to be consulted."* Obviously, if any individual, group or regional committee could take an action which might seriously affect the welfare of Alcoholics Anonymous as a whole, or seriously disturb surrounding groups, that would not be liberty at all. It would be sheer license; it would be anarchy, not democracy.

Therefore, we A.A.s have universally adopted the principle of consultation. This means that if a single A.A. group wishes to take any action which might affect surrounding groups, it consults them. Or, if there be one, it confers with the intergroup committee for the area. Likewise, if a group or regional committee wishes to take any action that might affect A.A. as a whole, it consults the trustees of The Alcoholic Foundation, who are, in effect, our over-all General Service Committee. For instance, no group or intergroup could feel free to initiate, without consultation, any publicity that might affect A.A. as a whole. Nor could it assume to represent the whole of Alcoholics Anonymous by printing and distributing anything purporting to be A.A. standard literature. This same principle would naturally apply to all similar situations. Though there is no formal compulsion to do so, all undertakings of this general character are customarily checked with our A.A. General Headquarters.

This idea is clearly summarized in the last sentence of Tradition 4, which observes, *"On such issues our common welfare is paramount."*

Office Information

Mailing Address

1299156th Ave NE Suite 160
Bellevue, WA 98007

Phone: 425-454-9192

Email: esig@eastsideintergroup.com

Website: www.eastsideintergroup.com

Office Hours: Mon.-Fri. 10:00am-6:00 pm

Intergroup Meeting

First Thursday of each month 7:30-8:30pm

All members welcome!

Bellevue Christian Reformed Church 1221
148th Ave NE, Bellevue 98007

Directions to ESIG Office

Heading north on 156th Ave NE, go past Crossroads Shopping center and make a U-turn at NE 15th St., then use the following directions.

Heading south on 156th Ave. NE, go past McDonalds and turn right (Piedmont Apartment sign) at NE 13th Pl.. Go over one speed bump and immediately turn left. We are half way down on the left in **Suite 160**

Thank you March Hotline Volunteers!

Bob B	Guy P.	Matthew M.
Carmen A	Jim R	Merrill G
Chelsea O	Joe Mc	Mike S
Chuck M	John B	Sara K
Eric B	John R	Ted W
Eric C	Keith S	Tina B.
Fred M.	Leslie G.	Tom M
Ginny K	Mark J.	Travis S.



Newsletter Contributors

Publisher.....Alma O.

Editor..... Sandy B.

Archivist.....David C.

Personal Story.....Darry J.

Office Report..... Nancy O.



Coordinators: Eric C. & Bill J.

Thank you to our Hotline volunteers. They ensure that when someone reaches out for help by calling Alcoholics Anonymous, the caller always reaches a real person!

March Hotline Backup volunteers:

Mark J. Eric B. Pat A and Bill R

Group Contributions

Thanks to the following groups for sending contributions to the Eastside Intergroup office in the month of March 2015. Group contributions enable us to pay the rent and bills for your Intergroup Office, maintain our phone lines 24 hours a day 7 days a week, publish a monthly newsletter, provide a meeting directory, and carry AA information and literature.

- Eastside Women
- Sammamish Plateau
- Women's Step Study
- Kenmore Friday Nighters
- Nameless Bunch of Drunks
- Sunday Share the Legacy
- Living Sober
- Issaquah Tuesday Night
- Beyond Sobriety
- Women's Big Book Study
- Serenity Break
- Wake Up
- Bellevue Breakfast
- Sober Seniors
- Coal creek Study group
- Recov R We
- Ladies Step Study
- Lifeline
- 12 & 12 Fellowship Hall
- Fresh Start
- Women of Worth
- Living Sober
- Kirkland Attitude Modification
- Came to Believe (Carnation)
- **Anonymous Donations: \$250.20**

District, GSO & Area Info

Eastside Intergroup:

Eastside Intergroup
1299 156th Ave. NE, #160
Bellevue, WA 98007

Western WA Area 72

702 Kentucky St., #535
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
District 34
P.O. Box 50081
Bellevue, WA 98015

District 35

Issaquah
District 35
P.O. Box 442
Issaquah, WA 98027

District 36

Snoqualmie Valley, Duvall,
North Bend
District 36
P.O. Box 1963
North Bend, WA 98045

District 38

Kirkland
District 38
P.O. Box 322
Kirkland, WA 98083

District 39

Bothell, Kenmore, Woodinville

Thank you Intergroup Reps!

The following Intergroup Reps were in attendance at our March 5th meeting, Thank you!

Alma O. – Newsletter Committee
Andy G. - Issaquah Big Book, Core Relations & PI Committee
Betsy N. – Women of Worth
Bob R. – Pocket of Enthusiasm
Charlie C. – Steppin’ Up & Web Committee
Chris P. NCS
Dan H. – Pine Lake Stag & Corrections Committee
Dave M. – Nooners
Deanna B. – Mercer Island Thursdays
Eric C. – Hotline Committee
Eric D. – Gay Men in Recovery
Eric M. – Moss Bay
Finn S. – Wake Up
James B. – Redmond Recovery
Jane L. – Accessibility Committee
Jeff B. – Big Book Step Study
Jen T. - Sobriety Lifeline & Joy of Living
JoAnn P. – Eastside Sunday Breakfast
John K. – Friday Nite Firehouse & Live at Pine Lake & Sammamish Big Book Step Study
John W. – District 34
Jon S. – District 39
Karen F. – Issaquah Women
Kathy H. – Sober Seniors
Kerry A. – Reflections
Kiera E. – District 35
Kimberlee M. – Tons of Grace
Kristi G. – Issaquah Tuesday Night
Lindsay L. – Maximum Service
Margaret H. – Eastside Women
Maria G. – Wake Up
Mark P. - Overlake
Mary B. – District 38 & Bellevue Breakfast
Mary B. – Eastside Beginners
Matthew M. – Live at Pine Lake
Melissa B. – 59 Minutes at Pine Lake
Michelle B. – Women’s Saturday Steps
Mike O. – Living Sober
Mike R. – Anchor Group
Mike S. – Web Committee
Nancy O. – Web Committee
Norine N. – Any Lengths Group
Pam Z. – Sharing the Legacy
Rob P. – Lifeline
Robbie D. – Better Odds Sober
Sandy B. – Friday Sobriety Headquarters
Sandy B. – Newsletter Committee
Scott D. – POE
Tim M. – Hospital & Institution Committee



What does an Intergroup Rep do?

An Intergroup Rep is elected at his/her Home Group and attends the Eastside Intergroup Meeting on the 1st Thursday of each month from 7:30pm to 8:30pm. You represent your home group at the monthly meeting and hold a vote for your group.

Because Eastside Intergroup covers five Districts and is a central clearinghouse for local AA activities and information, you become a vital link between the Intergroup office, the Districts, and your home group. The Intergroup Rep keeps his or her home group informed about work being done, activities going on, etc. You become a part of the networking between Eastside Intergroup and the groups.