

EMOTIONS ANONYMOUS 2017 ANNUAL REPORT

Mission: To support individuals with emotional difficulties in their efforts to live more manageable lives by using the Emotions Anonymous Program of recovery.



EA materials were translated into Hebrew, Icelandic and Slovak last year.

Every month there are...

- 1867 people receiving *The Connection* by email
- 13,680* website visits
- 46* calls to the ISC for help finding a group or about EA in general
- 30* packets of information on how to start a group mailed or emailed

* monthly average

2016-2017 Board Update

At the annual Trustee workshop prior to the 2016 Convention in Arizona, your Trustees made some organizational changes to allow for more communication and to look into reframing some of the structure. We voted to eliminate the Executive Committee and increase meetings from two to six per year in order to engage the entire Board at a deeper level. The Board meets by Skype and more meetings have been helpful to move decisions along more quickly. The Trustees also decided not to require representation from each

From the Executive Director

We have seen a lot more activity from individuals and groups this year, in particular overseas. Israel, Slovakia, and Iceland all translated books and we heard of a new group forming in Hungary - just to name a few.

We've seen growth in the number of people asking to be on our email list and in the number of packets we send out with

Region, as it is difficult to recruit Trustees and we want to find people truly interested in moving the organization forward, not just from a specific location. Efforts will still be made to encourage representation by every region.

Trustees decided to recommend regional gatherings instead of a 2017 national Convention. This was done in hopes of encouraging more local activities that more people can attend and based on a member survey. The survey results told us the main reasons for not attending a national convention was the travel

information on starting a group. We also started emailing these packets out - saving the cost of postage and getting the materials to people more quickly. We updated our catalog and order forms - hopefully making it easier to read and use.

I hope all this activity turns into the formation of new groups, as we receive emails daily from

and cost. At the end of FY 16 three Regions were planning or had held an event.

The Board remains committed to helping our membership in their efforts to live a more meaningful life.

We hope that you will be able to support us in our efforts to accomplish the goals we have established for the year ahead. We are counting on you and thank you for the support you have given us this year!

Gus Schloesser
Board President

people searching for a group close to them but having no luck finding one.

It's been a productive year at EA - thanks to everyone who helped make that happen.

Elaine Weber Nelson
Executive Director

Group Contributions

Support from groups is an important part of the revenue that keeps the EA-ISC in operation. Thank you to each group that made a contribution last year.

\$2,000+

INTERGROUP - TWIN CITIES, MN

COLUMBIA, MO MON 7PM

DOYLESTOWN, PA WED 630P

EA INTERGROUP SPAIN

GLEN ELLYN, IL MON 10AM

HASTINGS, MN THURS @6PM

HILTON HEAD IS, SC THUR 7PM

\$1,000 - \$1,999

AKRON, OH TUES 7PM

SWITZERLAND GROUP

EVERGREEN PARK, IL MON 6PM

FRIDLEY, MN SAT 10AM

LOMBARD, IL TUES 730PM

NORMAN, OK MON & THUR 6PM

REDLANDS, CA WED 12PM

RIVERSIDE, CA MON 730PM

SPRING, TX WED 7PM

ST CLOUD, MN MON & THURS

VIENNA, VA MON 8PM

WEST ST PAUL, MN THUR 7PM

WOODLAND HILLS, CA FRI
1030AM

HOLLYWOOD, FL SUN 4PM

HOUSTON , TX INTERGROUP

LJUBLIANA, SLOVENIJA

LYNDHURST, OH THUR 7PM

MANCHESTER, NH MON 7PM

MIDWEST CITY, OK TUES 7PM

MILWAUKEE, WI TUES 6PM

MORRISTOWN, NJ

N.RICHLAND HILLS, TX TUE 730

NEWCASTLE UPON TYNE, U.K.

NIAGARA FALLS, ON, CANADA

READING, ENGLAND, UK

RED WING, MN THUR 7PM

RIALTO, CA SUN - SAT

ROGERS, MN MON 1PM

ROSWELL, GA FRI 7PM

ST PAUL, MN FRI 7PM DAYTON AVE

ST PAUL, WED 7PM HAMLIN

SEMINOLE, FL SAT 7PM

SWEDEN INTERGROUP

TEMPE, EA MESA, AZ

WALNUT CREEK, CA WED 530PM

WEBSTER GROVE, MO WED 730PM

WELLESLEY, MA SAT 930AM

WOODLAND HILLS, CA SAT

\$500 - \$999

ANAHEIM, CA, Tues, Fri Grp

APPLE VALLEY, MN TUES 730PM

BUXTON, AUSTRALIA WED 7PM

FRIDLEY, MN WED 10AM

GAINESVILLE, GA SUN 4PM EA

GARFIELD HTS, OH SAT 11AM

GRAND RAPIDS, MI FRI 8PM

HACKENSACK, NJ TUES & THUR GRP

HOLLYWOOD, FL SUN 1PM

NASHUA, NH THURS 730PM

NEW YORK, NY FRI 7PM

SAINT CHARLES, MO TUES 630PM

SMYRNA, GA GROUPS

WESTBURY, NY TUES 730PM

\$100 - \$249

ALHAMBRA, CA SAT 1030AM

BALDWIN PARK, CA WED 7PM

BEND, OR WED 930AM

BLOOMINGTON, MN TUES 730PM

BRAINERD, MN TUES 7PM

BURK'S FALLS, ON, CANADA

COLUMBIA HTS, MN TUES

COLUMBIA, MD SUN 4PM EA

COLUMBIA, MD THURS 7PM

CUPERTINO, CA SAT

ELGIN, IL FRI 730PM

GLENDALE, AZ TUES 7PM

\$250 - \$499

BURLINGTON, IA THURS. 7PM

CHARLOTTE, NC MON 7PM

CO.SPRINGS, CO THURS 2PM

CO.SPRINGS, CO MON 6PM

If your group did not support the ISC in 2016/17, please consider making a regular contribution in the coming year.

\$50 - \$99

ALBUQUERQUE, MN MON 7PM
BEND, OR THUR 1030AM
BEVERLY, MA TUES 7PM
CALGARY, AB WED 1PM
CARMEL, IN WED 7PM
CHERRY LOG, GA THUR 430P
DOWNEY, CA SAT 1130AM
EASTON, MD TUES 2PM
ELK RIVER THURS 730PM
ELKHART, IN MON 615PM
FOUNTAIN VALLEY, CA SAT 10AM
FRIDLEY, MN FRI 1PM
GARDNER, MA THURS 6PM
MADISON, TN TUES 645PM
MESA, AZ SAT 10AM
MIDWEST CITY, OK SAT 5PM
NEW DOUGLAS, IL MON 8PM
ONTARIO, CA MON 7PM
ORLAND PARK, IL THUR
PERRYVILLE, MO SUN 7PM
PHONE MTG, THUR 11AM
PORT JEFFERSON, NY SUN 3PM
PORTLAND, OR TUE & THUR
ST PETERSBURG, FL WED
TOPEKA, KS TUES 12PM
VIRGINIA BEACH, VA MON 7PM
VIRGINIA BEACH, VA TUES 1PM

\$1- \$49

AUSTIN, TX MON 730PM
BLUE ISLAND, IL MON 7PM
BREVARD, NC THURS 6.30PM
BUFFALO RETREAT COMMITTEE
BURLINGTON, ON MON 7PM
BUXTON, VICTORIA WED 7PM
CARLINVILLE, IL TUES 6PM
CHICAGO, IL FRI 11AM
CLAYTON, GA MON 7PM
COLUMBUS, OH MTGS
COON RAPIDS, MN TUE 7PM
CUMMING, GA WED 7PM
DOVER, OH WED 7PM
EVERGREEN PARK, IL FRI 6PM
FOREST LAKE, MN WED 730PM
FORT WAYNE, IN WED 7PM
GRAND BLANC, MI SAT 1030AM
HARRISON, NY SUN 7PM
HURON, OH WED 7PM
ITALY INTERGROUP
JERUSALEM, ISRAEL GRP
LIVONIA, MI WED 730PM
LOMBARD, IL TUES 730PM
MONROEVILLE, PA MON GRP
NORTHFIELD, MN MON 7PM
ORANGEBURG, SC TUES 7PM
PHONE FRI 10AM EST

PHONE MTGS SUN/THURS 10 AM
PORTLAND, OR SUN 9AM
ROCHESTER, NY THURS. 530PM
ROSEVILLE, CA TUES 6PM
SACRAMENTO, CA INTERGROUP
SACRAMENTO, CA TUES 630PM
SAN DIEGO, CA THURS 615PM
SHIPSHEWANA, IN WED 615PM
SMITHTOWN & S. SSEATAUKET
SOUTH BEND, IN THUR 7PM
SUMMERSIDE, PEI WED 730PM
VILLA PARK, IL FRI 7PM
VINCENNES, IN TUES 7PM
YPSILANTI, MI MON 730PM

We are grateful to every group that supported the work of the ISC during the past year.

Contributions from groups outside the United States are noted in italics.

If there are any errors in this listing please accept our apologies and call us to let us know so we may correct our records.

Individual Contributions

Thank you to all the members who contributed your time, talent, or a financial investment in EA. Your support allows us to implement new ideas and reach more people who could benefit from this program. After substantial increases in giving during FY16, overall contributions were relatively flat during the past year. The ISC cut staff hours and closed the office on Fridays to help minimize the deficit.

Every contribution keeps the ISC in operation, so please be generous with your group and individual contributions in the coming year.

Year-End Financials

FY 2017:

Income: \$117,956

Expenses: \$133,732

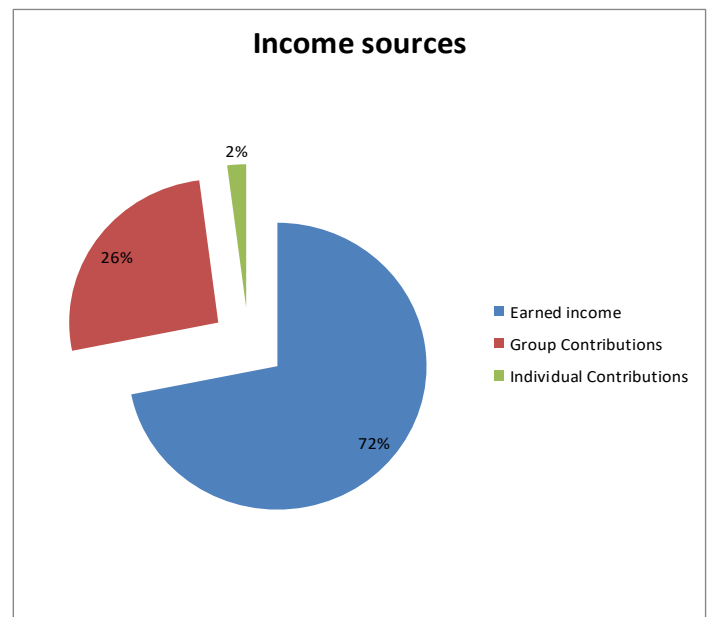
Deficit: (\$40,260)

FY 2016:

Income: \$145,701

Expenses: \$157,053

Deficit: (\$40,401)



A new Spanish-speaking group was started in California last year and a group was started in Hungary.

Interested in Getting Involved?

EA relies on members to offer their service to continue providing services. There are many ways to be of service to EA. Please consider:

- Writing a reflection for EA blog.
- Joining a committee.
- Planning a retreat, conference or pot luck for your area.
- Writing new literature.

Please email director@emotionsanonymous.org with how you would like to get involved in the next year.

2016-2017 EA Board of Directors:

Gus S. - President ▲ Scott J. Vice-President/Treasurer ▲ Val C. - Secretary

Harold H. ▲ John W. ▲ Tyrrel D. ▲ France B.



A few thoughts from Board members on why they serve EA :

I am serving on the EA Board of Trustees as a Trusted Servant, giving gratitude for the Serenity I have gained as a proud member of Emotions Anonymous. My role as a Trustee and as the President of the Board of Trustees provides me the opportunity to daily use the tools of our Program: our Steps, Slogans, Just for Today's, the Concepts and our Traditions, all of which keep me focused on the serenity I have gained in EA. With serenity, I am able to show new members of EA that by working the program, it is possible to experience the promises of our program, one day at a time. The future of EA belongs to all of us, and as a member of the Board of Trustees, I am able to help shape that future. *Gus S.*

I started in EA 32 years ago. I ran for the board of trustees in 1990 because I wanted to add to my twelfth step by giving back to EA. I have served in every position except President. The many years I have served (24 years) was very beneficial to my emotional health. I learned first-hand that you must give away what you hope to have. There are openings on the board and I highly recommend that everyone consider applying for these positions as this service is an excellent way to accomplish your Twelfth Step - giving service and working your program toward emotional health. *Harold H.*

I am serving on the EA Board of Trustees as a way to practice Step 12 - trying to carry the message of help and hope that the EA program offers to others and trying to practice the principles of EA in all the affairs that I'm a part of in EA - including serving as a trustee. I find that always keeping the steps, traditions, concepts, the administrative concepts (which hardly anyone even knows exist!), the slogans, the promises, and the just for today's are essential to me serving at my best as a trusted servant of EA. I enjoy seeing (and acting to bring into reality) a vision from my Higher Power for a stronger, healthier, more visible, and expanding E.A. program for the future. I'm convinced that as we get more people involved and as we evolve as an EA fellowship, this vision of growth and more wholeness and wellness for us all will reach its fruition! *Scott J.*

I think that it is important to keep this program going into the future. Serving on the board is a way to give back for all I have received from these 12 Steps. *John W.*

4 new pieces of literature were created and published last year - the first new materials in many years.

**Thanks to our outgoing members
of the Board of Trustees:**

Harold H.
France B.
Tyrrel D.

Your service to the EA membership
was greatly appreciated!



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Staff

Elaine Weber Nelson	<i>Executive Director</i>
Mary Weidner	<i>Office Manager</i>
Bobbie Jo Megan	<i>Database Coordinator</i>
Carleen Schmidt	<i>Shipping Coordinator</i>