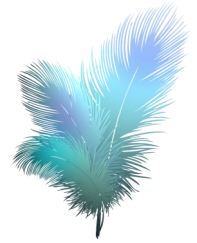


The EA Connection: August 2018



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EA TOOLS FOR RECOVERY

STEP 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

PROMISE 8: Our whole attitude and outlook upon life changes.

SLOGAN 8: Know yourself-be honest.

JUST FOR TODAY 8: I will stop saying, "If I had time." I never will find time for anything. If I want time, I must take it.

CONCEPT 8: The steps suggest a belief in a Power greater than ourselves. This can be human love, a force for good, the group, nature, the universe, God, or any other entity a member chooses as a personal Higher Power.

TRADITION 8: Emotions Anonymous should remain forever non-professional, but our service center may employ special workers.

HANDLING DISRUPTION

Handling Disruption to Maintain Group Serenity is pamphlet number 62. I'm glad that we have this guide because we do want serenity in our groups. We have many groups that report to us trustees that there are problems in their meetings. I believe that by reviewing this literature we can address some of these group problems.

Having said that, I think that the source of our problem with groups losing their serenity is this. We have a loss of serenity at the group level because we are not handling the disruption individually. Personally I disrupt and rob groups of serenity when I have a lack of serenity in my life and I have allowed disruption to be present. My anxiety is the biggest disruptor. I'm always on the alert. My fault-finding and fear of rejection because I think I'm not good enough is a disruptor. When that thought is active I am looking to see if I'm doing something wrong or if someone else is doing something wrong or if someone thinks I'm wrong.

The best thing to do with disruption is to disrupt it. If disruption wants to be present I can recognize it and I can stop it by being at peace. I can recognize that there is nothing wrong and I'm not wrong and neither are you.

As a trustee I hear about groups growing and getting healthy. They are bringing order and calm to disruptive moments. They are focusing on the program's principles to bring peace. It's my opinion that when we stick with the principles of the program, even if we understand these principles in ways that are a break from the past way of doing things, we can find more individual and group serenity. In some ways, in a positive movement, our spiritual principles can be disrupting of the disruption, helping us to be the strongest program possible for a world desperately in need of healing and support...**Scott J, Vice-president, EA Board of Trustees**

SPECIALS GIFTS AND MEMORIALS

We provide this space for memorials and special gift to EA.
We thank you for your many contributions this past year.
Current memorials will be acknowledged in September.





STEP 8: MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL.

“Step 8 is about whom we have harmed, not who has harmed us.”
—EA’s Big Book

As I reflect on the benefits of making amends, the first thing that comes to mind is that it’s as much about bringing peace to my own life as it is about repairing relationships with another person or making things right with the other person.

I like to use the phrase “so I can sleep at night” in conjunction with many things—apologizing is one of them. I like making amends because somehow I feel it keeps my life in balance. I also like it because I like “keeping my slate clean.”

The more I practice making amends, the easier it is for me to do it. And I really, really like the way it disarms another. Whenever I am having a fight with my wife and we’ve gone back and forth about trivial stuff for a while, I finally just apologize and tell her “you win.” It’s so freeing.

Sometimes when I do that, it’s almost like she doesn’t know what to do. In fact, sometimes, it really frustrates her—like she WANTS me to keep fighting with her. When I apologize and “give up” it almost makes her madder.

Making amends is just such a freeing, exhilarating thing to do...*Chris*

Some of the people on my 8th step list were my mom, dad and siblings. I had not seen my dad since I was 7 years old. I had been wanting to find my dad, thanks to 12 step recovery.

I was able to locate him and gave a call. A lady answered and I asked for my dad. She put him on the phone. I told him he may want to sit down while I talk to him and told him I was his daughter. I am glad I got to talk to him before he passed away a couple years later from a heart attack.

My mom was on my 8th step list and I wound up making amends to her for not talking with her for a few years. With my siblings, I made amends with them the best I could and was involved in their lives for years. We drifted apart a bit, but still stay in touch by emails or phone calls.

I have some people on my list that I never will see again most likely, but I wrote them letters of amends if I ever do see them. I also practice "living amends" by changing my behavior. I had to change my behaviors of being angry all the time and acting out. Of being too overly dependent on relatives for my well being. Of isolating. I am grateful EA helped me with these things.

Step 8 is just making the list of people we have harmed. Just putting their names on the list helped me see how I would like to approach amends in Step 9. Talking things over with my sponsor helped me with how I wanted to make amends and if I was actually "ready" to go through with it. I had to practice forgiveness lots before I could make some amends.

And lastly, my name went on the list. I had harmed myself in many ways, particularly hanging out with abusive persons. So my amend to me is to hang out with kinder persons, also my amends to me is to do

better self-care. The better I take care of myself by going to meetings, eating right, exercising and being responsible in my life, the easier it is to interact with others.

The more I love and accept myself, it is easier to love and accept others. I think the more I forgive myself for harms I did, and do "living amends" by not doing those harms again, it is easier to forgive others, whether they change or not. It is my job to not live in hatred and anger at others. There is a Higher Source who will judge others, I don't have to be the judge any longer. ...*Connie*

PROMISE 8: OUR WHOLE ATTITUDE AND OUTLOOK UPON LIFE CHANGES.

I’m aware of subtle changes after working the EA program for many years, regarding my attitudes and focus on every aspect of my life such as to manage with more wisdom, courage and personal power in every kind of relationships. To have less expectations with everything/everyone. To have more trust and faith when going through a painful process. To really feel that, with God’s support, love, patience and help, I can deal with everything. To continually choose the limits with the people I connect with. To identify my natural instincts, feelings and emotions, with more awareness. To experience the finitude of everything and everyone, with more simplicity, faith and trust. To feel a deeper dimension of one day at a time, in every moment, in every circumstance. And, to keep on healing my deep instincts, emotional habits, feelings, attitudes, behaviors...*Luz*



DISCOVERING THE TOOLS OF EA



HOPE THROUGH EA

I live in a country where mental illness is a major contributor to many human beings. I work a 12 Step program for emotional illness through Emotions Anonymous. We have been blessed by various folks who have shared their recovery through the writing of the **EA BIG BOOK**, lots of different literature describing the various emotional parts of life, a meditation book—**TODAY** and finally a how to book— **IT WORKS IF YOU WORK IT**.

I am very grateful for all those souls who have passed through this program and left a piece of themselves through the experiences, strength and hope they have found working this program.

I attend local EA meetings which have had lots of people pass through it's doors that have provided me with evidence of what works and what does not work. I do know that having a sponsor, attending meetings and reading EA literature are all very helpful in dealing with my depression and other various emotional problems which I encountered from running into other folks and living one day at a time. I'm writing these things because you and I are miracles.... We are that because we are here and dealing with our recovery one day at a time....

A friend of mine called me last night, she had come home from Florida during the afternoon, went to a dinner meeting, had a stroke and woke up 6 weeks later to find out what had happened. Needless to say she is encountering lots of different emotions including fear of when it's going to happen again, anger at why did this happen to me. and now has suffered some deep depression and her life is spinning out of control.

She has gone to therapy, taken medication and has reached out to ministers and others. She has asked lots of organizations for help and no one referred her to EA. She has gone to AA meetings, Coda meetings and on and on looking for help. She finally recalled that I was involved in a program for mental illness and called me for help. I listened and thought to myself how we have hidden our light under a bushel basket and all this help is here for the good people who suffer so badly with their emotions but can't find us because the various leaders of our communities do not know we are here.

I was talking with my neighbor yesterday and he is a mental health professional who has lost his job because the programs he was part of have lost their funding. Other organizations are running out of money. Medicaid which covers many who have emotional problems because of various addictions and such is cutting back on what they are paying these organizations which has caused many problems for those enrolled as well as those who provide the service...

During my many years of being in this program and having served as it's President of EA with the excellent help of Karen M who was our Executive Director for over 25 years we attempted to carry this message to those we could. I remember we had a letter published in the newspapers through Dear Abby which drove a lot of people our way, but alas, our organization is dying for lack of support and our members are old like me who don't carry the message of hope as well as we did when we first found our way here....

The lady referenced about has reached out to her minister. He said he had not heard of us. He went to the website and said to her that he has a lot of people who need this program.. Getting the right people to admit they have a program who are connected within our towns and organization will carry the message lots better than putting up bill boards...

People to people carrying the message of hope., for us older members to remember we are the billboard for those who are troubled as we were when we first began, there is HOPE.... and we don't need to hide this hope.... **Paul H**



2017 - 2018 EA Board of Trustees

Please feel free to contact members of the Board with questions or concerns



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THE 12 PRINCIPLES—RESPONSIBILITY

In the early 1950's Twelve Step groups began informally sharing what has become known as the Principles of the 12 Steps. Each step has a corresponding principle that one can keep in mind when working the steps. Below members share how responsibility factors into Step 8 for them.

STEP 8 MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL.

In Step 8 we made a list of all persons we had harmed and become willing to make amends to them. This implies that we take on the responsibility of cleaning up the mess we've made. It's much like what we did in Step 4: cleaning up our side of the street, not someone else's. When we honestly begin to take responsibility for our actions, our shortcomings, we gradually see the promises of the program being fulfilled in our lives. Somehow they no longer look as extravagant as we had thought they were. For some, the promises come quickly while for others it might be a slow process, but each of us begins to experience them. What a gift EA has been for me. Thank you Higher Power. ...**Gus S**

Being responsible means I can respond. When I've harmed others, I choose - by practicing Step 8 - I prepare to make amends. The challenging thing is that sometimes it's not my fault, yet I view myself as responsible - able to respond to hurt that they've felt through their interaction with me. I may not have intended for the people that I choose to make amends to to be hurt. As a responsible person I make the distinction of this step by getting ready to make amends, responding to their being hurt - whether I am to blame for their hurt or not...**Scott J**

Today Book August 11



The program teaches me to take care of myself. In the old days I was self-destructive. Now I care for my own well-being and nurture myself. If I am tired, I take time to rest or sleep. If I am lonely, I call a friend. I say no to people-pleasing. If someone wants me to do something I know would be harmful to me, I do not do it. I do not expect others to read my mind. When I need care, **I take the responsibility for myself.**

OF IMPORTANCE TO GROUPS

1—EA's Annual Membership Meeting will be held on Saturday, October 6, 2018 in Minnesota. Exact location TBD and will be posted on the website soon. Participation will be possible in-person as well as over the phone and internet. More details to come.

2—Let ISC know if your planning a special event so we can put it on our online Events Calendar. Notices to [Elaine](#).

3—Correct information on the website listing is important!. Email [Data Coordinator](#) with updates.

4—The Loop (EAnon) is our online discussion forum. Click here more information on the [Loop](#).



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