



The EA Way of Life: A Telephone Conference

* Conference Schedule *

Saturday, December 9, 2017

9:30am—4pm EST

Join by calling: 605-475-4120

Pin: 2567966#

*Press *6 to mute or un-mute during the meeting.*

Join us for our first Emotions Anonymous Telephone conference.

Emotions Anonymous (EA) was formed by a group of individuals who found a new way of life by working the [12-step program](#) of Alcoholics Anonymous, as adapted for people with emotional issues. We come here to live a [“New Way of Life”](#) through the 12 steps. The program has helped many find solutions that lead to serenity.

The conference schedule follows:

*All times noted are Eastern Standard Time
Use www.timezoneconverter.com*

- 9:30am Meet and Greet
- 10:00am A Personal Story of the EA Way of Life
- 11:00am The Role of the EA International Service Center (ISC):
Keynote Speaker -> Elaine, EA-ISC Executive Director
- 12:00pm Coping through the Holidays with EA
- 1:00pm The EA Way through Steps 1-5
- 2:00pm The EA Way through Steps 6-12
- 3:00pm Humor and Recovery:

This session welcomes the sharing of clean jokes. Please submit jokes for consideration to eatelephoneconference@gmail.com by Wed., 11/15/17.

There will be time allotted at the end of each session for discussion.
You can break for lunch whenever you want.

See page 2 for additional information about the conference.

For more information on the conference only, contact eatelephoneconference@gmail.com.



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SERENITY PRAYER

“God grant me the serenity To accept the things I cannot change,
Courage to change the things I can, And wisdom to know the difference.”

3rd Step Prayer: “God, I offer myself to you, to build and to do with me as you wish. Help me to let go of my self-centeredness, so I can better recognize your will for me. Help me overcome my difficulties so others can see how your love, wisdom, and strength allows me to change. Thank you for being with me. May I do your will always.”

Adapted from Alcoholics Anonymous (New York: Alcoholics Anonymous World Services, Inc. 1976), p.63

7th Step Prayer: “Higher Power, I am now willing to totally give myself to you, the good and bad. I ask that you now remove from me every single defect of character which prevents me from being useful to you and to others. Grant me strength, as I go out to do your will. “

Adapted from Alcoholics Anonymous (New York: Alcoholics Anonymous World Services, Inc. 1976), p.76.

Recommended Reading List for Newcomers

Although you may participate in the conference without them, the following EA literature may be used and/or referenced to during the conference:

- EA’s Twelve Step Program: [“The Yellow Pamphlet”](#)
http://emotionsanonymous.org/file_download/4bc3d87b-4aae-454f-bde1-70947d802af8
- Emotions Anonymous (Our Big Book, dark blue cover)
- Today (Our daily devotional, dark blue cover)
- It Works if You Work It (Light blue cover)

To order these and other materials, go to emotionsanonymous.org or call our International Service Center at 651-647-9712.

International Phone Numbers to Access the Conference

Dial in and use the same access code: 2567966. Use www.thetimezoneconverter.com.

Attending the conference is free, however, check with your provider regarding possible charges for making calls to a free conference call line. Some companies do charge.

Australia (08) 9520 3110	Canada 867 292 3030	Lithuania (8-5) 207 8094	Ukraine 089 320 2487
Austria (Landline) 0820 444599	Finland 09 74790416	Netherlands 020 262 1918	United Kingdom 0330 777 1307
Austria (Mobile) 0820 987601	Germany 0211 95987102	Poland 22 116 86 89	United States (605) 475 2875
Belgium 02 808 76 34	Hungary (1) 848 0439	South Africa 087 195 0685	ACCESS CODE: 2567966

Conference Cost: **FREE** There is no registration fee for the conference. However, our 7th Tradition encourages contributions to EA as a whole. We suggest \$2 per session or \$10 if you attend the entire day. To find out what EA has to offer you, find a meeting, order literature, make a donation and more, go to our website at emotionsanonymous.org or call the ISC at 651-647-9712.