



Emotions Anonymous Annual Report FY 2015

Our Mission:

To support individuals with emotional difficulties in their efforts to live a more manageable life by using the Emotions Anonymous program of recovery.

Did you know? There are...

- 338 North American groups
- 660 groups worldwide
- Our newest group was added in August, 2015 in Oklahoma City, OK

President's Report

The past year has been a tumultuous one for EA. We hired a new Executive Director in 2014 who left in early 2015. In May, 2015 we hired our current ED, Elaine Weber Nelson. We must look for opportunities to grow this organization. We have become old. We can not continue to operate as we did in the past. We must find and use new ways to communicate with our neighbors who are looking for help in dealing with their emotional problems.

Unfortunately, we ended our Fiscal Year 2015 with a deficit of \$24,980 and are forced to plan our 2016 year with an anticipated deficit as well. This means that we constantly have to take monies from our reserve

Executive Director's Report

I began working at EA in May, 2015 and am grateful for the very warm welcome I received from so many members. I took over the reins after a long period of transition in this small, but powerful organization. The office staff should be heartily commended for keeping the office running, the materials shipped out, the phones answered and

in order to pay our bills and our reserve is very limited. We must find ways to share our message and to generate the income required to operate the Service Center. We have a very valuable resource that is under attack because of limited income.

I challenge each of you to think about what it would mean if we did not have a Service Center. Imagine the difficulty of getting books and literature for carrying the message of hope to those who still suffer from emotional problems.

We have a fresh opportunity to look forward with our new Executive Director. She needs our support in order to provide us with the tools we need to meet today's challenges. We had a group

everything else they have done so well during the past year. We are truly fortunate to have Mary, Bobbie Jo and Carleen at EA!

EA is a program that *works*, and one that could benefit many people in our world. My focus moving forward will be to find new ways to share our message of hope and recovery and to identify how EA can be the best organization it can be. I

consciousness in my local meeting where I shared about the need for local groups to support the Service Center on a more regular basis than just one time a year. The group decided that it would start giving on a monthly basis.

I ask all EA members to think about giving something on a regular basis in addition to what your group may send in. You can set up a monthly contribution through your bank easily. We need your support so we can support others and continue our own recovery process in EA.

In Service and Gratitude,

Paul Hershberger
President, EA Board of Trustees

look forward to working with all of you, the members who make EA what it is, as well as the Trustees, to begin new efforts that will encourage even more people to join our program of emotional health.

Elaine Weber Nelson
Executive Director

Financial Information

FY 2015:

Earned income:
\$98,137

Contributed
income:
\$40,497

**Total Income:
\$142,492**

Cost of Goods
Sold:
\$25,556

Human Resource
Expense:
\$88,719

Office/General
Expense:
\$35,058

**Total Expenses:
\$167,468**

**Deficit:
(\$24,976)**



FY 2014:

Total Income:
\$139,228

Total Expenses:
\$147,471

Deficit: (\$8,243)

Regional Trustee Reports

Region One/Northwest: Zoe Lord

Canada: AB,BC,MB, ON,SK. USA: AK, ID,MN,MT ND,OR,SD,WA,WI,WY

I spent a good deal of my time this past year making contacts with members in Region 1. It is vital that we maintain up-to-date information regarding Group Contacts in order to help and encourage one another and share information that will help each of us to better carry the message of EA.

Since I live in the Twin Cities, I was able to help in the initial planning phases and kick-start the Annual Convention process; as a member of the Nominating Committee, I interviewed candidates for new trustee positions; as an accountant, I tried to help with our bookkeeping sys-

tem. Locally, I have been working with some young adult members. I feel our younger members have specific needs which need to be addressed so that we have well-grounded 12 steppers to pass the torch to someday. We can't keep the secret of EA to ourselves.

Region Two/Southwest: Gus Schloesser

AZ,CA,CO,HI,NW,NV,OK,TX,UT

I have made many efforts to stay in touch with members in Region 2, all focused on communicating with the Regional Contacts. These include: 3 local Newsletters; 2015 Convention announcement and postcard follow-up; phone calls made to regional contacts without an email address; and, a welcome letter was sent as

groups were formed. New groups have been formed in AZ, Mexico, Texas, and New Mexico. A new group in Reddy, CA hopes to open soon. The group in Sun City, AZ remains stable; groups in Glendale, Tempe, and Mesa AZ have seen growth. The Tempe, AZ group has welcomed participants from a Women's

Recovery Program from Chandler, AZ. Most Regional Contacts remain committed to being of service to those individuals who have a desire to become well emotionally. I am grateful to the International Service Center for their continued support and encouragement in my role as Region 2 Trustee.

Region Three/Central: Lynne Smith

IA,IL,IN,KS,MI, MO,NE

This past year I redeveloped my contact list and contacted many Region 3 members via email, while providing my contact information.

We saw 4 groups close, though we have also had 5 new groups form! I have contacted regional treat-

ment centers and correctional facilities to let them know about our presence in the community. We are struggling with attendance, though that seems to be an issue everywhere. I know that even if I am the only member attending, during that period of time, I am

maintaining my recovery through readings and contact with my Higher Power. I look forward to visiting other members during the Convention this year and hope to personally recharge my own battery both emotionally and spiritually.

Region Four/Southeast: Ed Fernandez

AL,AR,DC,DE,FL,GA,KY,LA,MD,MS,NC,PR,SC,TN,VA,WV

Region 4 has been quiet this year. I received occasional phone calls requesting information and advice on how to conduct group conscience meetings, how to handle disturbing members, how to deal with low attendance, and requests for ideas to help the group with newcomer retention.

ISC has kept me updated with group closings, group data changes and group start ups. It has helped me personally to try to carry the message to others as a Trustee.

Region Five/Northeast: Valerie Anderson

Canada: NB,NF,NS,NT,PE,YT USA: CT, MA,ME,NH,NJ,NY,OH,PA,RI,VT

My second year as regional trustee has been quiet. I have had emails from members starting new groups or with questions about existing groups. I have also worked on the EA outreach committee, assisted with an online EA survey, and developed an app as an outreach mechanism that we hope to launch soon.

Region Six/French-speaking Canada: Gilles Mousseau

I attended 3 meetings of EA Ltd. and several meetings of PFEA, (the company that translates all EA literature into French. This material is provided to European French Intergroup. France, Belgium, Switzerland, and French groups in Italy.) The situation at PFEA is better now, after

some issues two years ago. PFEA has begun to pay the royalties owed to EA International. Trois Rivieres Intergroup has 16 groups, Montreal has 9, and Quebec and Monteregie-Estrie have four each, for a total of 33 groups in this Region. As I have served 12 years as

trustee, I must step down now. and I want to thank all members of all my groups for their excellent collaboration for these years. I really enjoyed being involved. I receive so much from EA that I felt I needed to make my 12th step in this way. Merci!

Look for the good.

First things first.

One day at a time.

Let go and let God.

You are not alone.

This too shall pass

Annual Contributions in USA by State

Thank you

to our Trustees
who are leaving
the Board this
year:

Gilles M.
(Region 6)

Ed F.
(Region 4)

Paul H.
(At-large)

Your service to
EA has been
appreciated and
you will be
missed!

Alabama			Evergreen Park -	
Mobile - Fri, 12 p.m.	\$297.96		- Mon. 6 p.m.	\$110
Montgomery -			- Fri. 7 p.m.	\$7
- Thurs. 11 a.m.	\$35		Geneva - Thurs. 7:30 p.m.	\$50
Arizona			Glen Ellyn - Mon. 10 a.m.	\$150
Glendale - Tues. 7 p.m.	\$27.10		Illiana - Intergroup	\$100
Mesa - Sat. 10 a.m.	\$100		Lake Forest - Thurs. 7 p.m.	\$50
Tempe - Wed. 7:15 p.m.	\$100		Lombard - Tues. 7:30 p.m.	\$450
California			New Douglas - Mon. 8 p.m.	\$30
Alhambra - Sat. 10:30 a.m.	\$400		Skokie - Tues 6:45 p.m.	\$65
Anaheim - Tues 7:30 p.m.	\$250		Indiana	
Anaheim - Fri. 10 a.m.	\$135		Elkhart - Mon. 6:15 p.m.	\$202.60
Burbank - Mon. 7:30 p.m.	\$25		Indianapolis - Wed 7 p.m.	\$25
Cupertino - Sat. 7:30 p.m.	\$125		Iowa	
Downey - Sat. 11 a.m.	\$25		Burlington - Thurs. 7 p.m.	\$488
Ontario - Mon. 7 p.m.	\$75		Kentucky	
Redlands - Wed. 12 p.m.	\$643		Lexington - Sun. 4:30 p.m.	\$100
Rialto - Sun-Sat. 7 p.m.	\$175		Louisiana	
Rialto - Fri 7 p.m.	\$50		Kaplan - Sat. 10:30 a.m.	\$20
Riverside - Mon. 7:30 p.m.	\$744		New Orleans	
Sacramento-Tues.6:30 p.m.	\$20		- Tues. 10:30 a.m.	\$25
Sacramento - Tues. 8 p.m.	\$50		Maine	
Sunnyvale - Mon. 7 p.m.	\$25		Augusta - Fri. 6:30 p.m.	\$50
Walnut Creek -			Maryland	
- Wed.5:30 p.m.	\$100		Columbia - Sun. 4 p.m.	\$28
Woodland Hills -			Easton - Tues. 2 p.m.	\$10
- Fri 10:30 a.m.	\$115		Massachusetts	
Colorado			Wellesley - Sat. 9:30 a.m.	\$300
Colorado Sprgs-Mon. 6 p.m.	\$100		Michigan	
Connecticut			Ann Arbor - Mon. 7:30 p.m.	\$60
Ansonia - Fri. 4 p.m.	\$28		Grand Rapids - Fri. 8 p.m.	\$431
Florida			Grosse Pointe Farms	
Hollywood - Sun. 1 p.m.	\$425		- Tues. 7 p.m.	\$25
Hollywood - Thurs 5 p.m.	\$25		Owosso - Wed. 7 p.m.	\$25
St. Petersburg - Wed. 7 p.m.	\$50		Minnesota	
Seminole - Sat. 7 p.m.	\$55		Apple Valley - Tues 7:30 p.m.	\$200
Tampa - Thurs. 7 p.m.	\$70		Bloomington-Tues7:30 p.m.	\$79.50
Georgia			Brainerd - Tues. 7 p.m.	\$450
Athens - Sun. 4 p.m.	\$25		Columbia Hts-Tues 7:30 p.m.	\$50
Cherry Log -Thurs. 4:30 p.m.	\$20		Coon Rapids - Tues 7 p.m.	\$100
Cummings - Wed. 7 p.m.	\$100		Fridley - Wed. 10 a.m.	\$425
Gainesville - Sun. 4 p.m.	\$300		Mpls. - Mon. 7 p.m.	\$51.88
Roswell - Fri. 7 p.m.	\$125		New Ulm - Mon. 7 p.m.	\$13.25
Smyrna			Red Wing - Thurs. 7 p.m.	\$110
- Sun. 7:15 p.m.	\$75		Rogers - Mon. 1 p.m.	\$33.56
- Mon. 7:15 p.m.	\$50		St. Cloud -	
- Tues. 7:15 p.m.	\$75		- Mon 8 p.m.	\$400
- Wed 7:15 p.m.	\$75		- Thurs. 1 p.m.	\$400
- Thurs. 7:15 p.m.	\$50		St. Paul -	
- Fri. 7:15 p.m.	\$50		- Wed. 7 p.m.	\$100
- Sat. 7:15 p.m.	\$50		- Fri. 7 p.m.	\$340.25
Illinois			- Sat. 12 p.m.	\$25
Aurora - Mon. 7:30 p.m.	\$102.68		Missouri	
Berwyn - Sun. 12:30 p.m.	\$1		Columbia - Mon. 7 p.m.	\$315
Carlinville - Tues. 6 p.m.	\$25		St. Peters - Tues. 7 p.m.	\$184
Chicago - Sun. 7:30 p.m.	\$25		New Hampshire	
Chicago - Fri. 11 a.m.	\$15		Manchester - Mon. 7 p.m.	\$350
			Nashua - Thurs. 7:30 p.m.	\$300

New Jersey	
Hackensack -	
- Tues 7:15 p.m.	\$670
- Thurs 7:15 p.m.	\$670
Morristown - Fri. 7 p.m.	\$10
New York	
Hicksville - Thurs. 8 p.m.	\$25
New York - Fri. 7 p.m.	\$40
Port Jefferson - Sun. 3 p.m.	\$100
Rockville Centre	
- Sun 7:30 p.m.	\$25
Smithtown - Sat. 7:30 p.m.	\$20
S. Setauket - Tues 7:30 p.m.	\$20
Westbury - Tues 7:30 p.m.	\$345
North Carolina	
Brevard - Thurs. 6:30 p.m.	\$75
Winston-Salem	
- Wed. 7:30 p.m.	\$25
Ohio	
Akron - Tues 7 p.m.	\$1,037.17
Canton	
- Wed. 6 p.m.	\$200
-Sat. 10 a.m.	\$200
Columbus - Tues. 7 p.m.	\$75
Dover - Wed. 7 p.m.	\$3
Garfield Hts - Sat. 11 a.m.	\$271
Lakewood - Sun. 2 p.m.	\$75
Lyndhurst - Thurs. 7 p.m.	\$25
Middleburg Hts	
- Mon. 7:30 p.m.	\$50
Salem - Mon. 2 p.m.	\$1
Sylvania - Sun. 7 p.m.	\$4.82
Oklahoma	
Midwest City - Tues. 7 p.m.	\$30
Norman - Mon. 6 p.m.	\$275
Oregon	
Portland	
- Sun 9 a.m.	\$25
- Wed. 6 p.m.	\$25
South Carolina	
Beaufort - Mon. 6:30 p.m.	\$50

Texas	
Austin - Mon. 7:30 p.m.	\$58.28
Houston - Intergroup	\$219.14
Irving - Fri. 7:30 p.m.	\$25
N. Richland Hills	
- Tues. 7:30 p.m.	\$75
Virginia	
Vienna - Mon. 8 p.m.	\$40
Virginia Beach - Tues. 1 p.m.	\$88.85
Washington	
Chehalis - Wed. 8 p.m.	\$25
Wisconsin	
Milwaukee - Tues. 6 p.m.	\$75
Australia:	
Queensland	
Inala - Wed 10:30 a.m.	\$229
Victoria	
Buxton - Wed 7 p.m.	\$416.17
Canada: English speaking	
Alberta	
Calgary - Wed 1 p.m.	\$250
Calgary - Thurs.12:30 p.m.	\$75
Calgary - Thurs..7 p.m.	\$25
Edmonton - Wed 9 p.m.	\$50
British Columbia	
Vancouver - Sat. 11 a.m.	\$200
Manitoba	
Manitoba	\$80.75
Ontario	
Burlington - Mon. 7 p.m.	\$180
Guelph - Mon. 7 p.m.	\$50
England	
Reading - Sun. 4:30 p.m.	\$15
Tylers Green - Fri. 8 p.m.	\$313.74
Israel	
Jerusalem - Mon. 6:30 p.m.	\$50
Italy	
Italian Intergroup	\$43.20
Japan	
Japan	\$4,000
Portugal	
Lisbon - Mon. 5:45 p.m.	\$60.59
Sweden	
Sweden	\$59
Wales	
Swansea - Wed 1:15 p.m.	\$300

Annual Contributions from Internet & Phone meetings

Internet	\$102
Phone meetings	
- Thursday 11 a.m. EST	\$25
- Thursday 9 p.m. EST	\$15
- Sunday 8 a.m. PST	\$70

Welcome

to our new Trustees who were voted onto the Board at the 2015 Fall Business Meeting:

France B. (Region 6)

Scott J. (At-large)

Tyrrel D. (Region 4)

We look forward to working together to make EA a strong, viable organization that works on behalf of the well-being of all its members.

A very sincere thank you to every EA member who has contributed your time or talents, or made a financial investment in EA's ISC. We received \$9,969 from 69 individuals and \$23,610 from groups in 2015. The ISC exists to be a resource for every member and to assist in sharing our message of hope and recovery. Every contribution matters - **especially this year as we re-invigorate EA and grow.** Please be generous with your group & individual contributions in the coming year.

Active Committee Updates

EXECUTIVE COMMITTEE

This committee of the Board works with the Executive Director to oversee the inner workings of the organization. Our major accomplishment this year was managing the transition of Executive Director. Working with others, we hired Elaine Weber Nelson in May, 2015. She has been a really great addition for leading the Service Center into new directions. She has created a lot of interest and has spent a lot of time getting to know the EA world.

It has been a very difficult year not having a permanent Executive Director. The schedules of some of our Trustee's conflicted with some of our meetings which meant that our decision making abilities were very limited. It was a year that required patience, understanding, and communicating so that those folks who needed to know were kept informed which helped keep the organization on track.

OUTREACH COMMITTEE

This group took on the challenge of creating and monitoring a member survey, the results of which were presented at the 2015 International Convention. The survey will help us better understand what our membership wants and provide those services and activities.

Are you interested in serving on an ISC Committee? Several committees allow non-trustee members. Contact Elaine at director@emotionsanonymous.org for more information. New committees form after the Fall Convention.

NOMINATING COMMITTEE

We successfully identified three new members who will join the Board in 2016.

FINANCE COMMITTEE

The 2015-2016 budget projects a \$30,637 loss, based largely on the \$24,976 loss sustained in Fiscal Year 2014-2015. The previous year loss was \$8,243. Steady growth in total expenses over the past 2 years accounts for the increasing losses. Salaries have had an upturn over the past year, from \$63,543 in FY2013 to \$80,574 last year, a rise of 26.8%. The staff of the ISC is minimal, and the Executive Director salary is barely competitive, so the new budget projects a salary figure of \$96,454, an increase over the previous budget of \$17,454 or 22.1%.

Earned income figures are variable, and could do much to offset the projected loss. A prudent earned income figure of \$99,600 based on an actual amount of \$98,133 in FY 2015 could rise substantially next year, particularly due to the sales of the three E-books. The budget conservatively forecasts a decline in EA book sales from \$35,000 last year to \$30,000 (down 14.3%).

Contributed income figures are similarly variable. Group donations did not reach the \$30,000 budget in 2014-2015. FY 2016's budget forecasts a more conservative group donations figure of \$23,000, down 23%. Group donations at a level exceeding last year's will do much to offset the projected loss. Individual donations have grown steadily over the last two years and we've budgeted for that trend to continue at \$10,000.

While EA faces some tough financial times, with stronger growth efforts, the new Executive Director, Board of Trustees and solid ISC Staff are positioned to safeguard the role of EA in the year ahead.

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651-647-9712

2014-2015

Board of Directors:

Paul Hershberger, *President*
Harold Fink, *Vice President & General Service Trustee*
Vince Coviello, *Treasurer*
Phyllis Regnier, *Secretary & Nonmember Trustee*

Regional Trustees:

Zoe Lord
Gus Schloesser
Lynne Smith
Ed Fernandez
Valerie Anderson
Gilles Mousseau, *General Service Trustee*