



Greater Sacramento Area

Emotions Anonymous Intergroup Fellowship Committee

Invites all EA members, mates, relatives, family and friends to join us for
our

6th Annual November Gratitude Fellowship!

When: Saturday, November 19th, 2016

Time: 4:00pm – 6:00pm

Where: Ettore's European Bakery & Restaurant (916) 482-0708
2376 Fair Oaks Blvd, Sacramento, CA 95825

No purchase necessary ... please join us for fellowship

Questions - contact Helga at 916/904-2362 or Muir via email at mosiac33@gmail.com

THE TWELVE PROMISES

- 1. We realize a new freedom and happiness.*
- 2. We do not regret the past or wish to shut the door on it.*
- 3. We comprehend the word serenity, and we know peace of mind.*
- 4. No matter how far down the scale we have gone, we see how our experience can benefit others.*
- 5. The feelings of uselessness and self-pity lessen.*
- 6. We have less concern about self and gain interest in others.*
- 7. Self-seeking slips away.*
- 8. Our whole attitude and outlook upon life changes.*
- 9. Our relationships with other people improve.*
- 10. We intuitively know how to handle situations which used to baffle us.*
- 11. We acquire a feeling of security within ourselves.*
- 12. We realize that God is doing for us what we could not do ourselves.*

