



50TH ANNIVERSARY

JOIN US FOR OUR  
5TH ANNUAL TELEPHONE  
CONFERENCE

*Recovery is Golden*

PRACTICING THE PRINCIPLES FOR 50 YEARS  
(Since July 22, 1971)

**SATURDAY • OCTOBER 16, 2021**  
**10:30 AM TO 5 PM (EDT)**

**JOIN US BY PHONE**

- In the United States call (540) 792-0104,  
Access Code: 808747#
- See this link for other countries:  
<https://fccdl.in/i/eatelephoneconference5>

**JOIN US ONLINE**

- Go to [www.FreeConferenceCall.com](http://www.FreeConferenceCall.com); click on LOG IN
  - Look across the top and select JOIN
  - Enter the MEETING ID: eatelephoneconference5
  - Type in your Name and Email; then click on JOIN
  - Select JOIN WITH COMPUTER AUDIO (or another option)
  - Click on the microphone icon to mute and unmute
- \*Can also be used on the Free Conference Call App  

Emotions Anonymous is an international fellowship of men and women who desire to improve their emotional well-being. There is no registration fee for the conference. To find out what EA has to offer you, to find a meeting, order literature, make a donation, and more, go to our website at [emotionsanonymous.org](http://emotionsanonymous.org) or call the International Service Center at 651-647-9712.

# THE SCHEDULE

AM	10:30	WELCOME, INTRODUCTIONS & THE YELLOW PAMPHLET
	11	PERSONAL RECOVERY STORY*
PM	12	WELCOMING NEWCOMERS
	1	PERSONAL RECOVERY STORY*
	2	RECOVERY THROUGH DIFFICULT TIMES
	3	PERSONAL RECOVERY STORY*
	4	PANEL DISCUSSION: USING HUMOR & SELF CARE IN RECOVERY

*\*WHAT IT WAS LIKE, WHAT HAPPENED, WHAT IT IS LIKE NOW*

## Recommended Reading List for Newcomers

Although you may participate in the conference without them, the following EA literature may be referenced during the conference:

- The Yellow Pamphlet is found here: [The Yellow Pamphlet](#)
- *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](http://emotionsanonymous.org) or call our ISC at 651-647-9712.

### The 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.

## The 12 Principles Behind the 12 Steps

- |                |                         |
|----------------|-------------------------|
| 1. Honesty     | 7. Humility             |
| 2. Hope        | 8. Responsibility       |
| 3. Faith       | 9. Justice              |
| 4. Courage     | 10. Perseverance        |
| 5. Integrity   | 11. Spiritual Awareness |
| 6. Willingness | 12. Service             |

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