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Strength & Hope

A message in support of emotional well-being.

A LOOK BACK —SCOTT J, BOARD PRESIDENT,

Over the last 5 years, we have seen many improvements at EAI. These have included updated technology, stronger finances, new trusted servants, and more literature.

There's been a huge expansion of virtual meeting options due to the pandemic. We now have members connecting with each other globally on conference calls, Zoom, and other platforms. We hope these meetings continue - perhaps in hybrid fashion (combined face-to-face/virtual).

Financially we're in a much better financial state now than we have been for years. We operated with deficits of \$20,000-\$40,000 annually for a long time. Now we're breaking-even and we hope to end this fiscal year with a positive bottom line, but we need continued support from groups and individuals to continue this positive trend..

There were staff changes - in bringing on Claire and Sandy to offer accounting and technical expertise. We've also been fortunate to retain Carleen and to keep our excellent Executive Director Elaine Weber Nelson these past 5 years. Other changes include the Trustees - now expanded to 8 current members and meeting monthly. Trustees are highly engaged, meeting monthly and working between meetings - all focused on EAI's mission.

Finally, we celebrate all the new material available to the fellowship throughout the world. These include 3 workbooks: *A Guide to Working the 12 Steps*, *Taking the Fear Out of the 4th Step*, and *Welcoming the Spiritual Awakening Within Me* - plus more than a dozen great new pamphlets that individuals have submitted. Good stuff!

As I formally rotate off the board, having fulfilled my 2 three-year terms, I give thanks for the chance to serve. I'll continue to be a contact person for 4 EA virtual meetings, volunteer to support the ISC with follow-up emails/calls, and support the board in ways that are helpful to trustees continuing on the board. My heart is full of gratitude. I invite you to practice the principles of EA in all your affairs and to join me in our goals to help all who desire to have a more balanced emotional life, better relationships with a H.P., others, and themselves - *to be at peace*.

QUICK TIP OF THE MONTH

When I'm going through a rough patch, I take a moment to consider how far I've come emotionally since I started EA.

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MAY'S TOOLS FOR RECOVERY

STEP 5

Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

PROMISE 5

The feelings of uselessness and self-pity lessen.

JUST FOR TODAY 5

I will do somebody a good turn and not get found out. If anyone knows of it, it will not count. I will do at least one thing I don't want to do, and I will perform some small act of love for my neighbor.

SLOGAN 5

First things first.

HELPFUL CONCEPT 5

EA is not a sounding board for continually reviewing our miseries, but a way to learn to detach ourselves from them. Part of our serenity comes from being able to live at peace with unsolved problems.

TRADITION 5

Each group has but one primary purpose: to carry its messages to the person who still suffers from emotional problems.

SURRENDERING TO UNSOLVED PROBLEMS

— GLENN R.

Suffering from a severe, sometimes crippling, form of Complex PTSD, it became my practice for decades to continually review my misery, both internally and with others. Although this might have alleviated symptoms temporarily, it never yielded an iota of legitimate recovery. In fact, it seemed to actually reinforce the agony.

I had always thought I would first have to completely heal from my emotional shortcomings before I could enjoy life.

But after coming to Emotions Anonymous and reading Concept #5 a number of times, it occurred to me I could now detach from my pain and the negative mindset associated with it. That didn't mean my symptoms would disappear, but rather I could somehow learn to live a productive life despite them, instead concentrating on all the good existing in my life.

However, what really opened my eyes was the second part

of our fifth Helpful Concept: "Part of our serenity comes from being able to live at peace with unsolved problems."

Frankly, major anxiety has always resulted for me when a problem couldn't be resolved on the spot. My tendency has been to force a solution, believing if I didn't, the list of unfinished business would become insurmountable and ultimately destroy me.

Yet, the truth of the matter is that life is actually a long sequence of unresolved problems. I guess that's why we try to reduce the stress in recovery by living one day at a time. Quite often, though, one day is still too much for me, and I end up only taking on what's in front of me the moment. Subsequently, the moments add up to minutes, the minutes to hours and the hours to days. This is how I approach surrender as prescribed by the Second, Third and Eleventh Steps. And it is doable!

EAI needs you! Can you write a reflection or a pamphlet? Start a new meeting? Make a contribution? Tell someone else about the program? There are many ways to be of service!

You can find the Trustee Reflections on the website, www.emotionsanonymous.org.

This month we focus on Step 5.

CONTRIBUTION GRATITUDE

EAI could not operate without donations and we deeply appreciate your support! Recent gifts have been received from:

Brainerd, MN	Ukiah, CA
Burlington, IA	Bend, OR
Midwest City, OK	Rialto, CA
Aibtikar Foundation, NJ	
Burks Falls, ON Canada	
Wellesley, MA	
Anaheim, CA Tues	
Brevard, NC	
Virginia Beach, VA Tues	

IN MEMORY OF:

Jude, Anonymous

Patricia Van Wagner, Hilary G

ADMINISTRATIVE NEWS

We continue to create new literature and help new groups form. We continue to grow connections across the world, and more and more EA literature is being translated into different languages.

A recent effort has been to encourage both sponsor and co-sponsoring relationships. We've received responses from folks interested and are in the process of making matches with those seeking a sponsor or co-sponsor.

We are continuing to lift up EA's 50th anniversary this year and will be asking for special donations from the membership. This organization needs your support to be able to keep going strong! We operate *on a shoe-string budget with very part time staff and limited resources*. Your contribution will help us bring the EA program to others. Please consider a contribution this month. Thank you.

PRIORITIES — Gail R.

It helps me so much to remember that "Serenity is my number one goal." To me, that means my recovery has to be at the top of my list every day. Using the slogan, "First things first" helps me to have perspective on things happening in my life and around me. My efforts toward serenity - which is, for me, is having healthy emotional and spiritual habits, including prayer, meditation, journaling, and meetings. When my self-care and well-being are my first priority, I am more likely to have peace, no matter what else is going on.

REAL HONESTY — Steve O.

Step 5 seemed like it would be easy since I already admitted the hard part in Step 1 – that I am powerless. However, I underestimated the difficulty of being truly honest and accepting within my own self. Being authentic with others has always been easier than opening myself up to my past. Owning up to who I legitimately am has presented a challenge that would be impossible if not for years of therapy and EA group meetings. Only with the help of God, and other people keeping me honest, can I risk admitting the exact nature of my wrongs to myself.

A Worldwide Service Opportunity!

EA has offered holiday meetings at Thanksgiving, Christmas and New Year's Day for the past several years. We're developing a committee to expand the current holiday meeting schedule into *EA Through the Holidays Worldwide* and offer meetings during more holidays throughout the year.

Coordinating these efforts is great 12th Step work as they serve to build up current members and provide encouragement for newcomers who are often searching for support during the holidays.

Responsibilities include finding moderators, speakers and hosts; developing and distributing flyers; updating and distributing the schedule and script; developing holiday email; etc. If you're interested, please contact Greta at 734-383-0686 or oagreta@gmail.com.

OFFICE INFORMATION

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