



EA CONNECTION - MARCH 2017

Your monthly newsletter from ISC

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From the Executive Director, ISC

Much as the approach of spring gives us a bit of a boost of energy, so too does seeing work *in progress* become work *completed*. I am so pleased to share five new pieces of literature with the EA community! We have a new workbook, ***Taking the Fear Out of the Fourth Step: A Joyful and Uplifting Journey*** (Form 74), that provides a different way to look at, and work, the Fourth Step. This spiral-bound workbook is a wonderful addition to the other pieces we have to guide members through the 12 Steps. We also have had industrious members working on several new pamphlets: ***"The Common Thread: Mistaking Emotion for Reality"*** (Form 1); ***"From Surviving to Thriving"*** (Form 26); and ***"What is EA?"*** (Form 69). Finally, we have created a new pocket card with ***Step 3 and Step 7 Prayers*** (Form 20) on separate sides of the card. We hope members will find all of these items useful to them as they navigate their journey in the EA program.

The Board and I believe that in order for EA to thrive, we must grow. We redesigned the website and created an app last year and have seen the rewards of having easy-to-access information available. We get calls and emails everyday, from individuals and professionals, looking for groups. We need to energize ourselves and find ways to encourage people to get involved and get active. I hope we'll look back on 2017 as the year we took a big step forward in making new materials available to help members work and grow their own programs. Are you interested in writing a pamphlet or a workbook for EA? We welcome your ideas and your submissions. Contact me for more information or with questions... [Elaine, Executive Director ISC](#)

Event Calendar

Be sure to check the [Event Calendar](#) on the EA website for activities in your area .

Notify the ISC if you are holding a special event you would like to see on the calendar. Send your notices to: [Elaine, EA Director](#)

EA Recovery Tools

Step 3: Made a decision to turn our will and our lives over to the care of God ***as we understood Him.***

Slogan 3: One day at a time.

Tradition 3: The only requirement for EA membership is a desire to become well emotionally.

Promise 3: We comprehend the word serenity, and we know peace of mind.

Just for Today 3: I will try to adjust myself to what is and not force everything to adjust to my own desires. I will accept my family, my friends, my business, my circumstances as they come.

Concept 3: We respect anonymity—no questions asked. We aim for an atmosphere of love and acceptance. We do not care who you are or what you have done. You are welcome.



EAnon

Many of the shares used in the EA Connection are from our online discussion group, EAnon. Click here to learn more about [EAnon](#)

Of Importance to Groups

Please make sure your group contact and meeting information is current. Email changes to: [Bobbie Jo, Group Coordinator](#)

Correct information on the website listing is important so newcomers and members can find a meeting or someone to call/email if they have questions.

Want to receive information directly from the ISC? Go [Get Involved](#) You'll get The Connection sent directly to your inbox each month, as well as periodic emails about EA.

Memorials and Special Gifts

To remember or acknowledge that special person: [Memorial Donations](#) #3

RECOVERY USING THE TOOLS OF EA

STEP 3: MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM.

 It has been over 20 years since I've worked a step program. Having worked the steps before, I know they work. I have a memory of it, but I have quite a few years of troublesome habits built up which brings me to Step 3. I'm working on it now and finding it much harder than Step 1 and Step 2. Now the hard work begins. I read it over and over. "Made a decision to turn our will and our lives over to the care of God as we understood Him." What the heck does it mean, is my first response.

My stumbling block may be my will. I have been relying on my own will-power for survival my entire adult life. It's second nature. It feels like "me." How do you just "hand it over?" Nothing to do but ask for help from my HP. So far this step for me is a conversation with my Creator. I don't know the specifics of God/Higher Power, but for me, I experience it as a mysterious presence of grace, love, justice, faith, miracles etc. So in my conversation and prayer I just say..."God of Love and Understanding I am handing this to you, all this confusion, insanity, pain and shame. I do not know how to let go of my will so can you help me?" Somehow it feels like I should be doing more here but I keep on having this basic conversation and prayer with my HP. I don't feel any different. Nothing seems to hap-

pens, but I know in time, not only will I let go, but it will feel like I have...*Linda*

 I frequently try to run my life myself, and I always seem to run aground. I'm grateful that I don't have to beat myself to a pulp about it any more, although I still do at times. Asking for help has never been my strong suit. I'm getting the message loud and clear that I need to...*Gail*

 Surrendering my relationship with my adult son and its fallout has opened up a huge space on my life and lifted a weight off of my shoulders. So now I want to surrender to my Higher Power the other things that I have been attempting to control.

I do this by asking out loud for my HPs help, telling him that I can't do this any more, I can't carry this burden, please take it from me. Then I picture the cross of my savior in my mind's eye, and I either place these things at the foot of the cross or I place them gently on His shoulders. I understand now that He really did die to take away my sin. Take what you like and leave the rest....I am not proselytizing, just sharing.

I surrender the desire that my daughter should love me in spite of the pain she suffered when I left her mother. For too long I have tried to make her love me. I surrender the need for the approval or even admiration of others. I surrender the need for a fulfilling role. I surrender the desire for a specific job. I surrender my body and my physical health. I surrender my time management. I surrender my intellect and my ob-

session with reading deep books. I surrender everything I am to my Higher Power, my life and my will, and I ask Him for his guidance.

I easily forget that I am a sick man in need of help. Too easily I become self sufficient and this always leads to trouble. I need a savior...*Ian*

SLOGAN 3: ONE DAY AT A TIME

 I have been struggling with staying in the present moment. My mind is always wondering back into yesterday or attempting to leap into tomorrow with the idea of "if only" and wanting what I want when I want it. These habits of mine cause me a lot of conflict and stress because I have no control over any of it. Living in the now is a simple thing. It is really all we have. However, it is the simple things I find very hard to stay connected to because I wonder off into yesterday and idealize my future with thoughts of what's going to happen when I get this or that. When I spend so much time dealing with my thoughts and applying energy to them I see that I make a lot of assumptions, expectations and other manipulative actions which attempt to control others. Thoughts with energy require my feelings to become way too active, which in turn causes me to react in ways which separate me from those that are around me.

Eventually I come back to the support system of EA. Gratitude and forgiveness for my ignorance of forgetting these simple things sets me back on the path of recovery, one day at a time...*Paul*

DISCOVERING THE TOOLS OF EA

RECOVERY

I **always knew** about seeing the cup half full rather than half empty and all those positive sayings that abound in the wider world. But they never really spoke to me, I couldn't really work them even if I did intellectually understand the truth of them. Emotionally I was too broken, I was a piece of pain and I was so full of inner toxic feelings, shame, and thoughts that these sentences were just that—sentences.

I walked around and put on a flawless act, acting as though I was confident and whole, and no one besides for my husband knew how angry and how sad I really was inside. I felt cheated, betrayed, used and abused by my parents, yet, I pretended to the world that everything was fine and dandy. Being that broken didn't allow me to see anything as half full versus half empty; or other *cute*, but seemingly, empty superficial sayings. I needed to heal first, I needed to purge myself from all the toxic stuff inside of me.

I was able to start therapy before I found EA. Therapy empowered me and I am grateful for every session I had. It was my therapist who advised me to join the local EA group in one of our early sessions. I am grateful she did. One on one therapy was vital for me but after 6 months of it I felt far safer in EA meetings. The steps were an active healing process for me more than exploring issues with my therapist which was revealing and vital, but not really healing. I am not with that therapist anymore but it was and is still important to me. I share privately when I need to with members I feel close to on EAnon. They were so kind and giving of their time.

Attending meetings was like being re-parented—the unconditional love and acceptance plus the self-discipline that was gently instilled in me allowed me to feel my pain, grieve and move on, gaining courage, some wisdom and little bits and then bigger bits of, serenity.

Once I was more complete I was able to start actively working the program. Today I still don't like sayings from the wider world outside of EA, unless it's said by someone who's actually suffered and struggled and triumphed. It helps when it is from an EA member and from the EA program that is sympathetic, empathetic, caring, and loving, and, also firm in its encouragement that my HP does know what's good for me, and that I can live this I was given. So I am able to **“look for the good”** now. Even though my reality in all aspects is a far cry from the life I thought I needed, wanted and dreamed of. I can accept that this reality is different but it's not bad—just different, perhaps harder, or perhaps not, as I haven't lived the other type of reality so I couldn't really know! I definitely can see lots of good in my reality now. It's not always easy but definitely worthwhile as before I was throwing out the baby with the bathwater. And I realize even more clearly today that although I didn't have the good of my dreams, it was a shame to not enjoy the, good in my reality...**Betty—UK**

TRUST

When I first came to EA I had BIG issues with trust, especially trusting other people, including those in EA. Remembering how I felt, I can then empathize with those who've recently shared about the pain of feeling rejected by those who they thought they could be open with and trust. I also remember the 12 Step admonition, **“Hurt people hurt people.”** That said I want to share the response I got from a wise elder when I was still fairly new and was upset by things someone said at a meeting. The response I got was—that's why we place principles before personalities (Tradition 12). I took this to mean that I needed to focus on the principles of the program and use them to deal with the situation, rather than focus on the personalities of other people I encounter in meetings...**Joe**

NOT ALONE

It's helpful to come and read from EAnon - to know I am not alone - to know it's human to be human. That being human is just fine. Better than trying to play GOD. I am tired, tired of playing that role. I can turn to HP and simply say I can't do this alone, I will do your will, not mine. HP always makes it much simpler than the elaborate plan I cook up...**ML**

Editor's note: EAnon is our online discussion group: [EAnon information](#)



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The Concepts are the first tool listed in the "EA's Twelve Step Program pamphlet. There is good reason for this as the Concepts give us the basic structure for the program of Emotions Anonymous

Thoughts from your Trustees: Helpful Concept

Concept 3: We respect anonymity—no questions asked. We aim for an atmosphere of love and acceptance. We do not care who you are or what you have done. You are welcome.

In this concept we see that hospitality is such a key thing for us in E.A. We often struggle with shame and rejection issues. Conditional acceptance we're used to in life!! In our program, we don't put conditions on our welcoming of others. When we receive one another just as we are, we practice the kind of respect and positive regard that our Higher Power intends for us to show to others. All are welcome!...**Scott**

I have trouble accepting my past and myself. Early in the program it was comforting to know others had made mistakes too. By accepting others I work at accepting myself. I have faith that a Higher Power will guide all of us to a better way of living...**Val**

Anonymity is a very important concept. Members can say anything and it stays in the meeting. I have seen meetings close because someone has broken the anonymity of the members in the meeting. The only one who can break their anonymity is the person himself. I broke my anonymity me when I became a trustee. This does not mean I can speak for EA because of this. I have gone to many meeting throughout the country. At those meeting I experience love and acceptance. I recommend that you try to attend meeting where ever you visit. You may find a tool or two to help in your recovery...**Harold**

Recall your first EA meeting and the hesitation you experienced before walking through the door? I do. Who will I see? Who will see me? My emotions were well at work, from fear to shame in having to admit that, yes, I had hit an emotional bump in my life. Little did I know that this EA Concept existed, nor it's implications. I was saved, I was welcomed, I was accepted, I was loved! Long Live Helpful Concept 3!...**Gus**



REGIONS OF EMOTIONS ANONYMOUS

REGION 1: NORTHWEST

CAN: AB, BC, MB, ON, SK

USA: AK, ID, MN, MT, ND, OR, SD, WA, WI, WY

REGION 2: SOUTHWEST

USA: AZ, CA, CO, HI, NM, NV, OK, TX, UT

REGION 3: CENTRAL

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

REGION 4: SOUTHEAST

USA: AL, AR, DC, DE, FL, GA, KY, LA, MD, MS, NC, SC, TN, VA, WV, Puerto Rico

REGION 5: NORTHEAST

CAN: NB, NF, NS, NT, PE, YT

USA: CT, MA, ME, NH, NJ, NY, OH, PA, RI, VT

REGION 6: FRENCH-SPEAKING CANADA

EMOTIONS ANONYMOUS™

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EMOTIONS ANONYMOUS IS DELIGHTED TO WELCOME THE FOLLOWING NEW LITERATURE:



LITERATURE: LISTED IN PROGRAM MATERIALS

The Common Thread: Mistaking Emotions for Reality

“...the root of the problem — the common thread I have found — seems to be that *we mistake our emotions, as well as all the thoughts in our head, for reality...*” (form 21)

From Surviving to Thriving

“The best part of this sense of thriving is that others in the program are drawn to join us in our wellness. Wholeness can be contagious!” (form 26)

What is EA?

Why anonymity? “The promise of anonymity gives members the freedom to share real thoughts and feelings at meetings because what is said there will not be repeated to anyone else.” (form 69)

BOOKLET: LISTED IN BOOKS

Taking the Fear out of the 4th Step

“Many folks have never have done a 4th Step because the process seemed to be “too much” to them..... This guide is intended to truly bring the expression “look for the good” into 4th Step program.....” (form 74)

OUR THANKS TO THE LITERATURE COMMITTEE AND SEASONED EA
MEMBERS WHO HAVE BEEN HARD AT WORK SHARING THEIR WISDOM,
STRENGTH AND HOPE TO BRING US NEW MATERIALS