



October, 2022
Volume 3, Issue 6

Strength & Hope

A message in support of emotional well-being.

IF IT'S FALL IN THE U.S...

...it must be time once again for the EA Annual Membership Meeting. The virtual meeting is an opportunity to learn more about what's happening in our fellowship and to share your thoughts on relevant topics.

Find out more by downloading the agenda for the Oct. 22 morning meeting by going to [EAI's website](#) or see below. All members are encouraged to attend via video or phone. One member per EA group should be designated as a representative for any issues that require a vote.

This year we will welcome three new members to the EAI Board of Trustees, hear from current Board President Paul Nouri, discuss the recently approved [EA Bylaws](#), discuss ways to share the program message and weigh in on building a financially sustainable model for our fellowship.

As has been addressed previously in this newsletter and elsewhere, EA struggles to maintain the consistent income that allows us to support our members with things like literature services through the EAI office and the professional assistance of our executive director. The fiscal year ending in June saw a loss of about \$30,000 compared to the previous year. We do have a reserve to make us whole this year, but obviously losses like this are not sustainable. We urgently need your help to think about how to make changes.

In other news, we revised our website language to reflect a new U.S nationwide service for those experiencing serious mental health challenges. If you or someone you know is experiencing a life-threatening mental health crisis, consider dialing or texting [988](#) or chatting at [988lifeline.org](#) EAI does not endorse any non-program services but simply provides this as a potential public safety resource.

Thank you for your support in ensuring EA continues to be a strong, vibrant, living program that helps improve the lives of thousands of people around the world. We hope to see you at the annual meeting.

EA's Annual Meeting: Saturday, Oct. 22, 10 a.m. CT. To join by video use this link (<https://meet.google.com/pbw-cghq-dcr>). To join by phone, dial (+1) 605-472-5304 followed by the Access Code (488333#) and PIN (1273#).

50 TIPS FOR 50 YEARS: CELEBRATING 50 YEARS OF EAI*

Share the program with others when appropriate. The path to emotional wellness should not be a secret!

* Item #102

YOUR TRUSTEES

Paul N. — TX, USA
929-399-6515
Aibtikarfoundation@gmail.com
President

Steve B. — CA, USA
909-438-4938
Stevebell_28@yahoo.com
Vice President

Colleen C. — MN, USA
651-245-5461
Coyne2003@hotmail.com
Secretary

Kelsey W. — IL, USA
618-334-6658
Knlweez@gmail.com

Behzad A. D. — Kerman, Iran
0098 913 341 4015
Behzad_7761@yahoo.com

Fred F. — CA, USA
909-384-2935
Oldpilot62@gmail.com

Carolina W. — NY, USA
646-525-0095
Sanctuarynyc2021@gmail.com

Kathleen E. — MN, USA
320-267-2040
Kathleene engel@gmail.com

OCTOBER'S TOOLS FOR RECOVERY

STEP 10

Continued to take personal inventory and when we were wrong promptly admitted it.

PROMISE 10

We intuitively know how to handle situations which used to baffle us

JUST FOR TODAY 10

I shall be unafraid. Particularly, I shall be unafraid to be happy, to enjoy what is good, what is beautiful, and what is lovely in life.

SLOGAN 10

I need people

HELPFUL CONCEPT 10

We have not found it helpful to place labels on any degree of illness or health. We may have different symptoms, but the underlying emotions are the same or similar. We discover we are not unique in our difficulties and illnesses.

TRADITION 10

Emotions Anonymous has no opinion on outside issues; hence, the EA name ought never be drawn into public controversy.

PRINCIPLE 10

Perseverance

PERSEVERANCE — Gail R.

A recent RFT said “*Help me remember that positive thoughts and actions can improve feelings*” and “*Nothing changes unless something changes.*”

I really like this reflection, it speaks to me. To me, this is the gist of the EA program and why it has helped me so much. It's a simple program, but it's not easy. I have admitted that I'm powerless over my emotions. I can't "command" myself to feel better although I used to try a lot before EA. I do my best to work the steps for sane living, the 12 steps of recovery. Even though I don't feel great every day, I've gradually come to feel better overall, most of the time, as a result of using these 12 steps in my life. I have found that I do have to persevere, and do what feels to me like HP's will every day. I've been able to find some peace, even though my life is less than perfect. Very grateful.

Have you considered making a monthly, online contribution to EAI? As groups moved – and stayed – meeting virtually, a great way to make your regular contribution is to set up an automatic contribution through PayPal or directly from your bank. You can go to <https://donorbox.org/emotionsanonymousinternational> to make your gift today.

CHOOSING WONDERFUL — Luz M.

In recovery, I make every day the decision to turn my life over to the care of my HP. I have the power to choose how to live my life every single day. Therefore, I feel free how to be able to enjoy the wonderful and simple things in my life.

I fear nothing because I am close to my HP. So that union enables me to live my life at its fullest, here and now. Being able to recognize and to appreciate all the wonders within me and around me. The beauty of my whole life with Grace, Love and Gratitude.

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

This month we focus on JFT 10.

CONTRIBUTION GRATITUDE

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

Austin, TX Ukiah, CA
Burlington, IA Midwest City, OK
Saratoga, WY Sylvania, OH
“Concordia” (Skype)
Niagara Falls, ON Canada
Bend, OR (3 Zoom Groups)
Middleburg Heights, OH
Tues Virginia Beach, VA
Twin Cities, MN Intergroup
Sun 2:30 PM, ET (Zoom)
Daily M-F 6:30 AM, ET (Zoom)
“Discuss the Solution” Sacramento, CA
“Hamline EA” St. Paul, MN Thurs
“Apple Valley EA” Burnsville, MN

IN GRATITUDE FOR:

Emotions Anonymous, from the Austin, TX group

MaryEllen, from the “Next Frontier” Phone Group

FROM THE EXECUTIVE DIRECTOR

You may have noticed a couple of surveys that were sent out recently. We’re trying to better understand who makes up the EA program membership and what products and services we can offer. Please respond to the surveys—they only take a minute!

Our most recent addition is a water bottle! It’s BPA-free and has one of the EA slogans printed on it. We received a lot of very positive feedback when we offered this water bottle as a thank you gift for individuals who signed up to make monthly contributions last year, so we decided to offer it for sale too. You can see a picture of it on the website and order it from the online store. Now through the end of October, when you purchase a water bottle you get a free EA bear!

The Annual Report for the previous fiscal year is now available. You can access it on the website [here](#).

EASY TO DRIFT, BETTER TO STAY THE COURSE

— ML

It's easy for me to drift back into my judgement and critical ways. These are a couple of my big meanies that recycle from time to time.

I'm reminded that other people's business IS NONE OF MY BUSINESS. It's often a little tap on the wrist or a small reprimand rather than an all out blowup. Thankfully.

I'm also reminded that being kind to myself is part of "Live and Let Live." It can feel challenging when these two defects start to get in my way, especially when I thought I had left them behind for good. Lol.

I've had a couple days where I had to express some anger with HP...I couldn't quite square the Covid virus pandemic, losing our dream vacation, and an unfinished building sitting abandoned in our backyard.

Still...

The good far outweighs. I'm always grateful to start my day with my HP. Even challenging days are so much better working this program. I CAN live with unsolved problems. I can break things down, handle what I can and turn the rest over to my loving, supportive Higher Power.

I have different "names" for my HP, but it is always the same presence. Steady, calm, patient and loving. And this is the best of EA for me. I always have a place (someone/something) to turn - along with the good, orderly direction defined by the Steps.

PLEASE WRITE!

We encourage member reflections! Please submit yours to submissions@emotionsanonymous.org. Reflections should be no more than 200 words. Please note which step/promise/tradition etc. you are referencing.

OFFICE INFORMATION

EAI P.O. Box 4245 St. Paul MN 55104-0245 USA

Office Hours: TU-TH 12p.m. (noon) — 5 p.m. CT

Phone: +1 651-647-9712

www.EmotionsAnonymous.org