

Utilizing not Analyzing
 Zoom EA Meeting
 Thursdays 5pm CT/6pm ET/ 3pm PT
 Nature Video Meditation 30 minutes before meeting

Date of EA Meeting	Pamphlet to be used
10/17/2024	Control
10/24/2024	Loneliness
10/31/2024	Self Esteem
11/07/2024	Resentments
11/14/2024	Fear
11/21/2024	Anger
11/28/2024 (Thanksgiving in the USA)	Indecision
12/05/2024	Perfectionism
12/12/2024	Forgiveness
12/19/2024	Love
12/26/2024	Depression

Thursdays from 5:00 PM - 6:15 PM Central Time

- **Group Name:** “Utilizing Not Analyzing the Steps”
- **Special Interest:** Meditation, Step Meeting & Topic Readings
- This group follows a non-standard EA meeting format.
- **NOTE:** Starting 10/17/24 The group will be using EA Pamphlets as their reading material.
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- There is an optional meditation starting at 4:30 PM Central Time.
- **Link:** <https://us02web.zoom.us/j/89285951319?pwd=ZGpKaYyZjRsblBySkZUdFU5YVZWdz09>
- **Zoom Meeting ID:** 892 8595 1319
 - **Online Passcode:** 148197
- **Phone Number:** +1 646-931-3860
 - **Phone Access Code:** 148197#
- **Find your local phone number:** <https://us02web.zoom.us/u/kb4XVmAlSY>
- **Group’s Contact:** Kathleen E. at kathleene.engel@gmail.com & +1 320-267-2040 (Ok to Text)