



FROM YOUR EXECUTIVE DIRECTOR:

Happy spring to everyone! This month marks my one-year anniversary at EA already! Time certainly does fly. In addition to simply getting the lay of the land, meeting many wonderful EA members, and working with the Trustees to get EA's house in order and plan for the future, my main focus for this year has been the design, writing, and launching of the new website. Quite the challenge when I'm here only two days each week! We launched on March 9th and, while we've certainly needed to make adjustments and to add to it, I think overall the website has proven to be a terrific asset to EA. The analytics from the first month of usage told us that we had more than 10,000 visits by March 30! In April we had already exceeded 10,000 visits by mid-month! We are seeing an average of 429 visits each day so far. All that is good news for sharing the good message of recovery through EA. Keep in mind that we have also launched the EA app – *EA Recovery* – on iTunes. I try to keep it updated, but would welcome news from EA groups to share there as well. As always, thank you for all the work each of you do on behalf of EA and continue to let me know how else we can work together to share the positive message the EA program provides.

Elaine Weber Nelson, Executive Director

MAY TOOLS:

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

OF IMPORTANCE TO GROUPS:

Nominations are being sought for Region 3 & 5 Trustees for the EA Board. Ballots will be sent to group contacts in those regions in May. Group contacts will be requested to make copies for group members. Any EA member from region 3 or 5 can vote for a candidate in their region by sending a ballot back to the EA-ISC. The deadline for voting is in September. If you wish to receive a ballot personally, please email groupdata@emotionsanonymous.org and ask for a ballot to be emailed to you.

SWEDISH CONVENTION



The EA groups in Sweden held their first Convention in mid-April! By all accounts it was a great success. This group has worked hard to bring the EA message to their country. They have a substantial set of literature translated into Swedish now and the Convention was their next step to making EA better known and providing quality information to their members. Thank you to the Swedish planning group for all their hard work.

MEMORIALS AND SPECIAL GIFTS: A WAY TO HONOR THOSE WE LOVE.

To help support this publication, donations can be made to: [EA Connection](#)



EA TOOLS



STEP 5: ADMITTED TO GOD, TO OURSELVES AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.

Doing Step 5 really helped me move forward more in my life. I learned lots of things about myself. I learned not just the defects that I wanted to turn over to my Higher Power, but I learned I had assets as well. My EA sponsor was very helpful, understanding and compassionate when I shared with her.

I had done Step 5 in another fellowship and that felt freeing as well, but EA's even more so. The EA "12 Steps and 12 Traditions" was very helpful

I like also to do a daily inventory. I see the good and the not so good and turn things over to the Higher Power. I discuss things with my sponsor when need be, too.

Currently I do see a Psychologist monthly and I feel that is like a monthly inventory I take with her about how things are going in my life. Things I would like to improve on are talked about and it helps me to move forward as well.

I am grateful for the EA program and grateful my Higher Power helps me to stay connected. I have a daily desire to be well emotionally, so I am doing things in my life that help with that. Currently those things are: Staying clean and sober, going to face to face 12 step meetings in my town, doing online meetings such as <http://eachat.webs.com/>, reading the EA loop emails and sharing when I can, taking care of my personal responsibilities daily, eating right, exercising, staying connected with

healthy persons and continuing to just do the next right things I need to do...*Connie*

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.

I just wanted to share with you the love I have developed for the JFT 5. This has taught me so much! To face my fears., that I can give to others like a "shadow" and discovering amazing neighbor's that due to my shyness and irrational fear I would hide from.

Once again, EA: THANK YOU. You are a blessing in my life! You saved me and thanks to the program I'm beginning to be able to be healthy. Eternally grateful and dedicated to EA...*Sofia, Europe*

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.

I am learning to live with unsolved problems each day. I went through another full cycle of setbacks and then recovery again with my anxiety. I always get very angry when a setback comes and I feel defeated all

over again. I want the problem solved and I feel angry that I cannot get solid answers. Anxiety doesn't have a solid answer. I'm learning that I can spend my time more valuably by studying my condition with books and therapy than by beating myself up over and over. I've made a new connection and now I am researching it and it makes me feel useful. I am turning my anger at the unknown over to my HP. That's all for today. I am grateful that after a 6 day work week I have a holiday off Monday. I spent the day reading and catching up on sleep. I'm grateful for days to rejuvenate...*Heather*

SLOGAN 5: FIRST THINGS FIRST.

My take on it has been as a way for helping me not to be in the future but stay in the present. So I've taken it to mean "take care of the things that are right in front of you before you start thinking about things further down the road". So in other words do the first things first, let the rest come later... *Sophie*

First Things First means: If I have something in front of me that needs to be done, and it is a priority, then I stay on that task, chore or job. For instance if I go to work and am committed to work for the day I do not put my focus on next Saturday with my Granddaughter. I stay mentally on task and don't "mentally" go rushing to other tasks. It reminds me I can only do or be focused on one thing at a time, so it is best to prioritize and work from the top of the list down...*Jessica*





EA TOOLS APPLIED: CHANGE



READY FOR CHANGE?

How do you know that you are ready for change? I have been asking that question for a while now and finally have gotten the answer. The answer is that when the pain for remaining as you are is greater than the pain to change, you start changing. Where will the energy come from to drive the change vehicle into my life? A great question - I had become hopeless in believing that my old way was providing me with the peace and serenity which I wanted to have working in my day to day life.

Some time ago I admitted that I had little passion in my life. Today, I have found passion. I admitted that I had lost the zeal to compete, now that zeal is coming back in my life. I have actually reached out to others who are working effectively in their lives and accomplishing some of the things which I would like to have happening in my life. I'm seeing that the more I own the problem and become willing to let go and let God the more that help starts coming my way, and for that I am thankful.

One of the books that I am reading has given me insight into the areas I would like to change. It does a lot of referencing the addiction cycle and how recovery works for addicts and how it applies to most of us who want to make changes in our lives. I'm glad that the 12 Step program is so much a part of our lives that no matter who needs help, recovery is there for us to use and apply. Once again... a miracle given to us by a couple of drunks who found change and a HP to help them and us with those changes...*Paul*

I HAVE CHANGED

One example is that instead of hoping that someone would do something for me that I needed being done, I asked them. They didn't always do it but usually they did. And most often they had had no idea I had wanted/ needed their help. Another example is that instead of waiting for others to make plans for what to do, I started asking myself, "What are things that you enjoy doing, Carol?"

Probably the hardest but most important change was that I stopped running a tape over and over in my head. It might be a tape of a conversation I'd had with someone that went badly; an incident when my feelings had been hurt by an unkind remark; a problem with my sons not calling—it could be anything. Sometimes in the pre-EA days I would run the same tape over and over and over. So unproductive. I have a long way to go but I feel quite hopeful these days, for all of us...*Carol*

I CAN CHANGE

The EA program tells me that anything I become aware of I can change. It also tells me that I cannot change alone. I need the help of my H. P. I also need the help of other people. (A wise elder in my f2f group says EA should come with a warning label: "Do not try this on your own." ...*Joe*

CHANGE IN RETROGRADE

I think back to my youth days and how much enthusiasm I had for everything. I worked full time and went to school at night to earn my degrees. I had great friends. I exuded enthusiasm. I also was NEVER afraid to wear color! As I worked, got married, had challenges in my life, I became jaded and slowly the enthusiasm started to fade on things. Ironically, black (the miraculously thinning color) became my color choice. I looked back at my youthful days and felt I was naive. Now, after more thought about this, I think about how joyful my life was back then and it was the way I embraced things that made the difference. I missed that old Irene and I slowly started to see her again when I let love touch my heart. Now I'm getting back to enjoying the spice of life. I like the word spice because it brings to mind all types of things...the bold...the sultry...the subtle...but always something of interest. I am grateful for the rainbow of these flavors in my life and the renewed enthusiasm for things again. Its not about a career or more money or the biggest house and the energy I am robbed of seeking those things...its about LOVE....that's my pot of gold and I'm going for it baby!...*Irenie*





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SLOGAN 5: FIRST THINGS FIRST: SHARES FROM YOUR EA TRUSTEES

Planning my daily activities, I need to set a To Do list, knowing that it's not going to necessarily play out the way I anticipate it will. When this happens, I need to take time to smell the roses in bloom around me. In other words, I need to take a deep breath, remembering our simple slogan of "First Things First", meaning that the list I established may need to be put aside and work on that unexpected event that needs my attention NOW! After all, it was only a To Do list!...**Gus** That is **not** the way I generally do things. Normally, I do 2 or 3 things, often more, at the same time, and so I am confused and conflicted. Do you think I might learn something new (maybe even a new way to act) from the 12 Step program??? Only with the help of our Higher Power can I find my way into A New Way of Life, which reflects serenity, courage and wisdom. WOW!!!...**Tyrrel** This phrase is very simple to me. I have Attention Deficit Disorder. I clearly have issues with focus and concentration. First things first means simply to do whatever might be in front of me, before moving on to the next project. If I don't do that, very little ever gets done...**Lynne** When difficult times present themselves, I try to concentrate on one thing at a time. Just doing the next right thing always helps. Otherwise, if I worry about everything at once, a lot of confusion follows. Just as, in the beginning of my program adventure my sponsor had to remind me that I could not do the steps cafeteria style, but had to learn to start with Step 1...**Phyllis** First things first means that my emotional recovery has to be my priority. Other matters may be important but they are contingent on my recovery. Early in program, I heard "whatever you put in front of your sobriety, you are going to lose." I believe that today more than ever...**Valerie** I just did an unimportant thing, taking a nap, when I realized my first thing, a greeting to my sister-in-law, was too late to make the mail. I need to review priorities constantly to enjoy complete recovery...**Vince** You must prepare for doing things in a logical order to accomplish your desired result. An example would be you meet a person, you date, you get engaged, you get married. In EA, first you have to study the steps, go to meetings, listen to your sponsor, and read the EA books and literature, then you can use the EA program to accomplish your emotional goal of serenity in your life...**Harold**

EVENTS FAR AND NEAR:

SOUTH CENTRAL ONTARIO INTERGROUP
 Spring Unity Day 5 /28/2016, Burlington, ON
 Contact Cathy 905-526-1301

AND DON'T FORGET THE EA CONVENTION
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