

***EA through the Holidays***

***Worldwide 2018***

**Thanksgiving, Thursday, November 22 Black Friday, Friday, November 23**

**Christmas Eve, Monday, December 24 Christmas Day, Tuesday, December 25**

**New Year’s Eve, Monday, December 31 New Year’s Day, Tuesday, January 1, 2019**

Morning 10 am EST 9 am CST 8 am MST 7 am PST

Afternoon 3 pm EST 2 pm CST 1 pm MST 12 noon PST

Evening 8 pm EST 7 pm CST 6 pm MST 5 pm PST

**Jumpstart the Holiday with topic discussions in the morning**

***Continue the day with a story of recovery in the afternoon***

**Wind down in the evening with sharing and words of gratitude**

**The lines will be open in between meetings for fellowship and people can talk as long as there are at least 2 people on the line.**

***JOIN US...***

**By phone in the USA** (712) 451-1140 Access Code: 808747

**By phone across the globe**: <https://fccdl.in/i/eatelephoneconference5>

**By computer** (Please sign in before the meetings to avoid glitches.)

1. Go to [www.FreeConferenceCall.com](http://www.freeconferencecall.com/)

2. Click on LOG IN, then ONLINE MEETINGS and select JOIN MEETING

3. Enter the meeting ID: **eatelephoneconference5** (Case sensitive and must include the 5)

4. Type in your Name and Email; then click on JOIN

5. Click on the MIC & SPEAKERS icon then click on CONNECT NOW

6. Click on the telephone handset icon and Use the keypad to click on \*6 to mute and unmute **OR** click on the microphone icon to mute and unmute.

We will refer to EA’s Twelve Step Program: “The Yellow Pamphlet”

<http://emotionsanonymous.org/file_download/4bc3d87b-4aae-454f-bde1-70947d802af8>

There are no registration or fees for attending. For questions or concerns please contact ea.almostawake@yahoo.com

See what we have to offer you at **emotionsanonymous.org** or call us at **651-647-9712**