



50TH ANNIVERSARY

JOIN US FOR OUR 5TH ANNUAL TELEPHONE CONFERENCE

*Remotely accessible by phone, virtually online by website,
and virtually online by FCC app*

SATURDAY • OCTOBER 16, 2021

7:30 AM TO 2:00 PM (MST & PDT)

8:30 AM TO 3:00 PM (MDT)

9:30 AM TO 4:00 PM (CDT)

10:30 AM TO 5:00 PM (EDT)

The Serenity Prayer

God, grant me the serenity to accept the
things I cannot change,
courage to change the things I can, and
wisdom to know the difference.

The 12 Principles Behind the 12 Steps

- | | |
|----------------|------------------|
| 1. Honesty | 7. Humility |
| 2. Hope | 8. Love |
| 3. Faith | 9. Justice |
| 4. Courage | 10. Perseverance |
| 5. Integrity | 11. Spirituality |
| 6. Willingness | 12. Service |

Recovery is golden

PRACTICING THE PRINCIPLES FOR 50 YEARS

(Since July 22, 1971)

SCHEDULE

Conference Schedule		Time		
Session Name	Mountain Standard Time & Pacific Daylight Time	Mountain Daylight Time	Central Daylight Time	Eastern Daylight Time
Welcome, Introductions, and EA's 12 Step Program (Yellow Pamphlet) Reading	7:30 AM, MST & PDT	8:30 AM, MDT	9:30 AM, CDT	10:30 AM, EDT
A Personal Recovery Story*	8:00 AM, MST & PDT	9:00 AM, MDT	10:00 AM, CDT	11:00 AM, EDT
Welcoming Newcomers	9:00 AM, MST & PDT	10:00 AM, MDT	11:00 AM, CDT	12:00 PM, EDT
A Personal Recovery Story*	10:00 AM, MST & PDT	11:00 AM, MDT	12:00 PM, CDT	1:00 PM, EDT
Recovery Through Difficult Times	11:00 AM, MST & PDT	12:00 PM, MDT	1:00 PM, CDT	2:00 PM, EDT
A Personal Recovery Story*	12:00 PM, MST & PDT	1:00 PM, MDT	2:00 PM, CDT	3:00 PM, EDT
Panel Discussion: Using Humor & Self Care in Recovery	1:00 PM, MST & PDT	2:00 PM, MDT	3:00 PM, CDT	4:00 PM, EDT
*WHAT IT WAS LIKE, WHAT HAPPENED, WHAT IT IS LIKE NOW				

Recommended Conference Literature List

Although you may participate in the conference without them, the following EA literature may be referenced during the conference:

- EA's 12 Step Program (The Yellow Pamphlet): [Click here to download the pamphlet!](#)
- Emotions Anonymous (Our Big Book, dark blue cover)
It Works if You Work It (Light blue cover)
- Today (Our daily devotional, dark blue cover)

To order these and other materials, go to www.emotionsanonymous.org or call our ISC at 651-647-9712.

Emotions Anonymous is an international fellowship of men and women who desire to improve their emotional well-being. There is no registration fee for the conference. To find out what EA has to offer you, to find a meeting, order literature, make a donation, and more, go to our website at www.emotionsanonymous.org or call the **International Service Center at 651-647-9712.**

How to join by phone

Just before the meeting starts

Step 1: Dial Phone Number: **+1 712-451-1140 (USA)**

OR

Step 1: Look up your local phone number if necessary

Go here: <https://fccdl.in/i/eatelephoneconference5>

Step 2: Enter Access Code: **808747#**

To MUTE/UNMUTE click on 6

How to join online by website

Prior to meeting time

Step 1: Go to www.FreeConferenceCall.com

Step 2: Create an account

Just before the meeting starts

Step 1: Login to account if not already logged in

Step 2: Click on Online Meetings then select Join Meeting

Step 3: Enter the Meeting ID: **eatelephoneconference5**

Step 4: Type in your Name and Email and then click on Join

Step 5: Click on the MIC & SPEAKERS icon, then click on CONNECT NOW

Step 6: Click on the TELEPHONE HANDSET icon

To MUTE/UNMUTE click on the MICROPHONE icon

More instructions and help can be found here: www.freeconferencecall.com/participant-instructions

How to join online by app

Prior to meeting time

Step 1: Download the FreeConferenceCall (FCC) App

Step 2: Go to <https://www.freeconferencecall.com/apps> to download the app (Android™, iPhone® or iPad®)

OR

Step 2: Search “FreeConferenceCall (FCC)” in the Apple Store or Google Play Store and then download the app

Step 3: Create an account

Just before the meeting starts

Step 1: Open FreeConferenceCall (FCC) App

Step 2: Login to your account if not already logged in

Step 3: Click on Join and enter the Meeting ID: **eatelephoneconference5**

To MUTE/UNMUTE click on the MICROPHONE icon

More instructions and help can be found here: www.freeconferencecall.com/participant-instructions