



December, 2021
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Strength & Hope

A message in support of emotional well-being.

EA'S ROLE DURING THE HOLIDAYS — PAUL N.

At their best, the holidays can bring people together. They're an opportunity for friends and family to express love and celebrate relationships. Some will express love through hugs and kisses, while others may bring gifts or contribute homemade dishes. Not everybody has a place to go, and even those who do may still feel dispirited amongst the festivities because the feelings that may haunt us during the year (sadness, grief, anxiety etc.) don't miraculously disappear when the holidays arrive. People experiencing these emotions are susceptible to feeling especially "in the dumps" because on top of their normal feelings, they may feel out of place given the jubilant moods not only at holiday gatherings, but on commercials and in stores that celebrate holiday sales. This is when the consistency of EA comes into play.

The benefits of EA are most apparent when members work the program consistently; the same Steps, Today readings and slogans that have served members well in the past remain the same. Fortunately, people have more options than ever to share in fellowship, be it in person, video or over the phone. We might not feel that we need to share and be heard every week, but it is good to have the option during the holidays and throughout the year as we want it. It's difficult to overstate the *positive impact* that repeatedly working the Steps with the fellowship can have on our emotional health.

On that note, it is urgent for me to bring up sustaining giving. The finances of the organization have been volatile for years. In fiscal 2020, we lost \$26,000. That narrowed to less than \$2,000 in 2021, which was encouraging. But since July, our deficit for this fiscal year has widened again to over \$14,000 in just 4 months. At this pace, we would face a deficit of over \$40,000 for the year, which would render the organization obsolete within two years. Most of the short fall is due to a 50% decrease in donations compared with last year. Accordingly, I appeal to all who are able to begin giving to EA with regular, monthly contributions in whatever amount is manageable for you. In honor of the 50th Anniversary, we are giving small tokens of appreciation with the 50th Anniversary logo on it to those who decide to begin their monthly giving by the end of the year. Go to <https://donorbox.org/emotionsanonymousinternational> to set up your monthly gift.

Whether you are spending the holidays alone or gathered with loved ones, my sincere hope is that you have a great end of the year and are able to take advantage of EA resources during the holidays and beyond.

QUICK TIP OF THE MONTH

Letting the people around me talk when all I want to do is express my opinion is a free gift I can give.

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DECEMBER'S TOOLS FOR RECOVERY

STEP 12

Having had a spiritual awakening as the result of these steps, we tried to carry this message, and to practice these principles in all our affairs.

PROMISE 12

We realize that *God* is doing for us what we could not do ourselves.

JUST FOR TODAY 5

I choose to believe that I can live this one day.

SLOGAN 12

I have a choice

HELPFUL CONCEPT 12

Part of the beauty and wonder of the EA program is that at meetings we can say anything and know it *stays there*. Anything we hear at a meeting, on the telephone, or from another member is confidential and is not to be repeated to anyone—EA members, mates, families, relatives or friends.

TRADITION 12

Anonymity is the spiritual foundation of our traditions, ever reminding us to place principles before personalities

PRINCIPLE 12

Service

A 50 YEAR EA JOURNEY — David K.

In November, 1971 I was admitted to a psychiatric hospital for the third time in seven years. Previous hospitalizations (one preceded by a suicide attempt resulting in a coma from which doctors thought I would not emerge) had included numerous shock treatments. That time, I confronted my good doctor and he very reluctantly gave me the prognosis that he believed, “I would probably be in and out of psychiatric hospitals every few years for the rest of my life.”

About this time I saw an ad on TV for Neurotics Anonymous and got permission from the hospital to attend. I have been attending ever since. I have not been back in the hospital since 1971, have not sought professional care since 1973, and have not taken medication since 1973. (All of these resources were helpful, but through the Steps and the meetings I began to move beyond them.) To be honest, I worked the program backwards; by trying to carry the message, I had a spiritual awakening. Through prayer and meditation (praying that God make Himself real to me, and I be led to spiritual rebirth) and by studying all the religions of the world I put together my own personalized concept of God that explained why I am here, why I suffered the way I did, what is God’s will for me now.

Over the years I have started or helped to start at least eight NA, EHA, EA, and OA meetings, have been on 7 radio talk shows, 1 TV show (with face blanked out and with fake names), did one interview with a major newspaper, helped plan parties, dinners, and even a camping trip for the groups, made numerous phone calls, and put out numerous announcements and flyers about the meetings. I did all of this because in 1972 I made a deal with God that I would do anything for Him if only He would heal me! I was desperate! I also began writing a book in 1972 about my spiritual adventures in and outside of the Program. Perhaps it is God’s will that the book be published one day, or perhaps it never will. It is like a carrot attached to a pole and a string in front of me to motivate me onward! In any case, it has been a lot of fun for me over the years.

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

This month we focus on Step 12.

CONTRIBUTION GRATITUDE

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

Midwest City, OK Alhambra, CA
2 Ukiah, CA Groups Burbank, IL
Colorado Springs, CO Mesquite, TX
Middleburg Heights, OH Elgin, IL
3 Bend, OR Zoom Groups Mesa, AZ
Doylestown, PA Norman, OK
Tues Virginia Beach, VA
Edmonton, AB Canada
Summerside, PE Canada

IN MEMORY OF:

Chris Drew, Apple Valley
(Burnsville), MN Group

ADMINISTRATIVE NEWS

As year-end approaches, we naturally look back at all that has happened in the past 12 months. Here at EAI we've had staff changes. Carleen retired in June and we miss her greatly! Karen and Sharon joined us, working Carleen's 12 hours between them. They are a terrific asset, as they know the program and work efficiently to get materials out to members.

Claire and Sandy continue to do a herculean job of managing the orders and accounting, the member database, social media, and website. The membership is very fortunate to have all of these folks working on their behalf.

My hope for the coming year is that we continue to share this program more widely so more people can benefit from it, that we see more members support it financially so we may continue to expand globally, and we all work to make it a stronger program that helps everyone.

THERE IS HOPE — LYNN A.

Before finding recovery, hope was a dangerous idea. It led to disappointment and depression. I had no positive coping skills, so the skills I did have made most attempts at dreaming big disastrous.

Recovery taught me that hope meant all things are possible. Go ahead, dream big. To not stunt my own growth by never taking risks. To not submarine my progress by fears of failure or success. *There is hope.*

Hope is an essential emotion, whose value seems to know no bounds. When I anchor hope to a solid foundation of recovery, I experience optimism and joy for what may be ahead of me. I look forward to what may be ahead and turn away from fear. I stay grounded in reality, but dream as big as I want to.

Today, I will dare to dream, to entertain my inner child.

IT REALLY DOES WORK — ZOE B.

I was struggling to find a program. I attended different 12 Step program, but none worked for me. Eventually, I found EA.

That didn't mean everything was fixed. I struggled to truly surrender and to keep involved. When I read the books, I saw a glimmer of hope, but it all sounded like a farce. After the first month of attending an EA meeting, I am not a different person, rather a changed person. The neurons in my brain have rearranged ever so slightly, but in just the right ways. This morning, I read 'moving in the right direction' in the EA book. As I was reading it, I found that I now had the beliefs written there.

I know I am on the right bud. I am determined to let go of my old ways, and I know I am among people who understand. I now have a sponsor and I began to call people. I am feeling that I can overcome any difficult emotion that comes my way since I have support and people to talk to.

OFFICE INFORMATION

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