



July, 2020
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Strength & Hope

A message in support of emotional well-being.

TRUSTEE REFLECTION — SCOTT J.

Sharing our experience, strength, and hope during the pandemic has been very rewarding. I've had the chance to attend EA meetings throughout the United States with people from around the world. Why? Because I've stayed home and been able to access meetings remotely! I've found that there is amazing diversity in how each group functions, while remaining true to the core program elements. I find it very refreshing and enlightening.

EA's remote meetings are growing and going strong. There are so many people looking to connect in so many ways!!

I've noticed that more and more people are finding ways to enter into *co-sponsoring relationships* – committed to mutual growth in the program by sponsoring each other. Many purchase a workbook and work through the material in twos or threes. It is really inspirational to see how people make this program work for themselves.

Speaking of workbooks.... lots of people are using the newest EAI workbook, *Welcoming the Spiritual Awakening Within Me*. I'm so grateful for the way this material is able to augment and expand on the principles of spirituality and growth that can come in our program as we work the program together. *Welcoming the Spiritual Awakening Within Me* captures the spirit of EA!!

What is not growing is our funding. The lack of face-to-face meetings draws attention away from our 7th Tradition of support - and now, more than ever, the EAI organization needs that support. In spite of the decline in giving, EAI has created a weekly email to inspire members during these hard times, recreated the newsletter to better fit the organization and the needs of members, and produced new literature! Think of what we could do if we weren't constantly facing an uphill financial battle! WOW!

Final thoughts.... Thanks for hanging in there with us in these challenging times. We hope all our efforts keep you informed and inspired!

QUICK TIP OF THE MONTH

Consider setting a one-hour timer on your phone and when it reminds you, take a minute each hour to pray and/or meditate.

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THE MONTH OF JULY'S TOOLS FOR RECOVERY

STEP 7

Humbly asked Him to remove our shortcomings

PROMISE 7

Self-seeking slips away.

JUST FOR TODAY 7

I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests—hurry and indecision.

SLOGAN 7

Look for the good

HELPFUL CONCEPT 7

Emotions Anonymous is a spiritual program, not a religious program. We do not advocate any particular belief system.

TRADITION 7

Every EA group ought to be fully self-supporting, declining outside contributions.

LIVING THE SLOGANS

—Anonymous

During the summer months in most places in the northern hemisphere, July is one of those nice months weather-wise. People get a chance to spend time outside - unless it's too hot or humid!

On super hot summer days those who are fortunate are able to retreat inside to the air conditioning or to a cool basement. It seems that our range of comfort is not very wide - just a few degrees determine that things are not too hot and not too cold. Much like the porridge of Goldilocks and the 3 bears, we look for a temperature that's "just right."

I've found that part of working the EA program is about expanding my capacity to deal with life when it gets a little "hot around the collar" for me. I try to figure out how to use the program tools to help me deal with situations that are uncomfortable — not the "right temperature" — for me.

The slogans help me a lot.

I can remember *This Too Shall Pass* when I'm dealing with a stressful situation that "heats up" my anxiety. I can remember that *I Have A Choice* when things are getting hard for me to tolerate. Sometimes that choice is just to change my attitude and to accept things that are outside of my control.

The summer season in either hemisphere is often viewed as being too short for those of us who like the warmer days. I try to focus on those things for which I can be grateful. I try to gather with others when I can. No matter what the season, *I Need People*.

Wherever we are in the world, I hope that we can *Look For The Good* and to remember to *Live And Let Live* - even when things are not as we'd like them to be.

What it Means to have a Program

—Luz M.

Just for today I will have a program... which offers a chance at rebuilding at any time in my life. I have tools to be able to learn how to connect, to identify and to embrace my own feelings, emotions, attitudes and behaviors. Connecting with others with a greater awareness and with my HP who provides me with serenity, hope and strength that sometimes I may need. This program gives me the benefits of ongoing personal and spiritual growth.

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

This month we focus on Promise #7.

CONTRIBUTION GRATITUDE

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

St. Cloud, MN
Norfolk, VA
Hollywood, FL
Bend, OR Wed
Rialto, CA
Brainerd, MN
Prairie Village, KS
Burnsville/Apple Valley, MN
Burlington, ON Canada
Midwest City, OK
Washington, DC Mon 12:15 PM
Sacramento, CA Tues 6:30 PM
St. Paul, MN (Dayton Ave. Chapter)

ADMINISTRATIVE NEWS

The current Board of Trustees is composed of six members who serve three year terms, with an option to serve a second term. Each spring we ask for new trustees to join the Board. Applications are reviewed by the current Trustees and then interviews are held to determine who is asked to join the Board. Decisions are based on meeting the qualifications to become a Trustee and on what the Board needs (for example, we may seek someone with writing skills, or someone who has experience in technology). That process is happening now and we look forward to welcoming new Trustees soon.

The EAI staff will continue to work both in the office and remotely through the summer months.

Plans for the annual fall membership meeting will be announced soon.

AN INVESTMENT OF \$1 A WEEK — Paul N., EAI Treasurer

As virtual meetings continue, contributing \$1-\$2 at meetings has dropped off. The emotional support continues, but financial support has fallen by the wayside. We can't know exactly how many people benefit from EA's program each week; we do know that there are about 600 in-person or virtual groups worldwide. What would it mean if each person gave \$1/week?

It would mean we would be able to do even more to help our members — with just this one simple change.

What can \$1 buy each week? Maybe a coffee or soda, a song on iTunes, a scratch-off lottery ticket, a temporary tattoo, etc.

What can \$1/week buy in EA? I contend it can buy hope – maybe even a shot at peace and serenity. It can buy the ability to not only survive but thrive. It can buy the chance for each of us to have a program that helps us every day and the ability to reach out to others in need.

The EAI office produces and distributes new and existing material for members, fields inquiries from existing groups worldwide and is crucial for providing information and guidance for people starting new groups. This is done for less than \$25 per member, but costs have crept up due to inflation. A little more from every member would go a long way in ensuring that this program remains viable and active, and that, in the spirit of Step Twelve, we are all able to continue carrying the EA message. *Since I feel the EA program literally saved my life, I want to make sure the program is here for others as well. I am committed to regular, generous gifts to this organization and ask that you choose to be as well.*

Tradition 1 tells us, “Our common welfare should come first, personal recovery depends on EA unity.” In the interest of unity, think about how you can support EAI and how to emphasize the importance of regular contributions within your group.

UPCOMING VIRTUAL RETREAT!

ZOOMING INTO WHOLENESS: Finding our Way Through the EA Stages of Recovery — July 17-18, 2020.

Information on how to participate is available on the website event calendar at <https://emotionsanonymous.org/what-we-offer/event-calendar.html/calendar/2020/7>

OFFICE INFORMATION*

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