

Some events have food available to participants, but if not, plan ahead, especially if you will be there all day. In that case, bring a sack lunch or the volunteers can take turns going out to get lunch.

Be sure to clean up your space after the event to leave a good impression of EAI. A grocery bag makes a convenient wastebasket.

It is always enjoyable to represent EAI and to help spread the word. This is part of Step Twelve. Often when we pass on our knowledge to others, it reinforces the EA program for us. Look at this as an opportunity to grow, meet new people, and be of help to others.

## THE 12 PROMISES

1. We realize a new freedom and happiness.
2. We do not regret the past or wish to shut the door on it.
3. We comprehend the word serenity, and we know peace of mind.
4. No matter how far down the scale we have gone, we see how our experience can benefit others.
5. The feelings of uselessness and self-pity lessen.
6. We have less concern about self and gain interest in others.
7. Self-seeking slips away.
8. Our whole attitude and outlook upon life changes.
9. Our relationships with other people improve.
10. We intuitively know how to handle situations which used to baffle us.
11. We acquire a feeling of security within ourselves.
12. We realize that God is doing for us what we could not do ourselves.

These may seem like extravagant promises, but they are not. They are being fulfilled among us, sometimes quickly, sometimes slowly.

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## Guide for Participating in Health Fairs and Other Community Awareness Projects



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Many social service agencies, hospitals, welfare and mental health agencies sponsor expositions, fairs or open houses to give service organizations such as Emotions Anonymous International an opportunity to introduce their programs to health care professionals or those in need.

Should your group be invited to represent EAI, the following guidelines may be helpful in assuring successful participation.

#### **GETTING COMFORTABLE WITH THE EVENT**

Record the time, day and place of the event. Ask for directions or check your map app if you are unfamiliar with the area. If it will be held in a large building, such as a hospital or shopping mall, make sure you know the room number or meeting location.

Get the name and contact information of the event coordinator for the organization that is sponsoring the event in case you have questions later.

Ask whether literature can be sold. Some events do not allow books or literature to be sold. If this is the case, come prepared with a larger supply of free pamphlets. Ask about usual attendance to help you decide how much literature to provide.

Ask how many EA members may attend to help. Sometimes there are strict limits on the size of volunteer crews.

Inquire if a table, table covering and chairs for your group will be provided and if there will be a rental charge for this table or booth space.

Some events allow one member from each group attending to give a short introductory talk about their group. This may not be as common at a large event but does sometimes occur at a small, informal one. If you are allowed to give a talk, keep it brief and describe an EA meeting or our Twelve-Step program. If people want more details, they will approach you later and ask what they want to know.

#### **BRINGING IT ALL TOGETHER**

Ask your group for volunteers far enough in advance so they can ask for time off from work, if necessary. EAI respects anonymity, and no member should be forced to represent EAI publicly, so please be sensitive to members' concerns about their anonymity when asking for volunteers. Members who agree to help should understand the program enough to be able to speak knowledgeably and answer questions about EAI and the EA program.

Gather a supply of books, literature and free pamphlets, along with a list of meetings in your area. *Welcome to A New Way of Life*, Item 28, and *Help for a Better Life*, Item 31, are often given as free pamphlets. Other

materials are available for free downloading and printing off the EAI website ([www.emotionsanonymous.org](http://www.emotionsanonymous.org)). You may wish to take other EA pamphlets as display items. Your group can decide what literature will be appropriate.

You may want to add your group's meeting address, time, and contact person's phone number on these pamphlets. Be sure this information is correct and that the contact person does not mind.

You may want one or more EAI signs to place on your table and/or on the wall behind you. Sometimes signs are provided for you by the facility so they are all a similar style.

Take pens, pencils, and paper with you for writing down names and addresses of those who would like more information sent to them, or you can provide a small box to collect business cards from professionals. You might also need tape, magic markers, name tags for volunteers, scissors etc.

If you will be selling books or literature, make sure you have money available to make change. Bring a cash box or other secure container for any money made selling literature.

A hand dolly or luggage carrier makes carrying literature and supplies easier and can be stored under your table.