

## EA Bylaws Review Committee

### MEETING MINUTES

Friday, May 15, 2020  
1:00 p.m. – 2:00 p.m. (Pacific)

Present: Steve B. (Chairperson), Jeff D. (secretary), Dave M., Scott J., Jimi A.,  
Not Present: Charlie B. (travelling), Margot F.,

Note: On May 13th, George S. submitted his resignation to the committee. He resigned due to health issues.

1. Call to Order at 1:03pm Steve B.
2. Serenity Prayer Group
3. Administrative Items Steve
  - a. Confirm next meeting at 1:00 p.m. (Pacific) June 5th, 2020
  - b. Member Check-in - just a quick report about members' current situation, especially given the COVID-19 pandemic.
4. Continue Bylaws work (see Addendum 1) Group
  - a. Open motion: Steve B. moved to not include a paragraph for IV.2.2, describing how the Steps, Traditions, and Helpful concepts can be used or changed. Jeff seconded.
    - i. Voted 5-0 in favor. Motion carried.
  - b. Steve moved to adopt V.1. "Section 1. Eligibility for Membership. 3.1 The only requirement is a desire to become well emotionally." Dave seconded.
    - i. Friendly amendment to change the title of the section to "Requirement for Membership". Steve and Dave accepted the friendly amendment.
    - ii. Discussion
    - iii. Voted 5-0. Motion carried.
  - c. Discussion about the inclusion of the Administrative Concepts in the Bylaw Draft document.
7. Serenity Prayer Group
8. Adjournment at 2:03pm Steve B.

ADDENDUM 1  
BYLAWS - DRAFT  
As of 15 May 2020

**TABLE OF CONTENTS** [To be completed after articles are finished]

**Article I. TERMS & ABBREVIATIONS**

**Emotions Anonymous (EA):** A worldwide fellowship of people who share their experience, strength, and hope with each other so they may seek emotional health, and to help others recover from their emotional problems.

**EA Fellowship:** See Emotions Anonymous.

**Emotions Anonymous International (EAI):** A not-for-profit corporation which serves Emotions Anonymous by handling the financial, legal, and administrative needs of the Fellowship.

**EA Member:** Per Tradition 3, any person who desires to become well emotionally, and identifies as a member of EA, is a member of EA.

**EA Board of Trustees:** A committee of trusted servants who have responsibility for EAI administration and serve as stewards of the EA Fellowship as a whole. They are directly responsible to those they serve.

**International Service Center (ISC):** The primary place of business operations for EA. The special workers there are responsible for carrying out the office work necessary to support EAI and the fellowship.

**EA Group:** Any group of two or more EA Members that meets regularly to share their recovery through following EA's Twelve Steps, Twelve Traditions, and Helpful Concepts.

**Registered EA Group:** An EA Group which is currently registered with EAI.

**Intergroup:** A service committee established by two or more EA Groups to coordinate shared tasks in support of their common EA purpose.

**Article II. ORGANIZATION NAME**

The not-for-profit corporation which these bylaws define shall be known as Emotions Anonymous International.

**Article III. ORGANIZATION PURPOSE**

Section 1. Nonprofit Purpose

EAI is a not-for-profit, public benefit corporation organized exclusively for charitable, religious, educational, or scientific purposes, and not for the private

gain of any person or group. EAI shall be maintained as a nonprofit public charity in corporate form as described in Section 501(c)(3) of the Internal Revenue Code, and is not a private foundation within the meaning of Sections 509(a)(1) and 170(b)(1)(A)(vi) of the same Code, or the corresponding section of any future federal tax code.

## Section 2. Specific Purpose

The purpose of EAI shall be to:

1. Support EA in its mission to aid persons who suffer from emotional problems by offering them a twelve-step program of recovery.
2. Assist EA Groups and individuals in any area of the world who follow the EA program.
3. Provide EA program information as requested.
4. Publish approved EA literature.
5. Conduct international affairs in support of EA.
6. Encourage the development of Intergroups or similar structures to support the mission of EA in all countries.
  - a. EA International endorses the concept of World Service Meetings to be held at intervals as determined by the EA Board of Trustees.

## Article IV. GUIDING PRINCIPLES

Section 1. The fellowship of EA is based on the Twelve Steps, the Twelve Traditions, and the Helpful Concepts of the EA program.

Section 2. The Twelve Suggested Steps of Emotions Anonymous:

1. We admitted we were powerless over our emotions, that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
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.

*(Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by A.A. World Services, Inc.)*

### Section 3. The Twelve Traditions of Emotions Anonymous:

1. Our common welfare should come first; personal recovery depends on EA unity.
2. For our group purpose there is but one ultimate authority: a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for EA membership is a desire to become well emotionally.
4. Each group should be autonomous except in matters affecting other groups or EA as a whole.
5. Each group has but one primary purpose: to carry its message to the person who still suffers from emotional problems.
6. An EA group ought never endorse, finance or lend the EA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every EA group ought to be fully self-supporting, declining outside contributions.
8. Emotions Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. EA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Emotions Anonymous has no opinion on outside issues; hence, the EA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of our traditions, ever reminding us to place principles before personalities.

*(Permission to use the Twelve Traditions of Alcoholics Anonymous for adaptation granted by A.A. World Services, Inc.)*

#### Section 4. Helpful Concepts of the EA Program:

1. We come to EA to learn how to live a new way of life through the twelve-step program of Emotions Anonymous which consists of Twelve Steps, Twelve Traditions, concepts, the Serenity Prayer, slogans, Just for Today's, EA literature, weekly meetings, telephone and personal contacts, and living the program one day at a time. We do not come for another person—we come to help ourselves and to share our experiences, strength, and hope with others.
2. We are experts only on our own stories, how we try to live the program, how the program works for us, and what EA has done for us. No one speaks for Emotions Anonymous as a whole.
3. We respect anonymity—no questions are asked. We aim for an atmosphere of love and acceptance. We do not care who you are or what you have done. You are welcome.
4. We do not judge—we do not criticize—we do not argue. We do not give advice regarding personal or family affairs.
5. EA is not a sounding board for continually reviewing our miseries, but a way to learn to detach ourselves from them. Part of our serenity comes from being able to live at peace with unsolved problems.
6. We *never* discuss religion, politics, national or international issues, or other belief systems or policies. EA has no opinion on outside issues.
7. Emotions Anonymous is a spiritual program, not a religious program. We do not advocate any particular belief system.
8. The steps suggest a belief in a Power greater than ourselves. This can be human love, a force for good, the group, nature, the universe, God, or any entity a member chooses as a personal Higher Power.
9. We utilize the program—we do not analyze it. Understanding comes with experience. Each day we apply some part of the program to our personal lives.
10. We have not found it helpful to place labels on any degree of illness or health. We may have different symptoms, but the underlying emotions are the same or similar. We discover we are not unique in our difficulties and illnesses.
11. Each person is entitled to his or her own opinions and may express them at a meeting within the guidelines of EA. We are all equal—no one is more important than another.
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.

**Article V. MEMBERSHIP**

Section 1. Requirement for Membership

The only requirement for membership is a desire to become well emotionally.

Section 2. Rights of Members

**Article VI. ADMINISTRATION**

Section 1. Board of Trustees (powers, number, tenure, requirements, meetings, quorum, procedures, voting, vacancies, removal)

Section 2. Officers (positions, duties, election, vacancies, removal)

Section 3. Committees (formation, standing committees, ad hoc committees)

Section 4. Staff (positions, duties – probably only Executive Director)

Section 5. Special Designations

Section 6. Parliamentary Authority

**Article VII. CONFLICTS OF INTEREST** (to protect EAI's nonprofit status)

**Article VIII. CONFIDENTIALITY**

**Article IX. OUTREACH**

**Article X. BOOKS & RECORDS** (accounting, tax, fiscal year, document retention)

**Article XI. AMENDMENTS**

**ADOPTION OF BYLAWS** (certification & date)