

HAPPY NEW YEAR

Wishing you a joyous New Year



Dear EA Members,

We hope you have a wonderful start this next year! We want to continue to grow this year. We need more groups, more literature, more books, more information available so that, to paraphrase on a common phrase of AA, "that the program is available to anyone, anywhere, anytime they need it." We need you to be able to do this. Here's how you can help:



- **Tell someone about EA.** It shouldn't be a secret that there is help for people experiencing emotional difficulties.
- **Write a reflection to share.** We have multiple methods of communicating with our membership - The Connection, the website, The Loop, emails, the iPhone app...but we need material that we can offer.
- **Make a contribution.** If we don't have employees who can take orders, answer the phone, send out materials, update the website...well, then we won't have an organization you can turn to.
- **Start a new group.** We have a packet of information people tell us is helpful to use as a guide in starting a new group – just ask for it and make a commitment to help get a group in your area going.

Thank you!

January 2020 EA Connection

[Please click here to see this month's issue of *The Connection*.](#) Please consider making a donation to ensure that things like *The Connection* can continue.

YouTube Page:

<https://www.youtube.com/channel/UChKNWoiDaLGVHxCoEnH1Eb7g>



Please consider submitting your own reflection to add to the EA Trustees' thoughts on the monthly reflection. In 2020 we will work through the 12 Promises as they relate to the Steps.

If you would like to submit your reflection for publication consideration, email it to connection@emotionsanonymous.org by the **15th of the month prior to publication**. EA needs member involvement! Please keep your submissions to 100 words. Due to space limitations, not all submissions will be published and they may be edited. We will try to include as many as we can!

February - 2nd Promise: We do not regret the past or wish to shut the door on it.

March - 3rd Promise: We comprehend the word serenity, and we know peace of mind.

April - 4th Promise: No matter how far down the scale we have gone, we see how our experience can benefit others.

EA Staff:

Office hours depend on availability of staff. Generally staff is in the office Monday - Thursday 10 a.m. - 3:00 p.m. CT but please call ahead before coming to the EAI office to be sure someone is available to help you.

Executive Director: Elaine Weber Nelson
Email: director@emotionsanonymous.org
Elaine works 16 hours/week

Accountant: Sandy Wells
Email: orders@emotionsanonymous.org
Sandy works 13 hours/week

Database Coordinator: Claire Horton
Email: groupdata@emotionsanonymous.org
Claire works 20 hours/week

Shipping Coordinator: Carleen Schmidt
Email: shipping@emotionsanonymous.org
Carleen works 12 hours/week

Have questions or help with The Loop? Email: loop@emotionsanonymous.org
Want basic EA Info? Have a question about EA? Email: info@emotionsanonymous.org
Want to submit a reflection for the Connection? Email: connection@emotionsanonymous.org

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