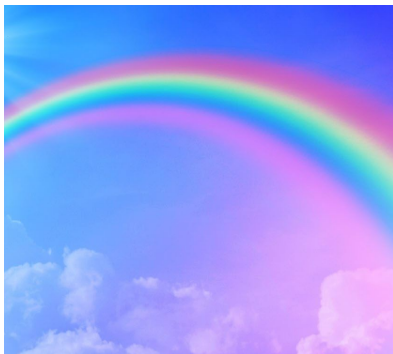


*Join us for our Fourth Annual
Telephone Conference!*



Carrying the Message *A Message of Hope*

Saturday, October 17, 2020
10:30 am to 5:00 pm (Eastern Time)



Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.

-- Helen Keller

*Join us Across the Globe by **PHONE** or **ONLINE!***

JOIN BY PHONE

In the United States call **(712) 451-1140 Access Code: 808747**

See this link for other countries: <https://fccdl.in/i/eatelephoneconference5>

JOIN ONLINE (Please try signing in well before the conference to avoid glitches.)

1. Go to www.FreeConferenceCall.com and click on LOG IN
2. Click on JOIN along the top
3. Enter the meeting ID: **eatelephoneconference5** (exactly as written)
4. Type in your Name and Email; then click on JOIN
5. Click on the HANDSET icon
6. Click on the MIC & SPEAKERS or TELEPHONE HANDSET icon

Emotions Anonymous is an international fellowship of men and women who desire to improve their emotional well-being. [There is no registration fee for the conference.](#) To find out what EA has to offer you, find a meeting, order literature, make a donation and more, go to our website at emotionsanonymous.org or call the International Service Center at [651-647-9712](tel:651-647-9712).

[CONFERENCE SCHEDULE \(Eastern Time\)](#)

10:30 am	Welcome and The Yellow Pamphlet
11:00 am	Healing Through Carrying the Message
12:00 noon	Carrying the Message by Working the Steps
1:00 pm	H.O.W. to: Carrying the Message to Others
2:00 pm	Sharing the Message Through Sponsorship
3:00 pm	Carrying the Message Through Slogans
4:00 pm	Self-Care While Carrying the Message

[Recommended Reading List for Newcomers](#)

Although you may participate in the conference without them, the following EA literature may be referenced during the conference:

- The program fundamentals found in the Yellow Pamphlet are here:
<https://emotionsanonymous.org/what-we-offer/ea-program-basics/>
- *Emotions Anonymous* (Our Big Book, dark blue cover)
- *Today* (Our daily devotional, dark blue cover)
- *It Works if You Work It* (Light blue cover)

[To order these and other materials, go to emotionsanonymous.org or call our ISC at 651-647-9712.](#)

The Serenity Prayer

God, grant me the serenity to accept the things I cannot change,
courage to change the things I can, and wisdom to know the difference.

Tradition Five

Each group has but one primary purpose—to carry its message
to the person who still suffers from emotional problems.

Step Twelve

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.