

EA Through the Holidays Worldwide 2020-2021



Thanksgiving Day (Nov 26) - Black Friday (Nov 27)
Christmas Eve (Thu, Dec 24) - Christmas Day (Fri, Dec 25)
New Year's Eve (Thu, Dec 31) - New Year's Day (Fri, Jan 1)

Morning 11 am EST 10 am CST 9 am MST 8 am PST
Afternoon 3 pm EST 2 pm CST 1 pm MST 12 noon PST
Evening 8 pm EST 7 pm CST 6 pm MST 5 pm PST

Jumpstart the Holiday with discussion topics in the morning
Continue the day with a story of recovery in the afternoon
Wind down in the evening with sharing and words of gratitude

JOIN US... By phone in the USA (712) 451-1140 Access Code: 808747#
By phone across the globe: <https://fccdl.in/i/eatelephoneconference5>

JOIN ONLINE

1. Go to www.FreeConferenceCall.com and click on LOG IN
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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

We use the Yellow Pamphlet during the meetings.
<https://emotionsanonymous.org/literature/free-publications.html>

No registration or fees required. Volunteers are needed to be moderators and speakers. Please contact us if you want to volunteer or have any questions: eatelephoneconference@gmail.com

Find out what Emotions Anonymous has to offer you at
<https://emotionsanonymous.org/> or call 651-647-9712