**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)

<table>
<thead>
<tr>
<th>Morning</th>
<th>Afternoon</th>
<th>Evening</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 am EST</td>
<td>3 pm EST</td>
<td>8 pm EST</td>
</tr>
<tr>
<td>10 am CST</td>
<td>2 pm CST</td>
<td>7 pm CST</td>
</tr>
<tr>
<td>9 am MST</td>
<td>1 pm MST</td>
<td>6 pm MST</td>
</tr>
<tr>
<td>8 am PST</td>
<td>12 noon PST</td>
<td>5 pm PST</td>
</tr>
</tbody>
</table>

**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#
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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](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  
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