



Happy February!



Dear EA Members,

The Connection is now available to view and download off of our website. You can also view it [here](#).



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!

Please keep this in mind - Thank you for being part of the Emotions Anonymous International ("EAI") fellowship and submitting your suggestions, writings, concepts, images, testimonials, and other materials to share with others. Please know that by submitting material, you are allowing the EAI organization to use it. All materials (except your personal information) submitted by any means become the property of the organization upon submission. EAI copyrights materials so that members may be assured that anything with the EAI name on it has been verified as being true to the program; submitted materials may be edited to achieve this.

- 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.
- June - 5th Promise: The feelings of uselessness and self-pity lessen.

To view the complete list of The 12 Promises go to our website [here](#).

Wondering how You can Donate? Here are the ways you can donate online. You can do so through our website at this link: <https://emotionsanonymous.org/get-involved/donate.html>, you can also donate through our Facebook page here: <https://www.facebook.com/EmotionsAnonymousISC/>, and finally you can make donations through our PayPal Giving page here: <https://www.paypal.com/us/fundraiser/112574644767835624/charity/2189570>. If you donate through Facebook or our PayPal Giving page 100% of the donation goes through us. You can also mail in a donation by check or cash. Please make sure to indicate whether it is an individual (publish or anonymous) or group donation (city/state/day/time). **Why Donate to EAI?** As EAI becomes more widely known, we hear from more people who tell us they need, but can not afford, materials. We try to fulfill these requests, but two-thirds of the income that keeps EAI operating comes from literature sales. Your support allows us to continue to organize the efforts behind the groups and to keep the EA fellowship operating. Donations help fund our day to day operations, the nitty gritty, as well as produce new literature and products. **Other Ways to Help?** Step 12 says, "Having had a spiritual awakening as a result of these steps, we tried to carry this message and to practice these principles in all our affairs." Service is an important piece of any recovery work, keeping us grounded in our efforts.

- Spread awareness of EA - encourage others to start groups!
- Speak Spanish? - help us translate our literature!
- Living near St. Paul? - volunteer to help us in the office!
- Have an idea for a new piece of literature?
- Willing to help edit or create new literature?
- Reach out to your local library - encourage them to buy our books!
- Something else? - <https://emotionsanonymous.org/get-involved/ways-to-be-of-service.html>



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

EA Board of Trustees:

The Emotions Anonymous Board of Trustees are voted into office at the beginning of each fiscal year (July 1) and serve three year terms. The Board makes policy decisions throughout the year during their bi-monthly meetings via phone or skype. There are several committees that report to the Board that may include non-Trustees. When applications are being accepted for board positions that information will be available on the website homepage. Application deadline is June 1 of each year.

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*Officers are determined by Trustees.

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