

## Happy February!



## Dear EA Members,

it here.

The Connection is now available to view and download off of our website. You can also view



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

Please consider submitting your own reflection to add to the EA Trustees' thoughts on the

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! Pleae 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.

- experience can benefit others. • June - 5th Promise: The feelings of uselessness and self-pity lessen.

 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

To view the complete list of The 12 Promises go to our website here.

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:

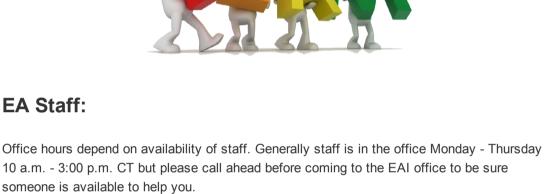
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https://www.paypal.com/us/fundraiser/112574644767835624/charity/2189570. If you donate through Facebook or our PayPal Giving page 100% of the donation goes through us. You can also mail in a donation by check or cash. Please make sure to indicate whether 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 operaptions, 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!
- ofservice.html

Something else? - <a href="https://emotionsanonymous.org/get-involved/ways-to-be-">https://emotionsanonymous.org/get-involved/ways-to-be-</a>



## Executive Director: Elaine Weber Nelson

**EA Staff:** 

Elaine works 16 hours/week Accountant: Sandy Wells Email: orders@emotionsanonymous.org

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

Shipping Coordinator: Carleen Schmidt

Email: director@emotionsanonymous.org

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

Sandy works 13 hours/week

Want basic EA Info? Have a question about EA? Email: info@emotionsanonymou.org Want to submit a reflection for the Connection? Email: connection@emotionsanonymous.org

**EA Board of Trustees:** 

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.

The Emotions Anonymous Board of Trustees are voted into office at the beginning of each

Have questions or help with The Loop? Email: loop@emotionsanonymous.org

State: Minnesota Name: Paul Nouri Phone: 201-264-1807 Email: paul@nobleequity.com Role: Treasurer

State: New Jersey

Name: Colleen Coyne Phone: 651-245-5461

Email: Johnwerner52@gmail.com

Name: Scott Jakel Phone: 507-276-0323 Email: sdjakel@gmail.com

Role: President State: Minnesota

Name: John Werner Phone: 612-760-0313

Role: Vice President

Email: coyne2003@hotmail.com Role: Secretary State: Minnesota Name: Derita Pippen

Email: deritapippen@yahoo.com

Email: stevebell\_28@yahoo.com

Role: Board Member State: Ohio Name: Steven Bell Phone: 909-438-4938

Role: Board Member State: California

Phone: 216-624-3559

\*Officers are determined by Trustees.







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