

**Emotions
Anonymous**

50TH ANNIVERSARY

**LIVING AND THRIVING WITH
THE FOUR “A”s**

Awareness... Acceptance... Attitude... Action

International EA Zoom Retreat February 19th, 2021 and February 20th, 2021

EA of Minnesota has hosted 103 previous retreat weekends in Buffalo, Minnesota. Because of Covid-19 social distancing recommendations, we are hosting our second virtual retreat now open to the world.

DATES: February 19th–20th, 2021

PLACE: Remotely accessible regardless of your location by phone, online or Zoom app

REGISTRATION: Not Required

READINGS FROM: *EA’s Big Book, Welcoming the Spiritual Awakening Within Me, It Works if You Work It, and Daily Word. (None are required)*

FEE: *Please consider a donation of \$50 or more to EAI if you can - but give only what you can.”*
Donate here (PayPal & other methods) <https://emotionsanonymous.org/donate/>

HOW TO JOIN:

Phone Number: +1 312-626-6799 (USA)

International Phone Number: <https://us02web.zoom.us/j/84872424039?pwd=eIQxQlAvZFlITTR3R2U4MXUzZEQrQT09>

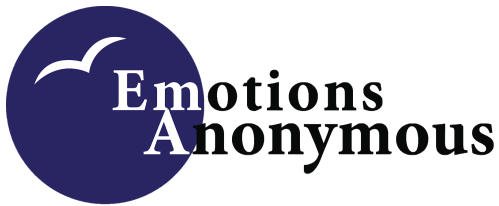
Zoom Link: <https://us02web.zoom.us/j/84872424039?pwd=eIQxQlAvZFlITTR3R2U4MXUzZEQrQT09>

Meeting ID: 848 7242 4039 **Password:** 354708

SESSIONS: *SESSION 1 – Awareness: What’s been going on, how am I now, & deepening my own kind awareness.*
SESSION 2 – Acceptance: How can I better open to people, life, and my emotions as they are?
SESSION 3 – Attitude: Discovering attitudes are the feeling tones or views which can steer our thinking.
SESSION 4 – Action: Exploring the actions which help us regain serenity, happiness, and contentment.

OUR INTENTIONS: *May we connect authentically with our EA friends and see each other truly.*
May we have gratitude for each person and appreciate what is said.
May we stay in our hearts and create a safe place to do our work together.
May we bring compassion into all our time together and allow gentle space for each other.

Start Time - Day 1 Session 1 7 PM CST Topic: Awareness	7:00 p.m. Fri. Minnesota	8:00 p.m. Fri. New York	5:00 p.m. Fri. California	1:00 a.m. Sat. London, UK	12:00 p.m. Sat. Melbourne, AUS
Start Time - Day 2 Session 2 9 AM CST Topics:	9:00 a.m. CST	9:30 AM CST	11:30 AM CST	12:00 PM CST	2:00 PM CST
	Reflection	Acceptance	Body Break	Attitude	Action



WEEKEND RETREAT SCHEDULE

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February 19th, 2021: Friday – 7:00 p.m. to 9:30 p.m. CST

SESSION 1 - 7:00 p.m. CST - Co-Leaders –Charlie B. and Scott J.

Awareness

It is awareness of what's not working that brings us to the EA program. Then we become aware of what EA and our higher power can do for us. We become aware that we're no longer alone. It is through our new awareness we can now wisely hold our thoughts, emotions, and lives. *In this workshop we'll get an overview of EA's four "A"s and sample Awareness readings from EA Literature. We'll talk about what we're aware of in our own lives during the last few challenging months and how it's affected us. We'll practice the "Compassionate Step One Break" and ask "how might we deepen our own kind Awareness?"*

February 20th, 2021: Saturday – 9:00 a.m. to 12:00 p.m. CST

SATURDAY REFLECTION TIME - 9:00 AM CST Co-Leaders – Sharon B. and Greta F.

A meditation time with readings and quiet reflection to prepare our minds for the day of recovery ahead.

SESSION 2 – 9:30 AM CST – Co-Leaders – Margot F. and Charlie B.

Acceptance

Acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation - some fact of my life - unacceptable to me. I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. *In this workshop through readings, reflections, and group sharing we will explore: What is Acceptance and what is the opposite of acceptance? What is the link between resentment and non-acceptance? How is seeing powerlessness the key to acceptance? What have I been resisting? How can I better open to people, life, and my emotions as they are? How can I practice letting acceptance be the answer to all of my problems?*

(11:30 AM GUIDED BODY MOVEMENT & MEDITATION BREAK)

February 20th, 2021: Saturday – 12:00 p.m. to 4:30 p.m. CST

SESSION 3 - 12:00 p.m. CST – Co-leaders Scott J. and Charlie B.

Attitude

A change in Attitude can make our whole life seem easier. With a healthy attitude we can do the things that are necessary for our well-being. *In this workshop we will look together at our attitudes as the feeling tone or views which can steer our thinking. We're all aware of "bad" attitudes that are negative and simply unwise. Some of the wonderful wise attitudes that we'll explore will include: looking for the good, having self-love, being compassionate, having respect...awe...& wonder, having helpful detachment, + trusting others and looking to them with positive intentions.*



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WEEKEND RETREAT SCHEDULE

SESSION 4 – 2:00 p.m. CST - Co-Leaders – Betty L. and Dave Q.

Action

In this action-packed session we'll explore actions to help us regain serenity, happiness, and contentment if we've been triggered into our grief, anger, or loneliness. We'll welcome everyone to help brainstorm strategies and try helpful practices like Chair Yoga, Mini Meditations, and Writing to Discover Yourself. We will also explore signs that guide us to reach out for more help from the Universe. We are looking forward to sharing with all of you!

February 20th, 2021: Saturday – 4:30 p.m. CST

Closing

Large Group Check-in: *What are you taking away from the day – your whole Virtual Retreat experience?*