



Hello EA Members,

The EA virtual retreat that took place July 17th & July 18th was well received by 79 people on Friday and 59 on Saturday! Stay tuned for information on where to hear the recorded sessions. Thank you to everyone who made it happen!



## July Sale!

The EA book, *It Works If You Work* will continue to be on sale through July 31, 2020. Normally the price is \$20.00 USD, it is on sale for \$9.95 USD. It is a book that shares tools and techniques from members that new members can use to deepen their EA practice in new ways. You can read reflections from members on The Twelve Steps, what The Twelve Slogans mean, and how to use the program in your life. It's a great time to broaden your EA literature. See an EA member review below:

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*"This is an absolutely FABULOUS BOOK full of goodies for EA peeps looking to deepen or expand their understanding and use of EA program tools. It's written by EA members. They have lots of 'how to's,' including a beautiful way of doing Step 4 differently. They talk in depth about our Steps, Just for Today's, Slogans, Traditions, Promises and more. This book offers wonderful 21st century ideas on how to expand your practice through meditation, affirmation, journaling and much more. I have this book and I love it. I highly recommend it." - ML, EA Member*

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In order to provide EA members with an extra "boost" during the early days of the pandemic, we began a weekly email series, *Experience, Strength & Hope*, with trustee reflections based on the Just For Today's and focused on the current world situation. We received a lot of positive feedback on these emails and so have decided to continue this service. The next series of 12 weekly emails will focus on tips for maintaining a healthy EA meeting. The new series *Experience, Strength & Hope: Tips For Healthy Meetings* will start July 22, 2020. We hope you continue to find value in these messages. Please encourage others to sign up on our website [here](#) to receive them.

July 22, 2021 is EA's 50th Birthday! If you are interested in helping figure out a way for groups and individuals celebrate, please send an email to Greta ([oagreta@gmail.com](mailto:oagreta@gmail.com)). Thank you in advance for your interest and your service!



## 10 Ways to Help the EA Program

1. Tell just one person about the program, think of number of people we could reach! Consider using your Facebook, Instagram, phone or email contacts to share information during this time of social distancing.
2. Consider writing a reflection to be shared in our new Strength & Hope newsletter. Submissions should be sent to [submissions@emotionsanonymous.org](mailto:submissions@emotionsanonymous.org). You can find out more information on our website here: <https://emotionsanonymous.org/literature/write-for-ea/how-to-submit-your-writing-online.html>
3. If you can continue to support EAI by making a contribution at this time, please do so - every nonprofit organization -and for profit businesses as well! - needs to rally together right now.
4. Create a video about the EA program that we can share on our YouTube Channel
5. Write a testimonial/review about the EA program
6. Research a different platform for The Loop (it's been a long time since it's been updated)!
7. Ask your local libraries to invest in buying our books - so more individuals can have access to them.
8. Speak Spanish? - help us translate more of our literature and update our already translated materials!
9. Speak a different language? - help us translate our literature into your language!
10. Research a way we could connect people who are willing to be sponsors with people who are looking for a sponsor.



- **COVID-19 Pick Up Orders Information:** The EAI office is open for local members who want to pick up orders. However, we ask that orders be made at least 1 business day before picking up to allow time to process. Members need to either call our office or send an email to [orders@emotionsanonymous.org](mailto:orders@emotionsanonymous.org) with the order. Payment can be made either by credit/debit card over the phone, cash or check/money order (please have it made out upon arrival). On the pick up day, please call the office to let us know you've arrived. The building has a security door that is now locked, so you will not be able to get inside to get to our office. We ask that you wear a mask when picking up your order, the employee bringing down the order will also be masked.
- If you have made an ebook purchase by mistake, contact the EAI office at [orders@emotionsanonymous.org](mailto:orders@emotionsanonymous.org) as soon as possible and no later than 1 week after purchase date for a refund prior to downloading the book. **Once you have downloaded your purchase(s) we will not issue a refund.**
- If you need to read it on a computer, sometimes you need to install software to do so.
- **Refund Policy:** If for any reason you need to return a purchase, you must contact the EAI office within two weeks of the delivery date of your purchase to inform us of your wish to make a return. Materials must be shipped no later than two weeks after this notice is given. Shipping costs are the responsibility of the purchaser. The charges for returns made outside of this time frame will not be reimbursed without prior approval.

Donate!

Stay in the know & follow us below!



Searching for the basic elements of the EA program? The 12 Steps, Traditions, Promises, etc. can be found on our website at: <https://emotionsanonymous.org/what-we-offer/ea-program-basics/>

[www.emotionsanonymous.org](http://www.emotionsanonymous.org)

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