

# EA Through the Holidays 2021



***These free meetings are here for you to provide emotional support and connection during the holiday season!!***

***Christmas Eve***  
**Friday, December 24<sup>th</sup>**

***New Year's Eve***  
**Friday, December 31<sup>st</sup>**

***Christmas Day***  
**Saturday, December 25<sup>th</sup>**

***New Year's Day***  
**Saturday, January 1<sup>st</sup>**

|           |                   |           |            |            |
|-----------|-------------------|-----------|------------|------------|
| Morning   | 8 AM, PST         | 9 AM, MST | 10 AM, CST | 11 AM, EST |
| Afternoon | 12 PM, PST (Noon) | 1 PM, MST | 2 PM, CST  | 3 PM, EST  |
| Evening   | 5 PM, PST         | 6 PM, MST | 7 PM, CST  | 8 PM, EST  |

***You can be inspired by pamphlets, stories, speakers, or topic discussions all focused on emotional recovery!***

The meetings will be using the pamphlet titled EA's 12 Step Program "Yellow Pamphlet" (Item #1)

**[CLICK HERE TO DOWNLOAD THE PAMPHLET FOR FREE](#)**

**ALTERNATIVELY GO TO**

**<https://emotionsanonymous.org/eai-literature/free-publications-in-english.html>**

**[CLICK HERE TO PURCHASE THE PAMPHLET AS A HARD COPY](#)**

**ALTERNATIVELY GO TO**

**<https://emotionsanonymous.org/eai-literature/online-store.html>**

**No registration or fees are required to participate!**  
**Please contact EA's Telephone Conference Team if you have any questions.**  
**Email: [eaworks1971@gmail.com](mailto:eaworks1971@gmail.com)**

*Find out what Emotions Anonymous has to offer you!*

## **A Worldwide Service Opportunity!**

*EA's 12<sup>th</sup> Principle is "Service."*

EA's 12<sup>th</sup> Step says "Having had a spiritual awakening as the 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.  
Please consider how you might be of service to the EA program.*

**Volunteers are needed to be hosts, moderators, and speakers!**

**Please contact EA's Telephone Conference Team if you would like to volunteer to be a host, moderator, or speaker for a morning, afternoon, or evening session on 11/25/21, 11/26/21, 12/24/21, 12/25/21, 12/31/21, or 1/1/22.**

**Email: [eaworks1971@gmail.com](mailto:eaworks1971@gmail.com)**

Also, there is a committee developing to expand the current holiday meeting schedule into EA Through the Holidays Worldwide and offer meetings during more holidays throughout the year.

Coordinating these efforts is great a great way to serve as it helps to build up current members and provide encouragement for newcomers who are often searching for support during the holidays.

Responsibilities include finding moderators, speakers, and hosts; developing and distributing flyers; updating and distributing the schedule and script; developing holiday email; etc.

***If you're interested in joining this committee for 2022, please contact Greta.***

**Phone Number: 734-383-0686**

**Email: [oagreta@gmail.com](mailto:oagreta@gmail.com)**

# HOW TO JOIN EA TELEPHONE CONFERENCE HOLIDAY MEETINGS

*The platform used to host these meetings is FreeConferenceCall NOT Zoom.*

## JOIN BY PHONE —

- Phone Number: **+1 540-792-0104**
- Go here for another country's phone number: <https://fccdl.in/i/eatelephoneconference5>
- Enter the Access Code: **808747#**

## JOIN VIRTUALLY ONLINE BY WEB BROWSER —

- [CLICK HERE \(www.freeconferencecall.com/wall/eatelephoneconference5\)](http://www.freeconferencecall.com/wall/eatelephoneconference5)
- Click on **Join Online Meeting**
- Click on **Submit** (You may need to click **JOIN** again if you use the desktop application)

## JOIN VIRTUALLY ONLINE BY FREECONFERENCECALL (FCC) APP—

- [CLICK HERE \(https://www.freeconferencecall.com/apps\)](https://www.freeconferencecall.com/apps)
- Download the Android or IOS App based on the device you have
- Open the App on your Android or Apple device
- Click on **JOIN**
- Enter Meeting ID (exactly as shown): **eatelephoneconference5**
- *Click on the microphone icon to turn on your microphone. This allows the attendees to hear you.*
- *Click on the camera icon to turn on your camera. This is optional.*
- Make sure “Dial into the meeting” is enabled.
- Click on the gear icon on the top right and you can enter your name and email address (this will be visible to other participants).
- Click the “Join meeting” button

# Additional Participant Instructions

© FreeConferenceCall.com 2001-2021, ver G

If you have any additional questions, go to [www.freeconferencecall.com/support](http://www.freeconferencecall.com/support), email [support@freeconferencecall.com](mailto:support@freeconferencecall.com) or call (844) 844-1322.

## AUDIO CONFERENCING

### Participant Keypad Commands

Control certain aspects of the conference from the telephone with the following commands:

| Command  | Title          | Description   |
|----------|----------------|---|
| *3       | Breakout Rooms | Leave the main conference to join a sub-conference. Press *3 followed by the number of the sub-conference, from 1 to 9, or press *3* to return to the main conference room at any time.   |
| *4       | Instructions   | Hear the list of available keypad commands.   |
| *6       | Self Mute      | Mute your individual line. Press *6 again to unmute the line.   |
| 94       | Reactions      | Raise your hand and share your reactions digitally in meeting.<br><ul style="list-style-type: none"><li>● Press 94 to hear the list of reactions available in meeting.</li><li>● Press 941 to raise your hand.</li><li>● Press 942 to show a thumbs up.</li><li>● Press 943 to show a thumbs down.</li></ul> Press * to remove your reaction. |
| #808747# | Audio Sync     | Integrate your audio with the online meeting. Press #, enter the 808747 and press # again.  |

## ONLINE CONFERENCING

- The Chrome™ web browser is recommended for full participant functionality, including VoIP audio, video and viewing screen sharing with chat.
- It is recommended to join with the desktop application but you can also join with no download necessary using the Web Viewer.