



<u>Date of EA Meeting</u>	<u>Pamphlet to be used</u>
09/11/25	Hope
09/18/25	Indecision
09/25/25	Kindness
10/02/25	Let It Go Resentments
10/09/25	Loneliness
10/16/25	Love
10/23/25	Patience
10/30/25	Perfectionism
11/06/25	Perserverence
11/13/25	Poor Me Relief from Self Pity
11/20/25	Procrastination
11/27/25	Pushing Away Our Feelings (Thanksgiving Holiday in USA)
12/04/25	Real Listening
12/11/25	Recovery
12/18/25	Self Esteem
12/25/25	Sobriety (Christmas Holiday)

Here is the List of Pamphlets for the remaining Thursdays of 2025

Utilizing not Analyzing Zoom Meeting 5pm Central Time

Nature Video 30 minutes Before the Meeting Begins

Pamphlets can be purchased at www.emotionsanonymous.org (they are currently not downloadable)

Thursdays from 5:00 PM - 6:15 PM Central Time

- **Group Name:** "Utilizing Not Analyzing the Steps"
- **Special Interest:** Meditation, Step Meeting & Topic Readings
- This group follows a non-standard EA meeting format.
- **NOTE: Starting 09/11/2025 The group will be using EA Pamphlets as their reading material.**
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- There is an optional meditation starting at 4:30 PM Central Time.
- **Link:** <https://us02web.zoom.us/j/89285951319?pwd=ZGpKaFYyZjRsbIBYSkZUdFU5YVZWdz09>
- **Zoom Meeting ID:** 892 8595 1319
 - **Online Passcode:** 148197
- **Phone Number:** +1 646-931-3860
 - **Phone Access Code:** 148197#
- **Find your local phone number:** <https://us02web.zoom.us/j/89285951319?pwd=ZGpKaFYyZjRsbIBYSkZUdFU5YVZWdz09>
- **Group's Contact:** Kathleen E. at kathleene.engel@gmail.com & +1 320-267-2040 (Ok to Text)