

**Experience, Strength & Hope**

**EA’s 2nd Annual Telephone Conference**

**Saturday, October 27, 2018**

**10:30 am to 5:00 pm EST**

*Join us for our second annual Telephone Conference!*

10:30 am Welcome, Introductions and The Yellow Pamphlet

11:00 am Becoming Free

12:00 noon Sponsorship

1:00 pm The Solution

2:00 pm Best practices for improving meetings

3:00 pm Loneliness (From the Living with Emotions Set)

4:00 pm Humor & Gratitude

Emotions Anonymous is an international fellowship of men and women who desire to improve their emotional well-being. *There is no registration fee for the conference.* However, our 7th Tradition encourages contributions to EA as a whole. We suggest $2 per session or $10 if you attend the entire day. If you make a donation, please indicate that it is for the Telephone Conference.

To find out what EA has to offer you, find a meeting, order literature, make a donation and more, go to our website at **emotionsanonymous.org** or call the ISC at **651-647-9712.**

***Join us Across the Globe!***

**JOIN BY PHONE**In the USA call(712) 451-1140 Access Code: 808747
See this link for other countries:  <https://fccdl.in/i/eatelephoneconference5>

***NEW THIS YEAR: JOIN US ONLINE!***

**see next page for instructions**

**The Serenity Prayer**

God, grant me the serenity To accept the things I cannot change,

Courage to change the things I can, And wisdom to know the difference.

**The Serenity Prayer in the Plural**

God, grant us the serenity To accept the things we cannot change,

Courage to change the things we can, And wisdom to know the difference.

**3rd Step Prayer.** "God, I offer myself to you, to build and to do with me as you wish. Help me let go me overcome my difficulties so others can see how your love, wisdom and strength allows of my self-centeredness, so I can better recognize your will for me. Help me to change. Thank you for being with me. May I do your will always."

**7th Step Prayer.** “Higher Power, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here to do Your bidding.”

**Recommended Reading List for Newcomers**

Although you may participate in the conference without them, the following EA literature may be used and/or referenced to during the conference:

* EA’s Twelve Step Program: “The Yellow Pamphlet”

<http://emotionsanonymous.org/file_download/4bc3d87b-4aae-454f-bde1-70947d802af8>

* Emotions Anonymous (Our Big Book, dark blue cover)
* Today (Our daily devotional, dark blue cover)
* It Works if You Work It (Light blue cover)
* 17 Pamphlet Living with Emotions Set

To order these and other materials, go to emotionsanonymous.org or call our International Service Center at 651-647-9712.

***JOIN THE CONFERENCE ONLINE!***

Please try signing in well before the conference to avoid glitches.

1. From GOOGLE CHROME or MOZILLA FIREFOX: Go to [www.FreeConferenceCall.com](http://www.freeconferencecall.com/)

2.  Click on LOG IN, then ONLINE MEETINGS and select JOIN MEETING

3.  Enter the meeting ID:  **eatelephoneconference5** (Case sensitive and must include the 5)

4.  Type in your Name and Email; then click on JOIN

5. Click on the MIC & SPEAKERS icon then click on CONNECT NOW

6. Click on the telephone handset icon and Use the keypad to click on \*6 to mute and unmute **OR** click on the microphone icon to mute and unmute.

**emotionsanonymous.org 651-647-9712**