

EA CONNECTION—AUGUST 2016

YOUR MONTHLY NEWSLETTER FROM ISC



FROM THE PRESIDENT OF THE BOARD OF TRUSTEES:

As you're well aware, 2016 has been dubbed as the "Year for Sponsorship," and the 2016 EA Convention has Sponsorship as its theme: SPONSORSHIP: Share the Experience. Having said that, I can assure you that from the Key Note Address on Friday evening and throughout the convention, we'll encounter some challenging workshops, some exciting speakers, as well as a number of vibrant panel discussions. Continue to watch for ongoing convention announcements and information on EA's website—as well as elsewhere in this and the September EA Connection.



All groups are reminded that one designated delegate is encouraged to attend the Annual Business Meeting on Friday, September 23, 2016 to be held at 1:30pm. Further information will be available upon registration/check-in at The Hilton Doubletree Inn, Tempe, Arizona. Of special note is that during this year's convention we will be celebrating EA'S 45th Anniversary!

Plan now to join us for Convention 2016 and EA's 45th Anniversary!

Gus S, President of the Board of Trustees.

WHAT IS SPONSORSHIP? :Sponsorship is a mutual and confidential sharing between two EA members. A sponsor is a special person with whom a member can discuss personal problems or questions, and who will share their experience, strength and hope in working the EA program. (EA form #25)

AUGUST TOOLS:

Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

Slogan 8: Know yourself-be honest

Promise 8: Our whole attitude and outlook upon life changes.

Just for Today 8: I will stop saying, "If I had time." I never will find time for anything. If I want time, I must take it.

Tradition 8: Emotions Anonymous should remain forever non-professional, but our service center may employ special workers.

Concept 8: The steps suggest a belief in a Power greater than ourselves. This can be human love, a force for good, the group, nature, the universe, God, or any other entity a member chooses as a personal Higher Power.

OF IMPORTANCE TO GROUPS:

1. The EA Convention is two months away! Sign up online or print off a registration form at www.emotionsanonymous.org.
2. Did you know EA has a free app? You can download it on the iTunes stores to receive EA Recovery, and access updates from the blog and EA materials wherever you are!
3. Included with this issue is a community flyer you can use to share information about your meeting - just print it off, fill in your meeting information, and post it in your neighborhood. Thank you for letting others know about EA!

MEMORIALS AND SPECIAL GIFTS:

*In Memory of Connie B—A wonderful mentor and example of living the program
Owosso, Michigan EA Group*

Remembering Richard G—A longtime EA member



To help support this publication, donations can be made to: EA Connection



STEP 8: MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL.

Steps 4 and 8 are both about "cleaning our side of the fence." When making this list it doesn't matter who did what to who. The list is about you and action/things you may have done. Reviewing your 4th step may be helpful in making this list. One of goals of Step 8 is starting to develop a healthy ego for ourselves and an accurate sense of ourselves in relation to others. Good to remember is that all we are doing here is making a list and becoming willing to make amends... paraphrased from *It Works if you Work It*, p 43.

JUST FOR TODAY 8: I WILL STOP SAYING, "IF I HAD TIME." I NEVER WILL FIND TIME FOR ANYTHING. IF I WANT TIME, I MUST TAKE IT.

Oh wow, I need lots of improvement here. I schedule so many things for me to do that sometimes I cannot find time in the day to accomplish them. So I need to prioritize, I need to set goals, they need to be achievable, measurable, and specific. Sometimes I have to get involved with things I need to get involved with at the expense of putting things off. I always need to take these things to my higher power. I need to pray and meditate, and I need to put first things first...Ed



SLOGAN 8: KNOW YOURSELF—BE HONEST

My attitude is still not best at times but I'm getting better at it. It is constantly changing, and even though I don't see it, it improves a little bit at a time. I don't think gloom and doom as much as I used to. I still do, but they are just moments. They pass - Sometimes quickly, sometimes slowly. I can be optimistic today. But I can also be realistic. Life constantly changes. I am better prepared today to deal with life on life's terms...Ed

PROMISE 8: OUR WHOLE ATTITUDE AND OUTLOOK UPON LIFE CHANGES.

In Patti LaBelle's popular song, *New Attitude*, she sang to an upbeat tempo "I'm feelin' good from my head to my shoes/ Know where I'm goin' and I know what to do/ I tidied up my point of view/ I got a new attitude."

This promise of an attitude change has really happened in my life since joining EA. In the past, my old outlook I viewed my life as very clouded and without much happiness or richness. I did not have any goals and was extremely depressed.

Today, I view my life much more differently. I can now appreciate the different seasons both in the weather and in my life. I can feel the warmth of a sunny day as well as appreciate the cool briskness of a Fall day. I have goals for which I see progress in many areas of my life and it is filled with much richness and happiness. "Ooh, ooh, ooh, ooh, ooh/I got a new attitude"...

Rosemary H

CONCEPT 8: THE STEPS

SUGGEST A BELIEF IN A POWER GREATER THAN OURSELVES. THIS CAN BE HUMAN LOVE, A FORCE FOR GOOD, THE GROUP, NATURE, THE UNIVERSE, GOD, OR ANY OTHER ENTITY A MEMBER CHOOSES AS A PERSONAL HIGHER POWER.

I am grateful to have a loving Higher Power who can free me from any difficulties that occur. My loving Higher Power can help and support and comfort me through everything. I still have to do my footwork, but it is much more comforting that I have a loving Higher Power helping me with all that I do.

I am praying more for people as compared to "allowing" them to hurt me so much with how they behave. This seems to help more than living in anger. Plus I just take extra good care of me when I am having troubles with people. That helps me not feel like a victim. As a matter of fact, if "anyone" does anything that I "allow myself" to get upset over, I will just do something extra nice for me and that helps me to love and respect myself especially when it appears I am being disrespected. I can't really be disrespected if I don't "allow it". For too many years I allowed others to disrespect me and I no longer allow it with my Higher Powers help. I know my Higher Power wants me to experience respect, joy and love and I can now walk away from anything that isn't that. Sometimes I do make mistakes and fall back into that victim role from time to time, but can get out of it sooner ..Connie



EA TOOLS APPLIED: SELF...



SELF-AWARENESS

I've just about mastered the art of projecting my junk on to others, all the while in complete denial that it's MY issue in the first place. Then I sit there and judge them up one side and down the other, and often have pity on them. Ha. I can be such a hypocrite! It has only been recently that I've been able to start catching myself in the act, and try to turn my awareness back to my OWN inventory. Their inventory is none of my business!!! God, help me to know MY-SELF, in an honest and open way...*John*

SELF-PITY

Self-pity has always been a struggle for me. I didn't know I was doing it for a long time – working the steps helped me to see it. I still do it at times, but nowhere near as much as I used to. I truly felt so sorry for myself that I couldn't see the world around me. I couldn't see that other people had it as bad as I did, if not worse. Once I was able to see that, it helped me to have perspective, and helped me to see that I was looking at things through the eyes of self-pity rather than gratitude (which I have been told is the opposite). Seeing the world with gratitude takes effort but it is worth it, when I do it. I must use self-discipline when it comes to gratitude – when I do, it really helps. When I spend time every day naming the things in my life for which I am grateful – sometimes I write it, sometimes I talk to my higher power, the quality of my life is healthier. But if I don't do it, the stinking thinking comes back. Part of my emotional un-wellness involves looking at myself in an unhealthy way, rather than focusing on myself and my well-being. For me, emotional and mental health come as a result of having a balance, of focusing on myself and focusing on others – allowing others to live their own lives, and minding my own business. Easier said than done..... but I will keep plugging away. Thanks for letting me share...*Gail*

SELF-KNOWLEDGE

I am grateful today for the chance to share about the power of gratitude that I have learned through the practice of gratitude lists here on the loop (aka: EAnon). For being able to see that looking for the good, being on the lookout for things to be grateful for, being on the lookout for my Higher Power speaking to me or acting in my life are all related or at least are variants of the same kind of openness & awareness

That such openness & awareness is becoming more a part of my life

That such openness & awareness is making my life deeper & richer

For EAnon as a safe place where I can share and where I can have the privilege of "listening" to others share...*Joe*

SELF-LOVE

I am learning self-love. Self hatred came up as my number 1 character defect in Step 4. This year I planned with my sponsor that this is the only character-defect I will address. The first thing I started with was to not criticize myself. Even inside my head. I am grateful that the critical voice inside my head is not as loud and persistent as it used to be.

I have mostly been able to stop beating myself up for past mistakes. Something I heard poet Maya Angelou say in an interview helped me immensely. "If you knew better, you would do better. People should not be judged on the basis of what they were, but on the basis of what they are trying to be."

These words really helped me with forgiving myself. If those past situations came up today, I know I would act differently. Because now I know better. At that time, I did not know I had an emotional illness. I did not know how to manage my emotions. I did not have any resources to guide me. I did not know that some people are toxic. I can now look

upon my past self with endearment and gentleness rather than with condemnation. I also worried a lot about what people from my past think about me and some of my crazy behavior. But now I think that they should judge me by who I am today. And if they judge me by who I used to be, they are only clinging to a past version of me that does not exist, that I no longer identify with. This realization has been very freeing for me...*Pri*





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SLOGAN 8: KNOW YOURSELF—BE HONEST

I've discovered that when I become more honest with myself, things around me begin to change. I begin to experience positive energy. I, and only I, have the power within to change the things that need to be changed. When I'm not 'my true self', or pretending to be who I am not then I find myself living a lie, which simply drains all of the positive energy from within...**Gus S** This is about being aware of who I am as a person. When I take time to meditate and reflect upon my thoughts/actions, I develop a good feed-back loop for myself. I can live with integrity as my thoughts, words, and actions line up. I live an honest life when I show the world on the outside what's going on within me...**Scott J** Self inventory and self-accountability. I look at myself honestly and always notice a need for improvement. I am perfectly imperfect. I have been dishonest to others and myself for many years of my life. This is going to take a lot of work and effort to change. The point is, I can't do it alone...**Lynne S** In my 10 years in the EA twelve steps program, I have come to know myself better. Also, I learned how to be honest with myself and others. The tools that help me know myself better are my daily readings in the Today's Book, the 12 steps, the 12 slogans and other tools from the program. Now days, I feel more confidence about myself and that is all because of the program ...France

From It Works if You Work It: Know Yourself—Be Honest



The 12-step programs all require rigorous honesty. We must delve deep into our past experiences and feelings to come to know the person we are today. This is the hardest and most important part of the steps. Many of the self-destructive behaviors we practiced in the past, and perhaps continue to practice today, have resulted from being less than honest with ourselves. We tell ourselves little white lies such as, "Its okay to rage against my family because they deserve it." continued on page 76 It Works if You Work It

EVENTS FAR AND NEAR:

EA RETREAT OCTOBER 7-9, GLEN ROSE TX
"How to live with unsolved problems"
Speaker Kathy R , Milwaukee, WI
\$120 2-nights & 5 meals For more info
Ann (817)-714-8761/Anita (926)646-3584
28TH ANNIVERSARY PUBLIC INFO MEETING
October 25, 2016, 7:45pm
2095 W Market St, Akron,
For Info: 234-206-1232
E-mail: emotionsanon@yahoo.com

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If you have an event you would like to see listed here, send your information to editor@emotionsanonymous.org



Local Support Groups Focus on Emotional Health

- What:** Emotions Anonymous is a 12-Step program, based off the recovery program of Alcoholics Anonymous.
- Who:** Anyone experiencing emotional difficulties who is ready to try this program of recovery. *All are welcome.*
- Why:** To gain knowledge and support from others who have had or are currently experiencing similar issues.
- Where:** Support groups meet weekly at local public places. Locations close by are listed below.

FAQ's:

Do I have to accept everything you tell me?
EA believes in 'take what you like, leave the rest' - you accept what works for you.

Are you a cult? *No! EA is a registered 501c(3) nonprofit organization. There are no dues or fees. The only requirement for membership is a desire to be well emotionally.*

Do I have to believe in God? *All 'anonymous' programs are based in spirituality, not religion. Your personal "higher power" can be whatever you choose, outside of yourself.*

Who runs the meetings? *All group members are equal and take turns in the role of 'trusted servant' to manage the logistics of the meetings.*

Are there other meetings than what is listed here?
Yes! We have more than 600 groups worldwide. A meeting list can be found on our website, www.emotionsanonymous.org.

Meetings Close by:

Internet/Phone meetings:

Skype, phone, and chat meetings are also available! Visit www.emotionsanonymous.org and click on 'Find a Meeting'. Then select "Skype phone & internet chatrooms" on the right of the page!

Look for the good.



**COME AND VISIT BEAUTIFUL ARIZONA
2016 EA INTERNATIONAL CONVENTION**



Friday, September 23:

- 7:00 PM Welcome Message
- 7:15 PM Keynote Speaker: Ron Regnier
Subject: Sponsorship: Where we were, Where we are, Where we're going...

Saturday, September 24:

- 8:30 AM Morning Meditation
- 9:00 AM Welcome Message: Emory H
- 9:25 AM Keynote Speaker: Dawn M
Subject: Using the 12 Step Philosophy to Navigate Your Emotional Well Being
- 10:30 AM Breakout Session 1: What the heck am I feeling? Dealing with specific emotional triggers
Breakout Session 2: 1234567, We're going to meditate to Step 11, Meditation Techniques for Serenity
- 11:15 AM Breakout Session 1: Is it really this simple? 5 simple questions to engage in a healthy conversation
Breakout Session 2: Guilt and Resentment, Eliminating guilt and resentment to enhance well being
- 1:35 PM Keynote Address: Scott J
Subject: The Target of EA-Aiming for Balance and Wellness
- 2:40 PM Breakout Session 1: Anger and Fear-Get it in Focus –learning specific techniques to identify your triggers
Breakout Session 2: Welcoming the Newcomer- Making newcomers feel welcome and coming back
- 3:00 PM Breakout Session 1: Men Sponsoring Men – To connect and learn the principles of sponsorship
Breakout Session 2: Women Sponsoring Women - To connect and learn the principles of sponsorship
- 3:20 PM Workshop - Ron Regnier: Thinking Outside the Box-Learning how to take our sponsorship to new heights
- 4:00 PM Regional Breakout Sessions
- 4:25PM Closing Remarks
- 8:00PM Keynote Entertainment - Stevie Ann P
Subject: A comedic approach to conscious living

Sunday, September 25

- 9:00 AM A time to celebrate our recovery





2016
Emotions Anonymous
International Convention
 Phoenix/Tempe, Arizona
 Friday-Saturday-Sunday
 September 23-24-25, 2016

LOCATION:	ROOMS:	RATES: 9/20* - 9/28	
DoubleTree by Hilton 2100 South Priest Drive Tempe, Arizona 85282	King or 2 Queens Rate is per night *Rates Available 9/20 - 9/28	1-2 Guests	\$93
		3 Guests	\$103
		4 Guests	\$113

Come Early! Stay Late! EA Hotel Rates Available 9/20-9/28 ("<http://tinyurl.com/EA2016Hilton>") Tel:(480)967-1441

2016 Emotions Anonymous - International Convention Registration & Fees

Name: _____
 Address: _____
 Email: _____ Phone _____
 My Meeting Info: City _____ ST _____ Day _____ Time _____

Please Check all that apply:
 I will be my Group's Official Delegate at the Annual Meeting
 I will volunteer at the convention (check one): Decorations() Welcome / Registration Table()

SESSION TIMES: Friday 7:00 pm-10:00 pm, Saturday 9:00 am-10:00 pm, Dinner 7:00 pm, Sunday 9:00 am-12:00 pm

FEES:		Enter Your Amounts Below	Credit Card Information	
ALL SESSIONS (Paid BY 8/29)	\$75	_____	CC#	_____
ALL SESSIONS (Paid AFTER 8/29)	\$85	_____		(Visa/MC/Discover Only)
SATURDAY SESSIONS Only	\$45	_____	Exp (mm/yyyy)	_____
Optional Donation to EA Int'l Svc.Center	\$	_____	3-digit code	_____
Saturday Lunch - Turkey () Veggie ()	\$15	_____	Billing Zip code	_____
<i>(For every lunch purchased Hotel will donate \$2.00 to EA-ISC!)</i>				
Saturday Banquet Fiesta Buffet Dinner	\$35	_____		(signature)
TOTAL		_____		

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