

*Join us for our Third Annual  
Telephone Conference!*



**F.E.A.R. (*Face Everything And Recover*)**  
**Facing Fear and Anxiety with the Tools of EA**

**Saturday, October 19, 2019**  
**10:30 am to 5:00 pm EST**



"Fear is the path to the dark side.  
Fear leads to anger.  
Anger leads to hate.  
Hate leads to suffering."  
Yoda in *Star Wars, the Phantom Menace*

***Join us Across the Globe by PHONE or ONLINE!***

**JOIN BY PHONE**

In the United States call **(712) 451-1140 Access Code: 808747**

See this link for other countries: <https://fccdl.in/i/eatelephoneconference5>

**JOIN ONLINE** (Please try signing in well before the conference to avoid glitches.)

1. Go to [www.FreeConferenceCall.com](http://www.FreeConferenceCall.com) and click on LOG IN
2. Click on ONLINE MEETINGS and select JOIN MEETING
3. Enter the meeting ID: **eatelephoneconference5** (exactly as written)
4. Type in your Name and Email; then click on JOIN
5. Click on the HANDSET icon
6. Click on the MIC & SPEAKERS or TELEPHONE HANDSET icon
7. Click on CONNECT NOW

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.\*](#) 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](http://emotionsanonymous.org) or call the ISC at **651-647-9712**.

## CONFERENCE SCHEDULE

10:30 am EST	Welcome and The Yellow Pamphlet
11:00 am EST	A Personal Story of how EA Helps Manage Fear and Anxiety
12:00 noon EST	Healing Fear and Anxiety through EA Fellowship
1:00 pm EST	Using the 12 Steps to Deal with Fear & Anxiety
2:00 pm EST	The 4 A's with Fear and Anxiety (Acceptance, Awareness, Action, and Attitude}
3:00 pm EST	Managing Fear and Anxiety with "Just for Todays" and "Slogans"
4:00 pm EST	Prayer and Meditation to combat Fear and Anxiety (Step 11)

## 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](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](http://emotionsanonymous.org) or call our International Service Center at 651-647-9712.

### **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 3rd Step Prayer**

"God, I offer myself to You, to build and to do with me as You wish. Help me let go of my self-centeredness, so I can better recognize Your will for me. Help me overcome my difficulties so others can see how Your love, wisdom, and strength allow me to change. Thank You for being with me. May I do Your will always."

### **The 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." (EA, p.