

EA throughout the Holidays Worldwide 2019-2020



Thanksgiving Day (Nov 28) - Black Friday (Nov 29)
Christmas Eve (Tue, Dec 24) - Christmas Day (Wed, Dec 25)
New Year's Eve (Tue, Dec 31) - New Year's Day (Wed, Jan 1)

Morning	10 am EST	9 am CST	8 am MST	7 am PST
Afternoon	3 pm EST	2 pm CST	1 pm MST	12 pm PST
Evening	8 pm EST	7 pm CST	6 pm MST	5 pm PST

Jumpstart the Holiday with discussion topics in the morning
Continue the day with a story of recovery in the afternoon
Wind down in the evening with sharing and words of gratitude

JOIN US...

By phone in the USA (712) 451-1140 Access Code: 808747

By phone across the globe: <https://fccdl.in/i/eatelephoneconference5>

Online:

1. Go to www.FreeConferenceCall.com
2. Click on ONLINE MEETINGS and select JOIN MEETING
3. Enter the meeting ID: **eatelephoneconference5** (enter as written)
4. Type in your Name and Email; then click on JOIN
5. Dial into the meeting **OR** Click on COMPUTER AUDIO
6. If you dial in, use the keypad to click on *6 to mute and unmute **OR** If you use COMPUTER AUDIO, click on the microphone icon to mute and unmute.

We will refer to EA's Twelve Step Program (#1) also known as
"The Yellow Pamphlet"

There is no registration or fees for attending. For questions or concerns please
contact: eatelephoneconference@gmail.com

See what Emotions Anonymous has to offer you at
www.emotionsanonymous.org or call **651-647-9712**