



March, 2022  
Volume 2, Issue 11

## Strength & Hope

A message in support of emotional well-being.

### BOARD SERVICE OPPORTUNITY — COLLEEN C.

Spring is coming to the northern hemisphere soon, a time of rebirth and new beginnings. This is the perfect opportunity for all of us to take a look at how we can deepen our experience in the EA program and perhaps give back to it.

Service is at the heart of the all Twelve-Step work. Without member volunteers, meetings wouldn't be held, literature wouldn't be written, sponsors couldn't be found. Without member support, the EAI organization couldn't communicate our message of hope or provide services from our St. Paul, MN world service office.

Today I'd like to highlight a special opportunity for those who have been in the program for more than two years to apply to serve on the EAI Board of Trustees.

Board members meet remotely every month or two and participate in an annual workshop each Fall. They also host our EAI annual membership meeting. Members' three-year terms offer a fun and interesting way to get involved in the practicalities of keeping a dynamic program running smoothly and identifying ways to grow the program.

If you have a little business or communications experience in your background and some time, please consider joining us. Complete an application here: <https://emotionsanonymous.org/about-eai/eai-board-of-trustees-information> and send it back by June 1.

Thank you to everyone who has already shared time and talents with EAI. The Jan. 21 Today book entry says it best: "...when you share something spiritual, it's value is simply multiplied by the number of persons with whom you share."

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### 50 TIPS FOR 50 YEARS: CELEBRATING 50 YEARS OF EAI\*

Replace negative thoughts and actions with positive ones.

\*Item #102

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### YOUR TRUSTEES

Paul N.— TX  
929-399-6515  
aibtikarfoundation@gmail.com  
President

Steve B.— CA  
909-438-4938  
stevebell\_28@yahoo.com  
Vice President

Colleen C.— MN  
651-245-5461  
coyne2003@hotmail.com  
Secretary

Derita P.— OH  
216-624-3559  
deritapippen@gmail.com  
Treasurer

John W.— MN  
612-760-0313  
johnwerner52@gmail.com

Kelsey W.— IL  
618-334-6658  
knlweez@gmail.com

Behzad Arabpour Dahouei —  
Iran  
0098 913 341 4015  
Behzad\_7761@yahoo.com

## MARCH TOOLS FOR RECOVERY

### STEP 3

Made a decision to turn our will and our lives over to the care of God *as we understood Him*.

### PROMISE 3

We comprehend the word *serenity*, and we know peace of mind.

### JUST FOR TODAY 3

I will try to adjust myself to what is and not force everything to adjust to my own desires. I will accept my family, my friends, my business, my circumstances as they come.

### SLOGAN 3

One day at a time

### HELPFUL CONCEPT 3

We respect anonymity—no questions are asked. We aim for an atmosphere of love and acceptance. We do not care who you are or what you have done. You are welcome.

### TRADITION 3

The only requirement for EA membership is a desire to become well emotionally.

### PRINCIPLE 3

Faith

## ACCESSING STRENGTH AND HOPE

—MAUREEN H.

When I first encountered the steps in a Twelve Step recovery program, I felt confused and overwhelmed. As I listened to others when they shared, I slowly started to hear and to learn about the steps. The literature explained the steps. I was fortunate to be taken under the wing of a sponsor who had been around EA for quite a while and she guided me to learn about the steps and to do the steps. Another member had offered my sponsor this same guidance when she was new in the program and in this way, the Steps are passed down from members to newer members.

Our literature explains the many tools we have to learn about healing and learning to live life differently and all the tools help. I wanted to react to people, places and things with less outrage based on fear and with more forethought with the help of my Higher Power.

Step One counseled me to admit and accept that I was powerless over my emotions. Step Two suggested that I start to believe in a power greater than myself. It was obvious to me that I was powerless over my emotions. It was more difficult and took longer for me to believe in a power of good

that would help me find strength and hope when I felt fear and anger.

Finally I realized I had the beginnings of that faith and that was such a life altering change for me. I tested and retested my Higher power until I finally realized that I could access strength and hope when I felt weak and hopeless within myself.

I need courage for small and large things from time to time. Sometimes I need courage to say something assertively instead of aggressively. I need courage because the fear of being who I am was a part of me for so long and it still tries to rise up. That's a small thing in that it only requires me to say one sentence. However, my life is made up of many, many small things during a day. Sometimes I need courage for a really big thing. The fear feels the same and the tools of EA all help me in the face of fear. I feel fear much less often with time in the program thank goodness.

Often a saying encapsulates an idea for me. A long time ago, I heard a member say that *courage is fear that has said its prayers*. That's what's true for me.

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You can find the Trustee Reflections on the website,  
[www.emotionsanonymous.org](http://www.emotionsanonymous.org).

This month we focus on JFT 3.

## CONTRIBUTION GRATITUDE

EAI could not operate without donations and we deeply appreciate your support! Recent gifts have been received from these groups:

“Dayton Ave Chapter”  
Fri St. Paul, MN  
Bloomington, MN  
Burlington, IA  
Wellesley, MA  
Doylestown, PA  
New Douglas, IL  
"Una luz Que Brilla"  
5 Rialto, CA Groups  
Midwest City, OK  
Colorado Springs, CO  
Bend, OR (3 Zoom Groups)  
Ukiah, CA (2 Zoom Groups)

## GRATITUDE GIFT

**“The Program and the People are worth it!”** – Liz G.

## ADMINISTRATIVE NEWS

Each spring we open applications for the Board of Trustees. This year we thank John W. for his two terms (6 years!) of service to EAI. There are also opportunities to join committees (Communications, Literature) that serve equally important roles in furthering the EA message. Please consider how you might get involved!

Thank you to all members who have chosen to make ongoing contributions. In light of fewer in-person meetings, it can be more difficult to remember to support the organization as a whole. Monthly automatic contributions are an easy way to maintain your support.

On more personal notes, the staff here at EAI have experienced some difficult times recently with the death of one family member and a terminal diagnosis of another. We continue to do our best during these difficult days.

## WHAT I DO KNOW— Joe

I know less and less about what is "God's will" but I do know that acceptance of things as they are brings me to greater serenity and peace of mind.

## ACTIONS SPEAK LOUDER THAN EMOTIONS – Colleen C.

When I am in a fearful, anxious, overwhelmed or confused state – something that has been happening a lot lately – all I hear is static. It is hard for me to hear my rational self speaking over the white noise. It's like my emotions are screaming through a megaphone and my "wise mind" decision-making self is whispering.

This can lead me to make poorly thought-out decisions or to take impulsive actions like overeating, spending too much time or money online, or tv-bingeing my life away.

I have to remember that I have the power to quiet those screaming emotions by turning them over to my Higher Power. I can also interrupt the cycle with deep breathing or a walk outdoors, or I can give myself a time limit to feel what I'm feeling and then move on. One thing that works well for me is doing for others, even in small ways. A simple phone call or text can mean a lot in times like this, and can pull me back to earth when I'm too much in my own head.

Thanks to EA, today I know my actions can speak louder than my emotions.

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### PLEASE WRITE!

We encourage member reflections! Please submit yours to [submissions@emotionsanonymous.org](mailto:submissions@emotionsanonymous.org). Reflections should be no more than 200 words. Please note which step/promise/tradition etc. you are referencing.

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## OFFICE INFORMATION

EAI P.O. Box 4245 St. Paul MN 55104-0245  
Office Hours: TU-TH 12p.m. (noon) – 5 p.m. CT  
Phone: 651-647-9712  
[www.emotionsanonymous.org](http://www.emotionsanonymous.org)