***EA through the Holidays Worldwide 2021***

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**These spring sessions are for you if you…**

**Are struggling with forgiveness, guilt or grief**

**Desire to be free of guilt and shame**

**Want to enter the acceptance stage of grief**

**Want to experience gratitude and happiness**

**Saturday, April 3 & Sunday, April 4, 2021**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Morning: | 11 AM, EST | 10 AM, CST | 9 AM, MST | 8 AM, PST |
| Afternoon: | 3 PM, EST | 2 PM, CST | 1 PM, MST | 12 PM (noon), PST |
| Evening: | 8 PM, EST | 7 PM, CST | 6 PM, MST | 5 PM, PST |

**Jumpstart the Holiday with emotions pamphlets in the morning**

**(Guilt (#94), Grief (#55) and/or Forgiveness (#51))**

***Continue the day with a story of recovery in the afternoon***

**Wind down in the evening with recovery topics and gratitude**

***JOIN US…by Phone -***

**Within the USA:** (712) 451-1140, Participant Access Code: 808747#

**Across the globe**:  <https://fccdl.in/i/eatelephoneconference5>

***JOIN US…ONLINE*** ***-***

1.  Go to [www.FreeConferenceCall.com](http://www.freeconferencecall.com/) and click on LOG IN

2.  Click on JOIN MEETING along the top

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

We use the Yellow Pamphlet during the meetings.

[**#1 — EA's 12 Step Program (The Yellow Pamphlet)**](https://emotionsanonymous.org/file_download/ac75321b-516f-45dc-81d5-636bacee1728)

No registration or fees required.  Volunteers are needed to be moderators and speakers.  Please contact us if you want to volunteer or have any questions: **eastepstudy12@gmail.com**

Find out what Emotions Anonymous has to offer you at

[**www.emotionsanonymous.org**](http://www.emotionsanonymous.org/)or call **651-647-9712**