



July, 2022  
Volume 3, Issue 3

# Strength & Hope

A message in support of emotional well-being.

## We Need You as a Sponsor or Co-Sponsor

Like other Twelve Step programs, EA has a long tradition of supporting fellowship members' growth in the program by inviting members to serve as mentors for those newer to the program. These mentors (called 'sponsors') support members by walking alongside them in a mutual and confidential sharing relationship. Experience shows sponsorship is a valuable aid to understand and deepen the experience for both parties.

A newer tradition is *co-sponsorship*. Co-sponsors see themselves more as partners (and less as guides) than traditional sponsors might be. We need help to continue the traditions of sponsorship and co-sponsorship. The need for sponsors or co-sponsors far exceeds the volunteers willing to work with others in this manner.

Since March, 2021 more than 165 members have requested sponsors. We currently have just 14 sponsors or co-sponsors on our list, and not all of them are available to take on new sponsees. We need more people to offer a little of their time -- either virtually or in-person -- to volunteer as sponsors or co-sponsors -- could you help?

Members have great things to say about sponsorship:

*I did not have a sponsor when working the Steps the first time. Now, I am a sponsor and when we have our sponsorship meetings, my eyes are opened to different perspectives on the 12 Steps and how others understand them. Being a sponsor has helped renew my dedication to the Steps again. - Sarah K.*

*When I started in the EA program, I enjoyed attending weekly meetings, where I shared and listened to stories similar to my own. In sponsorship, my commitment to working the program was affirmed and knowing that someone else was vested in my progress and me in theirs gave me the confidence I needed to work through the Steps. — Paul N.*

So if you feel you can spare even a half hour or hour a week to listen to and share your experience of the program with another member, we need you!. Please go to the [sponsor sign-up page](#). If you want to learn more, reach out to Kelsey at [klnweez@gmail.com](mailto:klnweez@gmail.com) And thank you!

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

Receiving help in working the program is a gift, just as is service to others in the program.

\* Item #102

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### YOUR TRUSTEES

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## JULY'S TOOLS FOR RECOVERY

### STEP 7

Humbly asked Him to remove our shortcomings.

### PROMISE 7

Self-seeking slips away.

### JUST FOR TODAY 7

I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests—hurry and indecision.

### SLOGAN 7

By the grace of God

### HELPFUL CONCEPT 7

Emotions Anonymous is a spiritual program, not a religious program. We do not advocate any particular belief system.

### TRADITION 7

Every EA group ought to be fully self-supporting, declining outside contributions.

### PRINCIPLE 7

Humility

## WHY YOUR CONTRIBUTIONS TO EAI MATTER

Making a donation to an organization says that you value what it offers. No one is forced to support any nonprofit organization—it is a choice based on belief and value. Gifts to EAI are no different.

To remain tax exempt under Section 501(c)(3), an organization is required to remain true to its founding purpose. 501(c)(3) organizations are exempt from paying federal income and unemployment taxes, and people who donate to them are allowed to claim a tax deduction for their contributions in some cases. EAI — and all nonprofits — have the same sort of expenses as any other business. We pay staff salaries (but offer no employee benefits or full time work opportunities), office rent, supply costs, website and payment management fees to name a few of the items on our monthly P&L.

Our governing body is your Board of Trustees—they are the ones responsible for assuring that we stay true to our founding purpose, which is “Supporting individuals with emotional difficulties in their efforts to live more manageable lives by using the Emotions Anonymous Program of recovery.”

**Your gift matters.** It is easy to attend an online group and, since there is no ‘passing the basket’, to skip supporting the program. Please consider the value you find in the EA program and think about supporting it. One-time or ongoing gifts are easy to do by mailing a check or on our website — <https://emotionsanonymous.org/donate.html>

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## WE WELCOME NEW TRUSTEES THIS MONTH

Each year our Board of Trustees changes. This year we thank John W. for serving for two 3-year terms as Trustee. The six years of his board service saw a lot of change in staff, a new website, and a substantial increase in resources for members.

We welcome three new Trustees this year—Kathleen Engel, Carolina Woolsey and Fred Freeman. We’ll provide brief profiles about each of them in the coming newsletters.

Thank you to everyone who provides service to keep EAI available and growing throughout the entire world!

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

## CONTRIBUTION GRATITUDE

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

Austin, TX	Wichita, KS
Oakland, CA	St. Cloud, MN Thurs
Bloomington, MN	Midwest City, OK
Virginia Beach, VA Tues	
Bend, OR (3 Groups)	
Sun 2:30 PM, ET (Zoom)	
Discuss the Solution (Sacramento, CA)	
Burk's Falls, ON Canada	

## ESTATE GIFT RECEIVED

We are very grateful to Kathleen R., who passed away in January 2022 and remembered EAI in her estate plans. If you have included EAI in your will or trust, please let us know by emailing Elaine at [director@emotionsanonymous.org](mailto:director@emotionsanonymous.org).

## FROM THE EXECUTIVE DIRECTOR

We recently sent out a survey regarding our meeting locator on the EAI website. Thank you to the 124 people who took a minute to provide feedback. We were using a free survey program and were limited in what/how we could ask questions. However, what we learned was that the majority of folks use the website 'search' button to find meetings, followed by the two remote search tools that allow the user to enter the parameters they are seeking, with the 'day of meeting' the most popular search term.

While we don't have the resources of other 12 Step groups to manage their websites/searches, we do keep trying to find ways to make meeting searches easier.

Watch for more surveys in the future! Member feedback helps us understand what is working and what isn't, as well as generates new ideas to pursue!

## HAVING A PROGRAM: JFT #7 — Glenn R.

It's quite reassuring to know I do have a program, as I will tomorrow and each successive day. Before I found recovery, my life became increasingly more unmanageable. Any semblance of hope I had of that changing dwindled completely. I don't expect my program to completely relieve me of my disorder, but I do anticipate recovery will give me the tools to live a wonderful life, despite it. That is huge, in and of itself, and I can maintain an attitude of gratitude for every step of progress I make.

So -- indeed -- I have a program, a means by which I can live effectively, moment to moment. Being human, I am going to have setbacks and lose perspective from time to time. But with these tools of recovery, I can bounce back quickly. Service in any form to Emotions Anonymous is an integral part of my program. It is a privilege to contribute to the welfare of others. It gives me a sense of purpose, something I lacked for a long time before recovery.

Fortunately, indecision has never really been a significant issue in my life -- not with my Type-A personality. However, it is important when I do make a decision, I don't allow myself to ponder too many options. This could weigh me down and cause confusion.

Hurry, on the other hand, has been a huge problem my entire life. I have all too often rushed about haphazardly, fearful that if I didn't do everything on my plate immediately, it wouldn't get done. Intellectually, I know this isn't true, but on an emotional level, that belief is much stronger. So once more, I have tried to employ one of recovery's most potent tools: "Acting as if." I can't think my hurry away, but I can act contrary to it and create a new pattern both attitudinally and behaviorally.

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## DO YOU KNOW ABOUT THE LOOPS?

We have two ways to reach out to other EA members or share your thoughts—the online Loop and the email Loop. You can sign up by going to the website here: <https://emotionsanonymous.org/find-an-ea-meeting/loops.html>

## OFFICE INFORMATION

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