

# EA CONNECTION - JULY 2017

Your monthly newsletter from ISC

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## FROM THE EXECUTIVE DIRECTOR

As part of our ongoing efforts to identify ways EA as an organization can better serve its members, the Board is encouraging regional gatherings in lieu of an Annual Convention this year. I'm pleased to say that multiple regions are now planning events! Keep up on where and when these are happening by going to the website – both on the event calendar and on the homepage banner, through the app, and in your email. We'll be sending event information out to both group contacts and anyone who has asked to be on our email list as we receive it. If you want to be added to the email list, just send [Bobbie Jo](#) a request or go to [Mail List](#). You'll get the Connection each month as well as region-specific and organizational information periodically.

Attached to this issue is a guide for planning a regional gathering we thought might be helpful. We have more detailed information if you need it. The ISC and your Board of Trustees are here to serve EA members – we do this in many ways – writing and approving new materials, actively sharing EA's message, answering questions about the program, providing the means to purchase material, listening to members' ideas and implementing new ways – all to make sure that the EA program of recovery is as strong and as far-reaching as it can be.

Thank you for whatever you may be doing at your local level on behalf of the EA program. Please let us at the ISC know what you are doing so that we can share that information with others. Want to get more involved? Go to [Service](#) on our website...

## Event Calendar

Be sure to check the [Event Calendar](#) on the EA website for activities in your area .

Notify the ISC if you are holding a special event you would like to see on the calendar. Send your notices to: [Elaine, EA Director](#)

## EA RECOVERY TOOLS

**Step 7:** Humbly asked Him to remove our shortcomings.

**Tradition 7:** Every EA group ought to be fully self-supporting, declining outside contributions.

**Helpful Concept 7:** Emotions Anonymous is a spiritual program, not a religious program. We do not advocate any particular belief system.

**Promise 7:** Self-seeking slips away.

**Just for today 7:** Just for today 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.



## EAnon

Many of the shares used in the EA Connection are from our online discussion group, EAnon. Click [here](#) to learn more about [EAnon](#)

## Of Importance to Groups

1. We're hearing that some groups are being asked for insurance at the location of their meeting. Please know that the ISC does NOT provide any sort of insurance coverage.
2. Has your group contact or meeting information changed? Email [Bobbie Jo](#) with updates. Correct information on the website listing is important so newcomers can find a meeting or someone to contact questions.



## Memorials and Special Gifts

In memory of Phyllis G, a 20+ year member—Irene K OH  
In memory of Joseph S, who loved EA—Pat G FL



# RECOVERY USING THE TOOLS OF EA



## STEP 7: HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS.

I've woken this morning feeling refreshed and clear headed. I've been taking very good care of myself the last few days. I've ditched the deep books, surrendered the studying, opened up about my feelings with others. I've had early nights, warm baths, good prayer times and generally taken care of myself, and I think it's working.

I read the share about grief this morning. It resonated with me because grief and healing were on my mind yesterday. I sense that over the last couple of years I've been grieving the loss/ending of my career. I've been in a permanent bargaining stage, that I equate to anxiety, asking my HP if I could just do this, or maybe that, or whatever, rather than to simply retire from work and build a new life. Yet interspersed with this I've had periods of being adjusted to retirement. A funny sense of being both tied to the past and reaching out to the future at the same time, has caused me a lot of anxiety, what did my HP want me to do?

Step 7, humbly asked Him to remove our shortcomings. I had missed an important part that I read in my recovery workbook some time ago but didn't register. ***"Until it goes away, you can begin to change what you are able to about the defect, but you must be willing to learn to live with the defect in your life, knowing you have surrendered it, and love yourself anyway, until it is removed"***

I'm suddenly aware that I have not been willing to live with my defects. I have assumed that I should be able to rid myself of all my defects right now, and that by working hard to be something other than what I am my defects would go away. This is denial, and has put me under huge pressure.

I need instead to be realistic, accepting that at the moment I am an intense person and that my life choices need to reflect this until such time as God takes this defect from me. I need to surrender the need to be perfect...*Ian*

**One of the** defects I've been preparing to ask God to remove in Step 7 is my terrible habit of avoiding my feelings. So on my walk each morning, I've been practicing trying to access my feelings.

This is going to sound really crazy, but over the past few days I've been talking to my feelings and trying to coax them out. Sort of like: "It's ok to come out sadness." Or, "It's safe to be here fear." And then I peacefully wait. It actually sort of works. After a little bit of that, I do feel my feelings and emotions deeper and richer and I do start to process them better. I've even begun to think of my emotions as my new friends. I'm very hesitant to share this because it sounds so strange, but if I'm honest with myself, I need to admit that it really does help me. ...*Chris*

**JUST FOR TODAY 7: JUST FOR TODAY 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.

The Just For Today's have been very helpful for me, I used them daily when I first came into EA and they were life altering.

At times, that has meant taking the tiniest of baby steps. If I don't want to cook, don't feel that I can possibly cook, but must prepare a meal for my family, I can go into the kitchen and set a pan on the stove, then leave. As a next step, I can gather some ingredients and put them next to the stove then back to the couch. Baby, baby steps, all the way through the clean-up. If my immediate goal is to get plates out of the cupboard, I can do just that.

That's accepting myself and living to the best of my ability. A baby step could be simply opening a book to a page that needs to be read. That's a step. That's having a program and that's not trying to solve the whole thing at once...*Kim*

## SLOGAN 7: LOOK FOR THE GOOD.

I need to get back to my gratitude practice to keep depression at bay. I have been feeling a bit of it recently. Today I am grateful that I am still standing by the grace of God, my H. P., and that I am still here and still in the fight. I am grateful for the sunny skies that we had today after yesterday's cloudy weather, but grateful for the rain we had at night. I'm grateful for my serenity at the end of the day and for the tools of the program that help me keep it...*Joe*





# DISCOVERING THE TOOLS OF EA:



## MY JOURNEY AS A NEWCOMER

Today marks the seventh day of my journey in Emotions Anonymous. Last Monday night my wife gave me an ultimatum: get my emotions under control or she would be forced to take the kids and move on. That was the eye opener that I needed. I have known that I did not have control over my emotions and I now know that I will never be able to control my emotions as they are natural and God-given, but I am in control over how I react to those emotions.

Through this Loop, research, prayer, mediation, journaling, online EA meetings, in-person AA meetings, and opening up to others has been exactly what I needed! In general, I have been more at peace with myself, my wife, my kids, and life. I laughed and played with my kids more in the last week than I can sadly say has happened in a long time. I just need to remind myself that I am new to this whole way of thinking and that it takes time to change thinking...Mark



## WHEN I FOUND EA

A little cosmic "magic" happened when I made a call about an EA meeting. Someone actually came and picked me up to go to my first meeting. All I did was cry for a long time in meetings, but I was getting something each time I went. I started to read the literature. I started to attempt to hand over my life to a power greater than myself. Over and over I worked Steps 1,2 and 3. I was so surprised by the innovative and unexpected ways HP gave solutions I would have never come up with. It took time for me to also surrender to the fact my "dis-ease" was treatable with medication, something I resisted for about two years. But the most profound was the sanity I felt returning. I am so grateful for the return of my sense of humor. Also my sense of trust along with my belief in love and life again. I'm very grateful for this program. Being human I don't ever get it "perfect" and I stumble to this day, sometimes straight into an emotional trap, by forgetting to trust my HP. Talk to my HP. Work with my HP. Connect here and sometimes meetings with other EA members. But it truly does work when I work it!!! And I can get out of emotional trenches a heck of a lot quicker thanks to this program...ML

## NEW TO EANON AND EA

I'm still trying to get the hang of things but I wanted to thank all of you for your openness. I read all of the e-mails and I'm learning from them. I'm learning that although I may be powerless over others I do have power over what I do and what I think and how I act. I know I need to give myself a different perspective on how I look at things which will in turn help me adjust my attitude when I start to overthink things which causes my anxiety and depression to kick into high gear. I am realizing more and more that I need to channel my emotions differently in order to deal with my anxiety and depression in a healthier manner. With that said, today was a good day. I am grateful that my car did not overheat today, I'm grateful I had a job interview today, I'm grateful I had food to eat and air to breathe. I'm grateful I'm alive today to be able to enjoy the sunshine and the beautiful blue skies. I'm grateful for this group that I can learn to grow...Cisca

## HELP FROM THE EA BOOK



Through reading my EA book I am learning to be a better me. Though I know it will take time I have hope. I am determined for this to work for me for not just my future but for the present. Slowly I am becoming less angry. I find my anger more of my own insecurity. I allow myself to over think my reactions and find myself angry for it. No longer will I allow anyone to make me feel less of myself through their judgements or criticism. Though it is a struggle to control my reactions when it comes to my anger I find myself more controlled. Through this program I hope to accomplish being at peace in my life.

No more regrets, no more anger, no more excuses. I surrender to my higher power and let god show me the way to his will for me. I hope this program helps everyone in the way it is slowly helping me. I encourage others with emotional battles to join the program; hopefully I can inspire them through my own experience. Thank you EA for giving people a safe haven to be comfortable in getting help...Jasmine

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**“The Concepts provide us with the basic structure of EA”  
Thoughts from your Trustees: Helpful Concept 7:  
EMOTIONS ANONYMOUS IS A SPIRITUAL PROGRAM, NOT A RELIGIOUS  
PROGRAM. WE DO NOT ADVOCATE ANY PARTICULAR BELIEF SYSTEM.**

EA is a spiritual program not a religious program. We do not advocate any particular belief system. I work as a pastor. Nonetheless, or perhaps because of this fact, I strongly uphold this position. Praying Christian prayers during an E.A. meeting is, as the British would say "bad form". We advocate a space at our meetings and in our program for the atheist and for the religious person by following this concept carefully. It's time for E.A. to be more sensitive to those who struggle with god-language. We can do this by following EA guidelines...**Scott**

**Our program is** spiritual in nature. EA does not recommend any specific church or religious sect. We believe in a Higher Power. A members Higher Power is based on their beliefs which often comes from working the program of Emotions Anonymous. The word God can represent a members understanding of their Higher Power. We ask our Higher Power for help when we need help. The only formal prayer we use is the Serenity prayer. We do not use any religious doctrine; it is not welcome at our meeting, nor is talk about religious beliefs...**Harold**

**While both Religion** and Spirituality can be helpful for many people in recovery, our HP clearly reminds us that we are a spiritual program and not a religious one. What's the difference? Religion is an organized social system of beliefs and practices, while Spirituality is part of all of us as all have been created by god (HP) with numerous capabilities, such as sight, hearing, etc. which are not religious. Spiritual, yes. Religious, no...**Gus**

### REFLECTION FOR TODAY—January 21

I once overheard that the way you can tell a spiritual thing from something material is in sharing. When you share something material, the more you share it, the smaller portion each person gets. On the other hand, when you share something spiritual, its value is simply multiplied by the number of persons with whom you share. They may in turn share it, thus increasing it a thousand fold...

### REGIONS OF EMOTIONS ANONYMOUS

#### REGION 1: NORTHWEST

CAN: AB, BC, MB, ON, SK

USA: AK, ID, MN, MT, ND, OR, SD, WA, WI, WY

#### REGION 2: SOUTHWEST

USA: AZ, CA, CO, HI, NM, NV, OK, TX, UT

#### REGION 3: CENTRAL

USA: IA, IL, IN, KS, MI, MO, NE

#### REGION 4: SOUTHEAST

USA: AL, AR, DC, DE, FL, GA, KY, LA, MD, MS, NC, SC, TN, VA, WV, Puerto Rico

#### REGION 5: NORTHEAST

CAN: NB, NF, NS, NT, PE, YT

USA: CT, MA, ME, NH, NJ, NY, OH, PA, RI, VT

#### REGION 6: FRENCH-SPEAKING CANADA

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## **A GUIDE TO PLANNING AN EA GATHERING**

Whether your group wants to plan a workshop, retreat, conference or other sort of program-based gathering, please know that the ISC is here to help however we can. The following is meant to help you start thinking about making something happen in your area.

There are no requirements for holding an event, other than that all activities are guided by the traditions and concepts of the EA program. Items to consider include:

- Identifying a committee both large and able enough to get things done.  
It's a good idea to have at least a chairperson for the overall committee.  
If you break the work into sub-committees you want someone responsible in each committee as a chairperson.
  
- Clear tasks for committee members, which could include:  
Speaker identification/solicitation  
Decorations/creating a welcoming atmosphere  
Program materials/flyers – creation and printing  
A/V management
  
- Location for the event  
Consider a local hotel, but also think about your local community center, library, university campus etc.  
Make sure parking is available!
  
- Length of your event  
If it will be more than one day you might want to consider identifying a hotel close by – and ask for a discounted room rate for participants!
  
- Topic  
It is good to have a main theme for the event. People will want to know the topic before signing up, as well as at least an idea of the rest of the program.

## A GUIDE TO PLANNING AN EA GATHERING -CONTINUED

- Format

Are you going to have separate speakers? A keynote address? An EA meeting at the start or end? Do you want to plan for workshops (where you actually work on something) or speakers (where you listen to someone without any action). Retreats tend to have more of a spiritual component than conferences/workshops.

- Food

Will your event be happening over mealtimes? Will you bring food in? From where? Will that be a separate charge from the registration fee? Could you ask participants to do a pot-luck?

- Fees

You need to cover your costs – some of which could be:

- Location rental

- Microphone rental

- Food expenses

- Publicity costs – flyer creation/printing/mailings (ISC can help get the word out at no cost)

- Speaker fees (if necessary)

- Decorations

- Recording costs

It would be very helpful to EA as a whole if part of your fee was directed to the ISC as a contribution or if you would schedule a time to ask for donations during the event. Typically, some of the income the ISC relies on comes from the Annual Convention.

- How the ISC can help

- Building awareness

- Posted on the app

- Posted on the news feed on the homepage

- Listed on the website event calendar

- Emails sent to all group contacts (300) and individuals on our email list (1,500)

- Notice in the Connection

- Informational flyers sent with orders

- Notice on the Loop/EAnon

- Planning assistance

- Logistics (help thinking through issues of location, duration etc)

- Assistance in choosing topics, vetting speakers etc.

- Registration - The ISC can manage your registrations through our website