



For the year ending June 30, 2018

# 2018 Annual Report

## From the President of the Board of Trustees, Gus Schloesser

Blessings and challenges seem to be a good way to look at our organization. I'd like to look at our blessings, and they have been significant. They reflect the work being done both nationally and internationally. Through the generosity of our membership, our finances have stabilized to the point that we are finally in the black this year. Donations to Emotions Anonymous International (EAI) are up, and we are grateful for this support. While it is difficult to get an accurate picture of how many groups there are, a blessing is that EA is not in the numbers game. Our goal has been and continues to be there

when people need us. I count this as a blessing! There are groups who continue to reach out to men and women in prison, another blessing. Internationally, EA groups are taking shape. Materials are being translated to serve individuals in their native language. Another blessing. EA has created new material, still another blessing. Blessings surround us, and are truly gifts. We have not, however, been without challenges as well. We've seen groups close for any number of reasons, which is always disappointing. Generally groups close because of

lack of members or lack of individuals willing and able to take on the role of leadership. However when one group closes, another opens. A challenge turned blessing. The EAI has seen staffing changes which can be a challenge but we are now staffed with people who have the right skills for the job. Another blessing for which we are grateful. We are currently challenged to find individuals willing to meet the expectations of time and commitment to serve as Trustees. We welcome anyone willing and open to serving as a Trustee to step forward and express interest in this position. Despite everything, your

## From the Executive Director, Elaine Weber Nelson

It has been a good year here at EA. We have seen the results of encouraging members to take more ownership of the program in many ways, by joining committees, writing or revising literature, contributing financially, starting new groups or working to improve their existing

one. We are seeing the fruits of laboring over technology upgrades and reviewing the overall system of how we manage the administrative and programmatic elements of this program. I am very pleased that we are able to report positive financial reports this year for the

first time in a very long time. This bodes well for the ongoing life of the program and I believe it sets us up well to be able to do even more to encourage more individuals to join or start groups. It feels, for the first time since I have been Executive Director, that EA is ready to really

take hold of some growth not only in the United States but throughout the world. This would not be possible without the hard work of the Board and all of the membership. Thank you to each and every person who has made EA stronger through your efforts.

## Highlights

- > Created guidelines for Group Inventory & Best Practices for healthy groups
- > Contemplation questions added to pamphlets to provide additional reflection material
- > New foreign language materials
- > Emphasis on spiritual, not religious, focus
- > 14% increase in U.S. groups giving to EAI
- > 22% more groups gave from outside the U.S.

Board of Trustees have worked hard this year and I count this as a blessing! None of what we've done would have been possible were it not for you the members of Emotions Anonymous who have supported us in our work, and we are grateful.

## Group Contributions

### Support from the United States

#### \$2,000+

NEW YORK, NY FRI 7PM

SMYRNA, GA MTGS

#### \$1,000 - \$1,999

AKRON, OH TUES 7PM

#### \$500 - \$999

APPLE VALLEY, MN TUES 730PM

GAINESVILLE, GA SUN 4PM

HACKENSACK, NJ THURS 715PM

ILLINANA INTERGROUP

RIVERSIDE, CA MON 730PM

WEST ST PAUL, MN THUR 7PM

#### \$250 - \$499

ANAHEIM, CA, TUES, FRI

BEND, OR WED 930AM

CANTON, OH SAT 10AM

COLORADO SPGS, CO THUR 2PM

ELGIN, IL FRI 730PM

EVERGREEN PARK, IL MON 6PM

FRIDLEY, MN SAT 10AM

GRAND RAPIDS, MI FRI 8PM

GRAND RAPIDS, MN MON 8pm

HACKENSACK, NJ TUES 715PM

ITHACA, NY TUES. 730PM

MANCHESTER, NH MON 7PM

NASHUA, NH THURS 730PM

RIALTO, CA SUN - SAT

SAINT CLOUD , MN MON 8PM

SAINT CLOUD, MN THUR 1PM

SEMINOLE, FL SAT 7PM

ST PAUL, WED 7PM - HAMLINE

VIENNA, VA MON 8PM

WOODLAND HILLS, CA FRI  
1030AM

#### \$100 - \$249

ALHAMBRA, CA SAT 1030AM

ANSONIA, CT FRI 4PM

BALDWIN PARK, CA WED 7PM

BEND, OR THUR 1030AM

BEVERLY, MA TUES. 7PM

BRAINERD, MN TUES 2PM

CANTON, OH WED 6PM

COLUMBIA, MD THURS 7PM

COLUMBIA, MO MON 7PM

COON RAPID, MN TUES 7PM

COSTA MESA, CA SAT. 815PM

CUPERTINO, CA SAT 730P

DAYTON AVE

DOYLESTOWN, PA WED 630PM

ELK RIVER, MN THUR 7PM

ELKHART, IN MON 615PM

FRIDLEY, MN WED 10AM

GAINESVILLE, GA SUN 4PM

GLEN ELLYN, IL MON 10AM

GRAND RAPIDS, MI SUN 1PM

HASTINGS, MN THURS 1ST, 3RD,  
5TH @6PM

HOLLYWOOD, FL SUN 1PM

HOUSTON, TX FRI 8PM

HURON, OH WED 7PM

LAKE FOREST, IL THUR 7PM

MESA, AZ SAT 10AM

MIDWEST CITY, OK TUES 7PM

MILWAUKEE, WI TUE 6PM

MINNETONKA, MN SUN 3PM

NORMAN, OK MON/THUR 6PM

OKLAHOMA CITY, OK TUES 6PM

ORLAND PARK, IL THUR

PHONE MEETING SUN-SAT 730AM

PORT JEFFERSON, NY SUN 3PM

RED WING, MN THURS. 7PM

REDLANDS, CA WED 12PM

SACRAMENTO, CA INTERGRP

ST PAUL, MN FRI 7PM —

ST PETERSBURG, FL WED

VILLA PARK, IL FRI 7PM

VIRGINIA BEACH, VA TUES 1PM

WEBSTER GROVE, MO WED 730PM

WELLESLEY, MA SAT 930AM

WESTBURY, NY TUES 730PM

WOOD RIVER, IL MON 7PM

#### \$50 - \$99

AGUA DULCE, CA

BLMNGTON, MN TUES 730PM

BREVARD, NC THURS 6.30PM

BURBANK, CA MON 730PM

BURLINGTON, IA THURS. 7PM

CARMEL, IN WED 7PM

CHEHALIS, WA WED. 7PM

CHERRY LOG, GA THUR 430PM

COLORADO SPRINGS, CO MON 6PM

COLUMBIA, MD SUN 4PM

DOUGLASVILLE, GA TUES 7PM

GARFIELD HTS SAT 11AM

GLENDALE, AZ TUES 7PM

LANSING, MI TUES. 12PM

LIMA, OH TUES. 7PM

LITTLE FALLS, MN WED 9AM

## Group Contributions

MESQUITE, TX TUES. 1215PM  
MIDDLEBURG, OH MON 730PM  
NEW DOUGLAS, IL MON 8PM  
NEWBURYPORT, MA THURS  
7PM  
NORFOLK, VA MON 630PM  
NORMAN, OK MON 6PM  
NORMAN, OK THURS 6PM  
ORLAND PARK, IL FRI 730PM  
PLANTATION, FL THURS. 7PM  
PORTLAND, OR TUE & THUR  
PORTLAND, OR TUES 10AM  
RIALTO, CA FRI 7PM  
ROGERS, MN MON 1PM  
ROSWELL, GA TUES 7PM  
SHAWANO, WI MON 12PM  
SOUTH BEND, IN THUR 7PM  
SOUTH EUCLID, OH SUN 530PM  
SYLVANIA, OH SUN 7PM  
VAN NUYS, CA WED 730PM  
VINCENNES, IN TUES. 7PM  
**\$1- \$49**  
ANN ARBOR, MI MON 730PM  
ARVADA, CO MON 730PM  
AUSTIN, TX MON 730PM  
BEAUMONT, TX TUES 630PM  
BERKELEY SPRINGS, WV MON  
12PM  
BETHEL, CT SUN 7PM, THURS  
530PM  
BLUE ISLAND, IL MON 7PM  
BOULDER, CO SUN 630PM  
CARLINVILLE, IL TUES 6PM  
CARLSBAD, CA SUN 11AM

CHICAGO, IL FRI 11AM  
CHICAGO, IL THURS. 4PM  
CHICAGO, IL WED 730PM  
COLUMBIA HTS, MN TUES 730PM  
COLUMBUS, OH MTGS  
COVINA, CA SAT 930AM  
EAU CLAIRE, WI MON 630PM  
EVERGREEN PARK, IL FRI 6PM  
FORT WAYNE, IN THUR 7PM  
FORT WAYNE, IN WED 1030AM  
FOUNTAIN VALLEY, CA SAT 10AM  
GARDNER, MA THURS 6PM  
GRAND RAPIDS, MI TUES 7PM  
HARRISON, NY SUN 630PM  
HASTINGS, MN MON 6PM  
HILTON HEAD, SC THUR 7PM  
HOMEWOOD, IL TUES 730PM  
IRVING, TX FRI 730PM  
LIVONIA, MI WED 730PM  
MURRAY, UT TUES 1PM  
NAMPA, ID TUES. 7PM  
OCEANSIDE, CA FRI 615PM  
OXFORD, MS THUR 715PM  
PALOS HEIGHTS, IL TUES. 730PM  
SMITHTOWN, NY SAT 730PM  
SOUTH SEATAUKET, NY TUES  
7:30PM  
SUMMERSIDE, PEI WED 730PM  
TOPEKA, KS TUES 12PM  
UKIAH, CA MON 7PM  
VIRGINIA BEACH, VA SAT 7PM  
WALNUT CREEK, CA WED 530PM  
WILLMAR, MN MON 7PM

## International Support

### **\$1,000 - \$1,999**

CANADA, PFEA - EMOTIFS  
ANONYMES LTEE

### **\$500 - \$999**

FRANCE—INTERGROUP  
ITALY—INTERGROUP

### **\$100 - \$499**

AUSTRALIA, BUXTON, WED 7PM  
AUSTRALIA, MAPLETON, QLD  
CANADA, NIAGARA FALLS, ON, TUES  
7PM

GERMANY-SCHWA-BISCH HALL  
PORTUGAL, LISBOA MON 545PM

SLOVENIA, SLOVENUA  
SWEDEN INTERGROUP

UK, NEWCASTLE UPON TYNE, TUE

### **\$1- \$99**

CANADA , BURK'S FALLS, ON,  
CANADA , CALGARY, AB THURS 7PM  
CANADA , CALGARY, AB, WED 1PM  
CANADA, BURLINGTON, ON, MON  
7PM

CANADA, SMITH FALLS, ON, TUES.  
7PM

IRELAND, DUNDALK, FRI 830PM

UK, READING, ENGLAND

*We are grateful to every group  
that supported the work of EAI  
during the past year.*

*If there are errors in this listing  
please accept our apologies  
and call us to let us know so we  
may correct our records.*

## Individual Contributions

### **\$5,000+**

AIBTIKAR FOUNDATION  
ANONYMOUS DONOR

### **\$1,000 — \$4,999**

ALLAN R.  
PAUL H.  
STEVEN C.

### **\$500 - \$999**

EMILY P.  
EILEEN S.  
JERRY H.  
KARI C.

### **\$200 - \$499**

ANITA H.  
COLLEEN C.  
HILARY G.  
JOSEPH O.  
JOYCE M.  
KATHLEEN M.  
LUANN P.  
MARGARET G.  
RONALD L.  
VALERIE C.  
ZIVIT A.

### **\$100 - \$199**

ANONYMOUS DONORS  
BETTY L.  
DAVID D.  
GRETA F.  
LOUIS V.  
MAXINE S.  
PETER C.  
RC H.  
ROBERT W.  
RUS E.  
VENITA R.  
WILLIAM W.

### **\$50 - \$99**

AARON F.  
ANGELA T.  
ANN S.  
AVIS S.  
BART A.  
BONNIE H.  
BRIAN B.  
CARLOS  
CARMELITA B.  
CAROL F.  
CAROLYN H.  
D CLARK B.  
DAVID P.  
DAVID T.  
DAVID W.

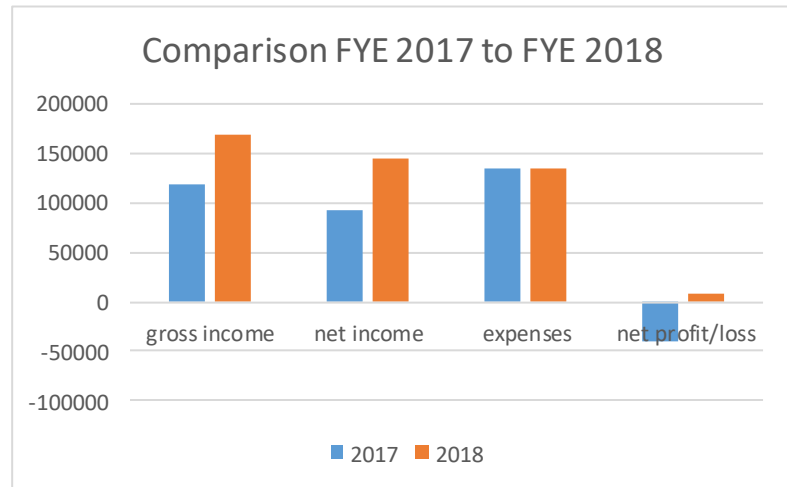
DENNIS M.  
DIANE M.  
DOMINIC B.  
ELEANORA B.  
ERICA P.  
FRANK K.  
GENE L.  
HARMONY B.  
IRMA J.  
JANE H.  
JIM J.  
JOSEPH C.  
JOSEPH R.  
KATHY H.  
LAURA L.  
LEIGH P.  
LILLIAN S.  
LISA R.  
MADELON L.  
MADELON W.  
MARGO S.  
MARIA D.  
MARY C.  
MERLE M.  
MICHAEL K.  
NECOLE R.  
NINA W.  
PAM R.R  
PATRICIA Q.

PATRICIA W.  
PAULA G.  
PAYPAL CHARITABLE GIVING FUND  
RANDALL D.  
RICHARD L.  
RICHARD P.  
ROBERT S.  
ROBERTA C.  
RONALD P.  
RONALD P.  
RORY S.  
ROSANNE D.  
RUSS F.  
RYANN L.  
SAADIA V.  
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SARA B.  
SHELLEY W.  
STEVEN S.  
STUART G.  
SUSAN L.  
TAMARA M.  
THERESA S.  
THERESE S.  
THOMAS P.  
VASILI S.  
VICKY G.  
WILLIAM S.

*Thank you to everyone who made a personal financial commitment to the ongoing efforts of EA. Some individuals preferred their contributions remain anonymous and therefore were not included on this list.*

## Financial Information

FY 2018:	FY 2017:
Gross Income:	Gross Income:
\$168,469	\$117,900
Net Income:	Net Income:
\$145,169	\$93,418
Expenses:	Expenses:
\$135,506	\$134,040
Net Profit: \$8,457	Deficit: (\$40,622)



## Book & Literature Committee Update

Through efforts by volunteers and staff, work in the area of books and literature is progressing. Several existing pamphlets have been enhanced. We've discovered that these pamphlets are improved by designing new formats and adding discussion questions and through adding illustrations or examples.

Additional new pamphlets have been written and approved and are available. These pamphlets have a clear emphasis on the work of our Higher Power to bring health, healing, and an improved sense of well-being in our emotional and relational lives. We're focusing more and more on how we can do more than just survive. In fact, we can even thrive in our daily living, as we work the program to be best of our ability.

In terms of sale of books and literature, there is a noticeable increase in the number of orders being processed through the EAI office. This helpful movement of our inventory is making a difference in the lives of the people receiving this material and it helps our financial bottom-line, as well.

## Finance Committee Update

This year's EA financial report has a more hopeful theme to it than recent years. It's an exciting story to tell - with numbers! It has been quite some time since we've reported to the EA fellowship that we're heading in the right direction when it comes to our budget. In previous years we've been dipping into reserves in order to meet expenses. We knew that this plan of deficit-operating would not work for long. Through a wonderful increase in the money being given by individual and group donations, we've really seen a good result at year-end. As we put the word out to the different groups in our fellowship that EA had been struggling financially, people have responded graciously and generously. Other changes that have helped us to have a good result at year-end include watching operational expenses, cutting costs where we can, and "doing more with less" in terms of fewer staff hours and utilizing more technology (i.e. email instead of just sending mail with postage - free zoom and skype calls instead of the conference call costs) - to save additional money. We are grateful, as a finance committee, for your support in this area of financial management.



## Board of Trustees

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Scott Jakel	Vice President/Treasurer
John Werner	Secretary

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Sandra Wells	<i>Accountant</i>
Claire Horton	<i>Database Coordinator</i>
Carleen Schmidt	<i>Shipping Coordinator</i>

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