

# 50 Years of EA

## *Letter from the President of the Board of Trustees*

Dear Friends in the EA Fellowship,

It's been a weird and wonderful year for Emotions Anonymous International. Obviously, the weird part is the pandemic. We're deeply aware of how that has affected all of us, both individually and as a fellowship. However, the wonderful part of this past year includes both that topic as well as other developments within EAI and the fellowship

In terms of responding to the COVID 19 Coronavirus, the choices by members of our fellowship to remain safe, observe pandemic restrictions, and yet remain connected have led us (forced us!?) to meet in various new platforms and venues instead of only face to face. As a result, we've had a ton of new telephone conference call meetings, Zoom meetings, and other ways of working our program together - but separately.

I rejoice at these developments!! It's amazing to see that our program "reach" has really been extended. People are no longer constrained by distance when it comes to finding a meeting and joining with others to share their experience, strength, and hope. By accessing our website, people are discovering EA each and every day.

It's also been great to see many of these virtual meetings continue on even though some groups in our fellowship have resumed face to face meetings. Some of our groups are finding ways to both maintain relationships with those who joined them virtually even as they re-convene in a face to face meeting format. I call these hybrid meetings - where the people attending the meeting who are either on the phone or on Zoom are included in the meeting with those present face to face. If you haven't tried a hybrid meeting, give it a go!

As the out-going/former President of the Board of Trustees, the other wonderful developments that I want to report on are more directly related to the work of these elected trusted servants that I've been working with for the last 6 years and the work of our staff in the International Service Center in St. Paul, MN. I'll start with the staff.

We're so well-served by Elaine Weber Nelson as our Executive Director along with the other staff who work at the ISC. Elaine provides great oversight and leadership. The staff - including Claire, Sandy, and Carleen - along with a few volunteers are all working in wonderful ways to support our fellowship and organization. What a gift they are!

As I have now stepped away from serving on the Board of Trustees, I reflect back upon our work as trusted servants of our fellowship. We've approved literature and new as well as revised materials. We've worked with specific goals and strategies to help EA to be healthier and stronger. *(cont'd on page 7)*

### **Communications Committee Report—Colleen C.**

In 2019-2020, EA pulled together a small Communications Committee to think about a big-picture approach to a Fellowship communications plan. The committee helped craft communications to 26,000 healthcare providers nationwide, sharing information about the program widely to those who may be unaware of it. A second mailing shared the results of a member survey and assessment conducted for us by a university professor.

We will hold the first meeting of a reinvigorated Literature Committee in the coming months. You may recall we had such a committee several years ago, and we now have enough member interest to restart it. Literature Committee members are developing plans and processes to create and review new literature. This is important since literature helps support members' growth in the program and is also one of our key sources of income.

### **Financial Committee Report—Paul N.**

This year's financial results provide great reason for encouragement. After two years (2020 & 2019) of operational losses totaling \$40,000, this year's loss was reduced to \$1,409. This is thanks to everyone who helps keep the program going into its 50<sup>th</sup> year by attending meetings, purchasing literature and making donations. Literature sales during the pandemic were up 15%, driven by significant increases in purchases of the EA book and e-books. Donations, meanwhile, were up 23% this year, despite the lack of in-person meetings. Members have really stepped up to make sure that the program keeps going and growing.

While literature sales and donations have both risen over the past two years, expenses have remained remarkably flat, despite the frequently reported increase in inflation during the pandemic. Since I have been involved with EAI, I have seen first hand how much the staff does with limited resources. Their hard work, passion and dedication to the EA mission are invaluable gifts to the program.

Organizational costs will increase in coming years as the cost of living increases for our staff. We will continue to manage the costs of the organization as conservatively as possible. In this time of increased isolation, it is as important as ever to ensure the viability of the program for each other and for the many members who will find EA in coming years. As excited as I am that we nearly reached break-even this year, *I need to reiterate how important it is that members do as much as they can in any and all ways to ensure the viability of the program.* Spreading the word of the program locally, making sure you attend meetings regularly, helping new members feel welcome, purchasing new literature and making regular contributions. EAI recently made it easy to enroll for monthly and annual giving on the website donation page.

We have all seen how the tools of EA, combined with listening and sharing in meetings, leads to powerful personal improvement. In the coming year, I look forward to current groups being strengthened, new groups being started and awareness of the program continuing to build. Happy 50<sup>th</sup> everyone!

<b>Fiscal Year</b>	<b>2021</b>	<b>2020</b>	<b>2019</b>
Gross Operational Income	\$168,560	\$145,202	\$150,461
Net Operational Income	\$145,951	\$121,807	\$131,538
Operational Expenses	\$147,361	\$148,265	\$146,357
Surplus/Deficit	(\$1,410)	(\$26,458)	(\$14,819)

## New in 2020-2021:

The EAI office adjusted to the pandemic with the rest of the world last year. We closed our doors to non-employees and developed a schedule that worked for everyone to continue our work—either from home or office. Last summer we spent a lot of time helping groups find ways to meet virtually and figuring out how to help folks find those virtual meetings through our website. Our systems weren't perfect but allowed us to work within the constraints of our website to make meeting searches as easy as possible. All the while, the Board of Trustees continued to help guide the organization forward. We created and revised a lot of new materials, developed a logo for our 50th anniversary year, and saw a substantial increase in interest in e-books! Here are a few highlights from the past year:

- ⇒ An average of 17,181 people visited the EAI website each month—*an increase of almost 3,000 monthly visits from last year.*
- ⇒ 407 New Group Information Packets were sent out to individuals interested in learning more about the program or starting a group.
- ⇒ 40 new groups formed.
- ⇒ 70 existing face-to-face groups moved to a remote or virtual method of meeting.
- ⇒ EAI Board of Trustees met 11 times, plus once more for the annual Board workshop.
- ⇒ The EA Annual Membership Meeting was held online.
- ⇒ A survey to members was created and distributed to discern how EA helps with emotional management.
- ⇒ 38 Requests from incarcerated individuals were fulfilled.
- ⇒ 2 New Group Scholarships were offered.
- ⇒ 7 Hardship Requests were provided.

### ⇒ New materials:

- ◆ #90 Acceptance
- ◆ #91 Comfort Zone
- ◆ #92 Pushing Away our Feelings
- ◆ #93 Five Ways to Face your Grief
- ◆ #94 Guilt
- ◆ #95 Gratitude
- ◆ #96 Calm
- ◆ #97 Kindness

### ⇒ Revised Materials

- ◆ #42 Loneliness
- ◆ #46 Anger
- ◆ #53 Love
- ◆ #82 Writing for EA

## Individual Gifts: General Operations

### \$5,000+

1 Anonymous gift  
Patricia Q.

### \$2,000 - \$4,999

Aibtikar Foundation  
Denelle B.  
Mia C.

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

4 Anonymous gifts  
Steven C.  
Sandra C.

### \$500 - \$999

4 Anonymous gifts  
Dave M.  
Joseph O.  
Joyce M.  
Michael W.  
Monica W.

### \$250 - \$499

3 Anonymous gifts  
David K.  
David W.  
Faith J.  
James B.  
Linda H.  
Mary Beth S.  
Colleen C.  
Ronald L.

### \$100 - \$249

16 Anonymous gifts  
Ann E.  
Arthur H.  
Avis S.  
Betty L.  
Briana C.  
Carol H.  
Daniel S.  
Daniel W.

Dave Q.  
DC B.

Diana G.  
Dolores G.  
Elizabeth G.  
Frances F.  
Geraldine B.  
Geraldine M.  
Greta F.  
Jakob M.  
Janet I.  
John E.  
Katy W.  
Kelley S.  
Kendall C.  
Kevin D.  
Leigh B.  
Luz M.-A.  
Manfred W.  
Marcella D.  
Mark S.  
Melvin J.  
Paul H.  
Paul H.  
Paul P.  
Paul V.  
Rachel T.  
Randy H.  
Rausahn C.  
Richard P.  
Bob W.  
Robyn H.  
Russell F.  
Terrie C.  
Thomas & Alice C.  
Vicky G.  
Warren S.  
William B.

### \$50 - \$99

18 Anonymous  
gifts  
Arno S.

Audrey L.  
Barbara J.  
Barry H.  
Camila M.  
Carey D.  
Cherise K.  
Cliff B.  
Daryl D.  
David B.  
Dennis S.  
Dixie W.  
Don D.  
Ellen J.  
Emory H.  
Eric C.  
Fergus B.  
Gene L.  
Gwendolyn B.  
Harvey B.  
Ian G.  
Janine D.  
Jessica T.  
Jim M.  
Jerry H.  
Kathleen G.  
Kathleen M.H.  
Kathy F.  
Lenny S.  
Lori E.  
Lori S.  
Margaret G.  
Marilee B.  
Marilyn J.  
Mario G.  
Mary H.  
Michael T.  
Michele C.  
Myrna S.  
Nina W.  
Paul P.  
Raymond P.  
Ronald E.  
Rosanne D.

Sally V.  
Sara B.  
Sharon U.  
Sharon H.  
Shawn B.  
Stefano B.  
Steven B.  
Steven C.  
Terry K.  
Theodore M.  
Tom H.  
Tony C.

### \$25 - \$49

25 Anonymous gifts  
Adam M.  
Brenda D.  
Carmelita B.  
Camille D.  
Carol F.  
Christina G.  
Daniel S.  
Deborah S.  
DeeDee W.  
Delucious P.  
Edward M.  
Eleanor R.  
Gerilyn S.  
Hannah N.  
Jean G.  
Jimmy C.  
Jessica T.  
Joseph P.  
Katherine B.  
Kathleen S.  
Kearston E.  
Kelly M.  
Kenyetta D.  
Larry W.  
Lauren O.  
Lucas P.  
Lucy L.  
Marilyn E.

Maxine S.  
Michael B.  
Michael K.  
Michael H.  
Mireia C. G.  
Naomi O.  
Raynaldo M.  
Remington P.  
Rosemary S.  
Sarah A.  
Sarah K.  
Stephen G.  
Susan B.  
Susan K.  
Tim H.  
Tonya B.  
Vanessa P.  
Vickie P.  
Virginia R.  
Willis S.

### \$1 - \$24

108 Anonymous gifts  
Adrine V.  
Amanda F.  
Barbara C.  
Bernard V.  
Bob D.  
Carolyn H.  
Dan H.  
David P.  
David S.  
Deanna H.  
Elizabeth M.  
Frank D.  
Gael W. C.  
Genevieve K.  
Gina R.  
Giovanni R.  
Harrison L.  
James M.  
Jamila G.  
Jan S.

As in-person group meetings moved into virtual formats, we saw a substantial decline in group contributions. Thanks to your generous response to our requests, we saw an increase in the number of members who made direct contributions to EAI. We could not provide services to the EA fellowship without your generosity. *Thank you.*

## Individual Gifts: General Operations

Janina F.  
Jason S.  
Jessica M.  
Jessie F.  
John N.  
Joseph B.  
Joseph L.  
Joyce T.  
Judy S.  
Kylie C.  
Lawrence H.  
Lisa C.  
Lisa R.  
Lisa W.  
Lori B.

Lori F.  
Luciana D.  
Lynda L.  
Marcy S.  
Maria D.  
Maria S.  
Marla D.  
Mary K.  
Mary Lou G.  
Maureen W.  
Meghan R.  
Michal H.  
Michele C.  
Patricia T.  
Patricia S.

Peter R.  
Rhonda J.  
Robert S.  
Robin E.  
Robin H.  
Ronald B.  
Ruth F.  
Sharon W.  
Shawna F.  
Sophie H.  
Stacey O.  
Summer R.  
Teresa Q.  
Thomas P.  
Tom W.

Tracey A.  
William D.  
Zoe B.

Some donors request anonymous listings for some gifts and named gift for others. We make every attempt to identify donations correctly. If you see an error, please contact us at [groupdata@emotionsanonymous.org](mailto:groupdata@emotionsanonymous.org) so we may correct our records. *Thank you.*

## Individual & Group Gifts: Designated Purpose or Fund

### Gifts in Gratitude

**\$1—\$99**

3 Anonymous gifts  
Diane G.  
Susan W.

### Hardship Fund

**\$1 - \$99**

2 Anonymous gifts  
Austin, Texas  
Frances F.  
Mona E.  
Susan B.

### Gifts in Memory

**\$500 - \$999**

Eileen S.  
  
**\$1—\$99**  
2 Anonymous gifts  
Deborah S.  
Hilary G.G.  
Bob W.

### Email & Online Loop

**\$100 - \$249**

1 Anonymous gift  
Hilary G.G.  
Jessica T.  
Nancy S.

**\$1—\$99**

2 Anonymous gifts  
Boulder, Colorado  
Claire P.

### New Group Scholarship/Prison Fund

**\$1—\$249**

3 Anonymous gifts

### EAI Newsletter

**\$1—\$99**

Sylvia S.H.

Many choose to make a designated gift in support of a specific initiative. *We are grateful for this support.* The Hardship and New Group/Prison Funds allow us to offer reduced rates/free materials—without this funding we would not be able to give scholarships or send materials to those most in need. The Loop funds help us pay for the external technology services required to run both the online and email Loop programs.

## Gifts from Groups

### \$2,000+

Bend, OR (3 groups)

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

West St. Paul, MN

### \$500 - \$999

Boulder, CO

EA-Selbsthilfe (German Inter-group)

Hackensack, NJ

Virginia Beach, VA Tues

### \$250 - \$499

Anaheim, CA

Brainerd, MN

Burlington, IA

Buxton, VIC Australia

Emotivos Anónimos Intergrupal

Lyndhurst, OH

Midwest City, OK

Oakland, CA

Redlands, CA

Rialto, CA (4 groups)

St. Paul, MN (Hamline)

### \$100 - \$249

Austin, TX

Brooklyn, NY

Burk's Falls, ON Canada

Coon Rapids, MN

Cupertino, CA

Elgin, IL

Eugene, OR

Hollywood, FL

Lima, OH

Ljubljana, Slovenija (Slovenia)

Lombard, IL

Mesa, AZ

Norman, OK Mon

Oshawa, ON Canada Mon

St. Paul, MN (Dayton)

Ukiah, CA (2 groups)

Valencia, Spain EA Grupo "Concordia"

Vienna, VA

Wellesley, MA

Zoom: Tues & Sat 6 PM, PT

Zoom: Tues 8 PM, ET

### \$50 - \$99

Brevard, NC

Carlinville, IL

Colorado Springs, CO

Glen Ellyn, IL

Grand Rapids, MI Tues

Lisbon, Portugal (Lisboa, Portugal Grupo de emoções anónimas)

Mesquite, TX

Montclair, NJ

New Douglas, IL

Sacramento, CA Parkside

Topeka, KS

### \$1 - \$49

Alhambra, CA

Arvada, CO

Atlanta, GA

Bethel, CT (2 groups)

Bloomington, MN

Burnsville, MN (Apple Valley)

Chicago, IL Fri 11A & Sat 1P

Doylestown, PA

Fridley, MN Sat

Isabela, PR "EA Grupo Bajuras"

Lake Forest, IL

Los Angeles, CA Wed

Phone: Sunday 8 AM, PT

Reading, England UK

Salem, OH

Shaker Heights, OH

Summerside, PEI Canada

YouTube: Monday 10 PM, PT

Washington DC Mon 12:15 PM

Winston Salem, NC

Thank you to everyone who made a contribution through your group!

U.S. Groups are noted in green, International Groups are noted in blue, virtual groups (no physical location) are noted in purple.



### *Letter from the President of the Board of Trustees cont'd from front page*

We've invited new trustees and committee members to be engaged in this important work that we do together. It's great to have more people involved who are growing in their support of EAI. How about you?

My encouragement is that all of you who are reading this will please maintain and even increase your support of our shared work in this program. Financially we're just getting to the point where we're "breaking even" in our budget. That's both good news and bad news. It's good, in that our organization has been losing money for every year but one in the last decade. It's been really challenging. The bad news about breaking even is that we may end up being satisfied with that plateau and not be willing to increase our financial support for this global 12-step program called EAI.

I'm still going to be involved in the finance committee, the books and literature committee, and the bylaws review committee. So, that means I'll keep my finger on the pulse of our fellowship even though I'm no longer on the board. I strongly urge all of you reading this to also be willing to step forward in service to this fellowship in ways that you are gifted and available to serve. Contact our staff or trustees and get involved. Get involved in your local group, too.

I'll close with these thoughts on partnerships in our program. If we can all work in co-sponsoring relationships to make progress in our personal recovery and if we can all find at least one "home group" to regularly attend meetings at and if we can all be guided by a power greater than ourselves to grant us wisdom and serenity, this fellowship can be extraordinary! Let's all try to celebrate our successes without resting on our laurels. Let's choose gratitude and peace each day.

Scott Jakel, *President, Board of Trustees*

### *Letter from your Executive Director — Elaine Weber Nelson*

It has been quite the year for all of us! Managing through the pandemic led to challenges in staffing, funding, meetings, website design—but we did it! We were able to keep the office running and none of my staff (or I) got sick. Government PPP funds helped bridge the gap in operating funds. Members unable to attend in-person meetings figured out how to set up virtual ones. Many iterations of meeting search tools and instructions were created! My staff pulled together to figure things out like never before and I am grateful to each of them. At the end of the fiscal year (June 2020), Carleen retired abruptly due to health issues. We stayed in touch with her throughout and she is doing much now.

The Board of Trustees held a virtual workshop in 2020 and continues to guide policy for the organization. They are a terrific group to work with and I know together we will keep moving EAI in the right direction. After joining the Board the year I started working at EAI, Scott completed his second term at the end of June, 2021. He has been a gentle force throughout the past six years and I will miss all the phone calls, emails, and virtual meetings with him.

We have made great strides in introducing new literature (some written by members overseas!) and revising outdated materials. I hope we can continue to offer new thoughts and ideas on the program for the fellowship, as this is how we will expand our reach so that anyone needing a meeting, sponsor, or materials will know where to find them.

I have continued to make new connections to individuals throughout the world on EAI's behalf. It is heart-warming to realize what a profound difference this program makes in people's lives, regardless of where they live or the language they speak.

Overall, the past year hasn't been an easy one for anyone. We continue to seek light at the end of the tunnel and that our work at the EAI office helps others find more peaceful, happy lives.



**This Annual Report reflects the work of EAI from July 1, 2020—June 30, 2021.**

**Your EAI Trustees July 2020—June 2021**

Scott Jakel—President: Sept 2018 — June 2021  
John Werner —VP: July 2019 — June 2022  
Colleen Coyne—Secretary: Sept 2018 — June 2021  
Paul Nouri —Treasurer: July 2019 — June 2022  
Derita Pippen: Sept 2018 — June 2021  
Steven Bell: July 2019 — June 2022  
Kelsey Weissman: July 2020 — June 2023  
Behzad Arabpour Dahouei: Sept 2020 — June 2023

**Staff:**

Elaine Weber Nelson: Executive Director  
Sandra Wells: Accountant  
Claire Horton: Database Coordinator  
Carleen Schmidt: Shipping Coordinator

**Thank you!**

Our thanks to President of the Board, Scott Jakel, for all the work he did as a Trustee. Scott was instrumental in helping EA address many issues facing the organization, driving us forward to meet today's needs, and providing leadership as we navigated the global pandemic. The Board and staff greatly appreciate all Scott did during his 6 year tenure on the Board. He will be greatly missed.

We welcome Paul N. as the President of the Board of Trustees and the beginning of the second Board terms for Colleen C. and Derita P. effective July 1, 2021.

**Mission:**

Supporting individuals with emotional difficulties in their efforts to live more manageable lives by using the Emotions Anonymous Program of recovery.

**Contact Information:**

P.O. Box 4245 St. Paul, MN 55104-0245 USA  
Phone: 651-647-9712  
[www.emotionsanonymous.org](http://www.emotionsanonymous.org)

