



50TH ANNIVERSARY

JOIN US FOR OUR
5TH ANNUAL TELEPHONE
CONFERENCE

Recovery is Golden

PRACTICING THE PRINCIPLES FOR 50 YEARS
(Since July 22, 1971)

SATURDAY • OCTOBER 16, 2021
10:30 AM TO 5 PM (EDT)

JOIN US BY PHONE

- In the United States call (712) 451-1140,
Access Code: 808747#
- See this link for other countries:
<https://fccdl.in/i/eatelephoneconference5>

JOIN US ONLINE

- Go to www.FreeConferenceCall.com; click on LOG IN
 - Look across the top and select JOIN
 - Enter the MEETING ID: eatelephoneconference5
 - Type in your Name and Email; then click on JOIN
 - Select JOIN WITH COMPUTER AUDIO (or another option)
 - Click on the microphone icon to mute and unmute
- *Can also be used on the Free Conference Call App  

Emotions Anonymous is an international fellowship of men and women who desire to improve their emotional well-being. There is no registration fee for the conference. To find out what EA has to offer you, to find a meeting, order literature, make a donation, and more, go to our website at emotionsanonymous.org or call the International Service Center at 651-647-9712.

THE SCHEDULE

AM	10:30	WELCOME, INTRODUCTIONS & THE YELLOW PAMPHLET
	11	PERSONAL RECOVERY STORY*
PM	12	WELCOMING NEWCOMERS
	1	PERSONAL RECOVERY STORY*
	2	RECOVERY THROUGH DIFFICULT TIMES
	3	PERSONAL RECOVERY STORY*
	4	PANEL DISCUSSION: USING HUMOR & SELF CARE IN RECOVERY

**WHAT IT WAS LIKE, WHAT HAPPENED, WHAT IT IS LIKE NOW*

Recommended Reading List for Newcomers

Although you may participate in the conference without them, the following EA literature may be referenced during the conference:

- The Yellow Pamphlet is found here: [The Yellow Pamphlet](#)
- *Emotions Anonymous* (Our Big Book, dark blue cover)
- *Today* (Our daily devotional, dark blue cover)
- *It Works if You Work It* (Light blue cover)

To order these and other materials, go to emotionsanonymous.org or call our ISC at 651-647-9712.

The Serenity Prayer

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

The 12 Principles Behind the 12 Steps

- | | |
|----------------|-------------------------|
| 1. Honesty | 7. Humility |
| 2. Hope | 8. Responsibility |
| 3. Faith | 9. Justice |
| 4. Courage | 10. Perseverance |
| 5. Integrity | 11. Spiritual Awareness |
| 6. Willingness | 12. Service |

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