



EA CONNECTION - AUGUST 2017

Your monthly newsletter from ISC

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From the EA Board of Trustees President

I've recently had conversations with individuals wishing to introduce EA to their corners of the universe. I'm always encouraged with the interest of individuals who wish to help spread the good news of our program and am careful to explore with them all of the elements that go into a new start-up. I attempt to discover whether they are familiar with the EA Program; our 12 Steps, Concepts, Traditions and Promises. If they are not, I ask if they are familiar with the 12 Steps? Do they attend a Meeting? If the answers are No, I then explain the challenge ahead to assure a good meeting environment beginning with finding a location; the question of rent; a day and time for the meeting and the task of letting the public know of the new meeting. And then the difficult reality that it might be several months without anyone walking through the door, usually related to fear and the stigma of mental health illness. And then: "you really don't want me to start up another group, do you" My response: to the contrary, I desire for you to be successful while being aware of the challenge which lies before you and to not be discouraged if the beginnings are a challenge and, sometimes, a disappointment. Many groups come and go for differing reasons, but by following the procedures spelled out by the ISC I'm convinced we'll have more successful groups for our membership. Assuring healthy EA groups is our hope as we move into the future. Enjoy the rest of the summer!...**Gus S**

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 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

Promise 8: Our whole attitude and outlook upon life changes.

Slogan 8: Know yourself-be honest.

Just for Today 8: I will stop saying, "If I had time." I never will find time for anything. If I want time, I must take it.

Concept 8: The steps suggest a belief in a Power greater than ourselves. This can be human love, a force for good, the group, nature, the universe, God, or any other entity a member chooses as a personal Higher Power.

Tradition 8: Emotions Anonymous should remain forever non-professional, but our service center may employ special workers.

OF IMPORTANCE TO GROUPS

PLEASE ENSURE YOUR GROUP'S CONTACT AND MEETING INFORMATION IS UP-TO-DATE.

If your group information isn't accurate on the website or in our office, we can't provide meeting information to individuals searching for help when they call or search the website. Send your updates to [Bobbie Jo, group coordinator](#) or go to [Group Data](#) to submit changes yourself. Thank you!

Memorials and Special Gifts

In acknowledge of the many fine trustees that have served over the years. Your gift of service has been invaluable.



RECOVERY USING THE TOOLS OF EA

STEP 8: MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL.

I am **only** starting to see now, how much I blamed others for my own problems. Others need to change, not me. If only this or that, if only this person was like... I am also realizing the hurt that I have done to others. Some of which didn't even figure on my step 8. But it is never too late to learn and make amends...*Stefanie*

The **previous seven** steps have been a process of changing our self-centered attitudes and actions by looking within ourselves. It is now time to repair damage done in the past by making the necessary amends. Step Eight helps us restore personal relationships and lifts us out of our isolation. With it we can accept responsibility for our past in order to let go of the old pain. Releasing the past brings healing and allows us to live in harmony with ourselves and others...*EA Book* (editors note: pages 65-68 of the EA Book has excellent information on working this step.)

SLOGAN 8: KNOW YOURSELF- BE HONEST.

My attitude is still not best at times but I'm getting better at it. It is constantly changing, and even though I don't see it, it improves a little bit at a time. I don't think gloom and doom as much as I used to. I still do, but they are just moments. They pass - Sometimes quickly, some-

times slowly. I can be optimistic today. But I can also be realistic. Life constantly changes. I am better prepared today to deal with life on life's terms...*Ed*

Before the program I had great difficulty with honesty because I was not able to connect between what was and how I wanted it to be. When I started the 12 Step program they talked a lot about honesty. As I really started working the 12 Steps I saw how important it was to be honest both with my self as well as others.

I had a chance to see how honesty plays a big part in relationships. I had a person sharing with me some of their thoughts and feelings which were pretty intense but their behavior did not line up with what was being shared. I gave them the benefit of the doubt and believed that they were being honest. This went on for a long time. Finally I had to start checking on their words and I found that they had been lying to me for sometime.

I allowed it to go on without validating the words that were shared. Now I have to deal with the feelings which come from being in a dishonest relationship. I've had to admit my part in this mess and know that my weaknesses are not arrested just because I practice the EA program. I am thankful that I know these feelings will pass. I see all experiences whether bad or good as learning opportunities. The EA program has taught me how to be gentle with myself as well as others. *Paul*

CONCEPT 8: THE STEPS SUGGEST A BELIEF IN A POWER GREATER THAN

OURSELVES. THIS CAN BE HUMAN LOVE, A FORCE FOR GOOD, THE GROUP, NATURE, THE UNIVERSE, GOD, OR ANY OTHER ENTITY A MEMBER CHOOSES AS A PERSONAL HIGHER POWER.

I am **not powerless** over my interpretations of all the things that happen to me in my life. I am coming to believe that all the things in my life that I need faith in my Higher Power for - are addictions. I am starting to believe that perhaps my peace, happiness and joy come from accepting my Higher Power's will for me.

The more I open myself to listening and understanding His will, the more peace and happiness will come from within. The 12 Steps are in my life to help me let go of my will and replace it with His will. In other words, my struggle is a question of authority: who's in charge of my life - myself or my Higher Power?

If all this is true, then anything that gets in the way of that is an addiction: money, power, fame, sex, family, friends, work, hobbies, religion, even myself. All these things are a replacement for my Higher Power's will for peace, happiness, and joy for me. It doesn't mean they are wrong or they should be renounced; it means they are not the path to the peace that can come only from God. So the more I follow His will for me, the more peace I sense. The more I try to replace His will with worldly concerns and things, the more I struggle

...*Chris*



DISCOVERING THE TOOLS OF EA

ACCEPTANCE IS HARD TO COMPREHEND. I THOUGHT IF I ACCEPTED SOMETHING, THAT MEANT I LIKED IT AND I WANTED IT TO STAY. BUT THIS IS NOT WHAT ACCEPTANCE IS. ACCEPTANCE MEANS BEING HONEST ABOUT WHAT IS HAPPENING IN MY LIFE, WHAT I AM THINKING, AND WHAT I AM FEELING. WHEN I CAN STOP DENYING AND REBELLING AGAINST MYSELF, I CAN RELAX AND LET GO OF THE CONTROL. WHEN I STOP TRYING TO CONTROL, AS THE FIRST STEP SUGGESTS, I AM OPEN TO THE LEARNING AND HEALING WHICH ARE WAITING FOR ME...TODAY BOOK, NOVEMBER 24

What a good reading. I am realizing that my answer to life right now is acceptance. Acceptance of myself. I became aware the other day when I wrote about my shame, the belief that I am not good enough. That people treat me poorly because I am not good enough or likeable or even worse yet, not loveable. This deep shame creates a lot of difficult feelings for me that I have ran from for many many years because it's painful. I am learning that I don't need to sit and figure out why I have shame or where it came from. I don't need to understand why I feel angry or why others do what they do. I just need to accept my feelings and accept myself.

Right now, I don't truly know what that means. I wanted to start taking actions into figuring it out, but I remember that when I try to control myself, and force understanding into myself, that is my way of trying to control when and how fast I change. That isn't up to me, instead it's about the journey. I want everything fixed right now in my time. That is because I don't like the painful feelings associated with whatever is happening in the moment and so my way to "deal with it" is to fix it and move on. I understand now that in order to heal from all of this, I have to go through it. I am scared, truly scared.

I realize that I don't really accept a HP because I don't believe I am worthy of it. I was meditating the other day and inside I heard a voice that said it's time to start a life of freedom and acceptance and that a HP is here for me and it's time to start cleaning house because I deserve a good life and I am loveable. That its okay to let go of all of this shame, and it's okay to let go of this depression and that there is a new way to live. I am going to trust that healing is possible and continue to live in acceptance and be patient in learning what that means...*Emily*

Maybe like many people, I have had trouble with the true meaning of "acceptance" around the 12 step rooms. When I heard people say that they didn't like something, but they accepted it, I didn't understand. This reading says it pretty well, it doesn't mean that I like something, or allow it, it just means, I am accepting the facts of the situation. From there I can decide what I want to do about it, if anything. I have done a lot of "denying and rebelling against myself," even when I didn't think I was doing so. I've told myself I was accepting reality, when I wasn't. All part of my learning...*Gail*

Acceptance of things as they are has been the key to my serenity this weekend and this past week. Being sick, I have done none of the projects I thought I would do. I am grateful music has proven to be satisfying and even healing, but is mainly by accepting things as they are each time plans changed or I was tempted to have regret, that I have kept my serenity and peace of mind...*Joe*

I have found reading the EAnon posts about acceptance helpful. I have been gaining in acceptance by sharing my auto-biography with my counselor. I am starting to see that my problem is a sickness and not a statement of me as a person. My counselor used the words "clinical depression." I have known that is my diagnosis but I am not used to hearing it said out loud. I think she said this because she can see that I am shifting my way of seeing my depression. I really liked the post on change and how we resist it. I have resisted change at times because of fear. I know that if I ask God to remove my character defect of perfectionism, self-insults and negative thinking, I will have to re-learn how to think and act, but I know that I can do that and accept it
...*Tracy*



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602-319-3890

schloessergus@gmail.com

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VALERIE C, NY

585-371-4347

valcea@gmx.com

Secretary (from Region 5/GST)

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sdjakel@gmail.com

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johnwerner52@gmail.com

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hthnhhugs@yahoo.com

(from Region 5/GST)

JACK M, IL

773-720-1827

disaster_man@msn.com

(from region 3)

“The Concepts provide us with the basic structure of EA” Thoughts from your Trustees: Helpful Concept 8:

The steps suggest a belief in a Power greater than ourselves. This can be human love, a force for good, the group, nature, the universe, God, or any other entity a member chooses as a personal Higher Power.

REGIONS OF EMOTIONS ANONYMOUS

REGION 1: NORTHWEST

CAN: AB, BC, MB, ON, SK

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

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EMOTIONS ANONYMOUS™

Hours Monday—Thursday: 10 to 3:30

Phone 651-647-9712

Fax 651-647-1593

PO Box 4245

St Paul, MN 55104

www.EmotionsAnonymous.org

director@emotionsanonymous.org

editor@emotionsanonymous.org

groupdata@emotionsanonymous.org

info@emotionsanonymous.org

orders@emotionsanonymous.org

The key words in this concept are “...a belief in a Power greater than ourselves.” And the beauty of our program is that it is universal, excluding no one. It welcomes all without exception. Why do I say this? Simple. I recall a period in my life when I was angry with God (my HP), and looked elsewhere....and realized that my HP could go beyond “God” as this concept so wonderfully states. As I was able to work through my anger and frustration, I soon realized the other words of this concept: “...any entity a member chooses...” and Step 11 “...as we understood Him...” Concept 8 is truly a gift to us in our EA Program!...**Gus**

I'm so grateful for this concept that invites me to set a parameter around who my Higher Power is and is not. Knowing that our High Power is a "force to be reckoned with" means that I have a Spiritual Stronghold in my life that can be counted on to strengthen me in my life-long recovery!

I have a choice! I choose to rely on my Higher Power's presence to help me grow in resiliency and wholeness each day...**Scott**

Concept 8 opens the door of EA recovery to everyone, regardless of religion or lack thereof. It also gives long-time members the freedom to question their beliefs and change if that is what they need to do. By practicing live and let live, I become more able to learn and grow in recovery...**Val**

EAnon

Many of the shares used in the EA Connection are from our online discussion group, EAnon. Click here to learn more about [EAnon](#). And here to view recent issues of the [EA Connection](#). A special thank you to the member of EAnon who share their ESH!



Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message and to practice these principles in all our affairs.



The ISC receives dozens of requests each month, asking how to start a new group. A big barrier to getting groups started is the cost of the "starter kit" of EA materials. We'd love to give these away, but our budget just doesn't allow for that.

So... we want to start a New Group Scholarship Fund: donations would cover *half the cost* (the other half coming from the individual or group starting the meeting) of getting the basic EA materials to people who want to convene a new group.

Would your group be willing to contribute to this fund? If so, please send in your donation with a notation for the Scholarship Fund - or check that box on the [online donation form](#). Thank you for helping share the message!