

EMOTIONS ANONYMOUS INTERNATIONAL ANNUAL REPORT 2025



Our Mission:
To support individuals with emotional difficulties in their efforts to live a
more manageable life by using the EA program of recovery.

Support
Meetings
Literature
Community

Quick Facts

- Published the new book, *Living EA's Twelve Principles*
- Produced *What is Family? (#117)* pamphlet
- Revised and updated the EAI website
- #115 & #116 added to make purchasing pamphlets easier
- Received 308 requests for the New Group Information Packet
- 46 new groups began
- 182 In-person U.S. meetings
- 107 In-person International meetings
- 135 Remote meetings
- Gave 8 scholarships to new groups to defray initial start-up material costs
- Averaged 20,000 website visits per month
- Average of 30 orders filled each week

Grateful Thanks

Paul N. stepped down after serving 6 years as an EAI Trustee. His thoughtfulness, kindness, and willingness to get involved was a true gift to this organization. Paul served as President, Vice-President and Treasurer during his two terms.

Kathleen E. served one term, stepping away at the end of the last fiscal year. Kathleen's willingness to jump into action whenever called upon was a huge help. She was key to moving EAI forward in many ways.

A sincere thank you to these two Trustees for helping assure that this program continues to be available to anyone, anywhere throughout the world.

Letter from the President of the Board of Trustees, Paul N.

Another year of emotional recovery is in the books. Since my emotional recovery in the program began, no two years have been exactly alike. Whatever challenges I want to work on or interests I want to pursue at the start the year almost always change and evolve as the year carries on. As I prepare to leave the board at the end of my second term, I have to remind myself of the importance of staying consistent in the program so that I can deal with life's inevitable changes.

Compared to many others who have been working the program for decades, I am a relative novice. Still, it is easy for me to feel like I have been through the steps so many times that there is nothing new left to learn. However, without working the program every week, it would be easy for me to forget that serenity and peace are my Northstars. If I don't keep that in mind, then I may begin to feel like I should be able to control the outcomes of all that is going on around me. I may begin to lose hope when faced with challenging circumstances. I could lose faith that something beautiful and different can be borne out of unexpected circumstances.

I am thankful for the time that I have served as a trustee for Emotions Anonymous. Serving the program in this way helped me to stay consistent with working the program, which has been invaluable to my life over these past six years. I strongly urge anyone in the program with a passion to give back to the program to apply to be a trustee.

Letter from the Executive Director, Elaine D.

It has been another good year for EAI. After years in the works, our new book, "Living EA's Twelve Principles" was published this summer and I believe it is a wonderful resource! Grateful thanks to everyone who contributed to it! We have continued to improve the website and make changes that make it easier for members to find meetings and purchase literature. We continue to respond to requests for information about the program (308 requests for information on how to start a new meeting!) We continue to find efficiencies to drive down the administrative costs of the organization.

All in all, a good year! We do need members who believe in the program and have benefited from it to consider financially supporting EAI. Either by mail or online, sending your support is necessary to be able to continue our work—and appreciated! Our cadre of members who make regular monthly contributions continues to grow. Regardless of the amount of your gift, you can know that it is being well spent to continue to share this important program with the world.

Gifts in Gratitude

Acceptance & Serenity

Apple Valley Chapter, Burnsville, MN

Austin, TX

Canton, OH Wednesday

EA Setagaya, Tokyo, Japan

Elene D.

Jan D.

Joyce M.

Julie U.

Katharine W.

Laura S.

Margaret K.

Nottingham Zoom Monday

Sandra I.

Shanda R.

Tajah P.

Gifts in Memory

Anonymous

Norman, OK (2)

Bend, OR Zoom Groups (3)

Bernadette F.

Donald R.

Irene K.

Ithaca, NY

Joseph C.

Lillian S.

Marilee B.

Midwest City, OK Sunshine

Saturday, 7:30 PM Pacific Time, Zoom

Triad EA Jitsi Meet

Contributions to Support the Loops

Anonymous

Bend, OR Zoom (3)

Carla M.

Carly N.

John E.

Sophie T.

Annual Contributions from Groups

\$2000+

3 Bend, OR Zoom groups

\$500—\$999

Apple Valley/Burnsville, MN

Brainerd, MN

EA-Selbshilfe (German Inter-group)

Emotivos Anónimos Intergruppal

Fridley, MN

Ithaca, NY

Milwaukee, WI

Nottingham Zoom Monday

St. Charles, MO

St. Cloud, MN

Wed London, England UK

\$200—\$499

2 Norman, OK groups

5 Una luz Que Brilla, Rialto, CA

Alhambra, CA

Burlington, ON Canada

Canton, OH Wed

Colorado Springs, CO

Cuyahoga Falls, OH

Dayton Ave Chptr, St. Paul, MN

EA Friday Night Online, UK

Glendale, AZ

Levittown, NY

Lima, OH

"Maximum Service" Sat, 10:00

Midwest City, OK/Sunshine

Never Alone EA, Chicago, IL

Olivet Congregational Church

"Path to Serenity" Portland, OR

Step 11 Meditation 6:30 AM

Oakland, CA

Wellesley, MA

\$100—\$199

"Abundant Life" Zoom

Albuquerque, NM

Austin, Texas

Burlington, IA

Coon Rapids, MN

Covina, CA

"Discuss the Solution" Zoom

Sunday 9 AM PT Zoom

Dublin, PA Remote

Easton, MD

Woodland Hills, CA

"Growing in Serenity" Chicago, IL

Lombard, IL

Mesa, AZ EA Group

Munster, IN

"One Day at a Time" Zoom

Palos Heights, IL

Phone Group Tues 6:30 PM ET

Port Jefferson, NY

Smithtown, NY

Swedish EA Intergruppal

Sylvania, Ohio

Vienna, VA

Triad EA Jitsi meet Wed 7:30 PM

"You're Worth It," Saturday,

Zoom 9:30 AM ET

\$1-\$99

2 Bethel, CT

2 Ukiah, California

"Acceptance & Serenity," Sun 7

PM ET Free Conf Call

Atlanta, Georgia Tues & Fri Zoom

6:30 PM

Atlanta, Georgia Thurs Zoom

8 PM

Bloomington, MN

Brevard, NC

Brooklyn, New York Zoom Mon

7:30 PM ET

Citrus Heights, CA

Cupertino, CA

Women's Co-Sponsoring Group

EA Setagaya, Tokyo, Japan

Continued on next page

Contributions to the Hardship Fund

Anonymous (2)
Bethel, CT (2)
Bend, OR Zoom (3)
Dorothea J.
James M.
Luz M.
Rachel K.
Sabriyah S.

Contributions to the Prison Fund

Carla M.
Jackie L.
Raymond H.

Sustaining Donors—Groups

5 Una luz Que Brilla, Rialto, CA
Atlanta Tues & Fri Zoom 6:30 PM
Bend OR Zoom Daily 6:30 AM
Dublin, Pennsylvania
EA Setagaya, Tokyo, Japan

Sustaining Donors—Individuals

Anonymous (8)	Lori S.
Carmelita B.	Louis V.
Chidube N.	Mary C.
Elene D.	Nancy B.
Holly V.	Paul P.
Ian G.	Paul N.
Jackie L.	Remington P.
Jan D.	Robert W.
Jerry R.	Robin C.
John G.	Stephen M.
Katie S.	Susan C.
Koji M.	Theresa S.

\$1-\$99

Austin, TX Zoom Mon 7:30 PM
Columbia, MD Thurs 7 PM ET
Grupo Emociones, Puerto Rico
Hamline Chapter, St. Paul, MN
Mesquite, TX Mon-Sat Phone
Minneapolis, MN Women-Only
CA Mon Zoom 5:30 PM PT
Nerang, QLD Australia
New Douglas, IL
Saturday, 7:30 PM PT Zoom
Schererville, IN
“The Next Frontier” Daily Phone
Virginia Beach, VA Tues 1 PM ET

* *italics indicate groups outside of the USA*

Annual Contributions from Individuals

\$5,000+

Estate of William D.

\$2,000 - \$4,999

Anonymous
Ken W.

\$1,000 - \$1,999

Anonymous
David M.
Jan and Allan R.
Maria-Elena L.
Patricia Q.

\$500 - \$999

Anonymous (3)
Alok A.
David K.
Emily P.
Joseph O.
Mary Beth and Ron S.
Pam and Russ R.
Rachel K.
Vicky G.

\$200 - \$499

Anonymous (4)
April G.
Benjamin R.
Chidube N.
Jan D.
Lori S.
Luz M.
Madelon L.
Mary C.
Nancy B.
Ofelia C.
Paul N.
Raymond H.
Remington P.
Robert W.
Sandra P.
Stephen M.
Theresa S.
William B.

Continued on next page

EAI Board of Trustees**July 2024-June 2025**

Paul Nouri - President

Kathleen Engel

Fred Freeman

Margot Finley

Kathy Economen

EAI Staff

Elaine D., Executive Director

Sandy W., Accountant

Molly R., Shipping & Donation Co-ordinator

Financial Report**Fiscal Year 2025 (unaudited)**

Gross Operational Income \$193,780

Net Operational Income \$169,302

Operational Expenses \$136,236

Surplus/Deficit \$32,586

Fiscal Year 2024 (audited)

Gross Operational Income \$164,962

Net Operational Income \$141,271

Operational Expenses \$131,873

Surplus/Deficit \$9,398

Fiscal Year 2023 (audited)

Gross Operational Income \$159,769

Net Operational Income \$137,377

Operational Expenses \$143,513

Surplus/Deficit (\$5,780)

\$100 - \$199

Anonymous (9)

Bruce I.

Carol H.

Dana J.

Diana G.

Donna G.

Elene D.

Elizabeth G.

Ellen J.

Eric C.

Holly V.

Ian G.

Irene K.

Janice M.

Jennifer C.

Jerry R.

John G.

Joyce M.

Katherine F.

Kathleen L.

Kathy F.

Katie S.

Kerry W.

Larry B.

Lillian S.

Louis V.

Marilee B.

Marilyn J.

Monica T.

Paul P.

Robin C.

Russell F.

Sandra I.

Scott J.

Susan C.

Terry W.

William M.

\$1- \$99

Anonymous (17)

Andrea S.

Anne L.

Ann-Marie K.

Avis S.

Barbara M.

Bernadette F.

BJ G.

Brian G.

Camille D.

Carey D.

Carla M.

Carly N.

Carmelita B.

Cathy K.

Christine C.

Clare P.

Cynthia C.

Daniel H.

Darryl B.

David W.

Deanna B.

Deborah B.

Diego R.

Dixie W.

Donald R.

Donna A.

Dorothea J.

Elizabeth R.

Erik S.

Faith J.

Ginnia C.

Greta F.

Heather H.

Herb P.

Izumi I.

J. W.

Jackie L.

James M.

Jay R.

Jennifer D.

Jimmy R.

Joanne W.

John E.

John & Laura S.

Jonathan G.

Joseph C.

Joseph L.

Julie U.

Katharine W.

Kevin K.

Koji M.

Kristen K.

Laura S.

Leigh B.

Lisa C.

Lisa R.

M S.

Marcy E.

Margaret K.

Mark S.

Mark C.

Martin O.

Mary C.

Mary Ann B.

Mary Ellen Q.

Maxine S.

Mindy M.

Nancy C.

Paul P.

Rajiv P.

Richard P.

Sabriyah S.

Sara B.

Shanda R.

Sheila S.

Sophie T.

Steven C.

Sue S.

Susan B.

Suzanne S.

Tajah P.

Thomas P.

Tiffany H.

Tim P.

Will B.

Willis S.

THANK YOU

Thank you to the Trustees for their guidance, to the Literature Committee for their continued work to create new materials - especially all the work that went into our new book! Special thanks to all the group contacts who help keep the groups going and keep us informed of changes to group schedules, and to everyone who plans special events or special meetings that keep EAI vibrant. Thank you to all those who make financial contributions –without those donations we wouldn't be able to continue the services the office offers. We appreciate all of you.

Please consider a one-time or a regular gift to support EAI at our website - www.emotionsanonymous.org/donate or mail your check to the address below. Thank you.

I have a choice.

Emotions Anonymous International

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www.emotionsanonymous.org