



EA CONNECTION—DECEMBER 2016

YOUR MONTHLY NEWSLETTER FROM ISC

FROM THE PRESIDENT OF THE BOARD OF TRUSTEES:

Your Board of Trustees recently gathered via SKYPE (our first!) for a board meeting and have begun to do some work to move EA forward, based on your recent feedback. An ongoing area of concern of course are the finances of the organization. While looking a bit better, we have not yet been able to have a balanced budget. We appreciate your generous support during the month of November! Likewise we have begun to do some initial work in discovering how we might be able to be in better contact with you, the membership at large. We're attempting as well to see how we might be able to bring new growth to our organization. It will be a process which might take some hard work and time, but we are ready to do the work.

Having just celebrated our National Feast of Thanksgiving, we can honestly say that the holiday season is now in full swing. And so are our emotions! No matter which holiday you are observing during this month, be that Kwanzaa, Hanukkah or Christmas, there is that childlike magic all around us. Without some careful thought and planning, this can be very problematic for many of us.

The following might be helpful: Observe your holiday as a 'holy-day', and try to reconnect with the real meaning of it; Embrace that which you love and forget about the rest; Avoid wallowing in loneliness; Reach out and help others; Make it a new holiday with new memories and perhaps new traditions; Love can be found everywhere, Look for it; Honor your lost and loved family members; Enjoy the day as never before. Go to a movie; enjoy the beauty of Winter and all it brings; Go for a walk; Work the program, etc. I can't assure you that you will have an emotional free holiday, but I can guarantee that you'll celebrate the holy-day with some new insights and understanding! Happy Holy-Days to you! And blessings for the New Year 2017! **Gus S, President EA Board of Trustees**

DECEMBER TOOLS:

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.

Tradition 12: Anonymity is the spiritual foundation of our traditions, ever reminding us to place principles before personalities.

Helpful Concept 12: Part of the beauty and wonder of the EA program is that at meetings we can say anything and know it stays there. Anything we hear at a meeting, on the telephone, or from another member is confidential and is not to be repeated to anyone—EA members, mates, families, relatives or friends.

Promise 12: We realize that God is doing for us what we could not do ourselves.

Just for Today 12: I choose to believe I can live this one day.



OF IMPORTANCE TO GROUPS:

Be sure to check the Event Calendar on the EA website for activities in your area – and notify the ISC if you are holding something special so we can share your information on the Calendar! Send your notices to director@emotionsanonymous.org.

Please make sure your group contact and meeting information is current. Email any changes to Bobbie Jo at groupdata@emotionsanonymous.org. Correct information on the website listing is important so newcomers can find a meeting or someone to call/email if they have questions.

Want to receive information directly from the ISC? Go to: <http://emotionsanonymous.org/get-involved/the-connection-newsletter-sign-up.html>. You'll get The Connection sent directly to your inbox each month, as well as periodic emails about EA.

Memorials and Special Gifts:

*In memory of Wendell C, long time member and former trustee.
Tuesday EA Group, Coon Rapids, MN*





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.

Step Twelve is a hard step for me to do deliberately. I think I do it best when I allow myself to be just myself. It is easier for now to share myself with others. I have to be able to twelfth-step myself before I can carry the message. By practicing the principles of the program in all my affairs, I become a living example of a better life. When I share my experiences, strengths, and hope with newcomers, I, in turn give them hope. Hope gives us all a reason to live, and with that comes strength to go on...*Today book, January 15*

TRADITION 12: ANONYMITY IS THE SPIRITUAL FOUNDATION OF OUR TRADITIONS, EVER REMINDING US TO PLACE PRINCIPLES BEFORE PERSONALITIES

I recall thinking the phrase, "place principles before personalities" was part of a step. But it isn't. It's part of the traditions that has kept the Twelve Step programs well and alive.

Little did I know how important the traditions were until I heard them mentioned at a meeting. At that point I became responsible to do my part to keep the steps and traditions working. Not so much for my sake but for the still suffering persons trying to come in. I have read and practice the steps along side the corresponding traditions. Without both steps and traditions I could have died as many had without the bene-

fits of 12 Step recovery.

It is within the steps and traditions that I am able to remain sane. The steps, as I live them, help keep me sane and useful to the fellowship. Through the program I was able to toss out people, places and things that weren't of any use to my sanity. The traditions, mostly with a black and white interpretation, I use for my business affairs.

I pray to God for guidance. I open my mind, examine my choices and allow honesty to guide the way. That's how I do it and it works!...*Pat M*

I have a story to share about the practical side of Tradition 12. Once when I was fairly new, I got all bent out of shape about something someone had said at a f2f meeting. I called a wise program elder afterward and told him about it & how upset I was. He responded, "That's why we need to place principals over personalities." I understood it to mean that I needed to practice program principles and not let personalities or personal differences make me lose my serenity and happiness...*Joe*

SLOGAN 12: I HAVE A CHOICE

Hate is such a strong negative emotion. I know it used to burn deep into my very being, I was driven by it, I was attached to its effect for many years. I allowed it to be the center of my world, I was certainly, entitled to have hate because of the way others treated me and hurt me when I was down. It was such an entitlement game that I played.

I do see today that a lot of my anger came from hating certain things and people in my life. I am so glad today that I understand that **I have a choice**

and don't have to allow this feeling to take up permanent residence within me. I let it go and don't have to carry it around.

I like what the Reflection (Today Book 10/25), says about disliking something rather than saying that I hate it. Sure makes a lot less work for me when its only a like or dislike rather than the powerful emotion of hate.

I am so grateful for the EA program because of these simple lessons which we are taught each and every day through the words of our Reflections...*Paul*

I am powerless over my emotions, but in the last few days it has really hit me that I am not powerless over my choices, that **I have a choice** and can do something about it. In my past I have left myself so guarded that I have been unable to allow anyone close enough to make the change that I need. Unfortunately it has also left me forcing those that I do love and care for, away from me. But finding EA has really made me realize that I do not have to be a product of my environment or my past self. No matter how difficult I may have been, or how far I have pushed those that I love away, I have to remember that I can make the difference and I can make the change. I still wake up with doubts and fears, but as I fight my way through it each day, I know that I do have the ability to change myself and my entire outlook on certain situations. And, it does feel good...*Kasey*





EA TOOLS APPLIED: SPIRITUALITY



WHERE I FIND SPIRITUALITY

In my EA beginnings, the something spiritual was my EA book. I devoured it. I read it from front to back many times. But then, I needed more. What else was there? For those with well defined religious beliefs, material pertaining to their religion is spiritual. I am not one of those. I had to look elsewhere.

So, I re-defined spiritual for myself. It became something uplifting, something that healed or soothed my soul. And that set me free. Poetry can be uplifting. (Wouldn't recommend Edgar Allen Poe here). Much of the fiction I read has passages that are uplifting. My own books are often dog-eared and underlined with things that are meaningful to me.

(Sometimes with library books, I have to restrain myself from making notes in the margins.) I am a dog lover, dog owner, dog trainer. They are a huge part of my life, bringing me their unconditional love. So anything pertaining to dogs is spiritually uplifting for me.



The newspaper, mostly filled with dismal junk, also includes personal interest stories about people who overcome tremendous obstacles and go on to live full lives. I find that spiritual. If I read a cookbook planning to prepare food for someone I love, I believe that is spiritual. When I read instructions on a packet of flower seeds, which I will use to make my corner of the world more beautiful, that becomes a spiritual experience for me.

But...what about people who are poor readers, or even unable to read at all? How do they fulfill this feeding of their spirit? Spending time in nature? Gazing at the miracle of a newborn baby? Enjoying a glorious sunset? I would say that whatever feeds your inner self, your soul, is a spiritual experience, akin to reading something spiritual.

As I continue to live EA principals, I find their meanings expanding to include all of my life. I think that's what Step 12 is saying to me..."Having had a spiritual awakening as the result of these steps, we try to carry this message and practice these principals in all our affairs." ...Abbey



SPIRITUALITY IS ALL AROUND US

I think we limit our scope of what can be spiritual, when in actuality you can find spirituality most anywhere. I often find it in my gardens, on the golf course, and in all of nature. My love for my family is spiritual, the smiles, hugs and heartfelt shares are spiritual in nature. I love my dog, he lights up my life. When he is happy everyone knows it, he lifts our spirits. Spirituality is all around us, we just need to open our hearts and our minds and it is there...*Anonymous*

MY KEY TO EMOTIONAL HEALTH

I have been in EA for 20 plus years. It was the key to my emotional health. I had/have doctors and meds all throughout. But in those situations I am the patient (ie the crazy one) and they are the "normal" ones. I walked around feeling like the only crazy person on earth. Until I found the EA rooms. In these rooms we all take off our social masks of normality and share what's really going on. I saw that everyone struggles with their emotions in one way or another. Highly sensitive people struggle more. I like highly sensitive people better than the so called "normal" ones anyway.

So every week and every day on EAnon (EA's online share). I can see that we are all in this together. And I can hopefully help someone else who is new to EA or just struggling-as we all do from time to time. I am not crazy or defective. And I don't need hospitals. I just need to cope one day at a time. I haven't had a hospitalization in over 20 years and I don't intend to have another one. Lately I have been happy-this is a word that is quite foreign to me. But it is there -for the first time in many many years. I am so grateful.

Last night I had the opportunity to go to an amazing spiritual event at Yankee Stadium (Joel Osteen). We do not talk religion in EA but I am Jewish and this was actually a Christian event. I am open to new ideas. I look for spirituality in every corner. I consider EA my weekly spiritual service-I really do. EA gave me a HP. I do believe in God-I just don't need religion to have that God. I love learning about all religions. This crowd at Yankee Stadium was full of good hearted people all seeking the same thing -peace and joy and love for themselves and the world. It was so good to see how many of us feel this way. When reading the news etc, one thinks that everyone is selfish and bitter and violent. Not so!...*Claire*





2016—2017 EA BOARD OF TRUSTEES



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REGIONS OF EMOTIONS ANONYMOUS

REGION 1: NORTHWEST
CAN: AB, BC, MB, ON, SK
USA: AK, ID, MN, MT, ND, OR, SD, WA, WI, WY

REGION 2: SOUTHWEST
USA: AZ, CA, CO, HI, NM, NV, OK, TX, UT

REGION 3: CENTRAL
USA: IA, IL, IN, KS, MI, MO, NE

REGION 4: SOUTHEAST
USA: AL, AR, DC, DE, FL, GA, KY, LA, MD, MS, NC, SC, TN, VA, WV, Puerto Rico

REGION 5: NORTHEAST
CAN: NB, NF, NS, NT, PE, YT
USA: CT, MA, ME, NH, NJ, NY, OH, PA, RI, VT

REGION 6: FRENCH-SPEAKING CANADA



SLOGAN 12: I HAVE A CHOICE THOUGHTS FROM YOUR TRUSTEES



This slogan may seem to be a no brainer, but I am always left with a dilemma. I have to choose. Before getting into the EA Program and dealing with low self-esteem I generally left the decision making to another person, saying things like “it doesn’t matter to me” or “you decide” and getting upset with the decision made. Usually there are several options available, each of them being of equal value or importance. And you have to choose!...**Gus S** The slogan, “I have a choice” in responding to anything that comes my way is very empowering. When I play the role of a passive, suffering, sad human being, my Higher Power would want me to recall that healing and comfort and even joy can come to me if I take action. When I just mope and feel sorry for myself, I try to remember that I have a choice. The great thing is that I have a choice to no longer be the "life of the party." I can move on, in the right time, by changing my thinking so that I change my emotions because - wait for it- I have a choice!!...**Scott J** I have a choice means that I have the power to decide and make important decisions in my life. About 2 years ago, I decided to act and be positive in every aspect of my life. Also, I decided to get rid of all the irritants in my life, things that will drag my positive energy. So, I have a choice to decide what kind of life I want for myself...**France B** This slogan reminds me to look for options I might not see right away, or paths I might have dismissed. I don't always get the choices I want, but my higher power often opens unexpected doors for me. I have to accept the reality of the choices I have and don't have, instead of holding onto them and rejecting anything else. Maybe later I will be grateful for the unexpected gifts of different options...**Val A** Yes, I have a choice; and you have a choice. Does that bring us together; or does it divide? Personally, my emotions can be a divisor, or I can choose to find a way to reconcile all the various emotions that can cut me apart— with the resulting confusion and fear that I have experienced many times. Sometimes in an EA Meeting I try to remember not to criticize or argue, nor advise but to accept (welcome) others, and my self, as we really are...**Tyrell D**

EA EVENTS & ACTIVITIES

For a listing of current events go to
<http://emotionsanonymous.org/get-involved/2016-events-activities/>
To post an event contact Bobbie Jo at
info@emotionsanonymous.org

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*It's the Holiday Season,
the time of the year when we rejoice in
our New Way of Life*



Have you thought about sharing the gift of EA with others? Our web site at www.emotionsanonymous.org offers our complete collection of books, literature and miscellaneous items.

Should you have questions please contact the Service Center at 651-647-9712 or info@emotionsanonymous.org

We also want to wish you all the best of Holidays and thank you for your support throughout the year.

The Staff of EA International

