

# EA CONNECTION—SEPTEMBER 2016

## YOUR MONTHLY NEWSLETTER FROM ISC



### FROM THE EXECUTIVE DIRECTOR, INTERNATIONAL SERVICE CENTER

The Arizona convention committee is finalizing the plans for this year's EA International Convention – I hope everyone has considered attending, as these conventions are clearly an opportunity to reinvigorate your involvement in both the EA program and the organization as a whole. I know this year's committee (like every committee) has worked hard to find a lovely venue, schedule interesting and informative speakers, and create a welcoming atmosphere for the time we will all spend together at the end of September. If you have not yet registered, you can do so on our website at <https://emotionsanonymous-org.presencehost.net/get-involved/2016-events-activities/2016-ea-international-convention.html>

Every year prior to the convention, your Board of Trustees gathers to work on issues of importance to the organization and its membership. This year we will be addressing the ongoing viability of EA and identifying what we need to do to grow the number of groups and members. During the past year the ISC has accomplished several things to this end: developed a new website that makes finding both meetings and information about EA easier to do; launched an iPhone app for easy access to EA information anywhere; and created new, easier-to-use packets to start meetings and to welcome new members.

I see the next 12 months as pivotal for EA. Mental health is at the forefront of discussion in this country today and EA's program is a proven one – but not enough people know about it. This needs to change. Do you have ideas for how to spread the word/start more groups/get more people to keep coming back? I welcome your ideas and your efforts.

Please email me at [director@emotionsanonymous.org](mailto:director@emotionsanonymous.org) and let's find new ways to reinvigorate this program that has done so much for so many already...*Elaine Weber Nelson, Executive Director*



### SEPTEMBER TOOLS:



**Step 9:** Made direct amends to such people wherever possible, except when to do so would injure them or others.

**Tradition 9:** EA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

**Helpful Concept 9:** We utilize the program, we do not analyze it. Understanding comes with experience. Each day we apply some part of the program to our personal lives.

**Promise 9:** Our relationships with other people improve.

**JFT 9:** Just for today I will have a quiet time of meditation wherein I shall think of my Higher Power, of myself, and of my neighbor. I shall relax and seek truth.

**Slogan 9:** This too shall pass.

### OF IMPORTANCE TO GROUPS:

Join us for our 2016 EA Convention dedicated to achieving and maintaining our PERSONAL Emotional Health. Experience our SIX SPEAKERS, EIGHT WORKSHOPS, daily meditation sessions and Emotions Anonymous group meetings! Join us to find and renew YOUR NEW WAY OF LIFE.

*The discounted registration has been extended until September 2.*

### MEMORIALS AND SPECIAL GIFTS:



*In memory of Gillian W,  
EA Auckland, New Zealand Group*



To help support this publication, donations can be made to: [EA Connection](#)



## **STEP 9: MADE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.**

I find Step 9 can be a bit challenging. It seems to me that there are several things to consider such as whether an amend will do more harm than good. I have a couple of situations where I know this to be true. I know for a fact that even though I participated in having a pastor "kicked out" of his church, because he had an affair with a parishioner, I did it in an unkind way. Finding him, apologizing for the way I handled myself could do no good, and could potentially drag his family into it.

No good could come from it.



The only amend that is useful and productive in a case like this is my resolution to never be involved in that way, in a similar situation, again.

When an amend can be harmful to me, such as re-establishing an extremely abusive relationship, even long enough to admit my part in it, however small, would not be healthy for me. So, again, my amends must come in a different way. Possibly encouraging and helping someone else get out of a relationship like mine was.

I also must accept the fact that in choosing to make amends, they may not be accepted, and be thrown back in my face. If that happens, I simply have to say to myself, I've done what I can, and the case is closed.

If someone I wish I had made amends to has died, I can do some good in the world. Taking a meal to a shut in, planting a tree in their memory, performing some act of kindness for someone. Something as simple as helping a handicapped or elderly person load their groceries into their car when I see they're having difficulties. I see this as a way of making amends.

There are many ways of making amends, besides a face to face apology. And there are times these other ways are the better choice. My opinion, obviously. But once I have done what I can, it's time to let it go and move on. My resolve to be a better, kinder person as I make my way through the world is enough. And if I believe that I am owed amends by another person...I also need to let that go. I am only powerful over myself. And yes, what may seem simple on the surface might not be...*Abby*

**Making amends**—how do I know when I have paid my debt in full? I can only do the best I can - sometimes it is impossible to make direct amends and then I can try to find a way to make indirect amends. I am powerless over others. If it would hurt them too much for me to make amends, I pray for the serenity to accept that. Equally, if my emotions are still too difficult for me to be ready to make amends, I trust in my Higher Power that this will change in His way and in His time.

Most of all I need to forgive myself for not being the superwoman I was told I could be if I wanted it badly enough. I can make amends to myself by accepting that life is not all about taking risks and living on adrenaline, that I am worthy of being loved and cared for...*Sarah*

### **SLOGAN 9: THIS TOO SHALL PASS.**

**This too shall pass** is one of my favorite slogans. It has taken me through many hard times. It is so easy to forget that whatever is happening is happening in this moment only, tomorrow it could be completely different. Feeling of grief lighten as time passes, arguments with a special love one get resolved, someone who seems to have gone away comes back into your life. If we just let the river flow or the stream trickle whatever it is that is bothering us will pass. In the end, it is all about God's will for us and His wisdom is far su-

perior to ours...*Karen*

**I am grateful** that the miracle of "This too shall pass" has happened once again. I had a rough start to my day with thoughts of loneliness and hopeless running through my head on my way to work. It even took a little while for them to move on when I was at work. I attended Mass at noon and, although I was there physically, it just wasn't doing anything for me.

I am grateful that I know that feelings aren't permanent and that I can be doing the right things, but not feel like it or feel like it is making a difference. I also know that if I do what the program tells me to do, like taking positive action and looking for the good, eventually my feelings will follow.

It has not been a great day, but I can say that my day is a success, because program teaches me that if I have my serenity, my day is a success. I am grateful for EAnon and for my EA meeting, because I know that there I can find people who will understand me and with whom I can feel at home...*Joe*

**I often reflect** on this slogan— it has helped me too many times to count. For some time now, perhaps a year or more I also look at the slogan another way. In the way that even good times will pass—everything passes. So when I am feeling like my world is in top shape I remember to appreciate those good times, savor them, try to make them last because as life goes, even this good time will pass. Things change—constantly, I want to be ready to accept those changes, to accept what life brings to me. I can only control so much, yet I can control much because I am the thinker in my world. I choose my reactions to life. I love this slogan, I have used it during many trying times, second by second, minute by minute. ...*Twyla*





# EA TOOLS APPLIED: H.A.L.T.



## H.A.L.T.

**AS ON THE HIGHWAYS, THERE ARE DIRECTIONAL SIGNS IN MY LIFE WHICH WARN ME OF POSSIBLE MISHAPS, SIGNS SUCH AS H.A.L.T., WHICH REMINDS ME NEVER TO GET TOO HUNGRY, ANGRY, LONELY, OR TIRED. MY BEHAVIOR CAN BE, AND OFTEN IS, AFFECTED BY ANY OF THOSE FOUR FEELINGS....TODAY BOOK AUGUST 16**

**I am slipping**, when I look around me in a group of people, and feel left out, inappropriate, afraid that I am not enough for anyone there. *I am slipping*, when I look around my house and notice all the things wrong with my messes, rather than what is right. *I am slipping*, when I find myself unable to decide what to do first, or when I find myself anxious and unable to focus on what someone else is saying to me. *I am slipping*, when I am afraid of myself. All, or any of these, can be a signal that it is time to **HALT**.

Each of us learns as we gain experience, what our slips might look like and over time we know our triggers. One day at a time, life becomes more livable, less chaotic. We develop a sort of insurance plan that helps us navigate "slips" with a bit more awareness. Heck I still get muddy in a slip, but I can always take a refreshing shower and erase the mess and start again...*Victoria*

**Today my emotions** seem very intense, and I don't really know why. Almost always, when I am feeling strong emotions, I am somewhere in **HALT** (too hungry, angry, lonely, tired). Almost always, I'm tired, and usually one or more of the others too. So, for today, I hope to be very nice to myself. I'm grateful to this group for regular reminders to do so. It makes such a huge difference. I'm so grateful to know that I'm powerless over my emotions, because it has helped me do less "stuffing" of my feelings. Acceptance has helped me so much too. When I can accept the facts of my situation, I don't fight it so much. All these help me with finding peace...*Gail*



**H.A.L.T.** is a really good acronym in the program and sometimes I forget to use it when things start getting to me. **Hungry**, I eat when I need to as my stomach will remind me. **Angry**, that anger is much diminished thru resolving a long and deep anger issue with a parent as I knew I had to get to the root of why I was angry at myself. The rest of anger that pops up is where I'm working on turning it over by using the program. **Lonely**, I use the Loop to feel not so alone, family/friends support, and now got a wonderful guy in my life that is such a blessing to me and loves me unconditionally even with my faults and rough past, very positive and supportive. **Tired**, that's a work in progress as my "sleep clock" has been somewhat messed up for several months as it has affected the way I feel physically and mentally. Along with prayer and meditation, an ounce of cherry juice concentrate (as recommended by my therapist) is helping so far...*Janelle*

**One way of** working the program is recognizing **HALTS** before I react to a situation. Checking in with myself—H—Am I hungry? A—Am I feeling angry about something? L—Am I feeling lonely? T—Am I tired? (I've added an "S" to the end to make **HALTS**.) S—Am I stressed about other things?

Today, I am tired. Thanks to **HALT'S**, I was able to recognize why I was feeling impatient, sensitive, judged, overwhelmed, and annoyed. I was even able to tell my husband: "*I am tired*," instead of blowing up at him or anyone else around. Grateful just for today for a program, a loving Higher Power, music, headphones and visiting my parents...*Bashie*

**I like HALT**, it helps me to see more what is going on with me and take time to help myself. If I am hungry, I check to see if I have eaten recently and if I haven't, I tend to that or at least get a little snack if I have already eaten. If I am angry, I write out my feelings in my journal and I talk things over with my sponsor or Psychologist and that helps me to not be as angry. I learn to let go of anger more lately as I do not like the feelings of living in anger. I willingly turn over my anger to my Higher Power. If I am lonely, I try and make times that friends of mine and I can get together. I make sure I reach out to others at meetings I attend, too. I go to extra 12 step meetings if I am really lonely, too. I find that often someone else just needs to have a listening ear and I can be that at times, too. I also know my Higher Power is always here with me, so if I remember that, then I know I am not alone. If I am tired, I will take a little rest or even sleep in a little longer if need be, that is if I don't have something scheduled. I do plan days where I can relax more. Today I was tired after working at my volunteer job, so I just rested lots after work and felt better after. I am grateful for our little saying we have in the program. Whenever I get upset about something, I check the **HALT** (Hungry, Angry, Lonely or Tired) in me and see if any of that is coming into play with my upset and then take care of those things as best as I can with my Higher Powers help. Grateful for EA...*Connie*





# 2015—2016 EA BOARD OF TRUSTEES

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## SLOGAN 9—THIS TOO SHALL PASS:

When faced with a horrible obstacle that seems permanent, we have a tendency to catastrophize and crumble in discouragement. But even those things which may make us consider suicide will pass in relatively short order so we can get on with our life. **Vince C** For me, this too shall pass, is a slogan I use in positive and negative ways. When things are going great, I keep myself from being too disappointed when the happy moments go by saying, "this too....". I also can find hope during dark days by remembering that tough times won't last because "this too...". This slogan can even help me with facing my own mortality. When I think about my earthly existence, I'm humbled to say, in the end, "this too..." ...**Scott J** When I am facing a problem that makes my life unmanageable, I know that when I turn it over to the care of my Higher Power, my loving God will take care of the problem. I have faith in him. The problem might not be resolved when I want it but in God's time. I know that because of God this too shall pass...**France B** This slogan is a significant one for me, as it reminds me that nothing lasts forever, no matter what emotion or feeling I might be dealing with at the moment, be it anger, anxiety or fear. I simply have to live through it, relying on the other tools of our EA program, and things will return to normal. What a healthy slogan this is!...**Gus S**

## CELEBRATING RECOVERY



September marks my 40th year in 12 Step recovery. I want to share with you what an important part EA has played in that recovery. I came to work for EA in 1990 as your Executive Director, and semi-retired in 2012. I grew up in an angry alcoholic family. Anger terrified me but yet it also became to be my most popular defense against fear, hurt, and feelings of inadequacy. I believe that the inability to deal with emotions is often an issue for

those in recovery. EA has helped me to deal with mine in a more positive manner. So, EA—thank you for all you have taught me, thank you for the many friends I have made through EA, and last but not least, thank you for a deeper understanding of my Higher Power.

**Karen Mead, Editor, EA Connection, a grateful recovering alcoholic.**

### EVENTS FAR AND NEAR:

#### EA RETREAT OCTOBER 7-9, GLEN ROSE TX

*"How to live with unsolved problems"*

Speaker Kathy R, Milwaukee, WI  
\$120 2-nights & 5 meals For info Ann (817)  
714-8761/ Anita (926)646-3584

#### 28TH ANNIVERSARY PUBLIC INFO MEETING

October 25, 2016, 7:45pm  
2095 W Market St, Akron,  
For Info: 234-206-1232  
E-mail: [emotionsanon@yahoo.com](mailto:emotionsanon@yahoo.com)

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If you have an event you would like to see listed here, send your information to [editor@emotionsanonymous.org](mailto:editor@emotionsanonymous.org)

**COME AND VISIT BEAUTIFUL ARIZONA  
2016 EA INTERNATIONAL CONVENTION**



**Friday, September 23:**

- 7:00 PM Welcome Message
- 7:15 PM Keynote Speaker: Ron Regnier  
Subject: Sponsorship: Where we were, Where we are, Where we're going...

**Saturday, September 24:**

- 8:30 AM Morning Meditation
- 9:00 AM Welcome Message: Emory H
- 9:25 AM Keynote Speaker: Dawn M  
Subject: Using the 12 Step Philosophy to Navigate Your Emotional Well Being
- 10:30 AM Breakout Session 1: What the heck am I feeling? Dealing with specific emotional triggers  
Breakout Session 2: 1234567, We're going to meditate to Step 11, Meditation Techniques for Serenity
- 11:15 AM Breakout Session 1: Is it really this simple? 5 simple questions to engage in a healthy conversation  
Breakout Session 2: Guilt and Resentment, Eliminating guilt and resentment to enhance well being
- 1:35 PM Keynote Address: Scott J  
Subject: The Target of EA-Aiming for Balance and Wellness
- 2:40 PM Breakout Session 1: Anger and Fear-Get it in Focus—learning specific techniques to identify your triggers  
Breakout Session 2: Welcoming the Newcomer- Making newcomers feel welcome and coming back
- 3:00 PM Breakout Session 1: Men Sponsoring Men – To connect and learn the principles of sponsorship  
Breakout Session 2: Women Sponsoring Women - To connect and learn the principles of sponsorship
- 3:20 PM Workshop - Ron Regnier: Thinking Outside the Box-Learning how to take our sponsorship to new heights
- 4:00 PM Regional Breakout Sessions
- 4:25PM Closing Remarks
- 8:00PM Keynote Entertainment - Stevie Ann P  
Subject: A comedic approach to conscious living



**Sunday, September 25**

- 9:00 AM A time to celebrate our recovery



**2016  
Emotions Anonymous  
International Convention**  
Phoenix/Tempe, Arizona  
Friday-Saturday-Sunday  
September 23-24-25, 2016

<b>LOCATION:</b>	<b>ROOMS:</b>	<b>RATES: 9/20* - 9/28</b>	
DoubleTree by Hilton 2100 South Priest Drive Tempe, Arizona 85282	King or 2 Queens	1-2 Guests	\$93
	Rate is per night	3 Guests	\$103
	*Rates Available 9/20 - 9/28	4 Guests	\$113

Come Early! Stay Late! EA Hotel Rates Available 9/20-9/28 \*(<http://tinyurl.com/EA2016Hilton>) Tel:(480)967-1441

### 2016 Emotions Anonymous - International Convention Registration & Fees

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Email: \_\_\_\_\_ Phone \_\_\_\_\_  
 My Meeting Info: City \_\_\_\_\_ ST \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_

Please Check all that apply:  
 I will be my Group's Official Delegate at the Annual Meeting  
 I will volunteer at the convention (check one): Decorations( ) Welcome / Registration Table( )

*SESSION TIMES: Friday 7:00 pm-10:00 pm, Saturday 9:00 am-10:00 pm, Dinner 7:00 pm, Sunday 9:00 am-12:00 pm*

<b>FEES:</b>	<b>Enter Your Amounts Below</b>	<b>Credit Card Information</b>
ALL SESSIONS (Paid BY 8/29)	\$75 _____	CC# _____
ALL SESSIONS (Paid AFTER 8/29)	\$85 _____	<small>(Visa/MC/Discover Only)</small>
SATURDAY SESSIONS Only	\$45 _____	Exp (mm/yyyy) _____
Optional Donation to EA Int'l Svc.Center	\$ _____	3-digit code _____
<b>Saturday Lunch - Turkey ( ) Veggie ( )</b>	\$15 _____	Billing Zip code _____
<small>(For every lunch purchased Hotel will donate \$2.00 to EA-ISC!)</small>		_____ <small>(signature)</small>
<b>Saturday Banquet Fiesta Buffet Dinner</b>	\$35 _____	or CHECK HERE ( ) to Pay via PayPal.com
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