



EA CONNECTION: NOVEMBER 2017

Your monthly newsletter from ISC
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Executive Director

November is Gratitude Month in the “anonymous” programs. It’s a good opportunity to reflect on the positive things in our lives and I hope EA is included on your gratitude list. I know this program helps many people lead happier lives. I am particularly grateful to the EA Board of Trustees – their willingness to work together, their positive attitudes, and their friendship. I am grateful for each of you who respond to the call to help us carry the message; I recently asked for story submissions and I wanted to share one here from Connie W.:

What I Learned in EA

*EA helped me learn to live with unsolved problems with serenity. I solved what I could solve and let go of the rest. I learned to live one day at a time and I also learned I was not alone. There were others like me in EA who were getting well emotionally by following this simple program. They gave me hope that I could get better emotionally, too, if I followed this way of life. EA helped me to not focus on negatives so much and to look for the good in my life. This has helped me feel more serenity daily, too. My emotional health is so much better due to EA recovery. I learned the slogan ‘I need people’ in EA and I’m grateful I found EA members who helped me find serenity and I hope to keep coming back to help others, too...**Connie***

None of this would be possible without contributions from the membership. EA needs your support. Please consider making a gift this month. [Click here](#) to make your contribution now.

Elaine Weber Nelson, Executive Director.

The Loop

The Loop (EAnon) is our online discussion forum. Members share their experience, strength and hope in regards to EA recovery. Much like in our regular EA groups we are able to watch the miracle of recovery.

We recently had some delivery issues, but it appears all is now resolved, in addition, we can now accept Yahoo and AOL address, [click here](#) to learn more, or to join the Loop. If you have difficulties, contact [Karen](#) or [Bobbie Jo](#)

EA Recovery Tools

Step 11: Sought through prayer and meditation to improve our conscious contact with God, *as we understood him*, praying only for knowledge of His will for us and the power to carry that out.

Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

Promise 11: We acquire a feeling of security within ourselves.

Concept 11: Each person is entitled to his or her own opinions and may express them at a meeting within the guidelines of EA. We are all equal - no one is more important than another.

Just for Today 11: I will not compare myself with others. I will accept myself and live to the best of my ability.

Slogan 11: Keep it simple.



OF IMPORTANCE TO GROUPS

1. We’re hearing that some groups are being asked for insurance at the location of their meeting. Please know that the ISC does NOT provide any sort of insurance coverage.
2. Are you organizing a local event? Please let the ISC know if you are holding something special so we can share your information on the Calendar! Send your notices to [Elaine](#).
3. Has your group contact or meeting information changed? Email [Bobbie Jo](#) with updates. Correct information on the website listing is important so newcomers can find a meeting or someone to contact with questions.



In Memory of Bob R - Anita H, AZ

To donate a memorial or special gifts [click here](#)



RECOVERY USING THE TOOLS OF EA



STEP 11: SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD, AS WE UNDERSTOOD HIM, PRAYING ONLY FOR KNOWLEDGE OF HIS WILL FOR US AND THE POWER TO CARRY THAT OUT.

Step 11 is one of my favorite steps. In my mind I think of it as my "let it go" step. That is because in the step I am told to seek God's guidance and to ask that He provide direction of His will for me. Now my problem is that I often forget to do the above and it isn't until I am really hurting that I remember to call on God for guidance and that He always has my best interest at heart.

I have found that the Slogans offer support for Step 11, such as *"Let go and let God, You are not Alone, By the grace of God, and Keep it simple."*

This step also serves as a reminder that God is always there, I just need to "hook up." So, if I remember to keep Step 11 at my side and use the slogans as companions, life goes pretty darn good and I am grateful...*Cary*

Step Eleven, is one of my favorites. It describes to a T what I am learning, how to trust myself in trusting God. Since coming to the program, I felt hope in the very first meeting I went to. I didn't understand much but I kept bringing the body and gradually the mind did follow. I came into the program with raw nerves. My head hurt so much, I couldn't get any relief. I felt the

longer I worked on my problems, the shorter my attention span was. I became bored very easily. I wanted the answers instantly and I wanted someone else to tell me what to do.

I tried all kinds of mental twists and turns. And, each time I used my self-will instead of placing my trust in my HP. My fear set off all kinds of negative thoughts. Being fearful brought out worry, anger, envy and resentment. I had to blame someone / anyone. I blamed my sponsor for not listening to me. Didn't she know I needed special attention? Didn't she know how different I was? My behavior hadn't change much and I couldn't understand why. No one understood me. My home group was working on Step Eleven and Tradition Eleven. I came in late and entered through the second side door. I didn't want to disturb the group. But...my sponsor was chairperson. Our eyes met and she pointed to a chair she wanted me to sit in. It was next to her. Wouldn't you know, I had to change something about my demeanor but I couldn't on short notice. You see, I was still putting on an act. I didn't know how to be real.

As I listened and read with the group, my sponsor told me to finish reading the chapter. I wanted to hit her in the head with the book. But I didn't. As I read something happened. My face turned red and I had to admit my childlike behavior.

Thank God, what I read aloud certainly was me in living color. I was the defiant one, I was the person whom had the trouble with total inability. Then, the Our Father Prayer help direct me in the right

directions. Humility had another dimension for me. I don't know when it happened but I felt peaceful. My body wasn't as up-tight. My muscles were becoming relaxed. I walked lighter, I spoke quieter. I was losing self-centeredness and gaining selflessness...*Pat*

SLOGAN 11: KEEP IT SIMPLE

I have to learn to close my eyes to others shortcomings more. When I was raised, I was criticized lots, and I thought I would not criticize others when I got older, but I did and can still do it! So I want to instead, look for the good in people, instead of looking at their shortcomings.

It seems I would not be able to have any friends if I always was looking for the bad in others. Also, a trait I have had was to just drop someone from being my friend if they did even one thing that "I" perceived as wrong. I need to really stop following that trail! I will pray to not do that any longer. I need to be more willing to forgive others and try and resolve conflicts. I must learn to "Keep it Simple."

I think the more I see the good in others, the more I want to be around people. The more I see the bad in others, the more I do not want to be around people any more and just want to isolate.

So I am going to just pray for others if I see anything that "I" perceive as wrong and instead focus on the good in them. I will ask my Higher Power to help me to Keep it Simple. I am so done with my critical mind .

...*Connie*





DISCOVERING THE TOOLS OF EA



AND, SURE ENOUGH, I STARTED TO BLOOM

I have lots of strengths and weaknesses. Before the EA program I would attempt to hide my weaknesses and when they surfaced and other folks addressed them I would deny, blame, and become very angry because of their being noticed and pointed out. I would then be ashamed, guilt ridden, and withdraw into myself and become depressed. This was my life before the program. I did not spend a lot of time relishing my strengths because I would just discount those and spend most of my time lamenting about what a poor soul I was and how if only I did this and how can this awful stuff always happen to me.

I am very happy that when I hit my bottom that I was able to hear the message of the 12 Step program. As I witnessed the twelve steps working in other peoples lives I was able to let go of my imperfections and start focusing on what strengths I did have and sure enough, I started to bloom. I am very grateful for some recovery. I know that I have more to learn and grow through. I am far from finished because I stored a lot of negative crap during my days of denial and ignorance.

I always wanted to do something and **then** I would take up the struggle of change. I did not realize that I could begin change exactly where I was because that is the place where my HP is at and with it's help I could do anything which I gave my attention to...**Paul H**



POME - POOP

Jessica here and I am Gratefully POME, POOP and many other things but I am absolutely not powerless over my own actions or my attitude. I have **never ever** met anyone who said they worked the 12 steps of a 12 step program and did not get better. It makes no sense to me why someone would not work the steps if they wanted to experience some of the promises. I have found that journaling, or in the beginning it was more like writing letters to God, has helped me a great deal...especially in communicating with my Higher Power!...**Jessica**

30+

On 30+ Saturday mornings each year for the last couple of years I meet with an average of 3 other EA members at a busy restaurant in South Saint Paul, MN. It's a time we set aside to work our program together as we strengthen our friendships with each other. We focus on our individual recovery and we talk quite a bit about the future of the EA organization - conspiring to help EA become more healthy and accessible to those dealing with emotional and relational problems as well as scheming to find ways to help EA be financially sound both for now and for the future. I'm thankful for honest and care-full conversations that we have - while drinking coffee and eating eggs, pancakes, etc...to help us be open to the leading of the Higher Power to help EA flourish - not just survive. This organization will do well if we can all see ourselves in the same boat and if we start rowing together in the same direction, offering financial support and positive suggestions (followed by action!) to move us forward. I'm confident of this!... **Scott J**



Humbled

Boy have I been humbled in the past few weeks. And am I glad to be putting these steps back into practice, in this ongoing trip round the 12 steps. I like to picture the steps arranged the way the numbers are on a clock's face; I picture myself at the center, ready to use whichever steps seem most appropriate. One, Two, Three, Eleven and Twelve are the most often used for me.



I revisited my vulnerability over the Thanksgiving weekend. So, I am especially aware of my powerlessness. It is painful to admit my life was completely unmanageable, I am in no way stuck on step one, but I sure am glad I was willing to dwell there and feel the "quick" that had been exposed from my emotional injuries. In the meantime, what seems most important is dwelling in the solution. The bruised ego and spirit are healed by my living each day and gently applying the tools. Being willing to apply the tools in new ways and old, allows me to "come back" more and more to myself. My latest Awakening/Awareness has a sense of purpose. Thank you HP for this simple, but profound, program...**Victoria**



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“The Concepts provide us with the basic structure of EA”
Concept 11: Each person is entitled to his or her own opinions and may express them at a meeting within the guidelines of EA. We are all equal - no one is more important than another.
Thoughts from your Trustee on Concept 11:

The guidelines of EA provide a safe space for us to interact at our meetings and platforms - whether they are face-to-face, skype, phone, or the loop. We get to receive things said and/or written in appropriate ways so that no offense need be taken. "Take what you like and leave the rest" allows me to know that others have perspectives that are different from mine—and that's okay! It is in a space of equality that I can be comfortable knowing that no one is going to push their opinions on me. Concept 11 is a gift...*Scott J*

This concept is an important one for those of us who might be shy, or feel that our opinions really don't matter, especially those of us who have had to deal with low self-esteem. Important I say because it states that each of us is equal, and that my opinion matters; it counts; it is as valid as yours. Finally, I count! Thank you EA!...*Gus S*

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

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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



HOW GRATITUDE WORKS FOR ME

I learned at a meeting, yet again (3 times is a charm), that gratitude is the path to sanity. Gratitude is living in the solution not the problem. It is about focusing on what is good--not what is not working.

I believe each of us are changing life patterns. It is not easy work. Gratitude is like the spoonful of sugar that makes the medicine of recovery go down smooth. ..Victoria

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!