



EA CONNECTION - APRIL 2017

Your monthly newsletter from ISC
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From the President of the Board

Last month our Executive Director shared with us some of the exciting things happening in Emotions Anonymous, from the introduction of new pieces of literature, the redesigned website and a plea to our EA community to help create new material for consideration. It is envisioned that these new materials, like those we already have, will help the organization continue to move forward.

But, for all of this to happen, we can't forget our financial responsibilities. We've made some progress this past year, but we continue to see **RED** in our monthly financial report. We've made some drastic cuts within our ISC: hours worked; days of operation to four (4) per week and we can't cut any more if we are truly going to be of SERVICE to our EA Worldwide community. As an organization we need to find ways to stabilize our finances. Any suggestions and/or ideas? Pass them on to us!

Not only does the ISC receive daily requests for materials, etc., but also requests for opening new groups. Good news to be sure! Groups are also closing. I'd like to hear from our groups about what you're doing to keep a stable membership. Your input would be helpful to those groups struggling to remain open. Thanks, and enjoy these wonderful Spring Days! **Gus S, President, EA Board of Trustees**

EA Recovery Tools

HELPFUL CONCEPT 4: We do not judge; we do not criticize; we do not argue. We do not give advice regarding personal or family affairs.

JUST FOR TODAY 4: I will take care of my physical health; I will exercise my mind; I will read something spiritual.

PROMISE 4: No matter how far down the scale we have gone, we see how our experiences can benefit others.

SLOGAN 4: Live and let live.

STEP 4: Made a searching and fearless moral inventory of ourselves.

TRADITION 4: Each group should be autonomous except in matters affecting other groups or EA as a whole.



Welcome to Spring

EAnon

Many of the shares used in the EA Connection are from our online discussion group, EAnon. Click here to learn more about [EAnon](#)

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](#)

Of Importance to Groups

We're happy to announce that our catalog and order form have been redesigned to be more informative and easier to use! The new order form is available on the website: [Revised Order Form](#). Please be sure that if you choose to place an order by mail that you are using the most current form."

Please make sure your group contact and meeting information is current. Email changes to: [Bobbie Jo, Group Coordinator](#) Current information on the website is essential.

Want to receive information directly from the ISC? Go [Get Involved](#) 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 Linda P, a special person — Amy P, MI





RECOVERY USING THE TOOLS OF EA

STEP 4: MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.

For about a month I was feeling peculiar. That's a good word. I didn't know what was the matter. It wasn't depression exactly. I wasn't miserable. Nothing physical was bothering me (any more than usual.) But somehow there was this "feeling." Something was wrong but what? It was blah, bland and icky!

Then the lights came on. Several folks on EAnon talked about Step 4. Aha! Why does it take me so long to figure it out? I've done Step 4 many times and I know how helpful it is. So I sat down and wrote and wrote some more. My pen just wouldn't stop. And as I wrote, clarity came into my life once again.

It so happened I was due to go on a retreat the next week and I took my 4th Step with me and did my 5th Step with one of the priests there. Wow! What a difference in my "feeling." My "peculiar" has left and I'm again back to me. There's nothing like the 4th & 5th Step to restore serenity...*Mary Jane L*

As I work on Step 4, I find that resentments are definitely my number one challenge. I get resentful of people really quickly. And then, I find it hard to let it go. It really destroys my serenity. I wake up in the morning and the tape recorder of some past resentment starts replaying in my head. Its



almost making me sick nowadays, because I am so tired of it. If I am to get some semblance of emotional balance back, I have to learn to let my resentments go. Right now, I am writing Step 4 on the big ones and sharing them with my sponsor. I don't know how it will work and how all the venom inside will dissipate...but I am just trusting the process for now. To paraphrase some literature I read, Other people can keep anger and grouches; for us, it is poison. I am powerless over my emotions and that inner anger feels like poison. I know friends who can forget a resentment and go on. I have seen my husband who rarely gets resentful, let go. But I know it doesn't work that way for me, they paralyze me. I have to do something about it. I am grateful that I have a systematic program as I try to deal with the pain of Step 4... *Pri*

I am happy that thanks to having worked Step 4, I am not carrying around the garbage of my past mistakes--especially since I've lived such a long life.

I don't need to worry that someone could turn up a secret about my life. Over the years, I've shared them all. My mind has calmed down, thankfully. Part of this calm is due to the fact that I've accepted that I cannot "fix people."...*Carol*

SLOGAN 4: LIVE AND LET LIVE

This is a powerful message...to live and let live. I have so much to focus on in my own life, how is it that I have time to get into other people's business? For me, its usually with

the goal of "helping," but is it really that if the person doesn't want help or expect it? I don't know.

Last week I wanted to write two letters to check in on how some individuals were doing. I didn't do it, instead opting to write a totally different letter to someone to just share with them some pictures and information. When I opted to not write the first two people, I was actually practicing this "live and let live" philosophy but didn't realize it at the time. When I decided not to contact them, I realized I had so much on my plate, why do I want to tackle this Pandora's box again. It proved to be a land-mind last year. I can't deal with whatever unforeseen might come out of contacting them again, even if it is just to "check-in." So I focused on me. I'll be here if they reach out...*Irene*

HELPFUL CONCEPT 4: WE DO NOT JUDGE; WE DO NOT CRITICIZE; WE DO NOT ARGUE. WE DO NOT GIVE ADVICE REGARDING PERSONAL OR FAMILY AFFAIRS.

One thing I notice is that I often judge myself harshly. And find myself unable to forgive myself and ruminate on past mistakes and failures. I find it rather easy to forgive other people but when it comes to me it is not easy at all. I feel like I should be perfect, never make mistakes and always do the right thing. I hope as I work through the steps I learn to forgive myself and be kinder to me. I need to be a better support of who I am and what I can achieve. ...*Carolyn*

DISCOVERING THE TOOLS OF EA



TOOLS OF THE PROGRAM

A wise elder in my f2f group likes to say that our "disease" likes to sneak up behind us, grab us from behind & drag us into a deep, dark hole. Not only does it do this, but it also blinds us to the way out of that hole. It takes all of the tools of the program & the help of others to find the way out...*Joe*

MY EMOTIONAL BOTTOM

When I came to the program, I was very much at the bottom. I was so afraid of meeting new and unknown strangers. I was scared of what would happen to me. I was totally insecure. Fear tried to hold me back, but I knew I needed help. I was able to cry and open-up to people but I couldn't look them in the eye nor did I want to. After finding out that it was my first meeting of EA, the chairperson told me I was the most important person in the room. I was ashamed of myself. I was so hard on myself and didn't believe I deserved their help. All thoughts like this came to mind, it was hard to listen because my concentration was nil. As much as I didn't want to do anything, I forced myself to meetings and tried to listen for the message. It took years before I came out of the fog. I needed to find a purpose for attending EA meetings. It would have been easy to quit, but I knew I had to do the footwork. Laying down my foundation became my purpose. I felt God had saved me for a reason.

How was I to share in those earlier days? How would I know what God wanted from me? I needed to help myself before I was any good for someone else. I started to give back on the day of my first meeting. A member needed some medical help. I asked if I could be of service. I took her to the emergency room. She was going through the beginning of a nervous breakdown. I didn't know what to do but I stayed with her and held her hand. Didn't say much but I did take note because it could have been me. Live and Let Live was one way I found some peace of mind. I stayed with the lady until she had a room. I kept saying to myself, "There, but for the grace of God, go I." I couldn't help but to be a new friend to this lady.

After five years in the program, making many mistakes and repeating the same bothersome thoughts, I found the purpose for being alive. It wasn't for myself as much as it was for another suffering human being. My purpose now a days hasn't changed. I love giving back and receiving the blessings and promises of the program. It's in the giving that I receive the courage and strength to know God is walking besides me...*Pat*

Two Wings

Just for Today 4: "I will take care of my physical health; I will exercise my mind; I will read something spiritual." For me being a brain-oriented person, I might have the tendency to over-exercise my mind, and to read things spiritual. For me, the first part of this guideline has proven most important: "Just for today I will take care of my physical health." There is a lot to taking care of my physical health. For me exercise has been an absolute. It helps create feel good hormones, it channels anxiety (and anger), it steadies my focus, it helps regulate my appetite and ensure better sleep. The teacher showed us a new exercise, that did not come easy to me. I had to learn to use both sides of my body, in kind of a swirling motion, on the floor. I really noticed how much my right arm and shoulder liked the unwinding. That kind of unwinding is a form of joy I hope to add to my exercise tool kit. It had me turning from one feeling to another, left side to right, and experiencing a sense of freedom, just as if I had wings—"God turns you from one feeling to another. And teaches you by means of opposites. So that you have two wings to fly. Not one."...Victoria

LIVE AND LET LIVE

For me this simply means that I am responsible for me and that I need to let others be responsible for themselves. I get to live my life and they get to live theirs...*Karen*



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“The Concepts provide us with the basic structure of EA” Thoughts from your Trustees: Helpful Concept 4

CONCEPT 4: WE DO NOT JUDGE; WE DO NOT CRITICIZE; WE DO NOT ARGUE. WE DO NOT GIVE ADVICE REGARDING PERSONAL OR FAMILY AFFAIRS.

We show hospitality in offering unconditional acceptance / welcome. Our HP guides us, so we don't add suggestions or critiques on how people live. What a gift this is! "We're glad you're here! We'll work on getting along with you as you work the program and "get along" moving in the direction of emotional well-being." The EA family is the only family affair we're concerned with—avoiding dysfunction through kindness/openness to all on the journey to recovery!...*Scott*

Judging, criticizing, arguing, and giving advice are all ways I try to change or control other people. When I examine my life I can see I'd be better off examining my own choices, as I have made more than my share of mistakes. I want to control others because of my own fear. I need to remember that other people have a higher power and I can pray for them. If they ask for my advice I can give it but I have to let go of the outcome...*Val*

This Concepts tells me to treat people as they are, unconditionally, to not give advice but to lead by example and to share my personal experiences in the program...*Harold*

Difficult Concept for me, to say the least. Why you ask? To see an individual in emotional pain looking for an instant cure, knowing it is difficult for them to see the hope the program has to offer. Often, after several meetings or months they simply gives up in despair, unable to receive the help the program offers because of their inability to see beyond the *we do not's* in this concept. If only....*Gus*



Gosh, if I cannot judge, argue, criticize, or give advice then I guess all I have to work on is me! But it's so much easier to focus on your character defects than mine. Emotions Anonymous really is introducing me to a "new way of life"! Thank you,, Higher Power...*Tyrrel*

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

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Will you help us?



We need your input! Please complete a short survey regarding the 2017 International Convention. You can find the link to the survey on our website homepage (www.emotionsanonymous.org).



All responses are anonymous; we'll share the results in late April.

Thank you for your support of EA!

