



EA CONNECTION - SEPTEMBER 2017

Your monthly newsletter from ISC

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From the Executive Director

This year the Trustees opted to encourage more local gatherings instead of planning an international convention. This change was based on survey results from the EA membership. We asked one member to share information about their local event for this month's Connection. We encourage more of these types of get-togethers to make it easier for *more people to participate*. If your group would like to hold a workshop, retreat, picnic, conference – let us know! The ISC can help you get the word out as well as help you organize it.

Elaine Weber Nelson, Executive Director

On July 30, 2017 the EA groups of Canton, Ohio held a picnic/EA meeting in Hartville, Ohio with EA members coming from various parts of the state. The food was plentiful, the sunshine was bright, and the folks mingled with lots of sharing and listening.

This was a lead meeting with three speakers who had different lengths of time in the program. One was a 12 year member from Cleveland, another had 6 years in the program and the last speaker had 25+ program years! Thanks to Richard, Cindy and Carol for sharing. They spoke on "Living in the Moment" and what it has meant to them as they have grown in the EA program. After each speaker there was time for comments from attendees on how they used the idea of 'living in the moment' personally.

What was great about not only the folks who shared their experiences, strength and hope with those in attendance was that the folks giving comments made the program interactive and allowed everyone to share their program.

Giving fellow EA members a chance to gather at a more local level will help us to build this organization. It will allow folks who can't attend a national convention the chance to meet others who are also working on their emotional problems. It makes it a fun time as well as a time to share and to serve and didn't require months of planning!

Hosting a local gathering is a win/win for all who attend as well as for our national organization as a whole. Let's do this!!!!!! ...Paul H

EA Recovery 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.

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](#)

EAnon

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



MEMORIAL AND SPECIAL GIFTS

In loving memory of Daniel & Lisa Novotny, Virginia Beach VA Wed/Sat Group





RECOVERY USING THE TOOLS OF EA



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

I made amends to my family years ago for things I had done when I was not well emotionally. Like I ran away and lived on the Los Angeles streets when I was 18 years old.

I told my mom I was so sorry for that and tried to be a loving daughter to her since, except for a brief time we did not talk. I told my brothers I was sorry for running away, too, and I asked them how it harmed them. They said the worst was when they watched the evening news and it said "It is 11 o'clock. Do you know where your children are?" and my mom would start crying. They said that was so hard to witness. So I told them I was sorry for that.

Through the years, I have tried to get along with all family members, even when they are hurtful. But sometimes I have had to just withdraw from family members when they were really hurtful. Just because I found recovery, does not mean they all did.

I need to forgive myself for "allowing" family members to hurt me and not speaking up about it, too. Lots of times I was very passive and just allowed lots of hurt. So amends to me is to not allow people to hurt me like that any longer.

I can not change my family of origin and who they are. We are not as close as we once were because I would have to be back in my old people pleasing role and I am not

willing to do that. But I still try to be loving to them all, to the best of my ability. I just need to keep myself safe more and not allow any more hurt to happen to me from them.

Like I do not have to take offense, I can detach with love, I can pray for them, I can let go and let God help me and turn them over to God, too. I do not want to live in resentment at family of origin members, so part of the amends to me is to not live in anger. When anger happens, I turn it over to God and that helps.

One more of my amends is to just do the best I can in my life and reach out for help when I need it, too. I also do living amends by changing my behaviors that really were not so up to par. I ask my Higher Power for help to live more in my assets than my defects, too...*Connie*

Slogan 9: This too shall pass.

I am very grateful for this slogan, no matter what is happening to me in a given time, good or bad, I know that **this too shall pass**. It helps me to stay balanced and not get too caught up in the highs of life nor does it require much energy when I hit the lows of my day.

I used to do a lot of lamenting on those low days and spent a lot of time and energy in my head attempting to figure and analyze everything. Now I know to sit tight, breathe deeply and let it go to my HP and keep on smiling...*Paul*

Tradition 9: EA, as such, ought never be organized; but we may create service boards or committees di-

rectly responsible to those they serve.

As newcomers, many of us were surprised by the absence of rules in our 12 step groups. Before we found recovery from the effects of emotional illness, a strict sense of order may have been the only way that we felt we had some control. Naturally we expected a program successful as ours to be even more rigid than we were!

Instead, as a newcomer I was told that I was free to work the steps in my own way and time. I could ask questions of anyone as they came up. My Sponsor in face-to-face meetings encouraged me to speak my mind. She said I was not doing service to better my group if I pretended to have more recovery than I did.

And so I learned early in my program, that no one was in charge yet everyone was in charge. It seemed impossible yet I could see each time we came together in common purpose, we were working more effectively than any organization with which I've ever been involved. As I continue coming to meetings, or simply congregating online, I'm learning to trust that the group is guided by a higher power whose will is expressed in a group conscience. And I learn to trust my fellow members and the well being of our fellowship, where no one person is in charge.

Today I will remember that the ultimate authority is a higher power who works through all of us...*Victoria*



DISCOVERING THE TOOLS OF EA



***“God grant me the serenity to accept the things I cannot change;
the courage to change the things I can;
and the wisdom to know the difference.”***



The Serenity Prayer is one of the greatest gifts from this Program. So here is how this has translated out in my life...or my Thank you to God for what He has taught me through this Prayer.

Thank you God for the peace that comes from knowing that I cannot **Change** my family of origin, how they behaved towards me and how I responded way back.

Thank you for the peace that comes in knowing I can **Change** how I react today to them and to the pain inside.

Thank you for teaching me new ways to Love and Accept my family of origin regardless of where they are at in their lives.

Thank you that the more I trust in you the less fear I have of them.

Thank you for the courage to face and walk through my own fears regarding my life. For giving me the **Courage** to drive on the freeways again. For giving me the **Courage** to look to you to be different with my son and daughter in law than my family was with me.

Thank you for the **Courage** to face the pain of my past so that history does not repeat itself. Thank you for the **Courage** to believe that my pain is not who I am.

Thank you for giving me many chances and slowly teaching me that who I am is not dependent on others but dependent on my relationship with you.

Thank you for the **Wisdom** you give me in keeping my mouth shut at times, when I know better than others but the timing was all off.

What a gift you are to me God in the simplicity of you. Thank you God for the Serenity Prayer that teach me in incredible rewarding ways. Thank you and for being a God of second chances.....and live and be and love in you...**Jessica**



living out the truths of the Program and a life in continues to give to me all the days of my life and God for Peace, Serenity, Wisdom and Courage third chances. Thank you God for another day to

The part of the EA program that helped me the most was finding the part I played in causing my emotional problems. The reason this was so important was because this was something I could work on, and CHANGE my behavior. The other things I could not change...**Carol**

I love the serenity prayer. It just says so much so well. If there is one part of the prayer I really need to focus on more than others it's the "Courage" portion. I am not a courageous person And so I do not like change—and have not made much change in my life over the past few years. I pray to my Higher Power, though, for much more Courage this year to make changes so that my life can continue to grow and blossom...**Chris**

I love the reflection stating that I will love and accept myself as I am. I have been struggling with my husband recently and have been questioning the person that I am. The reflection helps me to remember that I am okay just as I am. I have powerful emotions that cause things that I do not necessarily enjoy about myself. I need to follow the Serenity Prayer and accept the things I cannot Change, gain Courage to change the things I can and have Wisdom to know the difference. I have the power to change things about myself, especially my reaction to my emotions... but I cannot change my emotions, they are given to me by my HP, God as a way to express my feelings...**Anonymous**

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“The Concepts provide us with the basic structure of EA” Thoughts from your Trustees: Helpful Concept 9:

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.

I have been using the EA program since Oct 1985. I work the program daily. The program does not have to be changed because a person wants an easier softer way, there isn't one. I have learned more as they work the program instead of trying to understand how works. It is like a bumble bee that flies when science say it can not, IT JUST DOES IT...**Harold F**

Analysis can be helpful until I try to untangle the same knot for the hundredth time! The EA program is spiritual in nature. For me, this means that my human understanding will never be sufficient to comprehend all of it. Instead, I am asked to be willing and teachable, and to focus on my daily tasks. When I can get out of my head and "do the next right thing", benefits most often follow, even when I am not sure why...**Val C**

What a novel concept! Most of us, I dare say, are taught to analyze everything before we make a decision relative to changing jobs, purchasing an item, etc. But in our program, we are asked to use the tools of the program so as to really understand and apply it to our personal lives. Analyzing gets us nowhere, least of all to recovery!...**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

USA: CT, MA, ME, NH, NJ, NY, OH, PA, RI, VT

REGION 6: FRENCH-SPEAKING CANADA

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Of Importance to Groups

1. 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 questions.
2. 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.
3. 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 **Event Calendar**.

