

# EA CONNECTION—APRIL 2016

## YOUR MONTHLY NEWSLETTER FROM ISC



### FROM THE PRESIDENT OF THE BOARD OF TRUSTEES:



Can you believe that within six months the 2016 EA Convention will be in full swing here in the Valley of the Sun! Again, the dates are September 23-25, 2016. As the Host Committee for the Convention, I want you to know that the men and women of “The Valley” are working hard to make this year’s convention a memorable experience. As this is the “Year of Sponsorship,” our committee has chosen the Convention Theme of **SPONSORSHIP: SHARE THE EXPERIENCE** and are building our Speakers and Workshops around this theme. Our established committees have begun their work and are excited about our days together. Russell E and I, serving as the Co-Chairs for this year’s convention, want you to know that we are working to assure that participants will get the most for every dollar spent. I’d suggest you begin checking out air transportation to **Sky Harbor International Airport, Phoenix, AZ (PHX.)** While we have not firmed up the site, hotels are guaranteeing a window of fixed room cost three days before and three days after the convention. Continue to watch for future announcements on our EA website: [emotionsanonymous.org](http://emotionsanonymous.org) as well as the EA Connection. Looking forward to seeing you in Phoenix in The Fall! The Sun awaits you!...**Gus**

### FEBRUARY 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.

**SLOGAN 4:** Live and let live.

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

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

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

### OF IMPORTANCE TO GROUPS:

1. Please be sure to send any group information changes (group contact, meeting time/date/location, etc.) to [groupdata@emotionsanonymous.org](mailto:groupdata@emotionsanonymous.org) so we can update the meeting locator information on the website.
2. Be sure to check out the new website: [www.emotionsanonymous.org](http://www.emotionsanonymous.org)! We went 'live' not long ago and have received a terrific response to the new site. Hopefully the website will help everyone find information they need and share the message of EA.

### *Meditation for Today—April 30—Today Book*

*May I learn to live a manageable life by tackling manageable problems, and turning the rest over. May I comfortably accept my limitations.*





## **Step 4: Made a searching and fearless moral inventory of ourselves.**

**Step Four** is a vital part of my 12 Step program. The "why" of this step is that when I come face to face with both the good points and the poor points of who I am, it helps me to take responsibility. It is important for me to face my fear and most of the negative things which flow through my thoughts and feelings are about fear and lack, which does not help me become a better person. When I face these fears I am able to make better choices and respond to life in a more thoughtful and loving way.

Another one of the *why's* of Step Four for me is that I am able to live my life with more balance and direction. When I suffered a lot of deep depression I found that I had squirreled away a lot of secrets into little boxes and did not want them to see the light of day because people would think poorly of me.

For me there are only two emotions—love and fear. One of them I can do nothing about because that is all there is, the other one is man made to control and manipulate me and that is the one which causes me lots of opportunities for growth. Before the program fear ran me around like a chicken with its head cut off. With the help of a lot of small Step 4's, I am able to stop the flopping and enjoy letting go of the things which caused me to struggle so often in my daily life...**Paul**

**I did an** inventory of my character to see my strengths and weaknesses objectively and reviewed where I still

had pain. If I had resentments I gently asked myself if I had even the smallest responsibility. Then if I had shame in my soul, I looked at what I did honestly while using the guiding light of compassion, realizing I need not repeat my mistakes.

The gift to me in Step 4 is that I know myself. And know that I am not the bad things I have done, nor the bad things that have been done to me. I have a power that can be used for good. Once I am fully aware of that and have let go of the past, I can claim the life I was meant to live...**Victoria**

**Although I understand** that each of the Steps is important, it is Step 4 that I feel was the most important Step for me. This Step made me take an objective look at myself. And in a way, it turned my life a bit upside down.

I had always believed that perfectionism was a good thing. But Step Four showed me that in my case it was not good at all. Perfectionism has kept me in a state of unhappiness. I never felt I did anything quite good enough. I feared doing new things, because I was so uncertain that I could not do them perfectly...**Carol**

### **Slogan 4: Live and let Live**

**I need to** concentrate more on giving others complete freedom to do whatever they want. I got mad at a friend recently for her choices. I did not think she was making the right choices. I did not tell her that, but I tried to persuade her to do things differently. When I knew she was set on her own way, I just said, "Well, we all have to do what we feel is

best in life." And then I just let it go. We did not get in any arguments, but later when I was alone, I was really thinking she is not doing the right thing! I was believing I could force "my will" on my friend with "my" suggestions. And when she was not following them, I got mad.

I need to instead practice the slogan "Live and Let Live" with my friend. And even though I do not like my friends choices, I can still accept her as she is if I keep asking my Higher Power to help me. Just as I want to be accepted as I am, which my friend does, I will pray to my Higher Power to accept her, too. Then I will not be mad at her choices, they are hers to make, not mine.

Next time I want to try and persuade someone to do things "my way" I will remember that I am trying to make them a puppet and pull strings to get them to do what I want them to do. Maybe I could say something to myself like, "They are not a puppet and not my puppet at that!" They are their own selves and will do whatever they feel they need to do, I am not their Higher Power. I can not change anyone, but me and my attitudes and things in my life.

I want to practice "Live and Let Live" in my daughters life, too. She tends to break up on and off with her boyfriend. Just when I think she is done and broke up with him, she is back with him. So for now, I am going to just be a listening ear more and not try to say too much, it is her choice, too. She is not my puppet! I will pray more for help in staying out of other peoples choices, and to "Live and Let Live"...**Connie**





# EA TOOLS APPLIED : ANGER



## **A LIFETIME OF ANGER**

One of the secrets I've kept for most my life is that I've been angry about one thing or another for as long as I can remember. Whether it was about feeling like my parents expected too much of me or didn't think what I accomplished was enough, or how my wife treated me long ago when we both didn't understand that I had some emotional issues. I've been angry, resentful and unhappy. In my family we were not allowed to express our emotions especially the angry ones so things got bottled up and I've always believed that anger turned inward can develop into depression which I've also had for most my life. The fact is I just recently realized that this anger was not a part of my character that I had to accept because it was part of my make-up. It was just an emotion that I could let go of if I was willing to surrender it to my HP. The surrender of my anger released all this energy that I had directed inward for so long I had forgotten how to enjoy life. I feel like there is this other person I could become just in my periphery vision. This "could be" person wants to dance and shout and jump for joy expressing all this trapped energy in an outward display that I've been fearful of all the days of my life. Perhaps one day soon I'll step into the skin of this "could be" person and become what I believe is possible as I continue to work the EA program that works for me, accept my faults and defects, and humbly ask God to remove them. This new person I become won't be perfect, but will be free of the secret anger that has consumed me all these anguished years. Let me start right now—Whoop, whoop!...**Scott**

## **MY ANGER**

**My anger** is productive. It gives me the energy to right a wrong, an injustice, the courage to change something I can change - and there is usually some small thing I can do if I listen to my HP to find out what that is. Sometimes, it's just learning patience.

**My resentment** is not productive. I need to make amends to my HP, to myself and sometimes to another if I am feeling resentment.

**My frustration** is not productive. Whilst I cannot always find serenity in accepting that I cannot change something, increasing my ability to be patient/endure is better for me than continuing to hit my head against a brick wall.

**My anger** requires physical action. If there is no way I can use the energy anger gives me, I can go wrestle my duvet before it turns into resentment/frustration...**Sarah**



## **LETTING GO OF ANGER**

The other day my wife was feeling anxious and overwhelmed by the amount of things she had to prepare for work the next day. I was being affected by her reactions and didn't like it. The next day I woke up and felt angry at her and it was threatening to spread into a negative attitude toward the day ahead and the world in general. Then something I read in my morning meditation struck me - it was "Just for Today I will let go of anger." I thought to myself, "Hey, I can do that!! I may be angry tomorrow, but I can let go of anger just for today." So I did. And when the next day came, the feelings of anger had passed. Thanks for Just For Today's. Thanks for being able to let go. Thanks for allowing "This Too Shall Pass" to happen...**Joe**

## **ANGER BROUGHT ME HERE**

Anger/rage is what brought me to this program. Eighteen months ago, I found EA after going through a retreat where I finally felt that I could talk about and even appropriately express my anger and rage, and start dealing with the pain behind it. What a great weight was lifted by that experience. My anger and rage drove me over many years to say and doing things that were very hurtful and awful. Because of my anger I nearly broke my marriage vows and almost threw my professional credentials away. There are other things too that my anger drove me to do and while I made amends for them, they are still too personal and shameful to talk about like this. I still have moments when I go off and silently rage and vent, and I need my HP's help to let go of the anger and move forward through being more patience and tolerant...**Jim**

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## **SLOGAN 4: LIVE AND LET LIVE**

I have learned to not argue about people's ideas ( politics, religion issues etc. ), I can not change them and they can not change me. If they want to



live the way they are I live with my beliefs and let them live with theirs. I live with more serenity this way...**Harold** In Nassau they have a related slogan: No problems mon. So let us be positive—not negative. To live is to love; I am convinced (based on my own experience's) our Higher Power intends, in spite of our difficulties, that we are to celebrate our life and the lives of our friends and neighbors...**Tyrell** In my past, I used to be a savior. I wanted to save all the people in my life from having problems. It was so bad that their problems became my problems. When I joined EA 10 years ago, I learned the Slogan, "Live and Let Live." These days, I mind my own business. I also learned that I can only pray for the people I love...**France** "Live and Let Live" reminds me to mind my own business. My primary business is my emotional sobriety, followed by physical health and daily responsibilities. If I spend too much time on other business my primary responsibilities suffer. Also I am powerless over other people and things, so I need to focus on myself and the things I maybe can change...**Val** "Live and Let Live," is one of my favorite slogans because it directly relates to the phrase of "God, of my understanding." This is not only for me, but for me to learn, tolerate and be open to other people's beliefs; no matter how different those beliefs may be...**Lynne** Life is meant to be lived so don't waste time on stinkin' thinkin'! Don't waste time on being critical of others, but rejoice when they live their lives to the fullest! ...**Vince** To live and let live, for me, means to surrender to circumstances beyond my control - control being the key word! I give thanks for a H.P. whom I can trust in my efforts to not be afraid to make choices and then move on, not being attached to the outcomes. I get to have my life and others benefit from me letting them live free from me managing them!...**Scott** This slogan reminds me that I have a right to my opinion but that you don't have to share it. When I'm having a problem with this I need to return to The Serenity Prayer for its right there: "accept the things I cannot change and the courage to change the things I can..." yes, that's true, but there's more: "and the wisdom to know the difference." There it is, the solution—**wisdom!**...**Gus**

### EVENTS FAR AND NEAR:

**MI**—Handling Frazzled Emotions" 3-day retreat, Littleton Lodge, MI May 20—May 22, 2016, Warren, MI, Rosemary H: 586-943-7629

**MN**—Buffalo Retreat July 17-19, 2016  
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