

Emotions Anonymous International 2024 Annual Report



Remind me that my program offers me a blueprint for positive action.

— Meditation for Today,
Today book, February 18th

From the Board of Trustees President, Paul N.

Another year in the books, another year of recovery! After a period of many of our members connecting online through virtual groups, I have been encouraged to see new inquiries about starting in-person meetings over the past year. Having both options available at as many times and in as many cities/time zones as possible serves our membership well. If you feel a calling to start a new group, please visit the website (emotionsanonymous.org) and under the 'Service' tab, click on 'How to Start a New EA Group' to find out more.

As always, our administrative office has done a lot with moderate resources over the past year. While our literature sales were down 8% and group donations declined by 34%, an 8% decrease in expenses, combined with a one-time estate gift helped the organization to increase its financial safety net from a very low level the year before. Even with this stabilization, EAI only has six months of reserves on hand. Considering the significant losses EAI has seen in prior years, this is not a significant cushion. Given how many groups are online today versus five years ago, it can be easy for members to let their \$1 or \$2 per meeting donation slip away. If you are able to contribute, you can now give monthly on the EAI website. Just visit the website and click on the 'Donation' button and it will provide the option of donating monthly.

They say it takes a village to raise a child. I believe it will take a village to keep EAI going for another fifty years. All of us in the program have different strengths, whether it is having the spirit and commitment to start a new meeting or sponsor, the interest in becoming a board member, the writing and editing skills to serve on the literature committee or the gift of sharing a part of ourselves in each meeting we attend. We all have something to give and our contributions, in tandem with the hard work that the people in the EAI office put in, will ensure that the program keeps moving forward to serve current members and potential members who are experiencing pain and don't know that the program is here...yet!

New This Year

- #114: "What is Courage" pamphlet
- #111, #112, #113 — Pamphlet Packs to make ordering multiple pamphlets easier
- #109—"Just for Today" poster
- #110—"12 Steps" poster
- Revised "It Works If You Work It" book & e-book

Mission

To support individuals with emotional difficulties in their efforts to live a more manageable life by using the Emotions Anonymous Program of recovery.

Literature Committee Report

This year the EA Literature Committee worked hard to complete reviews and edits on a couple important pieces, including the new “Courage” pamphlet and the “Holidays and Special Days in Recovery” workbook. We also made great progress toward pulling together the first rough draft of the upcoming new book on the Twelve Principles. We received submissions from more than 30 EA members around the country (thank you!) and held a special meeting last winter to create the final structure for the book. Special thanks to several very active members, including Kathleen, Erin, Sharon, and Greta, who have made a solid effort to initiate or complete literature this year. But we need you too! If you’re interested in joining the Literature Committee, contact Colleen at coyne2003@hotmail.com.

Please inspire my words today and let them be an expression of good.

— Meditation for Today, Today book, July 30th

2023-24 Quick Facts

Email subscribers....4,866

In-person U.S. mtgs ...182

In-person Int’l mtgs ...107

Remote meetings135

Orders fulfilled3,948

Monthly website
visitors.....20,472

Annual website
visitors245,664

New Group Information
Packets sent out215

New meetings begun...46

Books sold2,832

Workbooks sold768

From the Executive Director, Elaine Delavy

How do the years go by so quickly? We had a staffing change here last summer—Claire went back to school and we welcomed Molly to EAI. She’s been a terrific asset, managing the order processing, updating meeting information, fielding member questions, recording donations, and generally keeping things going all around. We’ve introduced new items (“12 Steps” and “Just For Today” posters), added a few pamphlets, revised the “It Works If You Work It” book, and continued work on a new book focused on the 12 Principles.

We hear regularly from people who are so grateful that this program exists and we do our best to accommodate requests—whether for new materials, changes to the website or meeting locator, or how we communicate. We continue to fret about our budget—we were fortunate to receive an estate gift last year, which provided enough cushion to end this year with a positive balance—only the second time in the last decade we could do so.

I’m so proud of this little organization—truly, when I took this position (9 years ago!), things were bleak. We’ve turned around and continue to support groups and individuals throughout the world as they work their program. I appreciate the willingness of members to help out when I ask—special thanks to our Board of Trustees for their support and work. My future plans include trying to find new ways to reach more people—help get more meetings started, generate more awareness of the program, and continue to work with the Literature Committee to provide new and fresh materials to make the program more meaningful for all.

Sustaining Donors

Our grateful thanks to all the groups and individuals who support EAI with regular, monthly contributions

Groups

Burlington, Iowa
Midwest City, Oklahoma
St. Cloud, Minnesota
3 groups—Bend, Oregon (Zoom)
5 groups—Rialto, California, Una luz Que Brilla

Individuals

Alma S.	Jeffrey B.	Robert W.
Brooke G	John G.	Robin C.
Camila V.	Kelley S.	Stephanie H.
Carmelita B.	Koji M.	Susan C.
Chidube N.	Kristen K.	Vicky G.
Colleen C.	Leigh B.	William M.
Dana J.	Leonard S.	
Daniel T.	Lin F.	
David Q.	Lori S.	
Donna G.	Louis V.	
Donna W.	Nancy B.	
Elene D.	Nathanial Z.	
Emily H.	Paul N.	
Heather R.	Paul P.	
Holly V.A.	Raynaldo M.	
Jackie L.	Reginald C.	
Jan D.	Remington P.	

Happiness and good come to me in their highest form, not because I seek to absorb it, but rather, because I seek to radiate it.
— Today I Will Remember, Today book, August 13th

Individual & Group Gifts: Designated Purpose or Fund

Gifts in Gratitude

Apple Valley Chapter, MN
Austin, TX Zoom
Bloomington, MN
EA Setagaya, Tokyo, Japan
Newcastle Upon Tyne, UK
Norman, OK
Step 11 Meditation Daily, Zoom
The Next Frontier Daily Phone
Vienna, VA
1 Anonymous Gift
Barbara L.
Elene D.
Jan D.
Monica W.
Namon T.

Hardship Fund

Woodland Hills, CA
7 Anonymous Gifts
John M.
Loren L.
Monica H.
Yawen L.

New Group Scholarship Fund

2 Anonymous Gifts
Luz M.

Email/Online Loop Fund

4 Anonymous Gifts
Jessica T.
Ken R.
Bend, OR Zoom

Gifts in Memory of:

Albert P.
Ann S.
Cliff E.
David M.
Edward P.
Jerry H.
Jon
Nancy C.
Marilyn S.
Travis/Scott
Walter J.

EAI Trustees

Paul Nouri, *President*
Texas, USA

Fred Freeman,
California, USA

Kathleen Engel
Minnesota, USA

Margot Finley
London, United Kingdom

Kathy Economen
California, USA

Group Contributions

\$1,000—\$1,999

London, England UK (Wed)
St. Charles, MO

\$500—\$999

Emotivi Anonimi Italia (Italy EA Inter-
group)
Fridley, MN
Lombard, IL
Midwest City, OK
Norman, OK—2 groups
Rialto, CA, Una luz Que Brilla - 5
groups

\$300—\$499

Alhambra, CA
Colorado Springs, CO
Coon Rapids, MN
One Day at a Time Zoom
St. Cloud, MN (Thurs)
Wellesley, MA

\$200—\$299

Brainerd, MN (Tue, 2PM)
Burlington, ON Canada
Discuss the Solution Zoom
Emotifs Anonymes, EA Europe
(Francophone) Intergroup
Middleburg Heights, OH
Oakland, CA, (Wed 7 PM) Hybrid
Summerside, Prince Edward Island,
Canada
Ukiah, CA—2 groups

\$100—\$199

Ann Arbor, Michigan (Mon 7:30 PM)
Remote
Burk's Falls, ON Canada
Bloomington, MN
Chicago, Illinois, EA Crazy Group
EA Grupo Concordia (Valencia,
Spain)
Houston, TX, Always Hope, Zoom
Levittown, NY

Phone Group (Tues 6:30 PM)
Palos Heights, IL
Roswell, GA

Sweden Service Group
Sylvania, OH
Woodland Hills, CA (Fri 10:30 AM)
Zoom

\$1—\$99

Acceptance & Serenity (Sun 7 PM)
Albuquerque, NM
Atlanta (Tues & Fri 6:30 PM) Zoom
BIPOC of EA II
Boulder, CO (Sun 6:30 PM) Hybrid
Brevard, NC
Brooklyn, New York Zoom
Chicago, IL, Growing in Serenity
Citrus Heights, California
Columbia, MD, (Thurs 7 PM)
Columbus, Ohio
Culver City, CA (Thurs 8 PM) Zoom
Doylestown, PA
EA Facebook Group
EA Grupo Bajuras WhatsApp
EA International Meeting Zoom
EA International Women's Co-
Sponsoring Group
Elgin, IL
Glendale, AZ
Help is Here Zoom—2 groups
Lima, OH
Minneapolis, MN 12-Step Workbook
(Women-Only)
New Douglas, IL
Perryville, Missouri
Port Jefferson, NY
Smithtown, New York
South Euclid, Ohio
St. Paul, MN, Dayton Ave Chapter,
Hybrid
Tokyo, Japan, EA Setagaya
Virginia Beach, VA (Tue 1 PM) Hybrid

Individual Contributions

\$5,000+

Anonymous Donor
Isabel B. Estate/Mary C.

Deanna B.
Jan D.
Jeffrey S.
Kelsey W.
Kendall C.

Lori S.

Mary C.
Mary Beth & Ron S.
Paul N.

\$2,000-\$4,999

Anonymous Donor

\$1,000— \$1,999

2 Anonymous Donors
Allan R.
Daniel T.
Ken W.
Patricia Q.

\$100—\$199

21—Anonymous Donors
Dana J.
Elizabeth G.
Gretchen S.
Holly V.A.
Jeffrey M.

John G.
Katherine F.
Kathleen S. B.
Ken R.
Lawrence B.

Lori E.
Louis V.
Mark H.
Namon T.

Paul P.
Rachel K.
Robin C.
Shannon J.
Steven C.
Tajah P.
Terry W.F.
Tracy T.
William B.

\$500—\$999

Jimmy C.
Jessica T.
Karen S.
Monica W.
Olivet Congregational Church
Todd L.

\$300—\$499

4—Anonymous Donors
Alok A.
Chidube N.
Cliff E.
Luz. M.
Thomas C.

\$200—\$299

5—Anonymous Donors
David D.

\$1—\$99

31—Anonymous Donors

Aleksandra J.
Alexandra S.
Amelia C.
Andrea S.
Andrea Z.
Anne C.
Annette N.
Ashwin D.
Barbara L.
Bernadette F.

Brian B.
Brunella L.
Camille D.
Carey D.
Carmelita B.
Cathy K. D.
Christina G.
Christine C.

Cyril M.
Daniel H.
Dariusz B.
David S.
Dena L.
Dixie W.
Elen F.
Elene D.
Elizabeth L.

Elizabeth R.
Erica R.
Frances C.
Franklin C.
Gerald S.
Greta F.
Heidi M.
Herb P.
Jamie B.
Joan H.
John & Laura S.
John E.
John M.

John T.
Juan G.
Judy Z.
Julie A.
Katherine B.
Kay E.

Kerry W.
Kimberly C.
Kristen K.
LaTrisa D.
Laura K.
Lee M. P.
Lisa C.
Lizzette R. T.

Loren L.
Luciana D.
Maria S.
Mary Ellen Q.
Mary Jo M. L.
Michelle M.
Nancy B.
Range B.
Reid B.

Remington P.
Rhonda J.
Robert D.
Rocco C.
Rosalyn S.
Shani C.
Sheila M.
Sigrun M.
Sue S.
Susan C.
Tiffany H.
Tim P.
Todd C.
Veronica B.
William W.
Willis S.
Yawen L.

EAI Staff

Elaine D.
Executive Director

Molly R.
Database Coordinator

Sandy W.
Accountant

Pamphlet History

Have you ever wondered which pamphlets were written first in EA?

The Yellow Pamphlet, written in 1972, contains 72 tools for recovery. These guidelines give the community a solid foundation.

To My Family and Friends, written in 1974, talks about the importance of how successful recovery means having conversations with our family and friends and how practicing anonymity and confidentiality does not mean being ashamed of being in EA.

Other early pamphlets include:

1991 - Resentments

1993 - Love & Perfectionism

1994 - Depression

1995 – Grief & How Our Meetings Work

How To Get Involved

There are many ways to become more deeply connected to EAI. You could:

- Start a new EA group (in-person or online)
- Offer to be the first or second contact person for your group
- Find ways in your area to share a free informational flyer (#36)—consider asking to post at doctor’s offices, library bulletin boards, community centers, coffeeshops...
- Join the Board of Trustees (applications open every spring)
- Send in a reflection or write copy for a pamphlet
- Join the Literature Committee
- Sign up to reach out to newly established groups to help them get started successfully
- Make a one-time or sustaining donation to help keep EAI going
- Add EAI to your estate plan
- Encourage your group members to donate on EAI’s website
- Consider becoming a sponsor or co-sponsor
- Attend or help organize a retreat in your area

Financial Report

Fiscal Year	2024 (unaudited)	2023 (audited)	2022 (audited)
Gross Operational Income	\$164,962	\$159,769	\$142,945
Net Operational Income	\$141,271	\$137,377	\$121,237
Operational Expenses	\$131,873	\$143,513	\$153,308
Surplus/Deficit	\$9,398	(\$5,780)	(\$32,017)



Please consider supporting EAI today!
You can make a gift at <https://emotionsanonymous.org/donate.html>
or use your phone to download the QR code.

Contact Information:

P.O. Box 4245 St. Paul, MN 55104-0245 USA

Phone: +1 651-647-9712

www.EmotionsAnonymous.org

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