



# THE EA CONNECTION: NOVEMBER 2019



PLEASE CONSIDER A CONTRIBUTION TO EAI TO SUPPORT THIS PUBLICATION.

## EA TOOLS FOR RECOVERY

**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.

**SLOGAN 11:** KEEP IT SIMPLE.

**PROMISE 11:** WE ACQUIRE A FEELING OF SECURITY WITHIN OURSELVES.

**JUST FOR TODAY 11:** I WILL NOT COMPARE MYSELF WITH OTHERS. I WILL ACCEPT MYSELF AND LIVE TO THE BEST OF MY ABILITY.

**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.

## FROM YOUR EA BOARD OF TRUSTEES

At this time of year, cultures around the world observe a day of thankfulness: Thanks-giving, Dankdag, Niiname-sai, Dożynki, Erntedankfest, and others. Like many of us in our worldwide EA fellowship, I make extra efforts this time of year to reflect on the blessings in my life. Even while doing this, I can't help but believe that limiting gratitude to just one special day or season hampers spiritual growth. Gratitude is such a vital part of emotional recovery that I aspire (with varying degrees of success) to live a grateful life every day!

If you have trouble finding something for which to be grateful, just imagine for a moment losing everything in your life: home, job, family, friends, possessions...*everything!* I don't have to imagine. Twenty-five years ago, I lost everything when I was sentenced to life in prison. I can't begin to describe the trauma of this experience, and the anger, resentment, pain, and bitterness that overwhelmed me for my first few years inside. I blamed everyone and everything in the universe for my terrible situation – everyone except the one responsible: me. Emotionally, I was drinking poison every day and expecting others to die.

Developing an "attitude of gratitude" literally saved my life. By changing my perspective and focusing on the things for which I could be thankful, rather than on the bad and painful things (and I had *plenty* of these!), I began to develop hope and, eventually, acceptance, forgiveness, and serenity.

How did I do it? I started keeping a Gratitude Journal. At the end of every day, just before lights-out, I would write down one thing for which I was grateful. The next day, I'd write something else. At first, writing even one thing was a struggle! But with daily practice it became easier and my journal grew into a resource that helped me gain perspective on those occasions when my life seemed especially bleak. I began to see others who were struggling even more than I – reaching out to them started my journey toward a life of service. Eventually, after many years, the state parole board recognized my emotional growth, acceptance of responsibility, and diminished risk; they released me.

My life is a miracle, but no more so than yours or anyone's. All any of us needs in order to experience this miracle is to shift perspective, to recognize and be grateful for the many blessings in our lives. I know that sometimes it's not easy, but if I could find such blessings inside prison, then anyone can do it. It might sound cliché, but I'll tell you first-hand that it's true and I am living proof: being grateful is not about having everything you want – it's about wanting everything you have. Happy Thanksgiving!

Steve B, Trustee

[www.EmotionsAnonymous.org](http://www.EmotionsAnonymous.org)

Box 4245 St Paul, MN 55104

Phone 651-647-9712

Hours Mon—Thurs: 10 to 3:00 CST



[director@emotionsanonymous.org](mailto:director@emotionsanonymous.org)

[connection@emotionsanonymous.org](mailto:connection@emotionsanonymous.org)

[groupdata@emotionsanonymous.org](mailto:groupdata@emotionsanonymous.org)

[orders@emotionsanonymous.org](mailto:orders@emotionsanonymous.org)

[shipping@emotionsanonymous.org](mailto:shipping@emotionsanonymous.org)

## SPECIAL GIFTS AND MEMORIALS

Our thanks to the many folks who have designated a memorial or acknowledgement for the support and love they have received from another.



## 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.**

**Prayer has always** been a large part of my life. I have prayed to my HP from childhood on. I believe that prayer works.

But since coming into the rooms of recovery nearly 30 years ago and working these Steps I have come to a realization that my prayer life needed to change.

I used to think that I needed to pray for everybody and everything with a 5 minute prayer for each thing and person.

Not any more. Now, I realize that for me to be sober and sane and thus, more present to others, my prayer life is focused on the 3rd Step prayer and the 7th Step prayer because I truly don't know what others need, only God does.

So my prayer life is more a visualizing of people in the gentle hands of God and giving them back to Him and praying Your will be done...**Jim**

**Before recovery,** I prayed for all things on the temporal plane. The here and now. Keep my marriage together. Make me stop smoking. Make me get in shape... What was missing of course, was Faith and trust in God. His will for me.

Since finding recovery, my prayers have narrowed considerably. It took a huge leap for me to actually pray only for the knowledge of His will for me and the power to carry that out. That did not come

naturally or quickly. I kept wanting to pray or ask for things. I came to realize that by asking like that, I was actually trying to take back control from God. Continuous Spiritual practice means praying exactly for knowledge of His will and the power to carry that out. Nothing more. Easier said than done, but it does take complete Faith. It is the ultimate leap into the clouds, with no pre-arranged meeting place or time, no parachute packed, just me leaping into the loving hands of my Higher Power, whom I choose to call God. It is an exhilarating experience, and one that I never tire of. Only after doing so, do I reap the rewards of complete Faith. Fear freezes, God releases. The choice is mine...**Lynn**

**In my mind** I think of Step 11 as my **"let it go"** step. That is because in this step I am told to seek God's guidance and to ask that He provide direction of His will for me. My problem is that I often forget to do the above. It isn't until I am really hurting that I remember to call on God for guidance, and when I remember that He always has my best interest at heart. The step serves as a reminder that God is always there, I just need to "hook up."

I find 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.* 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**

### **SLOGAN 11: KEEP IT SIMPLE.**

**Today on my** walk, I became aware of an interior conversation. I know that I have always had this conversation and usually I would

join into it but today I saw it as it is—destructive. The conversation goes like this: "wow that was really stupid what you did there," "you should be so ashamed," "it will never be fixed that's for sure," "she'll never like you again," etc. Then I replay all my actions and/or remember other situations that are similar and write up a long list of should do's to "fix" the problem. All of it really drags me down. I believe I use this conversation to feed my self-pity and shame and self-hatred.

Today though my Higher Power must have paused me because I know I can't pause it on my own—not yet. The pause was long enough for me to realize that I do not need to join in the conversation and keep it going. A simple "thanks for sharing" is enough. Then when I began to make my suggested "Should List," which is always too long and complicated, I realized (thanks HP) there is something simple I can do. I can let it go and put in a new action next time it happens.

This really is a simple program for complicated people. I know for sure that I can complicate mac and cheese in the box! So, of course I complicate my life and especially around the **"Mistakes I Never Should Have Made."** category. I want to commit to myself to feed this new action: to not join in the destructive conversation and to put in a simple solution...**Wren**

**EA is a** simple program for complicated people. I continually have to take out the extraneous stuff remembering to **Keep it Simple** in order to obtain peace and serenity in my life...**Anonymous**





# DISCOVERING THE TOOLS OF EA



## GRATITUDE FOR A LOVING HIGHER POWER

I am powerless over my emotions and powerless over people, places and things, but my loving Higher Power helps me move through the storms of life with more serenity than insanity. I am very grateful for that.

I had severe emotional problems in the past. I was in mental wards a few times. I was heavily sedated with tranquilizers. Today I am free of all those stormy times due to having a desire to be well emotionally. With that desire, I do the things I need to do to stay well. Those things are going to meetings, reading literature, reaching out to others, sharing, listening and following my Higher Powers will.

I have been free from any mental wards since I was 21 years old. Luckily, I found EA at age 22 and that helped me to want to do better in my life than I was doing. I sought outside professional help and wound up off all tranquilizers. I still see a Psychologist monthly and that helps along with my EA and other 12 step meetings.

I got married, had two kids who are adults now and my loving family, divorced like so many other Americans, but I got through it all with a loving Higher Power helping me and guiding me daily. Things in my life are now worked through, or I just live with things and accept them as they are if I can not change them. I am not always able to change conditions, but I have learned to just accept conditions as they are when I cannot change them.

I liked the reading today where it is said to our Higher Power "Be my rain gear to get me through the storms I face". This helps me to keep turning over the storms of life to my Higher Power, pray for daily guidance, do what I can in life and let go of the rest. I just keep going one day at a time and trust my Higher Power will be there with me through it all. I am so happy for EA. I no longer act out much on anyone and if I do even act out a little bit, I do make amends right away. I also am learning to have courage to speak up more for myself. I will keep asking my Higher Power more for some more courage as I have to be my own best advocate on this arthritis thing called "trigger finger" in two of my fingers and in my thumb. So I recalled the Dr. office for some more suggestions on help for it. I do hope I will get some more help from them, and if not, I do have choices to try and see another Dr. for help if need be. I am 58 and rarely have any health problems that cause me pain, so I guess that is why this latest thing bugs me a bit, but I will keep doing my footwork for help and asking my Higher Power daily to guide me...**Connie**



I am very thankful for Emotions Anonymous. I consider all of you out there my friends. Today I have had a great day. I don't want it to end. That's the first time I have ever thought that way in my entire life. My anxiety has been almost non-existent today. I owe it all to my Higher Power and Emotions Anonymous...**Brandon**

## GRATITUDE

I realized the dream of getting married and having a beautiful family. I fell in love to the point of forgetting myself. I ceased to be the happy and confident woman I was in order to please my political family. It was only two years before my life became a true hell. For 10 years I endured and tried to maintain a marriage broken by infidelity, mockery and no amends. I arrived at the program of Anonimas Emotions in June 2015, divorced with fears, low self-esteem, resentments, anger, etc. Now, thanks to the help of the 12 Steps and my EA Women's Group I am able to have an emotional and spiritual awakening...**Norma**



## GRATITUD



Realize el sueño de casarme y tener por un una bonita familia, me enamore perdidamente, al punto De olvidarme De mi misma, deje de ser la mujer feliz y segura de si misma, por agradar a mi familia politica, no pasaron más que dos años para que mi Vida se convirtiera en un verdadero infierno, y durante 10 años soporte lo insupportable queriendo mantener un matrimonio roto por la infidelidad, la burla y las amenazas, llego al programa De Emociones Anonimas en Junio del 2015, Divorciada, con miedos, baja autoestima, resentimientos, ira, etc., Y gracias a la ayuda de los 12 Pasos y al Grupo De mujeres pude tener un despertar emocional y espiritual.

Ahora soy coordinadora de 2 Grupos th Corona California, y ha sido la Mejor experiencia para mantenerme en control con mis Emociones. Dios ha obrado como el guia y la oracion de la Serenidad me han mantenido en el Camino De la verdad en mi vida...**Norma**

Aquí es donde puede encontrar literatura española gratuita: <https://emotionsanonymous.org/literature/publicaciones-gratuitas---espaol.html>

# 2019 - 2020 EA Board of Trustees

Please feel free to contact members of the Board with questions or concerns

[Minutes of the Board of Trustees Meeting can be viewed here.](#)



**SCOTT J, MN** 507-276-0323 [sdjakel@gmail.com](mailto:sdjakel@gmail.com) *President*  
**JOHN W, MN** 612-760-0313 [johnwerner52@gmail.com](mailto:johnwerner52@gmail.com) *Vice President*  
**COLLEEN C, MN** 651-245-5461 [coyne2003@hotmail.com](mailto:coyne2003@hotmail.com) *Secretary*  
**DERITA P, OH** 216-624-3559 [deritapippen@gmail.com](mailto:deritapippen@gmail.com) *Treasurer*  
**PAUL N, NJ** 201-264-1807 [paul@nobleequity.com](mailto:paul@nobleequity.com) *Trustee*  
**STEVE B, CA** 909-438-4938 [stevebell\\_28@yahoo.com](mailto:stevebell_28@yahoo.com) *Trustee*



## THE TWELVE TRADITIONS

The 12 Traditions are the guidelines by which our group and our fellowship function.

They have proven over the years to be an effective way of holding the fellowship and individual groups together.

**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.**

I'm thankful for the cautionary nature of Tradition 11 in two ways. First, it keeps us from being promoters: people who make promises (like a snake oil salesman!) Instead of promoting the fellowship of EA, we help to attract people to the possibility of the promises of EA coming true in their lives. A secondary caution - the harder part of this tradition - is the element of anonymity and how that's ham-strung many people from sharing the program with others - when anonymity is too narrowly interpreted. The founders of our program wanted us to avoid have any one person speak for EA as a whole. The founders wanted us to avoid having a person be seen as a representative of EA who might later bring shame to the program through a public scandal - hence the need for anonymity in a public setting involving press, radio - and now days - the internet. May our Higher Power, active in our lives, continue to guide us to attract others to this life-saving program in ways that it can help them - just as it's saved my life - practicing caution along the way... **Scott J**

In my experience with the program, it's been important to understand the terms referenced in Tradition 11. It really talks about two related ideas. The first is about attracting, rather than promoting, the EA fellowship; the second is about maintaining anonymity in our external communications. Attracting something means to draw in or entice, while promotion is meant to increase interest in or demand for something. They are similar, except promotion may conjure the idea of promising a great outcome - such as smooth skin in ads for face cream.

Maintaining my anonymity, in the sense it's used here, means not identifying myself or any one individual or group as representing the EA fellowship as a whole. It is related to the idea of "principles before personalities." I sometimes ask myself how I can spread the news about the program to more people in need? How do I do this humbly, without making promises? How can I discuss what I feel is the great hope offered by the program, but avoid presenting myself as EA "spokesperson?" It is worth thinking about... **Colleen C**

Once we understand the EA program and the positive power that it can have in our lives, many of us are anxious and excited to get the word out about it to friends, family and anyone who will listen. It is understood that relating our experiences, and the way that we utilize and benefit from the program is acceptable and in some cases encouraged. But there is a line as it pertains to promoting the program. Not only does the fellowship not want to make flashy promises about what the program can do, but it also does not want to make the program about any one person or persons. There are many ways that members can attract people to the program without engaging in flashy promotions and I hope that fellow members continue to inform others of our program in ways that respect Tradition 11... **Paul N**

Someone once told me that "promotion" involves making promises about results. A cosmetics company promotes its product with promises of eternal youth. Politicians promote their campaigns with promises of lower taxes or safer streets. However in the EA fellowship we don't promote. EA doesn't promise results, doesn't promise an emotional cure, doesn't promise a perfect life free from strife. Instead of promotion we attract prospective members, and we can do this through outreach. Outreach is not promotion; it makes no promises about results. Outreach means letting people know that EA exists, sharing our mission and values, and telling them what our fellowship offers: a safe, supportive environment where everyone is welcome to work on their recovery. Outreach, either person-to-person or through EA literature or other means, is not only completely consistent with Tradition 11 but also necessary if our fellowship is to grow and thrive... **Steven B**



## **EA Invites Local Groups to Start New Workbook Studies**

*will host telephone intro sessions to "Welcoming Spiritual Awakenings" Workbook in Nov.*

In June EA released our new workbook "*Welcoming the Spiritual Awakening Within Me.*" The Awakenings Workbook has a positive vision of thriving beyond of just surviving. The new workbook is a huge leap forward for EA in that it addresses a number of vital recovery issues which have not been covered so far in EA literature. The workbook explores issues including;

*Recognizing, exploring, & healing the effects of childhood trauma in our 4th step work.*

*A section exploring all our family of origin roles and current roles we still play.*

*Exploration of healthy and unhealthy understandings of powerlessness.*

*Exploring the new EA stages of recovery; Stabilization, Understanding, and Thriving.*

*Recovering from codependent & dysfunctional relationship patterns with the EA steps.*

*Powerful ways to work steps 6-12 which help transform negative thinking.*

*Emphasizing compassion & kindness in working of all of our EA steps.*

Local groups are invited to start using the new workbook by hosting workbook study times. To this end, EA will be hosting two phone in introductions to the workbook in November. Folks who want to get a 3 hour introduction to the workbook can just phone in to be a part of the seminar. This session will help prepare them for their own journey through the workbook and to help lead study sessions with sponsees and groups. It is recommended that folks who want to participate have their workbooks in hand for the phone call. (Note that electronic versions of the workbook are also available from the EA website.) Take advantage of this powerful and fun opportunity to advance your recovery and share it with your recovery friends too!

### **Welcoming Spiritual Awakenings Workbook Introductions**

Thursday November 21<sup>st</sup> 2019                      10:00 am EDT to 1:00 pm EDT

Saturday, November 30<sup>th</sup> 2019                      10:00 am EDT to 1:00 pm EDT

**Description:** *This interactive telephone introduction will help prepare you to start working yourself or with others in the Awakenings Workbook.*

**Just call (605) 313-5768    Access code is 471918**

