



# EA CONNECTION - MAY 2017

Your monthly newsletter from ISC

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## From the Executive Director, ISC

EA has so many meetings that are well-run and helping so many people! I am truly grateful for every person who does what they can to support the organization and their group. We have added hundreds of people to our Connection newsletter list in the past year and I suspect many are new to EA. We've also had new groups open, so I thought it might be helpful to share a few points on how to have a helpful, consistent meeting. Even groups that have been running for a while might benefit from a review of their meeting to make sure the EA program of recovery is being followed for the benefit of all.

- The most important thing to keep in mind is that EA groups have no permanent group leaders. Management of the meeting should rotate, so everyone has a chance to set the pace of the meeting, read, pass the basket etc. Being a leader of a meeting for a period of time (many groups choose leaders for 12 weeks if they are working one step each meeting) can help people feel connected and responsible beyond the meeting itself.
- The second important point ties into the first: decisions should be made by group conscience, not by one or two individuals. This means everyone gets a say in whatever is on the table. Maybe someone wants to change the order of the meeting, or meet in a different room, or switch leaders more or less often. The point is to make sure everyone's voice is heard. (Helpful Concept #11)
- Lastly, EA groups use EA-approved materials *only*. This is to make sure that the outside issues of religion, politics, national or international issues or other belief systems stay outside of EA meetings. People are certainly free to share other materials before or after a meeting, but the point of the meeting is *to follow the EA program*. Equally important is to remember that you don't have to accept all the EA materials – 'take what you like and leave the rest' is an important part of the program too. (Helpful Concept #6 & 7)

What does your group do that is especially beneficial to your members? Email me at [director@emotionsanonymous.org](mailto:director@emotionsanonymous.org) and I'll share the responses!

## EA Recovery Tools

**STEP 5:** Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

**PROMISE 5:** The feelings of uselessness and self-pity lessen.

**JUST FOR TODAY 5:** I will do somebody a good turn and not get found out. If anyone knows of it, it will not count. I will do at least one thing I don't want to do, and I will perform some small act of love for my neighbor.

**SLOGAN 5:** First things first.

**HELPFUL CONCEPT 5:** EA is not a sounding board for continually reviewing our miseries, but a way to learn to detach ourselves from them. Part of our serenity comes from being able to live at peace with unsolved problems.

**TRADITION 5:** Each group has but one primary purpose—to carry its messages to the person who still suffers from emotional problems.



## Of Importance to Groups

1. 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.
2. 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](#).
3. 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 with any questions.

## Memorials and Special Gifts

In memory of Sister Mary Jane Schmidt, Christopher K, New York





# RECOVERY USING THE TOOLS OF EA

## STEP 5: ADMITTED TO GOD, TO OURSELVES AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.

### Experience

The first Fifth Step I did was hard as I didn't want to face another human being with my wrongs, or the people, places and things brought to me by recalling the shame I had. I had hit my emotional bottom. I knew the truth about myself, but I kept a lot within. I felt God was the only One that knew the truth. I used to walk around waiting for death. I was too much of a coward to commit suicide. I did try, unsuccessfully, thank you God .



### Strength

If I wanted to be released of self-bondage, I needed to begin changing something within. I did this by making a choice to learn how to live with emotional illness through acceptance and surrender. I couldn't do it for myself , so I did it for someone else until I could do it for myself.

Taking the risk of sharing my most inner secrets was the beginning. I began taking an inventory starting with the most bothersome defects: fear and resentments. I tried to find an easier softer way but having to take a moral inventory meant being honest. Now, the word moral opened my mind to the truth. *To thine own self be true*, kept coming to mind as I shared with my sponsor. Facing the honest truth brought me to a new beginning.

### Hope

It wasn't until I dumped all the dark secrets and risked as much as possible that I felt the freedom of spirit. To this day, I still write out a

Fourth and the next day do a Fifth Step with another human being. I still have those negative defects of character, but I learned how to make them into assets using the steps. Being in God's good grace, and in society brings so much happiness. I am content with my life. I no longer feel alone or disconnected with people, places or things.

My God is good, kind and forgiving. I am not a bad person! This I discovered through the EA program and it's fellowship...**Pat M**

**I'm so grateful** that I did a Step 5 with my sponsor. One thing that I learned is that I had judged my transgressions way too harshly. What a relief that my sponsor was not shocked at all. I do believe that doing the steps is very important if one wants to become emotionally healthier ...**Carol**

## **HELPFUL CONCEPT 5: EA IS NOT A SOUNDING BOARD FOR CONTINUALLY REVIEWING OUR MISERIES, BUT A WAY TO LEARN TO DETACH OURSELVES FROM THEM. PART OF OUR SERENITY COMES FROM BEING ABLE TO LIVE AT PEACE WITH UNSOLVED PROBLEMS.**

I used to think that I was all alone and really had no one to rely on but myself. I used to think I had to do everything all on my own and that I had to be totally self-sufficient. Now I know that self-sufficiency is a lie. I need people! So I no longer isolate and try to be a part of not only 12 step groups, but part of life daily. I try to not add misery to any ones life and if I do, I try to make amends right away.

I am not perfect at any of this, but I do the best I can - progress, not perfection, as they say.

If I am lonely, I try to remember that my Higher Power is always with me. Then I truly am never alone, when I remember that! I also try to reach out to others whether online or at face to face meetings or just in life in general. Sometimes I ask my Higher Power to give me the courage to reach out to someone when I am nervous about it, too.

I am grateful for those of us in recovery who keep coming back and keep sharing what works for them. When we share our solutions and what we are doing that is helping us, well, that can help others, too. I like Concept 5 through it I have learned how to live serenely, even with unsolved problems, by coming to EA meetings. There I have learned lots of solutions and am very grateful for that. It is not like we don't have problems, but when we share a problem we are doing to help ourselves but it may also be helpful for others.

When I hear someone dealing with a loss, I can see they are coping by reaching out. This gives me courage to reach out when I am struggling with a loss. When I hear someone struggling and having a tough time, but know they are going to meetings, reading literature and praying, I also know that they are in the solution. That gives me hope that I can do that when I am having a tough time.



When I don't isolate, and keep being a part of Emotions Anonymous, I will never really be alone again. I am so grateful for that as then I will keep being able to hear all the good things I hear in these 12 step rooms. I hope that by the grace of a loving Higher Power I can keep sharing good things I have learned...**Connie**

# DISCOVERING THE TOOLS OF EA



## BLESSED

**I am blessed** to know that I am POME (powerless over my emotions) and POOP (powerless over other people). I am grateful to EA for it has taught me to reach out to people and God. While I do not always remember this, before EA, I did not even know that this was the way for me to live a peaceful life, one that is getting more hopeful and filled with little joys. I am grateful today that I am up and hopeful, not overwhelmed despite a weekend filled with events which would have once overwhelmed me. I am even looking forward to some of them. I have no expectations of any of them which may be why. EA taught me this too...*K*

## A SANE LIFE

**Since coming into** EA, the first 3 steps have done wonders for me to be able to live a sane life. A few months ago, I started recognizing how essential steps 4-7 were too, to be able to really live life to the fullest. Along with this realization came lots of unwanted thoughts. Thoughts that I believed had just disappeared through the working the program, but alas they were still around!

I turned to program and therapy to help me sort through these negative thoughts. I could not function with obsessive stinkn thinkn... The more I tried to take control over them and find strategies to will them away or to face them, the more powerless I felt and the more unmanageable my life seemed.

I looked into the program to help me deal with the thoughts and did not find too much literature linked to thoughts. I hit gold when I found a book based on the experiences of members who worked the program in different fellowships. They write how they did not get over their obsession (in my case: obsessive thinking or feeling) by themselves. They let G-d do it, because "G-d could and would if He were sought. I still need to do the footwork; attend meetings, read literature, connect to the fellowship, and working the steps. I am making a choice to "let the grace of G-d enter to expel the obsession." The only way it works for me, the only way I can face this obsession and overcome it is through Steps 1-3. I admit my powerlessness over my thoughts (as well as the feelings that come along too) and I hand them over to my Higher Power. I can't do it alone. Somehow when I let G-d in and admit my powerlessness over the thoughts that set



in, I feel more empowered. When I surrender them to Him, instead of taking control over them, He helps me find peace of mind...*Bashie*

## SIMPLY DONE

**Not using tools** and slogans will put me quickly in a bad place. Do diligence following this simple program has relieved me of my fears, anger, and resentments. All it took was a little honesty, open mindedness, and willingness of the how of our program. Then working the suggested Steps took care of my ME problem. Steps four and five along with eight and nine exposed all those secrets in my life. It was true what they said, "I was only as sick as my secrets." Making those lists was not easy and it was not easy confiding in a human being all my secrets or making all those amends. I Thank God for freedom today from myself as well as fear, anger, and resentments. It works when you work it...*Randy*

## VALUING EA

**I have come** to value this EA program more than I ever could have imagined and I always thought it was a good thing! It grows on me as I grow and as I grow I find deeper meaning in it...*Twyla*

## DEARLY LOVED

**How dearly** I love our EA Program, as it has allowed me to be ME. Step Four sure helped me to IDENTIFY what I was dealing with. My major defects were messing up my life a lot. Over the years of working the Steps, I've learned to out maneuver most of my worst defects. When I fail, I've learned to poke a wee bit of fun at myself. Taking myself too seriously I've found is not a sensible idea...*Carol*

## STARTING OVER

**I try to** remember that I can start my day over at ANY time...*Joe*



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## “The Concepts provide us with the basic structure of EA”

### Thoughts from your Trustees regarding: Helpful Concept 5

EA is not a sounding board for continually reviewing our miseries, but a way to learn to detach ourselves from them. Part of our serenity comes from being able to live at peace with unsolved problems.

**I love Concept 5!** We don't focus on rehashing our problems, aches & pains, and all the other negatives. We focus on our experience, hopes and strengths based on the wisdom and healing of the EA program! Our meetings and literature are positive and encouraging. This was a brand new way of thinking and living for me, it is now okay to live with unsolved problems. ...*Tyrrel*

**A problem can** become my whole life if I let it. I spend my waking moments trying to solve something beyond my ability to solve or even comprehend. I stay up at night worrying. Meanwhile, there are people in my life who need me, and things I can do to solve other problems. To me, Concept 5 is a suggestion that I open my mind to the parts of life outside my obsession. I can start by paying attention to what I share in meetings...*Val*

**Members at a** meeting can listen to your story and miseries, but we do not want to hear them at every meeting without you revealing how you are improving and using the program. I have found that I can receive serenity with the help of my Higher Power and the EA program...**Harold**

**The beauty of this** Concept lies in the words “being able to live at peace with unsolved problems.” At the end of the day when I am relaxed and feeling good with myself and the work of the day, relationally and professionally, then I know that I have put into practice the wisdom of Concept 5...*Gus*

**Living at peace** with unsolved problems is necessary in life. The challenges are not going to go away just because we have a loving Higher Power. In fact, it is my H.P.'s presence in the "muck" of life that gives me serenity and hope. If I just constantly review my miseries, I miss the chance to surrender to what is going on now in life. The present (now) is a present (gift)...*Scott*

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## Event Calendar

Be sure to check the [Event Calendar](#) on the EA website for activities in your area and 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, EAnon. Click here to learn more about [EAnon](#)