



DECEMBER EA CONNECTION: 2017

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President, EA Board of Trustees

Here in the States, we've just celebrated our National Feast of Thanksgiving, ushering in the holiday season culminating with the celebration of the New Year—2018. But before we get there, I'd like to suggest that we continue being grateful for the EA Program by considering ways we can express our gratitude by financially gifting our EA Service Center in St. Paul, MN, mindful that it takes more than a buck to keep the ISC alive and being of service to us.

Will you be celebrating a holiday this month? Kwanzaa? Hanukkah? Christmas? Another or none? Hopefully you will feel that childlike magic all around us. Celebrate it!!! So that none of us fakes our way through this holiday season, I'd like to suggest that we give some careful thought and planning so as to keep us balanced and well, celebrating your holiday of choice, ever being grateful for the growth, peace and serenity we've experienced this past year.

The December holiday's can be problematic for many of us. Observe your holiday, recounting the real meaning of it; embrace that which you love and forget about the rest; avoid wallowing in loneliness; reach out and be of service to others; make it a New holiday with new memories and perhaps even new traditions; look for Love as it can be found everywhere; go to a movie; enjoy the beauty of Winter and all it brings; work the program. Embrace your emotions and rejoice in the Promises you've experienced working our program. Celebrate your Holiday! and blessings for the New Year 2018!...**Gus S**



EA Recovery Tools

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message and to practice these principles in all our affairs.

Tradition 12: Anonymity is the spiritual foundation of our traditions, ever reminding us to place principles before personalities.

Helpful Concept 12: Part of the beauty and wonder of the EA program is that at meetings we can say anything and know it stays there. Anything we hear at a meeting, on the telephone, or from another member is confidential and is not to be repeated to anyone—EA members, mates, families, relatives or friends.

Promise 12: We realize that God is doing for us what we could not do ourselves.

Just for Today 12: I choose to believe I can live this one day.

Slogan 12: I have a choice

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 so we can share your information on the Calendar! Send your notices to [Bobbie Jo](#)
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 have someone to contact..

Memorials and Special Gifts will be acknowledge, to donate click [here](#)



RECOVERY USING THE TOOLS OF EA

STEP 12: HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS.

For me passing on the message to others has been vital in not only helping others but for me to remember where I came from and to not take any of what has been given to me for granted. Step one is as real to me today as it was the first time I worked it and Step 12 assures me I need to keep coming back, and to continue to work the program. Step 12 is my life long commitment that my graduation from Steps 1 - 11 will never happen and today I am okay with that.

Who wouldn't want to share the gift of this program with others. It has also helped me to remember I only need to share my own experience - Step 12 is not about me "fixing" anyone else it is about being a Good sharer of my own experience and allowing higher power to encourage others in that experience so that they can have their own...*Jessica*

My name is Connie and I am powerless over my emotions. I am grateful for Step 12 of the EA program. After doing the 12 steps myself, I found I could sponsor others and pass on the good things I learned from the steps. As my EA sponsees shared their step work with me on each step, it helped me to review my 12 steps, too. So it was a win, win situation for the sponsee

learning the steps and for me to review my steps and see what I needed to improve on and see things that were going okay, too.

Ways I have carried the EA message were not just sponsoring, but these ways, too: Starting new EA meetings, starting online EA meetings, sharing with other EA members or others in general about the EA program, and practicing and living the EA steps in my life as I may be the only example of EA that others see. Also, participating in the EAnon email group by sharing and responding to other EA members is part of step 12, too. We are helping and supporting one another by any EA function, group or meeting we attend.

Step 12 is a very important part of EA and it continues to help me grow the more I practice it! Grateful for the EA steps, all of them. ..*Connie*

Slogan 12: I have a choice

The slogan I have a choice is most helpful when I feel like I'm a victim and things are out of my control. To remind myself that I have a choice in responding to anything that comes my way is very empowering. When I play the role of a passive, suffering, sad human being, my Higher Power would want me to recall that healing and comfort and even joy can come to me if I take action. Sometimes when I just mope and feel sorry for myself, I try to remember that I have a choice to do this kind of pity-partying and there's nothing wrong with feeling those feelings. The great thing is that I have a choice to no longer be "at that party," I can move on by changing my thinking so that I change my emotions...*Anonymous*

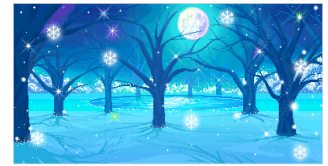
I am thankful that I am beginning to see I do have a choice. For me those choices are getting out of bed, doing self care, going to work, eating healthy, exercising, not engaging in behaviors that cause me grief and chaos. I used to always think it just had to be this way, I had no choice, it just was going to be that way. I felt that about my illness, it was something I had and I would not get better. I did not believe wellness was a choice. I now make healthier choices, which improved my thinking and overall mental wellness. Thank God! I could have chosen to stay in bed every day and continue to spiral downward but I sucked it up, got up, started reading and learning and accepting and praying and working for what I wanted and slowly these things are coming to fruition...*Julie*

As I come to terms with the progression of my illness, I sense that I have a choice. I can either fight and wrestle or I can surrender and trust. Fighting and wrestling with life is a bit like banging my head against a brick wall, and the last thing I need right now is more pain.

My Higher Power has given me the choice of opening up my heart, in my case literally, to His unfailing love, compassion and mercy. My history of making that choice hasn't always been good, but thanks to the programme it's much better now than five years ago.

I am grateful for the Loop and its encouragement, for the friendships we have at our church and the many kindnesses shown. I place myself at God's mercy as I journey through the day...*Ian*

DISCOVERING THE TOOLS OF EA



Happy Holidays!

NOVEMBER 24 REFLECTION FOR TODAY: ACCEPTANCE

Acceptance is hard to comprehend. I thought if I accepted something, that meant I liked it and I wanted it to stay. But this is not what acceptance is. Acceptance means being honest about what is happening in my life, what I am thinking, and what I am feeling. When I can stop denying and rebelling against myself, I can relax and let go of the control. When I stop trying to control, as the First Step suggests, I am open to the learning and healing which are waiting for me.

ACCEPTANCE

This morning I read in our EA book the endorsement of a religious professional on page 31. His words appealed very much to me: "I had come home to a caring community where one could let down the walls of deception (self and other) and be honest about one's own feelings - the feelings of depression and profound sadness that are part of the experience of every honest person. It is just a question of degree."

Wow! ... This feeling of belonging to a warm, accepting and understanding community I have come to experience especially on this loop last week. I shared about my relationship with my mother and got a wise reply from a member of my mothers age. I shared about getting off medication and got an experienced share from another member and found I could generate faith.

It indeed gave me the feeling of belonging. Belonging to a kind of family. A gathering of people wherein I do not have to feel like a stranger because of who I am deep down. I experienced a kind of firm ground within my stomach, just thinking of you out there where I can turn to in this world. Whatever the physical distance may be. I am grateful for that!

Wow! ... This man calls feelings of depression and profound sadness - something that is just part of the human condition. This gives me a switch in my opinion on depression and sadness. I obviously consider them as not okay. They may be there in some degree and in certain circumstances, but they should not be there. The switch is in the direction of acceptance. Accepting them as being part of my daily experience of myself. I think they used to call this melancholy in earlier days. This vulnerable feeling in my stomach area: could I just consider it as melancholy? Part of the pallet of my daily feelings and emotions? In other words: just normal? What will happen when I take the decision to accept them as part of me? Will I fall apart? Or will my self-experience deepen? And maybe even be enriched? I do not know...

Acknowledging them, accepting them as part of me, and taking them with me towards the world and, most important, to my contact that I call God...*Magda*

AFFIRMING SELF

On my bathroom mirror: ***I accept myself just as I am with unconditional love.*** Some days I believe it more than others. There have been days where I said, "Yeah right." It's been there for 4 years and I now believe it more often than not. Self love takes time...*Chris*

ACCEPTANCE THROUGH EA

I have only learned about acceptance through EA. Things I have accepted have turned out alright...really beyond alright....and this beautiful reflection shares how God gives gifts of serenity, courage, wisdom, and love is beautiful....He really has done this for me when I have let Him. When I ask and let things go...He has given this though other people, situations, my animals, etc...and now I am accepting these gifts more and more...*Kelly*

Editor: The reflection Kelly is referring to is on the following page.

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

Concept 12: Part of the beauty and wonder of the EA program is that at meetings we can say anything and know it stays there. Anything we hear at a meeting, on the telephone, or from another member is confidential and is not to be repeated to anyone—EA members, mates, families, relatives or friends.

For me, Concept 12 is all about safety and respect. Gossip can severely damage relationships, so we don't talk about what we've heard with others about others. Zip your lips! When we form communities of trust and keep things "in the vault", we create a place and a space to share openly—with vulnerability. This helps us to grow in our wellness and in our relationships. The terms beauty and wonder—in describing this scenario—are very apt.

...Scott J

Gee, this Concept says that I can't share ANYTHING about the EA meeting I attend. Really? Nothing? But I share everything with my spouse/significant other/ etc you might be saying. It's hard to put into practice, especially when a significant family friend shows up for the meeting, and not being able to share that information. On the other hand, that is the beauty of, not only this Concept but our entire EA program: ANONYMITY and that is precisely why our program works! Leave it in the room when you exit that door!!! *...Gus S*



From Page 3—More on Acceptance: God's Gift REFLECTION FOR TODAY—TODAY BOOK, MAY 9

Since being in the program, I have often heard about acceptance. In the past I have assumed acceptance meant resigning myself to the fact there were many things I could not change or control: situations, people, and often even myself. Lately the word acceptance has taken on new meaning. I have come to understand that acceptance also means taking the gifts my Higher Power offers. These gifts – serenity, courage, wisdom, and love – are freely given. My Higher Power puts these gifts before me every minute of my life. I need only accept them. Sometimes I am blind to them or refuse to believe they are really mine. I see strings attached when, in reality, I am being offered the gift of freedom. However, the gifts never stop being offered, even when I reject them. No matter what I do or do not do, these gifts are never withdrawn. Acceptance means we can take these gifts which have always been, and will always be, meant for us.

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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

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EMOTIONS ANONYMOUS™

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