

EA 2023 ANNUAL REPORT

FROM THE BOARD OF TRUSTEES' PRESIDENT, PAUL N.

One thing I hear frequently among members is that the EA program is one of the best kept secrets they know. The idea of a program based on the Twelve Steps that can be utilized by a broad portion of people is exciting to most people when they learn of it. EA isn't for everyone; few things are. But the ideas, concepts, traditions hold a genuine promise of emotional health for many. It's sad to think of the difference between how many people could benefit from this program versus how many people are working the program today. How can we change this? The first way to increase the awareness and impact of EA is through personal service to the program. You can do this by offering your services at your meeting, distributing flyers in your area, getting the word out on social media, and/or starting a new meeting. Another way to support EA is by financially supporting the organization so that it can continue the hard work of providing the maintenance and growth of the fellowship here in the U.S. and globally. Finally, answering the call when EAI asks members to step up and offer writing support or to join a committee or the board is extremely valuable! You have a lot to offer your fellow members and the people who currently serve will help to make sure your offerings are properly utilized.

By this time next year, we hope to have two new workbooks completed. Everyone has their favorite publication, whether it's the Today book, the Big Book or one of EAI's workbooks, so the prospect of new workbooks to guide our emotional growth is exciting. I also anecdotally hear more members talking about going back to in-person meetings or starting new ones, which means more ways for members to connect. Having board members who are early in their terms comes with the promise of new ideas and a fresh perspective on how to best serve the fellowship. I appreciate the opportunity to be able to continue to serve the fellowship and look forward to the exciting year ahead.

FROM THE EXECUTIVE DIRECTOR, ELAINE DELAVY

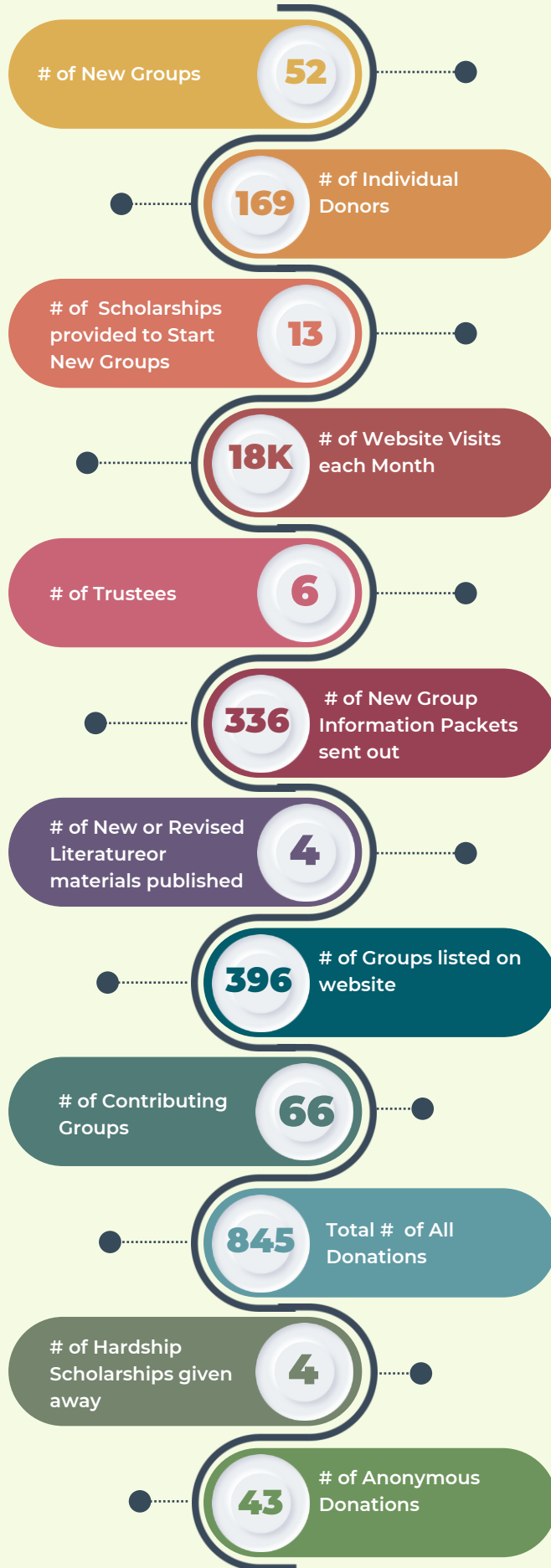
2022-2023 held many changes for EAI. The biggest was an office move in December 2022. Thankfully, we didn't have a lot of snow on moving day here in Minnesota! We moved due to increased rents and decreased building maintenance and are very pleased with our new office space just outside of downtown St. Paul. The other big change was a farewell to our database coordinator, Claire, as she returned to pursue a degree in medical coding and we welcomed Molly to join our team during the summer of 2023.

We moved away from a monthly newsletter to more brief but more frequent (weekly) emails. We hope the membership finds them easy to read and helpful. The program continues to gain new members and we continue to provide the best service possible, in the way of new materials, responding to inquiries as quickly as we can, and acting on member ideas when we can.

Mission

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

ACCOMPLISHMENTS



COMMUNICATIONS COMMITTEE REPORT

The Literature Committee produced new or updated versions of several pamphlets during the fiscal year, including Tools for Recovery (from German), Communications, Are We Defective, and Patience. The committee developed the structure for a new booklet currently in development that will be called How to Participate in Healthy, Effective EA Group Meetings. This booklet will be a compilation of all existing meeting guidance we hope to offer to the membership in 2024. The committee also developed the outline, structure, assignments and call for submissions for a new book on the Twelve Principles. The committee chair took a three-month leave in late 2022 during which time the committee was in recess.

FINANCIAL REPORT

Fiscal Year	2023	2022	2021
Gross Operational Income	\$159,345	\$142,658	\$168,988
Net Operational Income	\$136,061	\$120,326	\$145,593
Operational Expenses	\$143,092	\$153,346	\$148,266
Surplus/Deficit	(\$7,030)	(\$34,019)	(\$2,673)

I want to begin the review of EAI's financial situation by first thanking individuals and groups for stepping up their support of the organization this past fiscal year. Group and individual donations increased 63% and 13%, respectively, over the previous fiscal year! I also want to thank the organizations' employees who sacrificed to put a lid on expenses while still maintaining commitment to serving the fellows of EA in countries around the world. This sacrifice is all the more significant in the face of the significant increase in inflation that we have all experienced. Also, during the fiscal year, EAI moved from its long-time office to a more economical, albeit nice looking, new office. The move took the significant organizational and physical effort of employees and volunteers.

Total revenue including literature sales increased nearly 12% while total expenses declined nearly 8%. As a result of members stepping up their donations and expense management, the operational deficit of the organization shrank from \$33,500 in 2022 to \$7,000 in 2023. During the year, EAI's total assets (mostly comprised of cash and investments) declined from \$75,744 in the prior year to \$67,991.

As you can see, we are getting closer to meeting our goal of operating slightly in the positive, but are not quite there yet. In an effort to increase interest in our literature, the literature committee is currently working on a new workbook! Any members interested in volunteering to write for it, please contact the main office. We also hope that members maintain their financial support of the program as much as possible so that the program is viable for many years and many tens of thousands more members in the future. Thank you again for your support!

GROUP CONTRIBUTIONS

\$5,000+

Tues & Fri 6:30 PM, ET Zoom

\$2,000 - \$4,999

Bend, OR Zoom

\$1,000 - \$1,999

Una luz Que Brilla (Rialto, CA)

Fridley, MN

Emotivi Anonimi Italia (Italy EA Intergroup)

\$500 - \$999

Twin Cities, MN EA Intergroup

The Next Frontier Daily Phone

Saratoga, WY

Mon 7:30 PM, CT (Austin, TX) Zoom

EA Work IT 12 Step Series Group Wed 7 PM, ET Zoom

\$300 - \$499

Apple Valley Chapter (Burnsville, MN)

Midwest City, OK

Newcastle Upon Tyne (England)

Brainerd, MN (Tues 2 PM)

Lombard, IL

Levittown, NY

Tues 1 PM, ET (Virginia Beach, VA) Hybrid

Niagara Falls, ON Canada

\$200 - \$299

Burlington, IA

Hamline Chapter (St. Paul, MN)

Discuss the Solution Zoom

Colorado Springs, CO

St. Cloud, MN Thurs

Woodstown, NJ

\$100 - \$199

Ukiah

Brevard, NC

Beverly, MA

Lyndhurst, OH Hybrid

Toronto, ON Canada

Albuquerque, NM

One Day at a Time Zoom

Carlinville, IL

Emotions Anonymous Facebook Group

Always Hope Tues 8 PM, CT Zoom (Houston, TX)

Wellesley, MA

EA Slovenija (Slovenia)

Wed 7:30 PM, ET (Winston-Salem, NC) Jitsi Meet

Sun 2:30 PM, ET EA Zoom Hybrid

Lima, OH

Dayton Ave Chapter (St. Paul, MN) Hybrid

Grand Rapids, MI Fri

Middleburg Heights, OH

Smithtown, NY

Step 11 Meditation Daily 6:30 AM, ET Zoom

Sylvania, OH

\$50 - \$99

Tues 6:30 PM, ET Phone Group

Mesquite, TX Mon-Sat Phone

EA Grupo Concordia (Valencia, Spain)

EA International Meeting Zoom

Elgin, IL

Bloomington, MN

Daily Chatzy

Help is Here Zoom

\$1-\$49

Acceptance & Serenity (Sun 7 PM, ET)

"EA Strathcona" Wed 9 PM, MT Zoom

Grand Rapids, MI Tues

Mon 5:30 PM, PT (Los Angeles, CA) Zoom

Mon 12 PM, CT Zoom

Arvada, CO

Calgary EA Newcomers 12:30 PM, MT Zoom

EA Setagaya (Tokyo, Japan)

Providence, RI

Insteppers of EA (Cleveland, OH)

Doylestown, PA

Abundant Life Zoom

Sun 6:30 PM, MT (Boulder, CO) Hybrid

INDIVIDUAL CONTRIBUTIONS

\$3000+

Elaine P.

\$2,000 - \$2,999

Emily P.
Patricia Q.

\$1,000 - \$1,999

1 Anonymous gift
Ian G.
Monica W.
Paul N.

\$500 - \$999

Allan R.
Lloyd T.
Michael W.
Thomas C.

\$250 - \$499

JAndrew M.
Christina G.
David W.
Deanna B.
Diane M.
Edward P.
Jessica T.
Lillian K.
Lori S.
Mary C.
Mary Beth S.
Mary Jo W.
Paul H.
Sharon B.
Vicky G.

\$100 - \$249

Alma S.
Arthur H.
Camille D.
Carol F.
Caroline L.
Charles S.
David M.

\$100 - \$249

David W.
Dean W.
Florian K.
Gerard H.
Holly V.
Jakob M.
James K.
Jan D.
Jerry R.
Jerzy G.
Joseph V.
Karen G.
Katherine F.
Kathleen G.
Kathleen T.
Kelley S.
Ken R.
Kerry M.
Leigh B.
Lori E.
Louis V.
Luz M.
Mary G.
Mona E.
Paul G.
Remington P.
Robert W.
Robin C.
Ron
Ronald P.
Ronald L.
Sandra P.
Shawna F.
Warren S.
William B.
Yvonne P.

\$50 - \$99

1 Anonymous gift
Alexander S.
Alexandra S.
Amber E.
Ann E.

\$50 - \$99

Avis S.
Benjamin F.
Carey D.
Carmelita B.
Carol O.
Christine R.
Cynthia H.
Darryl B.
Edwin Z.
Ellen J.
Elyse B.
Eric C.
Greta F.
Joanne
John G.
Kelsey W.
Kristen K.
Leonard S.
Lillian S.
Melvin J.
Mercedes C.
Michael O.
Paul P.
Rausahn C.
Russell F.
Thomas M.
Tiffany H.
Yehudah P.

\$1-\$49

40 Anonymous gifts
Alexandra H.
Andrea L.
Andrea S.
Andrew K.
Anne C.
Annette N.
Audrey L.
Brent P.
Carol G.
Carol S.
Carol N.
Christina V.

\$1-\$49

Christopher G.
Chuck R.
Cloyd C.
Dana J.
Daniel H.
Danielle T.
David T.
David Q.
Dixie W.
Donald R.
Elene D.
Elizabeth R.
Elizabeth L.
Elizabeth B.
Elmer L.
Ester F.
Frances T.
Hilary G.
Jack F.
Jay R.
Jeffrey B.
John G.
John & Laura S.
José D.
Karen B.
Kari F.
Katherine B.
Kathleen M.
Kevin K.
Kouji M.
Larry K.
Leigh Anne P.
Linda H.
Lisa M.
Lizzette R.
Maria D.
Marianne N.
Marissa S.
Marty B.
Mary C.
Mathew M.
Namon T.
Patricia T.
Patrick A.

\$1-\$49

Rhonda J.
Rory S.
Saadia Vanessa V.
Sara B.
Soni W.
Stanfield G.
Stephanie H.
Steve F.
Steven D.
Susan M.
Susan B.
Tami P.
Teresa Q.
Yaela E.

YOUR EAI TRUSTEES FY23 (JULY 2021—JUNE 2022)

Paul Nouri — President
Steven Bell: — VP
Colleen Coyne — Secretary
Kelsey Weissman
Behzad Arapour Dahouei
Carolina Woolsey

This year Colleen Coyne completed her term on the Board, which ended June 30, 2022.
We are deeply grateful for the service provided by all the Trustees.

EAI STAFF FY23

Elaine Delavy: Executive Director
Sandra Wells: Accountant
Claire Horton: Shipping & Database Coordinator

Contact Information:

P.O. Box 4245 St. Paul, MN 55104-0245 USA Phone: +1 651-647-9712
www.EmotionsAnonymous.org