



EA Connection - February 2017

Your monthly newsletter from ISC
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From the EA Board of Trustees President

At the first Board of Trustees meeting of 2017, we did a preliminary look at the proposed Bylaw changes and votes received by the ISC during the designated time frame. The Board will revisit the proposed changes at our March meeting.

The Board also spent time on other issues including the preliminary work of the 2017 EA Convention Committee which will be held in the greater Atlanta area and on the Spanish version of the **Today Book** which the Spanish speaking groups in Mexico have had translated. The book will soon be available from ISC.

We also looked at the responsibilities of the Board of Trustees. We will continue our conversation at a forthcoming Board Meeting. It should be clear that we as a board are committed to carrying out our duties with integrity and in a responsible manner. Elaine presented the New Group information packets, improved and clear. We had a good conversation and I certainly thanked Elaine for taking on this matter, which by the way, is in great demand by individuals wishing to start a new group. Hopefully we will see an increase in new groups. Several other new pamphlets were presented to the Board as well.

Perhaps the most difficult conversation centered on the Financial Report. We appreciate the work of the Finance Committee! I need to mention that there are very obvious and legitimate concerns about our ongoing deficit situation. We have improved, but we are in no way out of the financial woods. The only way out of this situation is by an increase in group and individual donations. Perhaps a financial discussion could be held in your group around the topic IT TAKES MORE THAN \$1.00! Happy Valentine's Day 2017!...*Gus, President EA Board*

Of Importance to Groups

Committee Members Wanted: The Book & Literature, Outreach and Technology Committee's are looking for members. If you are interested or have questions, contact Elaine at Director@emotionsanonymous.org.

Please make sure your group contact and meeting information is current. Email changes to: groupdata@emotionsanonymous.org. Correct information on the website listing is important so newcomers and members can find a meeting or someone to call/email if they have questions.

Want to receive information directly from the ISC? Go to [Get Involved](#) and sign up. You'll get the EA Connection sent directly to your inbox each month, as well as periodic emails about EA.

EA Recovery Tools

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity

Promise 2: We do not regret the past or wish to shut the door on it.

Slogan 2: You are not alone

JFT 2: Just for Today I will try to be happy, realizing my happiness does not depend on what others do or say or what happens around me. Happiness is a result of being at peace with myself.

Tradition 2: For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Concept 2: We are experts only on our own stories, how we try to live the program, how the program works for us, and what EA has done for us. No one speaks for Emotions Anonymous as a whole.

Event Calendar

Be sure to check the [Event Calendar](#) on the EA website for activities in your area .

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](#)

Memorials and Special Gifts

To remember or acknowledge that special person go to: [Memorial Donations](#) #3

Recovery Using the Tools of EA

STEP 2: CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY

I have learned that friends who struggle with following this 12 Step program, frequently have not done their Second Step thoroughly. I made this mistake. I read and slid over Step 2, thinking I had that whole belief stuff covered. But, I relapsed and a new sponsor didn't let my religiosity faze her. She gave me this assignment: Write a list of all the attributes that my Higher Power must have in order for me to believe that this HP can/will/wants to restore me to sanity.

I dutifully did my assignment, and have gotten over many hurdles because of it. When I notice I am feeling out there on my own I go back to my list. Sometimes I find that I have listed too few attributes, and that my HP needs to be bigger than I first imagined. With a too small idea of my HP, I cannot turn my will and life over to that being...*Therese*

Step Two used to be difficult for me. I was upset by the word "sanity." As a child growing up in a dysfunctional home, I experienced insanity. I saw my mother taken to a psychiatric unit and labeled "crazy" by family, neighbors, and friends. She was blamed and criticized for my family's illness. As an adult I, too, felt responsible for my family's dysfunction. When I came to EA and heard the word, "sanity," all I could think of was the lack of it, in my life. Even worse, I feared becoming like my mother.

What I had overlooked in Step Two was the word, "Power." The day I started placing my attention on that Power instead of on insanity, I began to see miracles in my life. One such miracle was my ability to talk about my fears in meetings. Other miracles included taking the Twelve Steps that led me to serenity, and engaging in the process of forgiving and healing.

It has taken me many years of hearing Step Two read at meetings for me to really hear the word, "Power." Now I realize how much more awesome my Higher Power is, than my disease. Instead of dwelling in fear, today I am striving to pass on the miracles of recovery to my children...*Victoria*



SLOGAN 2: YOU ARE NOT ALONE

In the reflection today the word fellowship caught my eye. Reading that word for the millionth time had a new effect on me - it made me understand that **I'm not alone**. Not just feel it, not just think it, but know it in a way that I haven't before. So long as I practice the EA program, I am part of our fellowship and in our fellowship, one is as important as the rest, and if I am falling behind, others are there to encourage and support me.

I need help, I need our fellowship. I think I face my program alone a lot of the time. I share what works, I respond to people's posts if I feel I have another perspective

to offer. I need to feel that I am not alone, that life is rich and beautiful and mysterious, that there is much to experience even on the days it is hard to get out of bed. Yet some days, I face my program differently, I feel so incredibly isolated and alone, I'm stuck, thoughts don't matter when I'm over come with feelings, logic is not helping me. Yet I can, and will, return to that place where I know that **I am not alone** once more...*Sarah*



JFT 2: JUST FOR TODAY I WILL TRY TO BE HAPPY, REALIZING MY HAPPINESS DOES NOT DEPEND ON WHAT OTHERS DO OR SAY OR WHAT HAPPENS AROUND ME. HAPPINESS IS A RESULT OF BEING AT PEACE WITH MYSELF.

Today I was at peace with myself. I took a walk with my daughter, I went to a craft show and part of a dog show. I did some housework. I meditated for a bit and I wrote in my journal. I enjoyed making carrot juice with my daughter as she got a new juicer.

Today I was at peace as I started the day in peace. I enjoyed the sunshine we had. I enjoyed conversing with a nice man at a craft show booth. I did nothing major, but I was happy. Thank you Higher Power for days when I can be happy for even little things.
Connie

Discovering the Tools of EA—Acceptance

Acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation — some fact of my life — unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake...Anonymous



ACCEPTANCE & SURRENDER

I awoke at 5:00 a.m. and immediately headed for the bathroom. Switched on the light - no light - no power. Walked into the bathroom wall producing a black and blue goose egg on my forehead. Now what? I had 9000 things to do today - all of which needed electricity. Have you ever brushed your teeth, dressed and put makeup on in the dark? Try combing your hair? No fun! All the time I'm doing these things I'm mumbling, groaning and feeling sorry for myself. Why me?

Finally got ready to leave and it was now pouring rain. More moaning and groaning. Drove to the gas station to get some coffee and a paper. No paper yet. Some foul up with the delivery system. More moaning and groaning and why me.

Got to my first stop with my coffee and tried to relax a bit. Then my two favorite words came to mind: Acceptance and Surrender. Why does it take me so long to get to that point. What could I do about the power? What could I do about the weather? What could I do about the paper? Nothing! I needed to talk to my Higher Power and accept these pesky things happening and quit brooding and fuming. If I surrender these frustrations and accepted them for what they are, a glitch or two in my day. I was able to relax and let the rest of the day happen as it happened. Thanks EA for teaching me acceptance and surrender. Thanks HP for another lesson which I sorely did need, again...*MaryJane L*

ACCEPTANCE

I love this reading, *Today book 7/29*, because it talks about acceptance being a magic word. I didn't understand the word for a long time. I thought acceptance meant being ok with it, liking it. I found out that in 12-step recovery, it means accepting the reality of it. For me, that finally helped me to see what people meant when they said they accepted something, but didn't like it. They were not denying the situation any more - they were accepting the facts. And I know that for me, accepting the facts of my life allows me to stop resisting, and to help me find workable solutions if I need to. It helps me to say, this is how it is. What do I want to do about it? A lot of times, I find that I don't need to do anything. I still struggle with wanting things my way! But after a while, I'm ready to have some peace, which means surrender and acceptance. It's not always that easy or that smooth, but it is simple. Grateful for this program...Gail

ACCEPTANCE & PEACE

I am feeling more at peace knowing my dear friend Ruta is at peace. I know my mind is still scattering. My thoughts are off, too. Nothing to be frightened over nor anger. I thank God for all the years of working the principles of the program. Of, applying the steps and other lessons experienced. Nothing goes to waste.

Acceptances—One of the most valuable things I learn in EA is acceptance of myself, of others, and of my situation. As, I have listened to other members who have dealt successfully with their grief, I find they usually have turned to their Higher Power for strength and guidance while working through their feelings. Through the program I find a loving God who is always there for me even in my time of grief (*Grief pamphlet #55*). Whenever I am going through difficulties I turn to the *Living With Emotions Series #60*. I replace the generalized wording and personalize it for myself. This is how I've been able to make the EA literature have a personal touch...*Pat*

I WILL NOT PROGRESS

If I constantly use people, situations, or things to distract me from looking at and feeling the feelings associated with accepting current realities, situations and circumstances, I will not progress. I often wonder why some people feel things so deeply and profoundly, whereas others don't seem all that bothered or affected. Doesn't matter why though, it just is. I realize that I have a huge capacity for love, and that must be a good thing. A very wise person I know said that you can't feel great love without being able to feel great pain. They are at either ends of the spectrum, the further you push the boundaries, the greater your capacities to love, hurt, heal, feel joy, etc. Not easy, but it makes for a very rewarding life if one has the courage to live that way...*JK*



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Thoughts from your Trustees : Helpful Concept 2

CONCEPT 2: WE ARE EXPERTS ONLY ON OUR OWN STORIES, HOW WE TRY TO LIVE THE PROGRAM, HOW THE PROGRAM WORKS FOR US, AND WHAT EA HAS DONE FOR US. NO ONE SPEAKS FOR EMOTIONS ANONYMOUS AS A WHOLE.

Concept 2 keeps me focused on my own recovery, instead of losing myself in trying to fix others. I don't have to take on the burden of selling or defending my Program. My perspective changes over time, and will surely change again. It's OK to be where I am today and to carry the message as best as I am able, knowing that I don't have all the answers and probably never will...*Val*

This concept speaks about sharing my own experience, strength and hope! The emphasis is on being an expert on my own story and how the E.A. program works for me - even if it may not work in your life similarly...*Scott*

I have found bringing in other ideas from books, media etc does not help me like relating my story or hearing another's story. At meetings I hear what is working by listening to others and keep what I have by sharing how I work my program. ...*Harold*

"No one speaks for EA as a whole." The beauty of this concept is that it allows each of us to work the program in a manner that works for us, without anyone telling us how to do it! We are experts on our own recovery, using the tools of the program as they are laid out for us. What a blessing! ...*Gus*



EANON IS OUR ONLINE DISCUSSION GROUP WHERE EA MEMBERS SHARE THEIR EXPERIENCE STENGTH AND HOPE AS RELATES TO THE EA PROGRAM. THIS YEAR WE ARE FOCUSING ON THE STEPS.

TO JOIN EANON [CLICK HERE](#)

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We are so excited to share the news! EA has a new booklet!

Taking the Fear Out of the 4th Step

A Joyful and Uplifting Journey

We are so very grateful to the EA members who have devoted hours and hours to creating this additional way to look at the 4th Step. It does not replace any other 4th Step guides; its intention is to fill a need with a certain group of EA members for whom current guides have not worked. Many folks have never done a 4th Step because the process seemed to be “too much” to them. Many of these folks describe themselves as always being hard on themselves and having a tendency to look too much at their faults and not enough at their strengths. This guide is intended to truly bring the expression “Look for the Good” into 4th Step program work for those who need a guide to make that experience both fearless and uplifting. This is intended to build a healthy foundation for moving joyfully through life.

The booklet is in production now and will be available on our website soon.

