

# EA CONNECTION - JUNE 2017

Your monthly newsletter from ISC  
To help support this publication donate at [EA Connection](#)



## From the EA Board of Trustees President

There seems to be some discussion and confusion surrounding our 11<sup>th</sup> Tradition which reads: ***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.***

Quite frankly, EA needs good public relations and for the members to begin talking about our program. As we read in the EA 12 by 12 booklet, "what good is our program of recovery if no one knows about it?" We as individuals and as groups must make people in our communities aware of our fellowship. We read further in the booklet that our public relations are done through attraction, not promotion. But how do we deal with the fine line of attraction and promotion while respecting anonymity? Giving it a definition might help.

**PROMOTION** says "You should come here and this is what you'll get" while **ATTRACTION** says "Here's what I have gotten out of the program and why I think it's important." Recall that our 4<sup>th</sup> Promise says that "no matter how far down the scale we have gone, we see how our experience can benefit others."

But how do we use Attraction other than in personal conversations? Form 65, Community Outreach has many suggestion for attracting new members.

If we desire to see EA International grow; if we wish to see our group's grow, we have to share the news of what EA has done for us. Without our doing so, our future will be at stake...**Gus S**

## 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](#)

## EAnon

Many of the shares used in the EA Connection are from our online discussion group, EAnon. Click [here](#) to learn more about [EAnon](#)

## EA Recovery Tools

**Step 6:** Were entirely ready to have God remove all these defects of character.

**Tradition 6:** An EA group ought never endorse, finance or lend the EA name to any related facility or outside enterprise lest problems of money, property and prestige divert us from our primary purpose.

**Concept 6:** We never discuss religion, politics, national or international issues, or other belief systems or policies. EA has no opinion on outside issues.

**Promise 6:** We have less concern about self and gain interest in others.

**Slogan 6:** Look for the good.

**Just for Today 6:** I will try to go out of my way to be kind to someone I meet. I will be considerate, talk low, and look as good as I can. I will not engage in unnecessary criticism or find fault, nor try to improve or regulate anybody except myself.

## 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 questions.

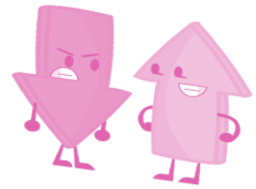


**Memorials and Special Gifts**  
In memory of Debbie S, Vincennes IN, EA Group





## RECOVERY USING THE TOOLS OF EA



### STEP 6: WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER.

I FOUND THE things that cause me emotional pain in Step 4, then I shared those things in Step 5. I still take those steps, perhaps just not as extensively anymore (Step 10 on a daily basis takes care of them.) Then came Step 6, I thought I was going to have to do that once, and then poof! My Higher Power would remove my flaws, and make me a saint...NOT! I have struggled over the years with the same character defects... I still have to get on my knees and ask God to remove from me those things that keep me away from the sunlight of the Spirit. Some days are easier than others...I have not been able to remove those character flaws from myself...I have to be entirely ready, everyday...one day at a time...**Ed**

**I'M GRATEFUL THAT** I've managed to learn so much in my involvement with EA. It is so strange to me that for 57 years I sincerely believed that perfectionism was a good thing! In my very first 4th Step, I learned that it was not healthy for me. In fact, it was deadly.

And though I never considered myself to be an angry person, justified anger turned up in that same inventory as being one of my "big three issues," commonly known as defects of character..

Even as recently as yesterday, I emailed my sponsor about a justified anger issue. I was still hanging onto. One would think that after all these years, all the meetings, all the litera-

ture I read on a daily basis, and my shares which are pretty regular, that I would not tenaciously be hanging onto a resentment! Good grief, what would a newcomer think about that!

But a very beautiful part of the program is that it does work. After I had written out my angst, clearly stating that I did not need help, just a listen, and once I hit the "Send," my anger was pretty much gone. And that is why I am so grateful...**Carol**

### SLOGAN 6: LOOK FOR THE GOOD.

**LOOKING FOR THE** good has been one of my life tools as long as I can remember. When I start to have trouble finding the good, I remember my wise grandmother telling me that if everyone put their own troubles down in a line and we all got to choose one person's troubles, most of us would pick up our own because that was the set we had the most experience dealing with. The troubles we have no experience with are the most scary of all. That reminds me to look for the lessons in my troubles. Usually, I can find a lesson or two either in the current problems to be learned or a lesson that I learned earlier from a prior problem that helps me deal with the current one. Those lessons are definitely on the good side of the ledger.

I developed fibromyalgia in my teens. My grandmother told me that when you have health problems young, you learn to pace yourself and to have patience with yourself and so you are better able to cope with your limitations than someone who is healthy for years and then later in life develops health limita-

tions. I learned to deal with chronic pain and chronic fatigue when I was young and malleable and learned new things easily. That helped prepare me for greater problems I faced later. Fibro also nudged me into exploring complementary medicine and alternative medicine. I learned about biofeedback and meditation. Those have been so important for me in my emotional and spiritual growth and dealing with emotional issues. I do not make friends easily, but through support groups and helping others, I've built some very deep friendships. I've had to rely on HP for help which has surely brought me to a closer relationship with the God of my understanding. Yes, lessons are often difficult and painful. But much that is good requires quite a bit of effort. So if I'm having trouble finding the good, I ask if I'm letting the effort required hide the good. If I just take some slow deep breaths, start my meditation mantra, and try to feel HP's cloak around me, my panic, rebellion, stubbornness, resistance, laziness and exhaustion begin to slide away. Sooner or later I will find the good in the situation even if its not until I'm past it and can look back with reflection...**Mary**

**MY MIND TENDS** to drift towards negativity with out my aid. That is why I find the program, the steps, and, in particular the slogans so useful.. They are great affirmations. They are like a meeting in my pocket... When I look for the good, the bad is still there, but I know I can live with unsolved problems. I know there is always good somewhere, somehow...I have to look for it... It is there...**Ed**



## DISCOVERING THE TOOLS OF EA

**SPONSORSHIP IS A MUTUAL AND CONFIDENTIAL SHARING BETWEEN TWO EA MEMBERS. A SPONSOR IS A SPECIAL PERSON WITH WHOM A MEMBER CAN DISCUSS PERSONAL PROBLEMS OR QUESTIONS, AND WHO WILL SHARE THEIR EXPERIENCE, STRENGTH AND HOPE IN WORKING THE EA PROGRAM...**

**FOR US TO ACHIEVE AND MAINTAIN EMOTIONAL SERENITY AND PRACTICE THE PRINCIPLES OF THE EA PROGRAM, HAVING A SPONSOR CAN BE HELPFUL...EXCERPTS FROM OUR SPONSORSHIP PAMPHLET #23**

### FROM A SPONSEE

I have only had one experience with being a Sponsee. I have learned from it greatly. If I were to search out a sponsor again or become a sponsor, this is what I would personally try to carry out or look for in an EA assisted relationship:

1. Make sure both of us feel comfortable with each other first and give/get a history on each of us to share.
2. The sponsor needs to be fully honest with themselves and assess if they can handle the individual sponsee's degree of need.
3. Set times and methods of communication; texting is not complete. Some phone and Skype on a regular basis would be essential to iron out misunderstandings that could occur in one dimensional text communication.
4. Have an alternate assistant that agrees to help out as the sponsor may not always be available especially in an emergency situation. No hurting person wants to be left alone.
5. Trust gut instincts if something is not working between us and honestly share this with each other in a loving manner to see what the best solution is for all.
6. If the sponsee has severe issues, it would be good idea to prepare in advance a crisis contact person or number (be it their doctor, therapist etc.) in case. This way the sponsee and sponsor are always protected.

NEVER abandon a person in need. If the relationship is not working then the sponsor gently explains the issues to sponsee and helps them locate another suitable sponsor. Original sponsor stays with their sponsee until the new partnership is safely integrated. Use of appropriate gentle language with sponsee in time of need is critical. No negativity or negative stories that may push a sponsee into further despair. Positivity is the key to good support. Personal biases towards the use of medication or therapy should not be a topic of discussion with sponsee. Sponsors should never give medical advise. A sponsor is trusted, compassionate EA friend.

Regular times of feedback between sponsor and sponsee to insure a good working support system. As a sponsor I would hope to be listening to the needs of my sponsee, not directing or dictating to them.

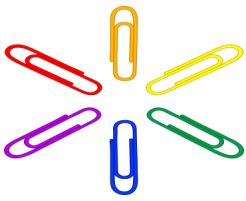
These are just my feelings towards a sponsorship relationship and undoubtedly there would be more points I did not cover. These are the basics that come to mind. While no one is expected to be perfect, Sponsorship is an honorable job that comes with great responsibility...Twyla

### HELP FROM MY SPONSOR

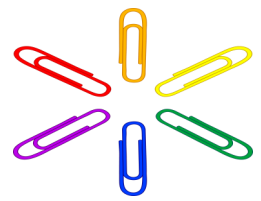


Today I was upset and really beside myself. Instead of just stewing in it all, I called my sponsor and shared what was going on with me. It really helped me lots to calm down. I then turned over the matter to my Higher Power by putting the upset in my Higher Power/God box. It was a good way of turning it all over and realizing how powerless I was. I felt much better after the conversation with my sponsor and turning it over to my Higher Power. I was ready to continue my day with the things I was needing to do without holding onto my upset. I feel the program really works when we work it. I am so grateful that in EA we do not have to be alone and that it is okay to need people. And it is really good to "Let Go and Let God" (the God of our understanding) help us. Grateful for my Higher Power belief as that helps me so much, too. Grateful that I have a desire to be well emotionally or I wouldn't be able to place phone calls or even reach to a Higher Power...**Connie**

OUR FEELINGS OF ANGER, FEAR, DEPRESSION, SELF-PITY AND RESENTMENT CAN SEND US ON EMOTIONAL BINGES



## YOUR ISC STAFF



As the end of our fiscal year approaches, I thought it would be good to share some information about the people on the other end of the email or phone at the ISC office. We have four staff members who work Monday through Thursday from 9 to 3 CST. No one is full time; total combined hours add up to less than two full-time positions. While EA does provide vacation days based on hours worked, we do not contribute to health insurance or retirement plans for anyone. Our employees are not members of EA, these are individuals, like each of us, who work to support themselves and their families. Each is dedicated to the mission of EA and we are grateful to have each with us.

**Database Coordinator:** Bobbie Jo has been with EA for 3 years. She works 24 hours each week, Monday through Wednesday, and is responsible for keeping track of changes within groups, managing the website meeting listings, sending out email announcements, organizing and distributing New Group Information Packets and helping new groups form. She also manages any mailings that come from the ISC, including **The Connection**. Bobbie Jo is the first responder to phone calls. When she isn't at work, Bobbie Jo enjoys long weekends spent fishing. She has a dog and one child.

**Shipping Associate:** Carleen has been with EA for 21 years! She works 12 hours each week (Tuesdays and Thursdays) and is responsible for getting all orders put together and mailed, as well as copying the materials we produce here in the office. Carleen loves working at the ISC, family get-togethers, working out at Curves, and walking when the weather is good!

**Office Manager:** Mary has been with EA for 11 years and is in the office Monday - Thursday. She organizes incoming orders for shipment, follows up with individuals or groups when there are questions about their orders, pays the bills, and produces the financial reports each month. She also makes sure we don't run out of the office supplies we need around here! Mary is married, has three children, enjoys volunteer work and gardening.

**Executive Director:** Elaine works with the Board on strategic issues to carry out the mission of EA, assists members in creating new materials, manages the content on the website, addresses areas of concern to members, works with international groups to translate materials, plans and manages the annual Board workshop and member meeting, and works to share the EA message with health care providers, the recovery community and the broader public. Elaine works 12 hours per week, typically on Mondays and Tuesdays. Her schedule varies with her work is as a consultant for nonprofit organizations. Elaine has two children and a dog, when she isn't working, she likes to garden, read, and knit.



## SUPPORTING YOUR SUPPORT SYSTEM



"EA's fiscal year ends June 30. If you have not made a contribution to support this organization yet this year, please consider doing so soon. You can donate at the website on our [Donations Page](#) or by calling us with a credit card, or by mailing in a check. Thank you."

# 2016—2017 EA BOARD OF TRUSTEES

## Gus S, AZ

602-319-3890

[schloessergus@gmail.com](mailto:schloessergus@gmail.com)

PRESIDENT (FROM REGION 2)

## VALERIE C, NY

585-371-4347

[valcea@gmx.com](mailto:valcea@gmx.com)

Secretary (from Region 5/GST)

## SCOTT J, MN

507-276-0323

[sdjakel@gmail.com](mailto:sdjakel@gmail.com)

Vice President/Treasurer  
(from Region 1/GST)

## FRANCE B, QC, CANADA

819-319-9912

[france.boulerice@gmail.com](mailto:france.boulerice@gmail.com)

(from Region 6)

## JOHN W, MN

612-760-0313

[johnwerner52@gmail.com](mailto:johnwerner52@gmail.com)

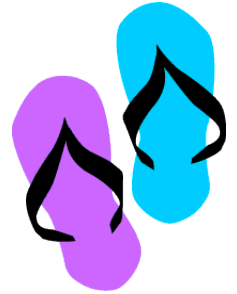
(from Region 1)

## HAROLD F, NH

603-425-2141

[hthnhugs@yahoo.com](mailto:hthnhugs@yahoo.com)

(from Region 5/GST)



**“The Concepts provide us with the basic structure of EA”**  
**Thoughts from your Trustees: Helpful Concept 6:**  
**We never discuss religion, politics, national or international issues, or other belief systems or policies. EA has no opinion on outside issues.**



**Thank you EA** for this helpful concept! It seems to me that our weekly meetings are the **ONLY** place I can go without all the chitter chatter of politics; of fears of nuclear war; of endless headlines of violence in our streets and homes. What a gift it is that EA does not

have an opinion on outside issues which allows me the time needed to work my program! I love it!...**Gus**

**Newcomers** are important to EA and to my recovery because they remind me where I have been and provide an opportunity to practice Step 12. Part of welcoming newcomers is providing an inclusive environment. Members discuss a particular religion or political viewpoint a newcomer may feel different or excluded, even if that is not the intent. My view points on many things have changed over time, so why risk losing the message of recovery for years because of an opinion I hold today? Viewpoints are fine but in EA the message of recovery takes priority ...**Val**

**I'm grateful** for this concept. Opinions are so distracting! I wonder if our personal opinions even matter that much. What do you think—just kidding! In EA, we just focus on **inside issues** vs. the outside world; conversations usually covered in the news. We emphasize the only thing that truly matters—how our H.P. can bring healing to us—how we can stay focused vs. being distracted by religion, politics, and policies...**Scott**

## REGIONS OF EMOTIONS ANONYMOUS

### REGION 1: NORTHWEST

CAN: AB, BC, MB, ON, SK

USA: AK, ID, MN, MT, ND, OR, SD, WA, WI, WY

### 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

CAN: NB, NF, NS, NT, PE, YT

USA: CT, MA, ME, NH, NJ, NY, OH, PA, RI, VT

### REGION 6: FRENCH-SPEAKING CANADA

## EMOTIONS ANONYMOUS™

Hours Monday—Thursday: 10 to 3:30

Phone 651-647-9712

Fax 651-647-1593

PO Box 4245

St Paul, MN 55104

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

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

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

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

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

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

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

## TODAY—JUNE 6 Meditation for Today:

May I find one new thing for which to thank You. Help me let gratitude crowd out envy, wanting and resentment.