



Here for you



Emotions Anonymous International

Annual Report July 1, 2021 – June 30, 2022



From Paul Nouri, President, Board of Trustees

Fellows:

As we forge ahead into the 51st year of this program, it bears reflecting on why EA works for so many people who stick with it. To me, it is the process and the people. By process, I mean the Steps, Traditions, Just For Today's, Promises, Helpful Concepts, Slogans and Principles. Also, literature including pamphlets, workbooks, the Today book and newsletters. I also think that the structure of meetings is important. The structure allows for continual progress in the program for fellows, while allowing equitable and respectful sharing and receiving of stories and insight.

There is so much rich literature available that it is possible to work EA on your own. However, I think most people find it extra immersive and impactful to take part in regular meetings. Through sharing and hearing the stories of others, we are able to grow through our experiences, as opposed to being stuck in them. Committing to attending meetings each week is a way to keep committed to working the program even during weeks when we don't feel like making the time.

According to the program evaluation that was done last year to commemorate the organization's 50th anniversary, those who engage the most with the program, by attending at least once per week, hosting meetings, being a sponsor, meeting treasurer or other roles, receive the best emotional health outcomes. This is why I bring up service frequently as an important part of the EA program. Service is mentioned in the Steps (12), Principles (12) and Promises (6). Many of us believe that EA has been integral to improving our emotional health. Other avenues of therapy, including talk therapy and medication, are also useful. But EA is unique in both the way that we learn to process our emotions and in the powerful sharing that we undertake with one another. A program this great must be shared with everyone who could benefit.

Some think that Tradition 11 (*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.*), among other parts of the literature, prohibit us from increasing awareness of the program. As long as the focus is kept on attraction when reaching out to inform people and institutions of various meetings and the program as a whole, I believe that we are following the traditions of the program.

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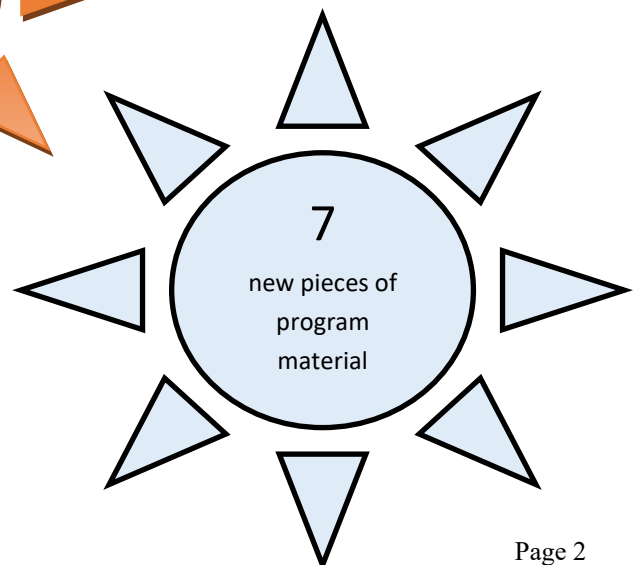
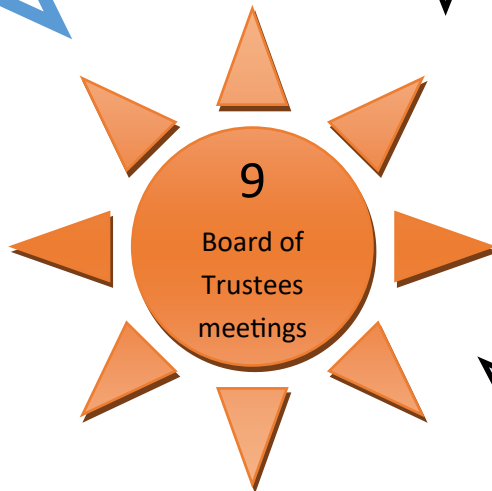
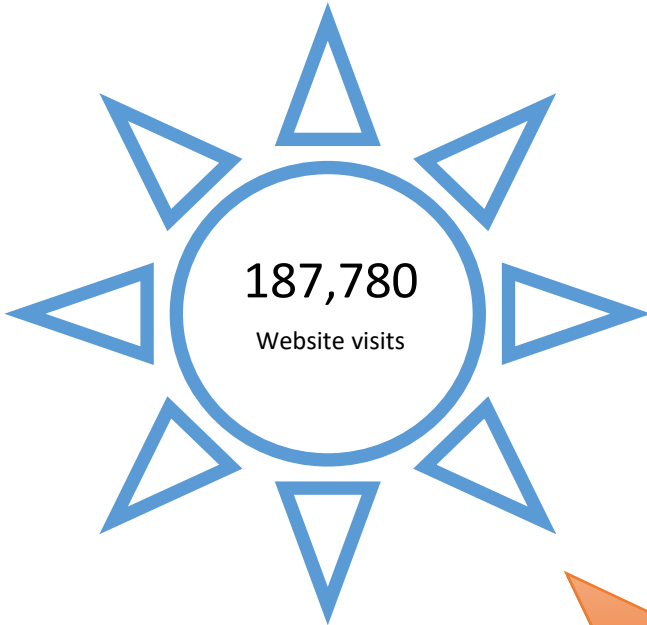
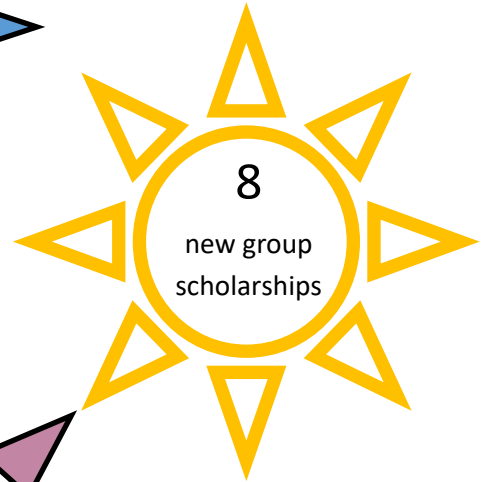
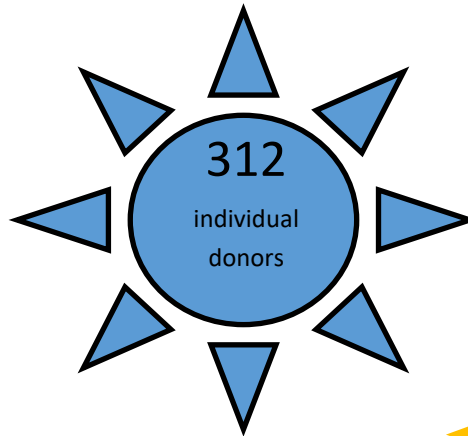


From Elaine Delavy, Executive Director

It has been a much quieter year at EAI in 2021. We continue to work on the daily tasks that keep serving the membership— helping with new group start-ups, addressing issues that arise, introducing new literature, the ever-evolving improvements to the website... We were fortunate to add to our staff in FY 22—Sharon came on board in the summer to replace Carleen and manage the shipping and Karen joined up later in the fall to work on inventory management. They both work a combined total of 12 hours/week, which keeps the total staff hours to under two FTEs (full time equivalent). We continue to do more with less.

We saw substantial decreases in both individual and group giving in the past year, which makes it difficult to upgrade or add to what we currently offer. We continue to build bridges across the world and have seen more translations of EA material happening, as well as more international groups forming. I continue to want this organization to do more— more outreach, more awareness, more groups, more resources. I am hopeful that we can see a turnaround in our financial outlook in the coming year so that we may continue to find new, better, more ways to help everyone improve their mental health using the 12 Steps that we all know work so well.

A look at last year:



Group Gifts (**Italics indicate groups outside of the USA*)

\$1-\$49

Atlanta, GA (2 Groups)
Bloomington, MN
Brevard, NC
Cleveland, OH
Discuss the Solution
(Sacramento, CA)
Doylestown, PA
Houston, TX (2 Groups)
Hollywood, FL
Mesquite, TX
Montclair, NJ
New Douglas, IL
Perryville, MO
St Alban, ENG UK
Wichita, KS

\$50-\$99

Arvada, CO
Calgary, AB CA (Wed Group)
Edmonton, AB CA
Elgin, IL
Grand Rapids, MI (Mon Group)
Grand Rapids, MI (Tues Group)
Lima, OH
Norman, OK (Mon Group)
Dayton Chapter (St Paul, MN)
Sylvania, OH Sun 7 PM

\$100-\$199

Austin, TX
Bowling Green, KY
Brainerd, MN (Afternoon Group)
Burbank, IL
Burks Falls, ON Canada
Coon Rapids, MN
Levittown, NY
Lombard, IL
London, ENG UK (Wed Group)
Middleburg Heights, OH
Mississauga, ON, CA
One Day at a Time (Sun 1 PM, ET
Zoom)
Roswell, GA
Slovenija (Slovenia)
St Cloud, MN (Thurs Group)
The Next Frontier (Daily Phone
Group)
Topeka, KS
Winston-Salem, NC
Wellesley, MA

\$200-\$299

Alhambra, CA
Burlington, IA
Colorado Springs, CO
Rialto, CA (5 Daily Groups)
Sweden

Ukiah, CA Groups

\$300-\$499

Apple Valley EA (Burnsville, MN)
Midwest City, OK

\$500-\$999

Fridley, MN
EA-Selbshilfe (German Intergroup)
Hackensack, NJ
Oakland, CA
Grupo Concordia (Valencia, Spain)
Virginia Beach, VA (Tues Group)

\$2,000-\$3,000

Bend, OR (3 Groups)
*EA New Zealand (New Zealand
Intergroup)*
*Emotivi Anonimi Italia (Italy
Intergroup)*

Individual Gifts

\$1—\$24

116 Anonymous gifts

Alexandra H.

Annette H.

Barbara M.-C.

Bobby G.

Christina H.

Christopher B.

Cloyd C.

Dan H.

Danielle M

Donna Ward W

Elise J.

Elizabeth K.

Elizabeth M.

Gwendolyn C.

Hugh T.

Izumi I.

Jamila T.

Janet F.

Jay R.

Jeff M.

Jemma B.

Jeremy W.

Jerry R.

John G.

Karen K.

Kristi H.

Laura H.

Lawrence N.

Lisa A.

Lizzette T.

Lori S.

Maha A.

Maria S.

Marilyn R.

Matty R.

Meeta C.

Monica T.

Patricia C.

Patrick C.

Paul P.

Rachel F.

Roberto D.

Shannon H.

Shireen H.

Susan H.

Theresa S.

Theresa T.

Thomas P.

Tiffany H.

Tony C.

Traci H.

Valerie M.

\$25—\$49

5 Anonymous gifts

Alexandra S.

Amy M.

Arlene P.

Barry H.

Bernadette F.

Bradley L.

Carol H.

Charles N.

Colleen M.

Cynthia H.

Dana A.

Daniel H.

Denise S.

Diana A.

Dixie W.

Eugenia H.

Eva C.

Jessica M.

John E.

Joseph C.

Katherine B.

Kathrine B.

Marcela B.

Margaret M.

Marian D.

Marilyn B.

Martin P.

Matu J.

Maxine S.

Nancy C.

Nina W.

Oscar A.

Paul V.

Rachel G.

Rachel F.

Robert R.

Roy E.

Sara B.

Shannon U.

Steven C.

Terry K.

Thomas C.

Tracy O.

Victor G.

\$50—\$99

5 Anonymous gifts

4 Amazon Smile gifts

Alice P.

Amber E.

Arlynn K.

Audrey L.

Avis S.

Benjamin F.

Carey D.

Carmelita B.

Carol F.

Christian M.

Christopher G.

Claire P.

Darryl B.

Daryl D.

Deborah T.

Dennis S.

Florian K.

Gayle W.

Greta F.

Holly V.

Ian G.

Irene K.

James J.

Janice M.

Judith T.

Karen B.

Kathleen G.

Kathleen M.

Kathleen E.

Kathy F.

Larry W.

Margaret G.

Mark L.

Mary E.

Michael T.

Michael O.

Michael B.

Mona E.

Monique P.

Patti F.

Rausahn C.

Raynaldo M.

Richard P.

Roger J.

Rosanne M

Scott J.
Sharon B.
Thomas M.

\$100—\$249

2 Anonymous gifts

Ann E.
Annette N.
Arthur H.
Betty L.
Bob W.
Camila V.
Camille D.
Carol O.
Carolyn F.
Charles S.
Dana J.
Darla H.
Darla C.
David Q.
David W.
Deanna B.
Diana G.
Elizabeth G.
Elizabeth B.
Eugene U.
Faith J.
Gina T.
Graham W.
Iain P.
James K.
James B.
John T.
Joseph V.
Karen G.
Katherine F.
Kelley S.
Kelsey W.

L.A. J.
Leigh B.
Leonard S.
Ligia V.
Lillian S.
Lisa C.
Louis V.
Luz M.
Madelon L.
Marilyn J.
Mark D.
Mary C.
Mathew M.
Michael J.
Miriam N.
Monica W.
Paul P.
Paul N.
Raymond P.
Remington P.
Richard B.
Robert S.
Robin C.
Ron P.
Russell F.
Sandra P.
Scherrone D.
Sharon H.
Shawna F.
Susan F.
Thomas F.
William B.
Yvonne P.

\$250—\$499

David K.
Emily P.
Jessica T.

Jim M.
Karen B.
Kendall C.
Mary C.
Mary Jo W.
Melvin J.
Raymond H.
Ron L.
Thomas & Alice C.
Vicky G.
Warren S.

\$500—\$999

7 Anonymous gifts

Denelle B.
Jerry H.
Joseph O.
Joyce M.
Michael W.
Pam R.
Paul H.

\$1,000—\$1,999

Patricia Q.

\$2,000—\$5,000

2 Anonymous gifts
Estate of Kathleen R.

Individual & Group Gifts: Designated Purpose or Fund

Gifts in Gratitude

\$1—49

Christopher B.
John S.
Nancy C.
Summerside, PE CA Group

\$50—\$99

Tally N.
Austin, TX Group
Monique P.

\$100—\$300

Ann E.
Liz G.
Camila V.
Yvonne P.
Raymond H.

Hardship Fund

\$1—49

Marilyn R.
Nancy D.
Teresa W.

\$50—\$99

1 Anonymous gift
Martina B.
Schererville, IN Group

\$100—\$199

Bobby G.
Pamela G.

New Group Scholarship Fund

\$1—\$99

Michael B.
Mona E.

\$100—\$300

Luz M.A.

Email/Online Loop Fund

\$25—\$50

Claire P.
Marian D.

\$100—\$300

Jessica T.
Luz M.A.

Gifts in Memory

\$1-\$99

Eric S.
Robert W.

\$100—\$199

Apple Valley, MN Group
Barb S.
PayPal Giving Fund Donor
Vicky G.

\$200—\$300

Saratoga, WY Group

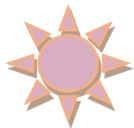


Board President message *cont'd from page 1*

Simply providing places of worship, hospitals, mental health centers and community information websites with meeting information with a plain and brief description of what EA is allows as many people to be aware of the program as possible and for each person to make a decision that is best for them when considering whether to attend a meeting.

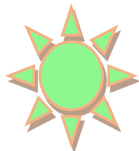
Another way of being of service, other than getting the word out about the program, is engaging in sponsorship. For those EA members who feel confident in their knowledge of the program and/or want to be of assistance to another who might be early in the program, sponsorship is a great way to give back. EA has a significant shortage in sponsors. For anyone who would like to either be a sponsor or co-sponsor (where two people work the program together with guidance and assistance of one another), please contact sponsorship@emotionsanonymous.org.

In the way that best fits you, EA can use the benefit of your service. I want to take this opportunity to thank the thousands of people who work the EA program around the world. Your participation is vital to helping your peers who are struggling with a multitude of issues. I wish everyone peace, serenity and joy for the year ahead.



Communications Committee Report

The EA Literature Committee has been meeting monthly during the past year and in that time has written or edited 7 pamphlets or other pieces for the fellowship. Team members – Board of Trustees President Paul Nouri, Secretary Colleen Coyne, and EA members Sarah K, Scott J. and Jen K. – joined because they are committed to clear, frequent and transparent communications about EA and want to help deepen other members’ (and their own!) experience of the program. Fellowship members generously send in ideas or first drafts for helpful new EA communications and the committee works to refine and approve them through the Board of Trustees for publication. Thanks to everyone who has been involved with this incredible work!



Financial Report

Fiscal Year	2022 (unaudited)	2021 (audited)	2020 (audited)
Gross Operational Income	\$142,658	\$168,988	\$145,202
Net Operational Income	\$120,326	\$145,593	\$120,807
Operational Expenses	\$153,346	\$148,266	\$148,265
Surplus/Deficit	(\$34,019)	(\$2,673)	(\$26,458)

The financial year ended June 2022 was an extremely challenging one for Emotions Anonymous International. For the year, literature sales were down \$9,000 (9.5%), as almost every literature category except for the Big Book saw declines over the prior year. Meanwhile, donations were down 25% from the previous year. At the same time, an increase in inflation resulted in a 6% increase in total expenses. These factors taken together led to a loss of over \$30,000 in the most recent year. At the end of June 2022, the organization had \$60,876 in cash and investments. Accordingly, the organization has only two years of financial reserves remaining. Rest assured; the organization will do everything in its power to contain costs. But the truth is that the organization already operates on limited resources, so there is a limit to how much we can cut, while still servicing the global EA community.

Your EAI Trustees

July 2021—June 2022

Paul Nouri — President
Steven Bell: — VP
Colleen Coyne—Secretary
Derita Pippen
John Werner
Kelsey Weissman
Behzad Arabpour Dahouei

EAI Staff:

Elaine Delavy: Executive Director
Sandra Wells: Accountant
Claire Horton: Database Coordinator
Sharon Boiselle: Shipping Coordinator
Karen Ganzhorn: Production Coordinator

We are deeply grateful for the service provided by all the Trustees.

This year John W. and Derita P. completed their terms on the Board, which ended June 30, 2022.

Paul N. and Steven B. generously agreed to serve a second term, with Paul assuming the role of President and Steve the position of Vice President.

Mission:

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



Contact Information:

P.O. Box 4245 St. Paul, MN 55104-0245 USA

Phone: +1 651-647-9712

www.EmotionsAnonymous.org