



# The EA Connection: November 2018



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## EA TOOLS FOR RECOVERY

**Step 11:** Sought through prayer and meditation to improve our conscious contact with God, *as we understood him*, praying only for knowledge of His will for us and the power to carry that out.

**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.

**Promise 11:** We acquire a feeling of security within ourselves.

**Concept 11:** Each person is entitled to his or her own opinions and may express them at a meeting within the guidelines of EA. We are all equal - no one is more important than another.

**Just for Today 11:** I will not compare myself with others. I will accept myself and live to the best of my ability.



## FROM THE PRESIDENT, EA BOARD OF TRUSTEES



As I shared with you in the October Connection, the Board members of Emotions Anonymous met at the Emotions Anonymous International Offices in St. Paul, MN, October 4<sup>th</sup> and 5<sup>th</sup>. We had many things on our agenda that we needed to work on. We gathered on October 4<sup>th</sup>, renewing relationships which led us into the work of the Workshop on October 5<sup>th</sup>. We spent time envisioning the future of EA which led the group to begin the process of establishing our Strategic Plan for Fiscal Year 2019. We reviewed the nominating process for Board members as well as reviewing members at large who have expressed an interest in serving as a member of the Board. We then began the Board of Trustees meeting. We reviewed the Financial Report and Budget. We reviewed the By-laws of the Organization and other items as presented by our Executive Director. October 6<sup>th</sup> was the Annual Membership Business Meeting via Conference call or in person. Information regarding the meeting will be provided in the future.

November is our Annual Gratitude Month. We are encouraged to give a special donation which expresses our gratitude, both as individuals and groups. Your contributions are appreciated, both large and small.

When I think of the Serenity that EA has brought to me, it encourages me to be generous in my giving. I wish you a Happy Fall Season and Thanksgiving! **Gus S, President EA Board of Trustees**

## 2018 BOARD OF TRUSTEES WORKSHOP

At the recent Board of Trustees workshop, the group discussed the issue of participants at meetings under the age of 18. It was determined that EAI will require that anyone under this age be accompanied by a parent or legal guardian in order to assure their safety. EA meetings are not designed for children or youth, but are not closed to their participation with a responsible adult accompanying them...**Elaine Weber Nelson, Executive Director**



IN MEMORY OF JOHN "JACK" HALLER, WINNIPEG, MB, CANADA - CHARLOTTE H, SC  
JACK SERVED ON THE EA BOARD OF TRUSTEES .  
HE WAS A GENTLE SOUL AND HIS CONTRIBUTIONS TO EA WERE MANY.





## RECOVERY USING THE TOOLS OF EA



**STEP 11: SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD, AS WE UNDERSTOOD HIM, PRAYING ONLY FOR KNOWLEDGE OF HIS WILL FOR US AND THE POWER TO CARRY THAT OUT.**

Step 11 is one of my favorite steps. In my mind I think of it as my "let it go" step. That is because in the step I am told to seek God's guidance and to ask that He provide direction of His will for me. Now my problem is that I often forget to do the above and it isn't until I am really hurting that I remember to call on God for guidance and that He always has my best interest at heart.

I have also found that the Slogans offer support for Step 11, such as *"Let go and let God, You are not Alone, By the grace of God, and Keep it simple."*

This step also serves as a reminder that God is always there, I just need to "hook up." So, if I remember to keep Step 11 at my side and use the slogans as companions, life goes pretty darn good and I am grateful...*Cary*

Step 11 was a tough step for me to grasp. I had so much anxiety and so many internal triggers. I lived my life by doing, doing, doing and thinking, thinking, thinking - It was the way I had learned to cope. Quiet time? Where would I fit that into my busy life? There was no time to stop and speak to God let alone listen to Him. In the *It works if you work It* book, it talks about increasing our Spiritual awareness by quieting ourselves. I was addicted to figuring life

out, and figuring out other people. I always searched for the motives of others, it dawned on me one day that other people were truly not my business. God was interested in me and had much to say to me about me and my life. In learning to work step 11, I began to really focus on the Serenity Prayer and I began to ask God how to "know the difference" between me and other people. In the beginning it was more like "gripe times" where I gave God all of my complaints and resentments about other people who had not lived up to my expectations.

It has taken many years for me to develop that relationship with God and to gain that internal intuition that comes from the discipline this step has taught me. It has been a gradual process, life, schedules, people and my own anxiety would get in the way of my God times. Making time for God has been worth it. I have found the more I work step 11 the more I get from God. It is a divine exchange my time for His nature.

Step 11 was the step that showed me I clearly was not going to graduate from the program. At first I didn't like that, I was looking for a quick fix but the longer I stayed, worked the steps, used the tools and I began to hear from God, the less I wanted to graduate. I am now hooked on the steps, God and learning to live in the promises. Step 11 has been key for me in developing and nurturing my relationship with God and in doing that God has taught me the only one I have control over is myself. The more I work and remember step 11 the less I am controlled by my

feelings and the more I know how to handle things that used to baffle me... *Jessica*

**JUST FOR TODAY 11: I WILL NOT COMPARE MYSELF WITH OTHERS. I WILL ACCEPT MYSELF AND LIVE TO THE BEST OF MY ABILITY.**

The other day when I was looking in the mirror I realized that I immediately looked at my "worst" physical attributes and ignored the better ones. I determined to change this biased viewing and accept how I am - better and worse. Some things I can change and some I can't. I always have the option to work on the things I can change. Count me grateful for this awakening...*Joan*

One thing I love about EA is Just for Today 11. It helps when I practice this daily. To know when I don't compare myself to others, I feel okay just being me. When I accept myself and live to the best of my ability, my days go much better and I feel comfortable in my own skin.

I can pray to my Higher Power to help me if I find myself comparing myself to others, which can happen still now and again.

When I catch myself doing this and feeling bad about myself, I turn over this "comparing myself to others" defect to my Higher Power.

We all have assets and defects and I like that EA says that no one is better than or less than anyone else. Feeling equal to others helps me feel more a part of things rather than apart from things. I will keep praying to my Higher Power daily to help me with this *Just For Today...*

*Connie*





## DISCOVERING THE TOOLS OF EA

### GRATITUDE FOR RECOVERY AND THE TOOLS OF EA

Someone asked me what the Tools are. It was a good question, so I thought I would share my thinking on those Tools. For me they are the basic's of my program. Without them I would not have a program. I have been in 12 step recovery for over 42 years now and am grateful every day for their guidance.

The **Steps** gave me a guide for recovery. Some seemed easy, others hard, but all are necessary. I go to a weekly step meeting and we do them over and over, one each week. If you had told me in early recovery that I would cherish that, I would have said no way. But now it seems each time we do a step I find something new about me or gleam thoughts that I would not have on my own.

Next came the **Promises**, I had totally forgot there was such a thing until someone mentioned a really good one, one day. I read them and thought how wonderful they were and knew I was willing to work to make them happen.

The **Just for Today's** came next. I liked that I only had to do something for one day or an hour until I could start to realy incorporate it into my life.

When I was diagnosed with breast cancer and all that goes with it, the **Slogans** became my lifeline. Just one easy sentence that I could say over and over, something to hang on to. I value them today just as I did then.

The **Concepts** helped me to understand recovery on a different level. With them I was able to expand my program knowledge and gained a deeper understanding of how it works.

Last but not least the **Traditions** became my constant guides during the years that I worked for EA as it's Executive Director. Things came along that I didn't understand or know how to handle, the Traditions were there to answer those questions and provide a guide over the years that worked....*Karen Mead, Editor*



### THEY WORK WHEN I WORK THEM

Entering recovery, I found that I lacked the fundamental skills to progress. I had endless energy, but most of it was spent manipulating, hiding, and beating myself up. I was an expert in that particular area. All that effort and no success was defeating and exhausting. Yet, I never tired of taking it out on myself. And that was a strategic decision, because as I discovered, I was the only one that would not fight back. And so I became my own perpetual victim. So, I learned the basics, and life started falling into place. But it did not come cheap, and it did not come easy. I paid a high price for recovery. One of the most important discoveries I made was that I truly was the cycle of insanity. I put in a ton of effort using the wrong tools, expecting things to turn out differently. It never did; it only got worse. I kept using the tools that I had incorporated in order to cope with life. Dishonesty, manipulation, self-pity, escape, anger, fear, isolation, hostility, just to name a few. And I kept using them until I began working the steps. I bookmarked Part II - Reflections of the Steps in the It Works if You Work it Book. It reminds me of the principles of each Step. Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility, Responsibility, Justice, Perseverance, Spiritual Awareness, Service. These remain an integral part of my daily recovery, because when I use any one or a combination of these principles, my day gets better. And that is regardless of whatever comes my way. Recovery has taught me that I do not need to join an argument or a tantrum to make a point. Sometimes the loudest point is made by non-verbal communication. Sometimes, simple presence is all it takes. I feel that way about my Higher Power, whom I choose to call God too. Recovery is not a carrot at the end of the stick. There are no hoops to jump through. I have found the 12 suggested Steps, work when I work them. A former sponsor once told me that if I wanted change, I needed to break a habit. I used to fear change, now I am grateful for change... *Lynn A*

### REPETITION

When I was first in meetings I didn't understand why we read the Steps, the Just for Today's and Promises every meeting. It seemed to be a waste of time. Over time, I was surprised at how helpful they were. I found that sharing on them over a few weeks helped them to let them sink in. Gradually I found that the repetition meant I was starting to remember them in everyday situations better. Rather than skipping over them I'm going to make a point of applying them each day...*Karen G*



# 2018 - 2019 EA Board of Trustees

Please feel free to contact members of the Board with questions or concerns



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## THE 12 PRINCIPLES—SPIRITUAL AWARENESS

In the early 1950's Twelve Step groups began informally sharing what has become known as the Principles of the 12 Steps. Each step has a corresponding principle that one can keep in mind when working the steps. Below members share how spiritual awareness factors into Step 11 for them.

**STEP 11:** Sought through prayer and meditation to improve our conscious contact with God, *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

**There's external noise** all around us, and unfortunately, our minds are full of chitter chatter day in and day out. We're stressed with all of the activity we're involved in. It's these things that made us sick in the first place. Thanks to the work of Step 11 and the Principle of this step, we're able to enter into a deeper and perhaps more gratifying relationship with our Higher Power, and we do this through prayer and meditation which are nothing more than listening to our inner selves which can lead to serenity and peace of mind. Personally, I am very comfortable with simply Listening to the promptings of my Higher Power. It's my time simply to be with me in my own comfort zone, as I am. During my prayer, I'm very much aware of the gift of the Promises, especially being able to handle difficult situations which used to baffle me, thank you Higher Power! ..**Gus S**

**Spiritual Awareness** is a key to me successfully working my EA program. Practicing mindfulness is something I've attended to for years – being present to what's going on right now through prayer and meditation. I must remove distractions so I can focus on what's important. If I'm alert to what's going on now, I can be responsible in my responses to this moment. Spiritual Awareness matters - in terms of being aware of my H.P.'s intention for me! Oddly enough, if I am focused too much on religious/ theological ideas/beliefs, I can get confused in my spiritual awareness. I must keep in mind that the H.P. I turn to for healing/ well-being in my mind and in my emotions might be vastly different from some of the biblical and "churchy" things I had been taught previously. My H.P.'s will for me is wholeness, peace, joy, and love. That's enough for now...**Scott J**

**We are here to LISTEN**, not to work miracles. We are here to help you discover what you are FEELING, not to make your feelings go away. We are here to help you identify YOUR OPTIONS, not to decide for you what you should do. We are here to help you DISCOVER your own STRENGTH, not to rescue you and leave you still vulnerable. We are here to help you DISCOVER YOU CAN HELP YOURSELF, not to take responsibility for you. We are here to help you learn to CHOOSE, not to make it unnecessary for you to make decisions. We are here to provide support for CHANGE... **Anonymous**



## EAI ANNUAL REPORT

The EAI Annual Report will include acknowledgement of both group and individual contributions in broad giving categories this year. Only first names/last initials will be used in referencing individuals in broad categories (e.g. \$100-\$249/\$250-\$499 etc). Groups have been and will continue to be listed by their location/day/time of meeting within similar broad giving categories. If you prefer not to have any reference to your personal financial support included in the Report please email me at: [director@emotionsanonymous.org](mailto:director@emotionsanonymous.org) no later than November 20 and we will make sure to remove your name from the list. We are adding individual contribution information this year because it's important for everyone to realize how many people throughout the world support this organization. Thank you for your support...**Elaine Weber Nelson,, Executive Director, Emotions Anonymous, International**

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