



THE EA CONNECTION: JANUARY 2019



Your monthly newsletter from ISC

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EA TOOLS FOR RECOVERY

Step 1: We admitted we were powerless over our emotions - that our lives had become unmanageable.

Promise 1: We realize a new freedom and happiness.

Slogan 1: Let go and let God

Just for Today 1: I will try to live through this day only, not tackling all of my problems at once. I can do something at this moment that would discourage me if I had to continue it for a lifetime.

Tradition 1: Our common welfare should come first; personal recovery depends on EA unity.

Helpful Concept 1: We come to EA to learn how to live a new way of life through the 12-step program of Emotions Anonymous which consists of 12 Steps, 12 Traditions, concepts, the Serenity Prayer, slogans, Just for Today's, EA literature, weekly meetings, telephone and personal contacts, and living the program one day at a time. We do not come for another person - we come to help ourselves and to share our experiences, strength, and hope with others

FROM YOUR EA BOARD OF TRUSTEES

"What's new?" "What's up?" Sometimes we greet each other with questions that ask: what's new in your life? Beginning with this New Year, we have occasion to ask about new things. In EA, in terms of trusted servants, we've got two new trustees! Derita and Colleen have both joined the board of directors. John, Gus, and I - current trustees - are thrilled to have them on board - literally! They have both started making great contributions right away, bringing new perspectives to the work of stewarding this EA program that the 5 of us now share.

Each day is a new day to be entered into, guided and empowered by a power greater than myself. I see my H.P. as inviting me and everyone working the EA program to enter newly into 2019 with opportunities for growth and maturity.

We can discover new perspectives on how to work our program. We can enter into new sponsorship relationships. We can read new EA literature. We can reveal new insights as we offer our experience, strength and hope through sharing at face to face and phone meetings as well as in writing things for the loop or for the connection.

What is new in your life that you would be willing to share so that others might be inspired? Personally, I'm grateful for a new sense of hope that my H.P. has granted me. I struggled with despair in areas of my life for years - decades! Now I see a new, open future for myself and my loved ones because of a new hopeful perspective - leaving despair in the rear view mirror. Happy New Year, everyone! May you each find new growth in your program and new gratitude as you live each day, looking for the good and keeping things simple.

Scott J, VP Board of Trustees

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Specials Gifts and Memorials

In memory of Eleanor P-MN, an EA member for almost 50 years.

In memory of his mother, Lorraine D, IL, David and Gail D.





RECOVERY USING THE TOOLS OF EA



STEP 1: WE ADMITTED WE WERE POWERLESS OVER OUR EMOTIONS - THAT OUR LIVES HAD BECOME UNMANAGEABLE.

Why do I want to admit I'm powerless over my emotions? Because if I am not so busy controlling (or trying to control them), I can begin to accept the emotions as they come up, and notice that when I accept each one and locate them in my body, I notice they can change all by themselves.

I can begin to experience that acceptance of each emotion eventually leads to my having new skills, to regulate my emotions, or so I like to believe. Even when I am most afraid, I can learn to find a way to be there for myself. To stay present, even when I don't feel "real." It does help to be able to talk to someone about my fear, to put into words what I feel in my body. Slowly, slowly, step by step...**Victoria**



Tonight, I am powerless over my anxiety and loneliness. I am giving in to these emotions and I let them control my actions. I recognize that all night I've been trying to manipulate others into situations that will relieve my anxiety and loneliness. Doing so is making me miserable, and the more miserable I get, the more I try to manipulate. Instead, I could try letting go, admitting my powerless over these emotions, admit that no amount of my manipulating will ease my emotions. They are strong, and I am powerless. I admit I am powerless. I cannot control them, but I know they too shall pass. I know I will be okay again once they pass, and all I have to do until they do is NOT send manipulative texts or emails...**Sarah**

I am happy to be working on Step 1 again. I am powerless over my physical health as well as my life and I am working to make peace with this. I am not powerless over how I accept what comes if I am open to the power of my HP. I can learn to accept what is and be OK with it...**Ruthie**



Defeat can be sweet. The day I realized that God had all the power, I was down on my knees thanking him for the life He gave me.

I **can't**, wasn't as hard to say once I surrender to the first step; it became the most logical thing to do.

I was filled with so much self hate that I couldn't see my way out of all the pain. After all that I had put myself through, reaching for the impossible, making others and myself troubled, I began to believe that God watched over me.

The changes I made to live a more simple life were God's blessings. I had to change my attitude, people, places, and things too. I needed to change all that was possible to make this work for me. Acceptance was another thing that made things easier. After making the same mistakes over and over, I finally understood I am no different than the folks I sat beside in meetings. I was part of something good. I can now claim defeat, as a matter of fact I love it...**Pat M**



SLOGAN 1: LET GO AND LET GOD

Lately I am really focusing on letting go and letting God help me in my life. I started to really pray lots and talk to my Higher Power even more lately. I am trusting my Higher Power will continue to help me daily.

I have been in 12 step rooms for a long, long time. I have noticed that the people that seem to be doing better in their lives have a Higher Power belief. So that gave me the incentive to develop a Higher Power belief of my own understanding. And I learned that the understanding ought to be that the Higher Power be loving and caring and helpful. I am grateful I have an understanding of a Higher Power just like that. With that kind of a Higher Power, it is so easy to let go and let God help me.

I write Higher Power letters and then just put them in my God Box and that helps me let go, too. I no longer wish to hang onto resentments and anger and sadness. So daily I am journaling and if I feel any anger, sadness or resentments, I write them out and then I turn it all over to the Higher Power. I feel lots of release by doing this lately. Like it is okay to feel what I feel and then turn it over to the Higher Power. I then trust the Higher Power will guide me to the next right things I need to do...**Connie**



Letting go and letting God - I needed this reminder. Thank you. I need to continuously send my fears up to HP.

I feel immobilized today by the weight of heavy memories that are coming to the fore... memories that can be healing in the long term but in the short term are deeply painful.

I did ask HP to lift it this morning. It seems I need another dose of letting go this afternoon.

Thank you for the reminders that I don't have to go at this alone. I didn't create all my problems and I cannot solve all my problems. I need people. HP has a plan. I will stick around to find out what it is.

Thanks for being here...**Michelle**



DISCOVERING THE TOOLS OF EA



ACCEPTANCE IS NOT APATHY



“Acceptance is not apathy. Acceptance is: "This is who I am; this is the best I can do today. Stop fighting." However, acceptance does not mean we resign ourselves to an unkind fate. It simply means we can live today without fighting things which we cannot change. Apathy says, "I give up. It isn't worth it. I don't care; I don't want to try." Apathy demonstrates how little regard we have for ourselves. It is giving in to the distorted view that there is no hope for us. Acceptance frees us to change. Apathy keeps us locked into our emotional and spiritual illness.” (EA Book, p.49-50)

As members following this program we will not do all steps perfectly and come back to the the early foundation steps time and time again. There is no graduation ceremony at the end of Step 12. There is a need to accept oneself on a daily basis no mater how well we view our activities or applied our EA tools and program for the day. If you give up or say you are giving up then how does one reap the benefits of the program?

This really is a simple program. That said, in this case simple and easy are not synonyms. It would be so easy to skip the parts of the program that we don't like or find difficult, but again, how will one reap the benefits of this program, if one just gives up?

We are all on an individual path to recovery, some of it is done independently while at times we encounter others going through similar issues, pain, struggles or difficulties. These others show up in our lives to teach us something. They may be in our life for a reason, a season or a lifetime.

By examining oneself in Step 4 a person may discover why they are stuck on some of the other steps which might include prior steps. . I have found for myself that EA is not a linear in nature. If it was, I wouldn't have been in this support group for the last 30 years. Rather for me, it's a 24 hour program in which I continue to discover new things about myself and make attempts to figure out why I am stuck and how I can get around barriers or hurdles during certain steps. Remember, recovery is NOT a destination, it is a journey. I wish you much success on your journey of recovery!...**Rosemary H**



ACCEPTANCE DIDN'T COME EASY



For the last month I have not been able to walk because of a very painful and infected left ankle. The doctors keep saying I have gout and then they do their testing and the testing says I don't have gout. They medicate me and the medication does not heal the infection, and so it goes.

I am very thankful for the EA program and for the 12 Steps, without them my patience with the medical community would have hurled anger and rage at them because of their lack of response and the pain which this illness is causing me 24 hours a day.

Over the many years I have been in the program, I have studied things concerning being a victim or a volunteer. It is said, "The problem with being a victim is that you stay a victim, but with being a volunteer you are able to choose differently." That made a lot of sense to me. Being in constant pain I have really struggled with the idea of having volunteered for this pain. I have fought hard to accept the pain because when I am unable to do that my resistance causes me more pain.

The slogans have been really good tools for me to use in this struggle. I know *this too will pass* and I'm digging hard to find the good in this illness. I have grown and I have learned some things about the many folks who are supporting me and their attempts to keep me positive.

Many negative things have happened to me in 2017, I have had to dig deep in the foundation the 12 Steps have given me to keep moving forward without trying to go into the past wanting this moment to be like it was before

I am again thankful I can start each day with gratitude which leads me to acceptance. I surrender my ego and my will to my HP. I feel blessed and I am thankful that I see myself today as a volunteer for life and the learning opportunities which it provides me with., even though I am sometimes confused by the present



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THE TWELVE TRADITIONS

The 12 Traditions are the guidelines by which our group and our fellowship function. They have proven over the years to be an effective way of holding the fellowship and individual groups together.

Tradition 1: Our common welfare should come first; personal recovery depends on EA unity.

Welfare: 1. The state of doing well especially in respect to good fortune, happiness, well-being, or prosperity. 2. Aid in the form of money or necessities for those in need.

I like the idea of focusing on our common welfare or our common well-being in EA. How do we achieve a “community life” where things are better for us all in EA? By keeping in mind the good of the whole. We consider what is best for all of us – not just what is best for me. If we have unity in our program, only then will my own personal recovery “work”. That’s Tradition One, for me... **Scott J**

I’d been in the EA fellowship roughly ten years before I became consciously aware of our EA Traditions and Principles. I knew we had them; read them monthly but never began to study their meaning. They were just part of the Tools of the program in the Yellow Pamphlet. I saw myself simply as attending meetings, just like everyone else. What mattered, I was led to believe that it was the Steps that counted, working them on an individual “I” basis. Alas I woke up: I became aware that alone I could not maintain emotional sobriety. I needed to support others in their desire to become emotionally well, and I needed them. What a gift Tradition One became (and remains) for me! I can only encourage other EA fellowships to study monthly or regularly the Tools of Our Program!...**Gus S**

Personal recovery depends on EA unity, but what is unity? It is an ancient word with Latin roots that refers to a state of one-ness. The opposite is disunity, or a state of separation. This state of separation is what so many of us struggle with, that feeling that our problems are unique and that no one else relates or cares. Our recovery, then, is built on a shared, unified foundation -- the guiding principles and traditions of the EA program -- which give us strength in the knowledge that we are not alone...**Colleen C**

The first tradition tells us that each member of EA is but a small part of a greater fellowship. Of course, our individual welfare is also a priority. .continued on page 51, It Works if you Work It. Available on our [online store](#).

NEWLY TRANSLATED

La versión traducida del libro Hoy, ya está disponible! Gracias al trabajo de los amigos de EA que pasaron muchas horas traduciendo este libro de meditación, ahora lo tenemos disponible en la tienda en línea.

This translated version of the Today book is now available at our [online store](#)! Thanks to the work of EA friends who spent many hours translating this meditation book



NEW 12 STEP GUIDE NOW AVAILABLE



We are very happy to announce that we have a new four-color workbook available at EA! This 69 page, spiral-bound book is a guide to working through the 12 Steps - whether it is your first time or you have been in the program for years. A wonderful series of explanations, reflections, worksheets, prayers and more are in this recently-approved workbook. Available through the [online store](#) for \$15, a terrific resource for all.