



THE EA CONNECTION: FEBRUARY 2019

Your monthly newsletter from ISC

To help support this publication donate at [EA Connection](#)

EA TOOLS FOR RECOVERY

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.

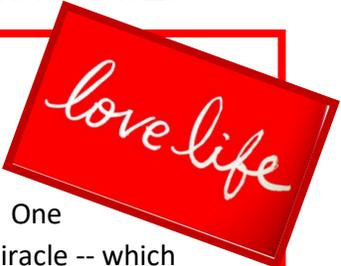
TRADITION 2: FOR OUR GROUP PURPOSE THERE IS BUT ONE ULTIMATE AUTHORITY—A LOVING GOD AS HE MAY EXPRESS HIMSELF IN OUR GROUP CONSCIENCE. OUR LEADERS ARE BUT TRUSTED SERVANTS; THEY DO NOT GOVERN.

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.

FROM YOUR EA BOARD OF TRUSTEES

A FEBRUARY REFLECTION

February can be a time to reflect on how we can better treat not just others, but ourselves, in a loving and hopeful manner. Here's a story about something that worked well for me. One week in December when I was feeling down, I decided to change things up by expecting a miracle -- which to me means a bolt from the blue, an amazing occurrence. Every morning for seven days, as part of the gratefulness practice I follow to deepen my EA program, I told my Higher Power I expected a miracle to happen before midnight. Did any miracles happen? That depends. If you think of a miracle as an event like winning the lottery, no. But if you think of every day starting with a strong feeling of hope and optimism, of Promise #8 coming true ("Our whole attitude and outlook upon life changes"), of expecting the best of others and giving the best I had -- then yes. I definitely wasn't disappointed in my little experiment. And in mid-January, when I got a call with news that seemed miraculous to me, I was able to say to my Higher Power, "There you are. I knew it. I was expecting you!"...*Colleen C, EA Trustee*



REFLECTION FOR TODAY—FEBRUARY 28

It seems so easy to pull up stakes, move to a different house, job, or town and believe miracles will happen, and that our lives will change for the better simply because of the move. We tend to forget that wherever we go, we take us. We take our emotions, our feelings, and everything we are made of. The only thing which will make our lives better is to change us -- inside. We are the only ones who can do this, with God's help. We must do away with the negative attitudes and change to positive thinking. No external thing can make us happy... **Today book**

www.EmotionsAnonymous.org

Box 4245, St Paul, MN 55104,

Phone 651-647-9712

Hours Mon—Thurs: 10 to 3:30

director@emotionsanonymous.org

editor@emotionsanonymous.org

groupdata@emotionsanonymous.org

orders@emotionsanonymous.org

shipping@emotionsanonymous.org

Specials Gifts and Memorials

In memory of Leroy P, TX—Leroy served on the EA Board of Trustees for many years,
George S, Fort Worth, TX.



RECOVERY USING THE TOOLS OF EA

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

I came to believe that I could be restored to sanity, in people, my life and recovering people I saw the evidence. But I'm mindful that like any relationship the one with my HP needs attention and all the other ingredients that lead to healthy relationships. Often times without even realizing it I move away from my HP. Then I blame Him for leaving me until finally I realize that it is I that has moved away from not vice versa. I also need to keep in mind that my mental health, sobriety and ultimately my life are contingent on the maintenance of my spiritual condition and my relationship with God as I understand God.

Step 2 is an ongoing process for me. My insanity and my mental illness for me are two separate but interlinked things. My insanity was doing the same thing over and over but expecting a different result. ***I know, but this time it will be different,*** was my thought pattern for many years and so I kept doing what I was doing and kept getting the same results.

Faith doesn't come natural to me. My faith ebbs and flows. I'd like to say that my faith is constant and unwavering but that isn't true. The basis of my faith comes from my bad and painful experiences. I say that because through hell and high water, my HP has been there for me. That is the evidence. Not what my head tells me. I can't trust my head. It wants me alone, in bed, duvet over my head, isolated, not answer-

ing the phone, the door, the mail. It wants me blaming you, and thinking that you are my enemy. The only enemy I have right now, today is my head. That has been the case for most of my recovery. The anti-venom to how my head thinks is for me is to stick close to recovering people, work the steps, do the next right thing and cultivate gratitude. Gratitude allows joy to enter into my life...**Adam**



PROMISE 2 WE DO NOT REGRET THE PAST OR WISH TO SHUT THE DOOR ON IT.

I have been reflecting over this past year and the years gone by. My program tells me NOT to regret the past or shut the door on it. I can't shut the door on what was; If I did I would lose perspective of where I came from and that tells me how far I have come. At times I have survivors guilt - I use to highlight my struggles and shortcomings believing that if I did that others would like me and could then relate to me. Now, I don't have to sensationalize my shortcomings or the trauma of my past to be a "good witness" of how the program works. That is probably my biggest "takeaway" from my recovery in 2018!!! I have moved beyond the trauma and affects it has on my life Today. That is a very good place to find myself. I have so much appreciation for the person that suggested the "loop" to me a few years back. Writing is a natural way of expressing myself and it helps me tremendously to be able to "check in" with myself and

all of you. I have accomplished many things this year and I have struggled with other things. This is a "Spiritual Program" - it never would have worked for me any other way. I do not live in my head any more and I seek peace before I seek knowledge. I used to think being "smart" was everything but I realize now being at Peace with God is everything...**Jessica**

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 today as she got a new juicer.

Today I was at peace as I started the day in peace. I enjoyed the sunshine we had today. I enjoyed conversing with a nice man at a craft show booth. Not major things that I did today, but I was happy. Thank you Higher Power for days when I can be happy for even little things. ...**Connie**

SLOGAN 2: YOU ARE NOT ALONE

This is a beautiful slogan, every reminding us that God, a friend, a family, member to name a few are always there for us. We just need to reach out and someone will be there if we are just open to seeing it....**Kacy**



DISCOVERING THE TOOLS OF EA

LOVE MADE SIMPLE

Letting someone love me seems such a simple thing, but, in my emotional turmoil, I had to make it complex. I had to start asking why. Why would someone want me? What were they after? What is this going to cost me? I found it impossible to receive a natural, tolerating, caring, freeflowing acceptance from another person. My first experience in this area was EA. I was totally accepted with no strings attached. With the help of these great people, I learned to accept their love. I learned that love is not control or manipulation. Love is letting people be themselves and loving them that way...*Today Book, June 4*



WITH LOVE - COMES RESPONSIBILITY

Words are very important to me and are to be used wisely. There is responsibility involved when using the word love. Love is the antidote to all but it cannot always be given freely and honestly by humans. Unconditional love is a tough thing to continually offer. But I try my best and am getting better and better at this.

This love I extend to others is also necessary to extend to myself. I try to be an honest person and at times when dealing with others I have found it quite necessary to be direct with them. This may seem unkind but they have overstepped boundaries and need to be informed. I feel it better they understand than continue to be disillusioned. I try to do this as kindly as I can, it is not always taken as such. Over this I have no control.

I do not and cannot take the word love lightly nor use this term to please someone or to be dishonest with them. I would be doing them and I a great disservice to lead them into thinking something that is not true. Being kind is one thing, saying things I do not mean to get a result I want is not in any ones best interest...*Twyla*

LOVE: CONDITIONAL OR UNCONDITIONAL

My husband and I were talking the other day. He was trying to tell me that he loves me because he just does and I don't have to do anything to earn it. I didn't get it, that concept is foreign to me, it's not what I learned in my childhood. Today I got it, for no other reason than I was thinking about it and it sunk in.

I was taught that love was conditional. I did something good, I swept the floor or tidied up the table to help mom and she loved me. I did something bad, I went to the show with friends or was late coming back from school or my hair didn't curl the way she wanted and she was mad and she didn't love me. So, I learned that love is conditional.

I do things for people all the time and get upset when they don't recognize me for it. I get upset when my husband and daughter do not hug me or say they love me because I: did the dishes, sewed a costume, picked her up from the movies with her friends, bought my husband something for the motorcycle, took the garbage out, etc.

So it clicked in today. I don't have to do all these things, and now that I am home sick and not doing some of them, he STILL loves me because he loves ME, not the things I do. I haven't been making beds, I haven't been cooking, I haven't been doing groceries, I've been too busy panicking to take care of the administration of life, but that is all it is administration, we can get by without it. He picks up the slack willingly because he LOVES me.

Which also explains to me why I have a hard time identifying with a HP. Because what have I DONE to EARN my HP's love? Well, maybe nothing, but he just loves me because he does. And he takes care of me because that is how he shows his love.



So then I thought about my daughter, because I was still having a hard time understanding how someone loves you just because they do. If you asked "Do you love your daughter because she plays the flute?" I'd say no. Do you love your daughter because she twirls? I'd say no. Do you love your daughter because she is pretty or has good grades? I'd say no. I just love her. That's all. I love her because I do. That's all, and I can actually identify with that!...*Sophie*

2018 - 2019 EA Board of Trustees

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



Gus S, AZ 602-319-3890 schloessergus@gmail.com *President*
SCOTT J, MN 507-276-0323 sdjakel@gmail.com *Vice President/Treasurer*
JOHN W, MN 612-760-0313 johnwerner52@gmail.com *Secretary*
COLLEEN C, MN 651-245-5461 coyne2003@hotmail.com
DERITA P, OH 216-624-3559 deritapippen@gmail.com



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 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.

While Tradition 2 speaks of a **loving God**, and Step 2 speaks of **a Power greater than ourselves** it is very clear to me we each need to work toward a personal understanding and acceptance of what this means. I have no doubt that it is our Higher Power who is ultimately at work in our EA Program, in our Group Conscience, and each individual in the group, including the group leader. This Tradition speaks of the group leader who is in service to the group. A leader, yes, but not one who governs. I believe it is from the wisdom of our HP that the group is able to function...**Gus S, trustee**

Nobody governs Emotions Anonymous. We have paid staff at our International Service Center. They are compensated to maintain the office, they make sure EA is available to all who need it. The rest of us are all trusted servants. There are currently 5 trustees; we act as guardians of the 12 Steps and 12 Traditions. There are several standing committees that any member can volunteer to serve on. At the group level, one could volunteer to serve as secretary, treasurer, or literature person of his or her homegroup. We are all EA members guided by our Higher Power...**Deitra P, trustee**

In Tradition Two, one word stands out that is crucial to understanding the nature of the tradition, that word is **leader**. Leadership in EA is provided through the group conscience. The authority for decisions made always rests in group conscience decision-making. In having a conscience meeting, a group, committee, or the trustees can best sense how a power, greater than themselves as individuals, can guide the group in making choices. As the tradition says, our leaders are but trusted servant, they do not govern, only the groups through the group conscience process can do this...**Scott J, trustee**

As our God humbles Himself to serve us, we must humble ourselves to serve others. Allowing members to lead gives them the opportunity to be of service to others. It is in serving others that we can escape our own troubles. Leading in Emotions Anonymous is conditional, such that, leaders are not in control. Tradition 2 reminds us that there is only one who has all power, that one is God. By letting go of the desire to control, we free ourselves to be a useful servant to God and to the fellowship...**Kelsey W, member**

FROM EA'S 12 X 12: TRADITION 12

Newcomers are often surprised to learn that Emotions Anonymous does not have an extensively organized structure of government like other clubs and organizations. In EA no one person has power to tell others what to do or to enforce rules. Indeed, there are no rules, only guidelines which are stated in the traditions and the concepts of the EA program. If no one is in charge, how can the unity mentioned in Tradition One be maintained? How are decisions made? How does anything get done?

For more information on Tradition 12, EA's 12x12 can be [ordered](#) from our website

We thank the many folks that share their thoughts in this publication. Opinions expressed are those of the writers only. Helpful Concept 2 reminds us that, "no one speaks for Emotions Anonymous as a whole."