



May 1, 2020  
Volume 1, Issue 1

## Strength & Hope

A message in support of emotional well-being.

### TRUSTEE REFLECTION—SCOTT J.

Welcome to May! And welcome to our new monthly membership publication – *Strength and Hope* — which replaces *The Connection*. Spring is a time of newness when we watch for growth all around us. This new format of staying in touch with the EA fellowship aims for both.

A trustee will share thoughts on the front page (that's me this first time around!). Inside, you'll find reflections based on the month—in May we focus on the "5's". Finally, we'll have news on the whole organization, including trustee and committee updates, plus links to the website.

You've probably noticed that we're also sending weekly messages to those on our email list these days. We're trying to increase contact with the EA members because of the extraordinary circumstances we're living under right now. These messages are also posted on the website.

So... what can we say about newness and growth? Just this. *Every day that we're alive presents an opportunity for new experiences and growth.* I've daily observed a power greater than myself constantly present in this world and a part of all the newness and growth that occurs in my life. This brings huge waves of gratitude to my heart!

On the flip-side, I've noticed that I'm often overwhelmed by the challenges that we're facing due to the pandemic and its consequences. I was overwhelmed even before this crisis!! But that's the nature of life.

I'm also overwhelmed (in a good way) by the amount of compassion and support I see as evidence of a power greater than myself being present. People are reaching out to help others. They are speaking with kindness. They are being respectful and patient. They're making donations to help keep EAI afloat. *All this gives me hope.*

Keep living life to the best of your ability, with the benefit of this program, each day!

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### QUICK TIP OF THE MONTH

This month, reach out to another member with a program related text, call or chat. You can share your challenges in the program and help each other better understand the Steps. All sharing is valid - you don't need to be a "long time member" to significantly help or encourage another!

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## THE MONTH OF MAY'S TOOLS FOR RECOVERY

### STEP 5

Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

### PROMISE 5

The feelings of uselessness and self-pity lessen.

### JUST FOR TODAY 5

I will do somebody a good turn and not get found out. If anyone knows of it, it will not count. I will do at least one thing I don't want to do, and I will perform some small act of love for my neighbor.

### SLOGAN 5

First things first.

### HELPFUL CONCEPT 5

EA is not a sounding board for continually reviewing our miseries, but a way to learn to detach ourselves from them. Part of our serenity comes from being able to live at peace with unsolved problems.

### TRADITION 5

Each group has but one primary purpose: to carry its messages to the person who still suffers from emotional problems.

## TRUSTING, ADMITTING, AND RELEASING THROUGH THE 5TH STEP

From *Welcoming the Spiritual Awakening within Me*

It was not enough to write things down in our fourth step inventory. We need to talk about these things - out loud and in person. As unsettling as this may sound to us, this process will prove to be a great benefit in our recovery. Step 5 is absolutely necessary in producing an enduring Serenity and peace of mind... It is in the telling to someone else, and consequently, listening to ourselves that we begin to get a true understanding of who we actually are.

A huge part of our recovery is learning to trust again. Choosing a safe per-

son to share our 5<sup>th</sup> Step with is part of that journey of learning to trust appropriately. This person will not only listen but may repeat back what we've said. Wisely reflecting from their own perspective helps the person sharing to hear what he or she has said, deepening the clarity of the fifth step...

With all the new insights from our fourth step we NEED to share and release the intense emotions that accompany the unearthing of truth...In the 5th step we admit the truth about ourselves, release the past, and learn appropriate trust by sharing.

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### DID YOU KNOW...

The Countries with the *Most Visits to the EAI website in April* were:

- USA
- Republic Of Korea
- Canada
- United Kingdom
- Germany

In April EAI processed...

- 50 Online orders
- 35 E-book orders
- 20 Requests for new group information packets

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You can find the Trustee Reflections on the website,  
[www.emotionsanonymous.org](http://www.emotionsanonymous.org).

This month we focus on Promise #5.

## CONTRIBUTION GRATITUDE

EAI could not operate without donations and we deeply appreciate your support! Recent gifts have been received from these groups:

Lisbon, Portugal	Burlington, IA
Jerusalem, Israel	Westbury, NY
Mesa, AZ	Chicago, IL—S
Gilbert, AZ	Rialto, CA—
Tucson, AZ	Daily Groups
Fort Wayne, IN	Columbia Hts,
St. Paul, MN—W	MN
St. Paul MN—F	

## IN MEMORY OF:

**Bill B.**, from Gloria B. & the Sunnyvale, CA group

**Robert J.**, from the Apple Valley, MN group

## ADMINISTRATIVE NEWS

We are doing everything we can during these difficult times to continue to support the EA fellowship.

We've created a new, weekly email, **Experience, Strength & Hope**, with messages especially pertinent to these uncertain times. Sign up on our website to receive it!

We've encouraged groups to switch to remote meetings and many have done so. THANK YOU! We've **provided information on how to switch to alternative formats** (phone, Zoom, Skype, chat and others) on our website.

Donations continue to support these activities. Please consider an online gift.

Staff is all working remotely during this time, but orders continue to be filled and phone calls returned — just a bit more slowly these days!

## ACCEPTING MY WHOLE SELF — A Gift from Working the 5th Step — Charlie B.

After finishing my 5th step, I am coming to believe that all parts of me are actually trying to serve some useful function. This understanding began to dawn as I used EA's "Fearless and Uplifting Fourth Step Guide." It suggested that our character traits are habits which we learned to get through life. What I was thinking of "character defects" were often just character assets "gone astray." So my final inventory suggested the possibility of finding new healthy balances to transform my old survival behaviors. I also listed the many character traits I have which seem entirely healthy.

Sharing this wise, balanced and compassionate inventory in my 5th step was a hugely uplifting process. Seeing my old painful habits and emotions as understandable survival tactics made it clear that my 5th Step sharing should be a breakthrough of forgiveness. I do not see this as permission to continue behaviors that are hurtful to myself or others. Rather that I compassionately accept all parts of myself and am making a truce. I am now in an accepting dialogue with the parts of myself that have been most hurt, needy, afraid, and ashamed. I am also much more aware of my gifts and strengths. So a huge gift from my 5th step experience was sharing the revelation with another person that *I wasn't who I thought I had been. I am much more complex, well meaning, and whole.*

The first promise of the EA program is that we will "realize a new freedom and happiness." My 5th step helped me see not just what I am ready to let go of, but what I can trust and celebrate in myself. There are gifts to discover inside all of my character traits if I am willing to face them courageously and compassionately.

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### PLEASE WRITE!

We encourage member reflections! Please submit yours to [submissions@emotionsanonymous.org](mailto:submissions@emotionsanonymous.org). Reflections should be no more than 200 words. Please note which step/promise/tradition etc. you are referencing.

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### OFFICE INFORMATION\*

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\* Staff is currently in the office only on Thursdays.