



The EA Connection: December 2018

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EA TOOLS FOR RECOVERY

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message and to practice these principles in all our affairs.

Tradition 12: Anonymity is the spiritual foundation of our traditions, ever reminding us to place principles before personalities.

Helpful Concept 12: Part of the beauty and wonder of the EA program is that at meetings we can say anything and know it stays there. Anything we hear at a meeting, on the telephone, or from another member is confidential and is not to be repeated to anyone—EA members, mates, families, relatives or friends.

Promise 12: We realize that God is doing for us what we could not do ourselves.

Just for Today 12: I choose to believe I can live this one day.

Slogan 12: I have a choice

*Special Telephone Meetings are being planned for this holiday season!
Please see page 5 or visit our website at www.emotionsanonymous.org for this information!*

FROM THE PRESIDENT, EA BOARD OF TRUSTEES

Happy Holidays. Here in the United States we've just finished celebrating Thanksgiving, our National Feast. Which holiday will you be celebrating this month? Kwanzaa? Hanukkah? Christmas? Perhaps another or none? Whichever it is, celebrate it! I'd like to suggest that each of us give some careful thought and planning so as to keep us balanced and well, celebrating your holiday of choice, being grateful for the growth, peace and serenity we've experienced this past year. Observe **your** holiday, recalling the real meaning of it; embrace that which you love and forget about the rest; avoid wallowing in loneliness; reach out and be of service (our 12th Step & Principle) to others; make it a New Holiday with new memories; for Love as it can be found everywhere; enjoy the beauty of Winter and all it brings; work your program. Embrace your emotions and rejoice in the Promises you've experienced this past year. Celebrate your Holiday! And blessings for the New Year 2019! Holiday Greetings from our EA Staff and Board of Trustees!

Gus S, President, EA Board of Trustees

2ND ANNUAL EMOTIONS ANONYMOUS TELEPHONE CONFERENCE

The telephone conference, Experience, Strength and Hope, was a welcome experience for all who attended. We had an average attendance of more than 20 people per session and heard from six different EA members on six topics. Some participants stayed on the call all day! People called in from across the United States as well as Belgium, Canada, and Ireland. Attendees included long term members, newcomers and those in between. We are grateful for everyone who participated and contributed to the conference! The audio files from the conference will be available on the website soon

FROM A PARTICIPANT: I have just joined the Loop. My 1st experience with EA has now been the telephone conference. I found it very helpful and hope to join a meeting soon...I'm so thankful for the conference and EA. I don't feel so alone now, in my life circumstances, after the conference. Thank you.



SPECIALS GIFTS AND MEMORIALS

IN LOVING MEMORY OF RON B, FROM HIS WIFE, LOIS



RECOVERY USING THE TOOLS OF EA

STEP 12: HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS.



ELEVEN MONTHS AGO I committed to studying the 12 steps this year--one step per month.

For the most part, I've done ok each month--despite going through tremendous upheaval: I lost my job in October and am still unemployed. I've confronted my wife's drinking. I had a little bit of a nervous breakdown when my wife and I separated temporarily. And much more.

I'm studying Step 12. As I reflected, I asked myself, what do I believe my spiritual awakening to be?

I think my spiritual awakening can be summed up this way. Prior to the past couple of years, I believed and acted in a way that seemed to say: my life is in my control and the purpose of my life is to further my own success, enjoyment, superiority, righteousness, and everything else having to do with me and all at the expense of others.

Today, I increasingly believe that my life is not my life, it is God's. I am simply an instrument in God's plan to bring all His children back to Him; in His plan for peace and joy to be returned to everyone. God uses me for His purposes --not mine; for His plan--not mine; for His meaning--not mine. There is only one Higher Power in my life and that is God. The more I live

according to this belief, the more at peace I will likely feel. The more I resist, the more I will be lost. As of today, this is the message I will try and live and spread...*Chris*

I HAVE BECOME a much happier person. I no longer worry, fret, create stories around things. I deal with what is. I don't even go ahead in my brain to tomorrow. I always lived a little in the future. I am really doing well with staying in the now.

I do not analyze things the way I used to. It is pointless and very harmful. Panic and anxiety come from this and depression. I do not take my emotional temperature constantly.

I am living like a simple-minded person. What needs to get done today? What fun can I put in today? As opposed to what is wrong today? What should I be worrying about? preparing for? second guessing?

I am calm and in the moment. I am present. I am brave and can face my greatest fears. Things work out. God watches out for me. This feels like a spiritual awakening. I have immersed myself with spiritual teachings. Spiritual teachers can be found in television and internet shows/events. I listen to and read many books on the subject. I need a lot of information to help convince my brain to stop worrying so much. It is finally all coming together. Of course, my weekly EA meeting is vital.

I love the [Loop](#) where I can reach out to others sharing my experience, strength and hope. I can freely talk of my spiritual awakening, based on Step 12, and all that it has meant to me. ...*Claire*

SLOGAN 12: I HAVE A CHOICE

I LOVE THE EA slogan "I have a choice". It helps me know I get to choose things that will help me and my emotional well-being. In the past, before EA, I used to just go along with anything. I didn't choose things for me. I just was a "yes" person and a people pleaser, never thinking about what "I" really wanted to do. I always asked people what I should do, instead of making my own choices.

Today, my choices are guided by my Higher Power. Today I choose to do the next right thing that I feel my Higher Power would want me to be doing. I know my Higher Power wants me to stay clean and sober, so for today, I don't drink or use drugs, no matter what. I know my Higher Power wants me to be well emotionally, so for today, I don't do things that will cause me to be mentally uncomfortable so much that it will lead me to emotional illness. That means I don't hang out with abusive people, I don't allow people in my home who are mean and cruel, I don't do things that I know for a fact will really upset me.

Instead I choose to be around kind and loving persons. I choose to go to meetings that are uplifting and helpful. I choose to see a Psychologist who helps me with my mental health. I choose to stick with my EA program and follow the good suggestions in this program. I do other groups, too, that help my emotional well-being.

Today I have a choice. I can choose to do things in these next 24 hours that will help me have a good day...*Connie*



DISCOVERING THE TOOLS OF EA

BEATING HOLIDAY STRESS

1) I try to keep my focus on the reason for the season. Keeping my focus on HP and HP's gifts helps me handle the stress. 2) I try to remember that its a season and not everything needs to happen on a single day or all at once or even everyone together. Big gatherings stress me out. Smaller is better for me and experiences that focus on individuals are better for me than focusing on gifts or making food. I will try to do one event with my developmentally disabled brother where I can focus on him. On a different day, I will go to church with another person. Someone else will get a phone call on a day other than the actual holiday when we both have time to talk.

3) Its important to me to live mindfully in the present during a holiday season. Focus on expectations for a particular day near the end of the season often leads to disappointment. If I can keep my focus on the present, I am less likely to build up unrealistic expectations that often lead to disappointment. 4) I try to apply QTIP (quit taking it personally) as much as possible and to remember that all those I encounter are only human and probably stressed out and taking whatever personally will only add to the stress. A little good will (deserved or not) will probably make me feel better...**Mary**



RECOVERY

Before coming into recovery, I accepted only the negative and quickly dismissed the good. Because, being spiritually and morally bankrupt, there was no way for me to believe anything good. I was the queen of **stinkin-thinkin** which I shared with anyone willing to listen. Because when I had nothing inside but negativity, rage, resentment, and denial, those distortions were my reality.

Coming into recovery, I had no idea what the program entailed. My eyes were opened. My ears were open. My heart was aching. My soul was searching. In my desperation, I was led to the rooms of recovery. It was not where I wanted to be. What I wanted I could no longer have. I had all but destroyed the people, places, and things that I loved. I met people in recovery that told me stories that had a timeline: experience, strength, and hope. I felt an excitement, which considering my situation at that time, was odd to say the least. I had nothing and everything all at the same time. I was a mix of emotions, but knew that I was exactly where I was supposed to be.

Leaving those meetings, I returned home to all my problems. For the first time, I saw my problems from a different perspective. Kind of like outside of myself. That vision of detachment allowed me to see my path of destruction and I no longer saw myself as a victim. I was the one that had done damage, and I did not blame my actions on outside influences. I read the literature again and again and I saw myself in those writings. I sought help from external sources; therapist, psychological medications, etc. I saw the work involved, It was an inside job. I saw the solution instead of a temporary band-aid. I had work to do. I had just accepted my situation as reality. No more excuses, lies, or manipulation. It was what it was and I was at the very core of it all. As I progressed through the step work, I let go of many things, many people, a great deal of material things. And I did so without regret. Finally, I was no longer resentful for anything.

The ragged coat with strips of negativity such as shame, guilt, anger, rage, depression, loneliness, and deceit began to fall away. My suitcase, filled with decades of fears, resentments, lies, and moral corruptibility became lighter. My frown turned into a beaming smile. Positivity is equally infectious as negativity, but the result is different. A smile can positively change the perspective of others. Negativity can dampen even the brightest of hearts.

The choice is mine and I choose to affect the world around me with the wondrous gifts from my Higher Power, whom I choose to call God. Today, I walk and talk with an attitude of gratitude. That is my reality...**Lynn**

DIFFICULTY WITH HOLIDAYS



I appreciate having a place to share how difficult holidays can be. I appreciate that I can admit that I don't like all the noise, the gatherings, the extra food, and spending. I know that I need people, and that I actually like people, but I also know that if I spend too much time with people, no matter how much I like them, I get worn out. I've learned in EA that it's ok if that's my truth. I'm not trying to be mean, I just know what tends to work best for me. I do my best to honor those boundaries I have for myself, even though I can't always do it perfectly. I know that I need to be around people at times, but I know at times, I need to have solitude, and that's ok...**Gail**



2018 - 2019 EA Board of Trustees

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We are pleased to welcome Derita Phippen from Columbus Ohio to the Board of Trustees. Derita accepted the nomination this fall and will serve with the other three current trustees to guide this organization's overall strategy. Welcome! *Elaine Weber Nelson, Executive Director*

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

THE 12 PRINCIPLES—SERVICE

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 service factors into Step 12 for them.

STEP 12 HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS.

Serving is uplifting. In practicing service, as part of EA's Step 12 – I'm the one that benefits the most in being a trusted servant. The Spiritual Awakening that the Higher Power brought to me is definitely behind the service I do. I'm guided to serve in areas that match my interests and abilities – i.e. leadership, editing, and hospitality. The message of emotional/relationship wellness is definitely one that I'm interested in sharing. As I practice service in all my affairs, I stand ready to speak and act in ways that help attract others to the EA program and to mental well-being...*Scott J*

I love to serve! I was taught early on, that I, a newcomer, could do service at my second meeting. I could greet the newcomer, offer him coffee or tea, show him the literature table and bathrooms, and just make him feel welcome. I could tell the newcomer that she is the most important person in the room. The people before me, told me that and they also said that I and newcomers like me were the lifeblood of the fellowship. I can talk or write about service for hours but time and space here is limited...*Derita P*

The Principle of our 12th Step serves as a guide in our service to each other in the EA Program. It allows me to use the gifts and talents that I have been given, freely and without expecting anything in return. The returns though are plentiful, especially as I allow my Higher Power to do for me what I am unable to do for myself, e.g letting go of control and simply allowing my HP to serve through me. When doing this I become totally aware that my HP is doing for me what I am unable to do. When I can embrace this Step and Principle, then I can honestly say that I have embraced the EA program and it has become part of my daily life. How blessed I am...*Gus S*

IN THE SPIRIT OF GIVING

No matter who you are or where you find yourself in this recovery process, please show your gratitude for our EA Program by considering ways to support our EA Service Center, in St Paul, MN financially or otherwise.

Please accept my/our gift



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EA through the Holidays Worldwide 2018

Thanksgiving, Thursday, November 22 Black Friday, Friday, November 23
Christmas Eve, Monday, December 24 Christmas Day, Tuesday, December 25
New Year's Eve, Monday, December 31 New Year's Day, Tuesday, January 1, 2019

Morning 10 am EST 9 am CST 8 am MST 7 am PST
Afternoon 3 pm EST 2 pm CST 1 pm MST 12 noon PST
Evening 8 pm EST 7 pm CST 6 pm MST 5 pm PST

Jumpstart the Holiday with topic discussions in the morning
Continue the day with a story of recovery in the afternoon

Wind down in the evening with sharing and words of gratitude

The lines will be open in between meetings for fellowship and people can talk as long as there are at least 2 people on the line.

JOIN US...

By phone in the USA (712) 451-1140 Access Code: 808747

By phone across the globe: <https://fccdl.in/i/eatelephoneconference5>

By computer (Please sign in before the meetings to avoid glitches.)



1. Go to www.FreeConferenceCall.com
2. Click on LOG IN, then ONLINE MEETINGS and select JOIN MEETING
3. Enter the meeting ID: **eatelephoneconference5** (Case sensitive and must include the 5)
4. Type in your Name and Email; then click on JOIN
5. Click on the MIC & SPEAKERS icon then click on CONNECT NOW
6. Click on the telephone handset icon and Use the keypad to click on *6 to mute and unmute **OR** click on the microphone icon to mute and unmute.

We will refer to EA's Twelve Step Program: "The Yellow Pamphlet"

http://emotionsanonymous.org/file_download/4bc3d87b-4aae-454f-bde1-70947d802af8

There are no registration or fees for attending. For questions or concerns please contact ea.almostawake@yahoo.com

See what we have to offer you at emotionsanonymous.org or call us at **651-647-9712**