



August, 2020
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Strength & Hope

A message in support of emotional well-being.

TRUSTEE REFLECTION—STEVE B.

After spending many years attending other self-help programs I finally found my way to EA in 2008. To paraphrase John Denver, *I came home to a place I'd never been before*. That's how the EA Fellowship felt to me then and how it still feels to me! As I worked my program and talked with others in the Fellowship, I came to understand the importance of service as a recovery tool. I found that when I gave of myself in service to others, I received at least as much as I gave. So, last year, I took on my biggest service role yet: I joined the EAI Board of Trustees.

My goal in becoming a Trustee was to support EA to become the best it could be, to try to the best of my limited, flawed, human ability, to give something back to the Fellowship that has changed my life. I sought to put into action Bill W.'s sentiment that "service is anything whatever that helps us to reach a fellow sufferer."

Reflecting on my first year as a Trustee, I must confess that it's a bigger responsibility than I thought it would be. Our Trustees not only serve as stewards for the EA Fellowship, its preservation and growth, but also are responsible for overseeing the financial, legal, and administrative needs of the nonprofit Emotions Anonymous International (EAI) and its administrative offices in St. Paul, Minnesota. Trustees focus their attention on specific responsibilities, such as finance or literature; I'm currently serving on our Bylaws Review Committee. Overall, this service is a lot of work, but enormously satisfying. And I am grateful for the opportunity to be a trusted servant for our Fellowship.

My fellow Trustees are amazing people and a pleasure to work with. We meet by teleconference each month and in person at least once each year (though not in 2020 due to COVID-19), and also devote time to writing for EA's website and newsletters, following up with people interested in forming new groups, and many other tasks. This year, I'm looking forward to working with our newest Trustee, Kelsey W. Welcome aboard!

QUICK TIP OF THE MONTH

Sometimes it's possible to get into the habit of taking the good things in life for granted. It's only when there are problems or complaints that our Higher Power — or other people — get involved. You can decide to offer one thank-you per day to anyone - a child, a friend, a kind store clerk - every day, and explain why you are thanking them. It only takes a moment and it helps fight "*Take it for Granted*" with "*Gratitude!*"

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AUGUST TOOLS FOR RECOVERY

STEP 8

Made a list of all persons we had harmed, and became willing to make amends to them all.

PROMISE 8

Our whole attitude and outlook upon life changes.

JUST FOR TODAY 8

I will stop saying, "If I had time." I never will *find time* for anything. If I want time, I must take it.

SLOGAN 8

Know Yourself—Be Honest

HELPFUL CONCEPT 8

The steps suggest a belief in a Power greater than ourselves. This can be human love, a force for good, the group, nature, the universe, God, or any entity a member chooses as a personal Higher Power.

TRADITION 8

Emotions Anonymous should remain forever non-professional, but our service centers may employ special workers.

SPIRITUAL CONNECTEDNESS THROUGH SELF-AWARENESS

— Gail R.

I know for me, the biggest problem I have as far as what can lead to a slip is self-pity. I think stress is a part of it too. HALT is pretty major, I know. When things seem to pile up, and I'm not able to take time to journal, pray, go to meetings ... it seems like life just takes over and I find myself sliding downward without even realizing it. Often I don't realize I'm in slip territory until I've done or said something, usually at the top of my lungs ... then I can see what's going on. I know

when my emotions are all over the place that can really set me up for slips. But sometimes when I'm struggling the most, I'm the most aware of what's going on with me, which helps me stay more spiritually connected and more peaceful. I'm grateful to know that I'm powerless over my emotions and that my life can easily become unmanageable, and I'm grateful for the connection with a higher power - the god of my understanding (or sometimes, God as I don't understand him).

SLOGAN 8: KNOW YOURSELF—BE HONEST —LUZ M. (SPAIN)

Knowing who I really am and being honest allows me to create and build authentic relationships with myself, with others and with my Higher Power. It allows me to see and cope with my strengths, weaknesses, shortcomings, and assets. It's an ongoing process of rediscovering myself in a different light each time I look. I see this as an adventure of self-acceptance and inner reconciliation which makes me feel freer and offers me a more full life.

You can find the Trustee Reflections on the website,
www.emotionsanonymous.org.

This month we focus on Promise 8.

CONTRIBUTION GRATITUDE

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

New Douglas, IL	Rialto, CA
Brevard, NC	Boulder, CO
Mesquite, TX	Mesa, CA
Midwest City, OK	Austin, TX
Burlington, IA	Arvada, CO
Coon Rapids, MN	Bend, OR
Wellesley, MA	Buxton, VIC
Lyndhurst, OH	Australia

IN MEMORY OF:

Italian Covid-19 Victims,
Anonymous

Edward & Sally Newton, Eileen S.

Maricruz B., Austin, TX group

ADMINISTRATIVE NEWS

Each Fall, the Board of Trustees meets for a two day workshop and an Annual Membership Business Meeting. At the July Board meeting it was decided to forego a face-to-face Trustee workshop this year, due to COVID-19 and cost. Instead, the Trustees will hold the workshop virtually. The Annual Membership Business Meeting has been held both in-person and by conference call for the past several years. **This year it will be held virtually on Saturday, Sept. 26.** More information will be provided in the coming weeks on how to attend.

BUDGET UPDATE

Unfortunately, EAI again ended the year with a deficit. We can not continue to provide the same level of services to the membership without increased contributions. Please consider the value EA brings to your life and be generous with your support.

CHANGING MY OUTLOOK — Dolores G.

I am reminded of two very wise things that were told to me that help me very much.:

The first one is that *I am not in charge of what hasn't happened yet.* I'm learning to live my life in real time and to feel my feelings in real time. When I find myself obsessing, I pull back and focus on my recovery. I say a prayer of surrender and ask myself what it is I need to take care of my needs at that moment.

The second one: *if it's not in my hula-hoop, I let it go.* I got a good chuckle out of the visual when I first heard it, but it really works. What others think of me is none of my business. I have enough to do to mind my own life. Others are free to live theirs.

ON MAKING AMENDS — Derita P.

It is essential for me to make amends, no matter what my ego tells me. Because a lot of times my ego will use one or more of a thousand justifications for not making a due amends. But my heart always comes to the truth and the simple truth is *if I have harmed someone I owe an amends.* That's quite simple, huh? This whole program is simple but as humans we can sometimes complicate it. The bottom line is, if I want to feel better about myself and the world I am living in, I must be willing to make amends for the harms I am responsible for.

PLEASE WRITE!

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

OFFICE INFORMATION

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