



September, 2020
Volume 1, Issue 5

Strength & Hope

A message in support of emotional well-being.

**MARK YOUR CALENDARS: ANNUAL MEETING SEPT. 26,
TELECONFERENCE OCT. 17 — COLLEEN C.**

Sometimes hope is in short supply. Yet we can always count on the tools of the program to provide us with the courage and hope we need. Many are struggling to find hope in our world right now, so that's why we've entitled our 4th Annual EA Telephone Conference on Oct. 17, "Carrying the Message: A Message of Hope." If you've participated in past teleconferences, you know we have an agenda of topics related to the theme from morning to afternoon. We encourage all members worldwide to call in or participate online – you won't be disappointed!

You'll see this theme of hope and optimism previewed at our EA Annual Membership Meeting on Sept. 26. We Board members, our executive director, and the small staff of EA International have drawn strength from you, our members, to support living the program one day at a time.

In the past year, we started our weekly Experience, Strength and Hope emails, created a new Strength & Hope newsletter format, helped groups move to virtual meetings, shifted our technology platform for The Loop to something easier and better to use, and initiated our 2020 EA Zoom Retreat series. We created an android app to complement the iphone app in place, and involved members in reviewing our bylaws and creating a communications plan. We enhanced our dedication to transparency and to both speaking and listening to all our Fellowship members. We expanded our Board to help us do even more good work. So despite the fact that this has been a challenging year – there is good reason for hope. Difficult times can also be fertile soil for new ideas and change.

One other thing to keep in mind as we approach the busy fall season: once again, EA International ended our fiscal year (June 30) with a serious deficit. The nonprofit "business side" of providing oversight and resources for more than 600 groups and tens of thousands of EA members worldwide is complex and *needs your support to continue*. I encourage you to consider regular contributions so your program can continue.

I'll leave you one of my favorite EA Slogans, *I Have a Choice*. Slogans are part of our playbook for living (and thriving) in EA. Today I invite you to join me in making the choice to hope.

QUICK TIP OF THE MONTH

I know I have a tendency to turn things over and take them back. Something that's helped me a lot is a God box, where I can write my problems down and put them in a box, and shut the lid. When I think about the problem again, I think, "*it's in the box ... it's out of my hands.*" That has helped me more than anything to let go and let God. When I get out of the way, I find God's solutions are so much better than I could have imagined.

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**SEPTEMBERS' TOOLS
FOR RECOVERY**

STEP 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

PROMISE 9

Our relationships with other people improve.

JUST FOR TODAY 9

I will have a quiet time of meditation wherein I shall think of my Higher Power, of myself, and of my neighbor. I shall relax and seek truth.

SLOGAN 9

This too shall pass.

HELPFUL CONCEPT 9

We utilize the program—we do not analyze it. Understanding comes with experience. Each day we apply some part of the program to our personal lives.

TRADITION 9

EA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

USING THE PROGRAM

- Gail R.

I always felt that emotionally I was a few notches off from "normal" people, and I did what I could to hide my feelings from others, and from myself. I had almost come to accept my lack of normalcy in this area of my life when I found EA when a friend sending me some Loop shares. I wasn't in crisis at that time, but the acceptance and honesty really resonated with me.

I was pretty disconnected from myself so much of my life - I grew up in an alcoholic home, with an alcoholic mother, and emotions just weren't allowed. I don't really know how I survived that

unbearable situation, except that I knew that I would eventually leave and never return. Well, it didn't work that way - I left, *but I took myself with me*. I was so co-dependent I wasn't able to really stay away either.

I've gone to more than one 12-step program looking for relief and acceptance and they have all helped, but when it has come to my mental health, EA has made such a huge difference for me. I have found a lot of things to make sense, whereas before EA my life was full of confusion. So grateful for getting some acceptance and clarity.

THE LOOP IS GETTING AN UPDATE!

EAI's "Loop" — our email discussion forum — is moving to a new platform! EA members across the world use it to post shares. Reflections for Today (RFT's) from EA's Today book are posted daily. The "old" Loop will stay in place for the foreseeable future. What started a long time ago as a way for those who don't have access to meetings to work the program has become a tool anyone can use anytime. The old technology was clunky and, after much research and multiple appeals (and responses!) for member opinions about the new system, we have created a new system. Look on the website under the "What We Offer" tab/Sign up for The Loop (or [here](#)). If you haven't used The Loop before, give it a try! If you have questions, please reach out for help from Claire at groupdata@emotionsanonymous.org.

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

This month we focus on Promise #9.

CONTRIBUTION GRATITUDE

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

Bend, OR Sat	Sacramento, CA
Burlington, IA	Parkside
Carlinville, IL	West St Paul,
Rialto, CA Daily	MN
Midwest City, OK	
Bend, OR Zoom	

IN GRATITUDE OF:

Ruth & Reno A, Fran, Glen R, Ann B, Betsy P and all the others who made the retreats happen, from Diana G.

ADMINISTRATIVE NEWS

Each fall, your Trustees from across the country gather during a multi-day workshop to address organizational issues. This year, due to the pandemic and the organization's financial shortfall, the Trustees will meet virtually on Sept. 25. Do you have suggestions for your Trustees? Let us know! The agenda is being set and may include: royalty payment policies, communications, by-laws review committee work, new literature plans, strategic plans, getting groups engaged in outreach, expanding service by the fellowship, and 50th anniversary plans.

Your Annual Membership Meeting will be held virtually during the morning of Saturday, Sept. 26, 2020. The meeting time, agenda, and how to access the meeting will be posted on our website and emailed to the membership when finalized. Are there issues you would like to see discussed? Please email your thoughts no later than September 10, 2020 to director@emotionsanonymous.org.

THE OTHER SIDE — Scherrone D.

When situations are unbearable or uncomfortable, I pull this saying out from my mind to use. *This too shall pass* allows me to know that this "bad" experience is fleeting and that I will come out the other side intact.

ACTIONS SPEAK LOUDER THAN EMOTIONS — Colleen C.

When I am in a fearful, anxious, overwhelmed or confused state – something that has been happening a lot lately – all I hear is static. It is hard for me to hear my rational self speaking over the white noise. It's like my emotions are screaming through a megaphone and my "wise mind" decision-making self is whispering. This can lead me to make poorly thought out decisions or to take impulsive actions like overeating, spending too much time or money online, or tv-bingeing my life away.

I have to remember that I have the power to quiet those screaming emotions by turning them over to my Higher Power. I can also interrupt the cycle with deep breathing or a walk outdoors, or I can give myself a time limit to feel what I'm feeling and then move on. One thing that works well for me is doing for others, even in small ways. A simple phone call or text can mean a lot in times like this, and can pull me back to earth when I'm too much in my own head.

Thanks to EA, today I know my actions can speak louder than my emotions.

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.

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