



October, 2020
Volume , Issue 6

Strength & Hope

A message in support of emotional well-being.

TRUSTEE REFLECTION— SCOTT J.

Thanks to everyone who was able to call in by phone or use GoToMeeting to attend EAI's Membership Annual Meeting on Sept. 25th, 2020. This was an important gathering time for the fellowship that happens each year (and it's required by Minnesota state law!).

In the past, the Annual Membership Meeting has been a part of an annual EAI Convention. However, since attendance at Conventions declined and costs have risen, the Trustees felt that it was irresponsible to keep holding them and discontinued them three years ago. Trustees do meet annually for a board workshop—this year's event this was held virtually!

Due to the pandemic, and to save the costs of meeting face-to-face, this year was our first completely virtual Annual Meeting. We had 27 participants who answered the role call at the meeting. We had some technical challenges (since this was our first virtual meeting!) We were grateful for everyone's patience.

We heard a comprehensive and helpful report from our Executive Director, Elaine Weber Nelson. As the president of the Board of Trustees, I covering the five strategic goals of EAI for this next fiscal year (this information will be posted on the website). There was also a treasurer's report as part of a financial update, as well as reports from both the Communications Committee and the Bylaws Review Committee.

The following topics were brought up by members during the meeting: the request to make the Yellow Pamphlet free, intergroups, EA's upcoming 50th anniversary, having more of an EA presence in prisons, and some brief conversation on how our tools are shared at meetings.

Hopefully you know of several new ways of participating in the EA program (Zoom/telephone meetings, and others) as well as about the recent new literature available (e.g. the Welcoming the Spiritual Awakening Within Me workbook). We also hope you know all the ways to find out more about what's going on in EA (EAI's website/the EA App and the new discussion forum rolled out in the last few weeks - you can find this at emotionsanonymousloop.com).

We're grateful for people's patience as these new and exciting ways to reach more people who can benefit from our program are presented. As trustees and EAI staff, we're always open to your ideas and feedback.

QUICK TIP OF THE MONTH

Some groups struggle to have people share too much or (surprisingly) not long enough during group sharing time. Using an old fashioned egg-timer or just a timer on a phone can help people know how short or how long to make the share of their experience, strength and hope.

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OCTOBER'S TOOLS FOR RECOVERY

STEP 10

Continued to take personal inventory and when we were wrong promptly admitted it.

PROMISE 10

We intuitively know how to handle situations which used to baffle us

JUST FOR TODAY 10

I shall be unafraid. Particularly, I shall be unafraid to be happy, to enjoy what is good, what is beautiful, and what is lovely in life.

SLOGAN 10

I need people

HELPFUL CONCEPT 10

We have not found it helpful to place labels on any degree of illness or health. We may have different symptoms, but the underlying emotions are the same or similar. We discover we are not unique in our difficulties and illnesses.

TRADITION 10

Emotions Anonymous has no opinion on outside issues; hence, the EA name ought never be drawn into public controversy.

FREE!

The main pamphlet of the EA program (#1— the “Yellow Pamphlet”) is now available for free! Find it on the website or add it to your next order!

NEW WAYS OF SEEING — DOLORES G.

The RFT from June 23 said: *Before becoming a part of the program, I was selfish and inconsiderate. There were so many times I said, “Me first.” I manipulated and maneuvered others into doing what I thought was right. Selfishly, I demanded that everyone else do what I wanted. If they didn't, I sulked and I stormed. If that didn't work, I developed a headache or mysterious pain to get the attention I thought I needed or deserved. I am trying today to be more consider of others, more aware of their needs.*

I saw myself in this reflection only too clearly. I became very sad and ashamed to realize my manipulation — right down to the headaches and the mysterious pain. But *now* I see that these were habits formed early in life when I felt unheard and disregarded. This was learned behavior that was triggered in me as an adult whenever I feel minimized, squelched, or passed over.

Today I have learned new ways to deal with those feelings. I can speak up on my behalf as an equal, an adult — not as that forgotten child lost in the shuffle. I am as important as others. Not "me, only" or "me, first" but "me, too."

PRINCIPLE 10: PERSEVERANCE— LUZ M. (SPAIN)

Perseverance is one method to create healthier habits in the future — day by day. *Persevering in the EA program* moves me toward fulfillment of the 12 Promises. Staying on track helps make significant achievements in my personal power and growth possible.

I will persevere.

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

This month we focus on Promise 10.

CONTRIBUTION GRATITUDE

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

Isabela, PR	Shaker Heights, OH
Burlington, IA	St. Paul, MN Wed
Glen Ellyn, IL	Bend, OR Sat Zoom
Ukiah, CA	Midwest City, OK
Eugene, OR	

IN MEMORY OF:

Mandel "Max" Nevitsky, from Deborah S.

IN GRATITUDE OF:

Bend, OR Zoom Meetings, from Sharon W.

ADMINISTRATIVE NEWS

September was a busy month, getting ready for the Annual Membership Meeting and the annual Board workshop. Usually, the Board meets in person each year — this year we opted to meet virtually both because of the pandemic and to save costs. Three hours on a computer in a meeting can be challenging!

The meeting was focused on developing a strategic plan to guide the organization during the next 12 months. EAI's goals are to increase the number of groups, increase the number of EA members involved in some way, build awareness of the program, stabilize the organization's finances, and find ways to encourage groups to focus on healthy practices. This plan will help both the Trustees and staff focus on activities that will move the organization forward and help to spread the EA message more broadly.

I NEED PEOPLE — Zoe

I was struggling to find a program for myself. I attended different types of 12 step programs, but none worked for me. Eventually, I found EA. But it was not like everything was fixed.

I struggled to truly surrender myself and to keep myself involved with EA. When I read the books, I saw a glimmer of hope — but it all sounded like a farce. And then the one month mark since I went to my first EA meeting passed and I realized I am not a different person, *rather a changed person*.

The neurons in my brain have rearranged ever so slightly — in just the right ways. This morning, I read "moving in the right direction" in the EA book. As I was reading it, I found that I now had the beliefs written there.

I know I am on the right bus, heading to the right place. I am determined to let go of my old ways, and I know I am among people who understand. I now have a sponsor, and I began to call people on the phone. I am feeling that I can overcome any difficult emotion that comes my way since I have support, and people to talk to.

DID YOU KNOW?

In the past 12 months, more than 160,000 people visited the EA website—that's about 14,000 every month! Whew! And we had almost 300 people ask for information on how to start a new group! EA is growing and we can use your help to spread the word however you feel comfortable.

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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