



December 2020
Volume 1, Issue 8

Strength & Hope

A message in support of emotional well-being.

WHAT WE'VE LOST AND GAINED — COLLEEN C.

This holiday season, approaching the end of a very difficult year, it would be easy to reflect on things I've (at least temporarily) lost. Instead I'd like to focus on what I've found. I have found the ability to rely on my Higher Power like a reliable friend to get me through dark times, even when I'm sad, tired, or distracted. I've learned that I can have a program even though I may not be able to live that program 100% every day. I've found that I can really be together with people while staying six feet, or even several states, apart. I've learned that people smile with their eyes and that despite wearing a mask, I can make someone's day with just that kind of smile.

I have found that I can mourn and I can hope at the same time. I can revisit Step One as often as I need to, and for me, practicing acceptance daily is critical. I can be happy that I have a home group that supports me over the internet in much the same way we used to support each other in person. Sometimes we even cry together.

In some ways, I feel more vulnerable than I ever have, and that just makes me human like everyone else. Silence isn't a void to be filled but an opportunity to listen for serenity. I've learned I have to be a little silly every day at the same time I need to take more seriously the responsibility of trusting myself and being honest.

The holidays mean many different things to people worldwide, but that diversity is something to be thankful for. This year, more than ever, I am grateful for the EA program and all of us striving together for emotional wellness, whether we're from Minnesota, California, Geneva, Nairobi or Iran. This year, the world seemed like a smaller place to me, and that's okay. I know I am not alone. And that is the best gift anyone can receive.

QUICK TIP OF THE MONTH

Stop to think, breathe and consider the options before acting on your emotions or thoughts; within that pause, you may find your Higher Power.

YOUR TRUSTEES

Scott J.— MN
507-276-0323
sdjakel@gmail.com
President

John W.— MN
612-760-0313
johnwerner52@gmail.com
Vice President

Colleen C.— MN
651-245-5461
coyne2003@hotmail.com
Secretary

Paul N.— NJ
929-399-6515
aibtikarfoundation@gmail.com
Treasurer

Derita P.— OH
216-624-3559
deritapippen@gmail.com

Steve B.— CA
909-438-4938
stevebell_28@yahoo.com

Kelsey W.— IL
618-334-6658
knlweez@gmail.com

Behzad Arabpour Dahouei —
Iran
0098 913 341 4015
Behzad_7761@yahoo.com

DECEMBER'S 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.

PROMISE 12

We realize that *God* is doing for us what we could not do ourselves.

JUST FOR TODAY 12

I choose to believe that I can live this one day.

SLOGAN 12

I have a choice.

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.

TRADITION 12

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

LIVING LIFE ON LIFE'S TERMS - Lynn A.

When I first entered the rooms of recovery, I heard differing accounts. Twelve steps, but not one path was the same. Sure, there may be similar stories, but never identical ones. I learned that each account consisted of *experience, strength and hope*. Each story is a recovery survival guide. For example, I heard stories that seemed easier than others; I heard horrifying stories of those who tried to go it alone, and I heard stories of how a person worked the program the wrong way and the right way. Every one authentic—a testament of the path taken and the experience, strength and hope gleaned from such a journey.

Working recovery means living life on life's terms, not mine. That means I need to suit up and show up each day, ready to be the faithful student of my Higher Power's will for me. That is not always comfortable, and the challenges increase with each day in recovery. I remember the initial God shot I received shortly after entering recovery. It was powerful and addictive and I wanted more of it. That is a powerful motivating force and it held me steady for the life lessons I would encounter on my journey. When I was morally and spiritually bankrupt, I had nothing to give, so I took. But when I entered recovery, and I began to accumulate experience, strength and hope, then *I had something to give away*. You must give away to keep your serenity. I grasped the idea of being of service, and I can tell you now, had I known what I was going to face, I would have run as fast and as far as I could.

Reflecting back, I understand why we are not given the play book. If I had the answers, why would I need a Higher Power? I wouldn't. Not having the answers keeps me humble, and faithful. It also helps me to accept what I do not know, and find comfort in that. My experience, strength and hope gives me the answers I need each day. Keep coming back. Yes, no matter what the troubles of the world, in my little corner, all is well—even if it may not be the way I think it should be. It means that I have signed up for recovery, and I live life on life's terms as best I can. Some days are easier than others, but every single day in recovery has always been better than one day outside of recovery.

When people share their experience, strength and hope, read or listen to it with an open heart and mind. Beware of the traps and pitfalls. *Don't ever think that recovery only consists of the good days*. No change ever occurs without pain. It is no challenge to do what I want or what is easy. Overcoming challenges, creatively moving through dark days or depression, leaning on your Higher Power to help you through painful losses, that is where experience, strength and hope is priceless. It cannot do the work for you, but if you pay attention, it can provide you with a real time survival guide for whatever troubles you may encounter. The value of another person walking that path before me is priceless. Today, I will live my *experience, strength and hope*.

You can find this month's Trustee Reflections on Promise #12 on the website, www.emotionsanonymous.org.

CONTRIBUTION GRATITUDE

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

Austin, TX
Bend, OR
Midwest City, OK
Vienna, VA
Burlington, IA
St. Paul, MN (Dayton)
Tues & Sat Spiritual
Awakening Zoom Groups

MN'S GIVE TO THE MAX DAY 2020:

\$751/16 Donors

ADMINISTRATIVE NEWS

Much work during the past month has focused on our international efforts.

We are working on organizing our Spanish literature into 'regular' EA pamphlets and adding to the material in this language.

The French Canadians (PFEA) have created a new website and new domain name, which is now www.emotifsanonymes.org.

The Germans have been very busy—holding a successful conference in the fall and writing new material which we will be translating into English and sharing soon.

We welcomed a new board member this fall from Iran. We are very happy to have Behzad offer his point of view on EAI and he is willing to stay up until 2 a.m. to join our meetings (due to the time difference)!

GIVING UP CONTROL — Gail G.

I had fears of what God would ask me to be and do, fears of a life I did not want to lead. Slowly, my faith has developed to where I am willing and able to turn my life over to God. Piece by piece, I have ventured to give up control of my will and life and let God have control. Many times I take control back. At no time has it worked out better for me to have been in control rather than God. Every time God has been in control, it has worked out for the best. My spiritual progress has been gradual. As my trust in God has grown, the areas I surrender to my Higher Power have increased.—Today, July 13.

I really like this reflection, because I really have had that fear - the fear that God/ Higher Power is going to make me do something that I don't want to do, be somebody that I'm not, or don't want to be. It really does seem to be about giving up control. "Every time God has been in control, it has worked out for the best." When I'm really in a place of not seeing that, I forget about it, and I end up thinking about the past, the future, and feeling sorry for myself. When I return to a place of willingness, I find peace. Grateful for this program.

THE STRENGTH OF SHARING AT A MEETING

- Chrissy F.

I have been on the verge of a spiritual awakening. Once I felt as though I had "crossed over," I could not contain my excitement. So when I got discouraged by friends who didn't understand the new me, I remembered my newly found program, and attended a meeting that night. Of course, the topic

was something that I needed to hear to help encourage me to keep moving forward. I believe it will be a turning point for me in working my program.

I believe from now on, no matter my emotion, my safest place for sharing is EA. Thank you, EA, for that security.

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

EAI P.O. Box 4245 St. Paul MN 55104-0245
Office Hours: M-TH 10a.m.—3 p.m. CT Phone: 651-647-9712
www.emotionsanonymous.org