



June, 2021
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Strength & Hope

A message in support of emotional well-being.

CONTRIBUTIONS TO EA HELP EVERYONE — PAUL N.

As we move forward in “the new normal” way of life in many parts of the world, it is time to take stock of the financial health of EA and look at some opportunities and challenges on the horizon for our fellowship.

Service and support are very important facets of the EA program and are part of carrying the message into communities around the world. The more we grow in the program, the more we see that whatever we can contribute to help others – whether that contribution is in the form of time, attention, effort or simply our presence – is a true investment in both *their* emotional well-being and in *our own* enduring serenity.

For the past fifteen months, millions of people around the world, small businesses and non-profits have seen financial hardships and EA has been no exception. While the losses that the organization has endured have declined from prior years, losing money each year is not feasible. In order to be able to sustain the work of the organization (fulfill literature orders, support groups, maintain a presence online and more) and grow (work to make as many people as possible aware of the program, develop new material that current and new members can use to grow through the program and more), financial contributions are essential. Our traditions point to the importance of being a self-sustaining program. During the pandemic, individuals in EA stepped up their contributions significantly, but this was offset by lower group contributions. Now that in-person groups are starting up again it is important to bring up donations as a part of the program during meetings.

Entering our new fiscal year July 1, though, we realize that without an increase in donations, EA will struggle to continue to offer its message of hope and wellness to all. Here are a few ways you can help:

- Toss \$3 into the basket whenever possible.
- Make a monthly contribution to your program online here: <https://donorbox.org/emotionsanonymous-donate>
- If your employer has a matching program, your donation can double.
- Generate some community awareness! Send out flyers with meeting information to places of worship, hospitals, mental health centers, etc.
- Sign up for Amazon Smile at [Smile.Amazon.com](https://www.amazon.com/Smile) and choose EAI — 5% of every eligible purchase you make will be donated.

QUICK TIP OF THE MONTH

Clarifying what the problem really is can go a long way to finding a solution. Try writing things down when you are sorting out an issue.

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JUNE'S TOOLS FOR RECOVERY

STEP 6

Were entirely ready to have God remove all these defects of character.

PROMISE 6

We have less concern about self and gain interest in others.

JUST FOR TODAY 6

I will try to go out of my way to be kind to someone I meet. I will be considerate, talk low, and look as good as I can. I will not engage in unnecessary criticism or finding fault, nor try to improve or regulate anybody except myself.

SLOGAN 6

Look for the good.

HELPFUL CONCEPT 6

We never discuss religion, politics, national or international issues, or other belief systems or policies. EA has no opinion on outside issues.

TRADITION 6

An EA group ought never endorse, finance or lend the EA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

HOPPING OFF THE FENCE — Lynn A.

Emotional starvation is a character defect that I used before finding recovery. It kept me distant, safe, and uncommitted. That is the delusional ideals of someone without a Higher Power, someone without the benefits of recovery, someone who is trying to make it alone.

It doesn't work, and it never has.

Recovery made me get off the fence. I could not have recovery straddling the fence with one foot in the past and a toe in the future. Fear kept me there; faith moved me on. Faith is not just a word. It is the practice of belief in all parts of my day. In that realm, it does not matter what goes on around me. It does not matter what is said. Being anchored in faith allows me to let go and let

God. It is the teflon coating that lets things slide off, not stick.

Recovery is life, and all that entails. Good times, bad times, happiness, sadness, joy and pain, it's all there. Emotional starvation is not. Immersed with living each day, emotions are an essential part of living. They cannot be denied. I never knew life before recovery. I stuffed emotions, denied them ... and was consumed by them. Left unchecked, they ran my life into the ground. But that's okay, because it brought me to recovery.

Today, I shall remember that to live is to love, and it cannot be done without the benefits of emotions. Love as your Higher Power loves you.

EXPECTING GOOD — GAIL R.

I really like the March 3rd reflection from the *Today* book about expecting good to come my way if I expect it. It usually works out that way, although I haven't really been doing it lately. For me, finding recovery has taken a lot of work, and it's been really hard at times. But I have learned that although there are a lot of things I don't have control over (like other people), there are a few things I can control, like my attitude. I might start tomorrow "expecting tranquility, serenity and friendliness." I know that I don't want to spend my life wondering "what if." I do know that if I keep my focus on me, detach from my son, and attach to my Higher Power, things seem to go smoother.

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

This month we focus on Step 6.

CONTRIBUTION GRATITUDE

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

Mesa, AZ	Lori B	Louis V
Linda H	Richard P	Hugh T
Anonymous	Bend, OR	Ukiah, CA
Larry W	Jo M	Audrey L
Sophie H	Thomas P	Harrison L
Colleen C	Daryl D	Jean G
Carmelita B	Norman, OK	Joseph L
Kelley S	Melvin J	Lauren O
Ron L	Raynaldo M	Kathleen M
Sara B	Midwest	Rhonda J
Leigh B	City, OK	Robin E

CAN YOU HELP?

We could use some production help in the St. Paul office! If you are in the area and have a spare couple hours each week, email Elaine at

ADMINISTRATIVE NEWS

May has been a busy month—but actually, all the months seem to be that way for our small, part time staff! We reached out with information to healthcare providers and have received a great interest to learn more about the EA program. We held a contribution appeal and we remain grateful for the financial support from members that allow us to continue to provide services across the globe. We revised our agreement with PFEA in Canada to sell EA materials in English and French from their location, reducing the shipping costs for our Canadian friends. We continue to introduce new literature—the most recent new titles are *Calm* and *Acceptance*—with more to come! Finally, we will celebrate Carleen's 25th anniversary as the shipping coordinator at EAI in June at the same time that we celebrate her retirement. Carleen started working at EAI in June, 1996. *We will miss her!*

EASY TO DRIFT, BETTER TO STAY THE COURSE

— ML

It's easy for me to drift back into my judgement and critical ways. These are a couple of my big meanies that recycle from time to time.

I'm reminded that other people's business IS NONE OF MY BUSINESS. It's often a little tap on the wrist or a small reprimand rather than an all out blowup. Thankfully.

I'm also reminded that being kind to myself is part of "Live and Let Live." It can feel challenging when these two defects start to get in my way, especially when I thought I had left them behind for good. LOL.

I've had a couple days where I had to express some anger with HP... I couldn't quite square the Covid-19 virus pandemic, losing our dream vacation, and an unfinished building sitting abandoned in our backyard.

Still...

The good far outweighs. I'm always grateful to start my day with my HP. Even challenging days are so much better working this program. I CAN live with unsolved problems. I can break things down, handle what I can and turn the rest over to my loving, supportive Higher Power.

I have different names for my HP, but it is always the same presence. Steady, calm, patient and loving. And this is the best of EA for me. I always have a place (someone/something) to turn - along with the good, orderly direction defined by the Steps.

PLEASE MAKE A GIFT TODAY!

We have special designated funds that make it possible to provide scholarships for the initial materials for new groups, to send literature to incarcerated folks, and to offer free materials to individuals who can not afford them. We need your contribution to continue to provide these important services. You can make a gift on the website [here](#). Thank you!

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