



July, 2021
Volume 2, Issue 3

Strength & Hope

A message in support of emotional well-being.

GROWTH OF EA—PAUL N.

One of the things I love about EA is its consistency. There are times when members are in sync with the spirit and text of the program and times when we lose touch with why the program is so important for our emotional health. The groups, the material and our self-defined Higher Power are all there when we need them and are searching for something to hold onto. The foundation of the program, which for me is *people seeking a common purpose of improved emotional health primarily through sharing, listening and working the EA materials*, will never change.

Looking back, there have been many significant pieces of literature that have been added to the EA library such as *Today* (1987) and *Spiritual Awakenings* (2019). There are some days when a good *Today* reading can help turn a dark day into a bright one. And the *Spiritual Awakenings* workbook provides valuable reflection questions to help people work the Twelve Steps. Through the website, people access meetings in their area and newcomers learn more about the program. Conference calls, video calling, and virtual platforms enabled groups to move online when they couldn't meet in person. There have been a lot of changes since the program began which have helped it to survive and thrive.

Looking forward, I want as many people as possible to be *aware* that EA exists and to understand the benefits of the program. We will soon release the results of a survey more than 200 members participated in - this could go a long way in showing health professionals the power of the program. I also think that a key to the non-profit organizations that have strong *impact* is volunteerism. If EA has more people writing, for instance, it will help to keep the program's content current and growing. The program has lost money three of the past four years. Consistent donations in a manner that is financially sensible for each member is crucial in helping to ensure that the program remains strong.

I look forward to continuing to participate in a program that has brought me and many others understanding, serenity and hope. The Emotions Anonymous program is made possible by people around the world who show up to meetings, group facilitators, my fellow board members and the hard-working staff at the central office. All of EA's members will help to shape how the organization grows and progresses over the next fifty years.

QUICK TIP OF THE MONTH

The harder it is to make it to a meeting, the more I probably need it to improve my emotional health.

THANK YOU to our outgoing Trustee President Scott J. He has been a guiding force to EAI for years and we have truly appreciated his leadership and thoughtfulness. **WELCOME** to Paul N. as incoming President.

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JULY'S TOOLS FOR RECOVERY

STEP 7

Humbly asked Him to remove our shortcomings.

PROMISE 7

Self-seeking slips away.

JUST FOR TODAY 7

I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests—hurry and indecision.

SLOGAN 7

By the grace of God.

HELPFUL CONCEPT 7

Emotions Anonymous is a spiritual program, not a religious program. We do not advocate any particular belief system.

TRADITION 7

Every EA group ought to be fully self-supporting, declining outside contributions.

PRINCIPLE 7

Humility

A SIMPLE THING TO ASK

- Scott J.

Step 7 asks me to make a request: "Higher Power, will you please remove my shortcomings?" It seems like a simple and easy thing to ask – except for one thing. I've grown attached to the way I live my life. I'm often more than a little reluctant to let go of my defects of character.

I think of a short-coming as something in my life where I "come up short" of my intention to live my best life. I think of a defect of character

as something that just isn't working in terms of how I live – it's defective.

The key for me is to be humble enough – to keep my ego out of it – when I trust a power greater than myself to help replace what isn't working with what could work. I can ask for patience to replace my impatience. I can ask for peace to replace my turmoil. I can ask for kindness to replace my rude behavior.

ACCEPTING WHAT WE DON'T KNOW

- Lynn A.

When I first entered the rooms of recovery, I heard differing accounts of individual recovery. Twelve steps, but not one path was the same. Recovery is as unique as the individual. Sure there may be similar stories, but never identical. I learned that each account consisted of experience, strength and hope. Regardless of its nature, 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, but 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 in that I wanted more of that. That is a powerful and

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

This month we focus on Step 7.

CONTRIBUTION GRATITUDE

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

Elgin, IL Virginia Beach, VA
Rialto, CA Midwest City, OK
Ukiah, CA Bend, OR Zoom
Oakland, CA Burlington, IA

Colorado Springs, CO Mon

Hollywood, FL Sun Zoom

Chicago, IL Sat 1 PM

16 Anonymous Individual Donors

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ADMINISTRATIVE NEWS

We begin a new fiscal year this month and look forward to seeing groups reconvene in person during the ‘new year’ as well as develop hybrid meeting (combining virtual platforms with in person meetings). Please be sure to provide updates to your meeting plans as they evolve so we can share that information on the website. One positive outcome of the pandemic and the move to the virtual space has been the ability for those seeking our programs to be able to connect without necessarily living in the same geographic area.

We continue to introduce new material and make appropriate revisions to existing literature—continue to watch your email and the website for these announcements. There is also a new section in the online store that highlights new/revised materials, hopefully making them easier to find!

ACCEPTING WHAT WE DON'T KNOW (CONT'D)

motivating force, but it held me steady for the life lessons I was to encounter in 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 through my journaling, I understood more about why we, as human beings, are not given the play book. If we 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. It may not be the way I think it should be. It may mean that I am to experience a personal loss. 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 open 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 things that I want to do or things that are easy to do. 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 listen or read, 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.

PLEASE WRITE!

We encourage member reflections! Please submit yours to submissions@emotionsanonymous.org. Reflections should be no more than 200 words.

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