



September, 2021
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Strength & Hope

A message in support of emotional well-being.

YOU'RE INVITED TO THE 2021 VIRTUAL ANNUAL MEMBERSHIP MEETING ON OCTOBER 23 AT 10 A.M. (CT)

This year's annual membership meeting will once again be virtual and we really want to "see" you there! Why? Your involvement in the structure and function of EA is critical. It is not enough to simply attend meetings to work toward emotional wellness. The 12th Step tells us that to attain and retain serenity, we must be willing to serve the needs of the others and be active participants in our own recovery.

When part of a group, it can be tempting to let others do the planning and talking for you. But being vulnerable and sharing your whole self, including your life experiences, beliefs concerns and questions, serves to build trust. Our program progress depends on our ability to trust and build relationships. Our fellowship is built on a network of relationships – between the EAI Board of Trustees and you, our fellowship members; between the EA Director and the small staff of EA International; between those who take on the role of trusted servant at meetings and those who attend the meeting; between you and your Higher Power, however you define that.

Assisting others and identifying as part of a group has a special role in recovery in any twelve step program. Some possible benefits include improved interpersonal interactions, a feeling of not being alone, a sense of being respected for your input, and having a socially safe space for sharing. These are all important as we grow in the program.

Your Trustees believe it is crucial to listen to members as well as to share information. We'd like to hear the voices of as many members as possible. This two-way communications helps us understand what is important to you and how we can develop outreach efforts such as pamphlets, brochures and meeting guidance to best support your growth in the program. In this way we truly need each other. We all have a role to play, and it's important to show up. The agenda for the meeting and how to connect to the meeting will be provided on the website and here in October. We encourage all members worldwide to participate.

QUICK TIP OF THE MONTH

When stressed, sometimes the most important thing to do is to remember to breathe.

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SEPTEMBER'S 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.

PRINCIPLE 9

Justice

EA PARTICIPANT SURVEY RESULTS

An anonymous online survey was conducted last spring to gather data on participation in EA and how that participation related to improvements in affect and emotional management. A total of 264 respondents completed some portion of the survey; 175 respondents provided enough data to be included in the analysis. We will provide results here during the next few newsletters.

- The majority (66.5%) of the sample reported participation in EA for more than two years; the most common experience is to attend meetings once (39.5%) or 2-3 days (23.3%) per week.
- One-third of participants reported they have worked all 12 Steps.
- 70% or more of participants indicated that EA had a somewhat or significant positive impact on various areas of their lives, including relationships, self-esteem, mental health, stress management, and conflict resolution.

FOLLOWING THE PATH — Luz M. (Spain)

Following with the Spiritual principle 'Brotherly Love' in Step 8, the Step 9 takes me to do the necessary to make direct amends from humility, honesty, simplicity and prudence.

I'm willing to assume the consequences of my behaviors and to confront them as a task of inner coherence to take responsibility of my own faults with a spirit of plain 'justice'.

It supposes respect myself and others, no matter what the response of others is, with no expectations; to reach a new understanding with myself with the guide of my Higher Power.

Assuming the commitment and responsibility to keep moving forward this path leads me to be able to conquer and comprehend a real serenity, freedom and happiness in all senses of these words.

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

This month we focus on Step 9.

CONTRIBUTION GRATITUDE

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

Montclair, NJ Virginia Beach,
Lima, OH VA Tues
Ukiah, CA Bend, OR Groups
Burlington, IA Rialto, CA Groups
Midwest City, OK
Apple Valley, MN
Grand Rapids, MI
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25 Anonymous Individual Donors

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ADMINISTRATIVE NEWS

In a sign of returning to pre-COVID times, there was an in-person conference held in Germany in early August! Elaine, the EAI Executive Director, was able to “Zoom in” to speak to the attendees and answer questions about EAI and the EA program in America. EAI continues to reach out beyond the U.S. borders to create and foster relationships throughout the world and the invitation to share some thoughts with EA members in Germany was very welcome! This ability to use technology to connect can be seen as a positive outcome of the pandemic — as well as a reminder of how small the world really is.

Your Board of Trustees will be holding their annual workshop meeting virtually again this year at the end of this month. The **Annual Membership Meeting** will be held on **October 23** — more details on how to attend will be provided soon.

THE IMPORTANCE OF REST — Kelly M.

Before EA, I was a HUGE procrastinator. It was a vicious cycle. I would put off lots of things...and then literally do nothing...just kind of lay around and not "let" myself enjoy ANYTHING...I would not let myself go out to parties, not do nice things for myself, nothing...I would punish myself for not doing what I was "supposed to."

Now, thanks to EA, I kind of work based on the "chipping away at" mentality....I do some things I like...then I do some I don't feel like doing or that are on my "list"...then I do some things I want to do...and during hours or days I don't feel like doing much, I remind myself that I must be tired, that I am not LAZY, and that it is normal to be tired and that I should rest my mind and body and that this feeling will pass - but while I am resting, I should enjoy resting!! I can rest outside, watch nice TV, do a nice face treatment, etc...as resting should be *delightful*.

This is a whole new mindset than when I came into EA. I used to be so angry at myself that I needed downtime and then when I finally did what I needed to do, I had so much to do that I just exhausted myself again. Slow and steady with nice breaks through the day for me is a much better way to live - and I know when I am not doing this — when I fall back on "old ways" I start feeling angry, resentful and overwhelmed.

WRITING AS A SERVICE OPPORTUNITY

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.

Member shares are used in this monthly publication or may be expanded to create new pamphlets. Your thoughts on the program and how it has helped you can help others better understand and utilize it.

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