



January, 2022
Volume 2, Issue 9

Strength & Hope

A message in support of emotional well-being.

PROGRAM RESOLUTIONS — COLLEEN C.

The debut of 2022 is a perfect time to recommit to the EA program. Many holidays are over, decorations are stowed, and we all await the slow change of seasons to come in several months.

How can you we resolve to be more active in the program? There are many options:

Increase your donation of time or money to EA

You might do this by increasing your individual contribution by becoming an EA sustainer (<https://emotionsanonymous.org/donate.html>), offering to lead a meeting, taking over as group treasurer, or simply make an extra phone call every month to check in on members you haven't seen for a while.

Offer to be an EA sponsor or co-sponsor (<https://emotionsanonymous.org/get-involved/sponsorship-cosponsorship/sign-up.html>)

There are new or existing EA members who would so value your care and support as they work the program. No need to be uber-experienced in EA to do this – you may choose to simply “walk alongside” another member via emails or phone calls as you collaborate on working the Twelve Steps. A little encouragement goes a long way!

Watch for opportunities to spread the word

Are there organizations, health care professionals, or others that would find EA a valuable resource? Pass it on! One of the best ways to do this is to order or print out free pamphlet #36 – Meeting Flyer (https://emotionsanonymous.org/file_download/56cf171a-8c07-4906-922a-6c41f921c167). You can then add the information for your local meeting, if you choose, and post it or leave it with someone who can share it with others.

However you choose to work or deepen your program, know that there are thousands of individuals just like you and that you are not alone. Thank you for your commitment to the EA fellowship and all the best for a healthy and serenity-filled 2022!

50 TIPS FOR 50 YEARS: CELEBRATING 50 YEARS OF EAI*

Approach the Twelve Steps with love for yourself and others.

*Item # 102

YOUR TRUSTEES

Paul N.— TX
929-399-6515
aibtikarfoundation@gmail.com
President

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

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

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

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

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

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

JANUARY'S TOOLS FOR RECOVERY

STEP 1

We admitted we were powerless over our emotions - that our lives had become unmanageable.

PROMISE 1

We realize a new freedom and happiness.

JUST FOR TODAY 1

I will try to live through this day only, not tackling all of my problems at once. I can do something at this moment that would discourage me if I had to continue it for a lifetime.

SLOGAN 1

Let go and let God

HELPFUL CONCEPT 1

We come to EA to learn how to live a new way of life through the 12-step program of Emotions Anonymous which consists of 12 Steps, 12 Traditions, concepts, the Serenity Prayer, slogans, Just for Today, EA literature, weekly meetings, telephone and personal contacts, and living the program one day at a time. We do not come for another person - we come to help ourselves and to share our experiences, strength, and hope with others.

TRADITION 1

Our common welfare should come first; personal recovery depends on EA unity.

PRINCIPLE 1

Honesty

SLIPS & SELF-PITY — Gail R.

I know for me, the biggest problem I have as far as what can lead to a slip is self-pity. I think stress is a part of it too. HALT is pretty major, I know.

When things seem to pile up, and I'm not able to take time to journal, pray, go to meetings.... it seems like life just takes over and I find myself sliding downward without even realizing it. Often I don't realize I'm in slip territory until I've done or said something, usually at the top of my lungs..... then I can see what's going on.

My emotions have been all over the place recently, and I know that can really set me up for slips. But sometimes when I'm struggling the most, I'm the most aware of what's going on with me, which helps me stay more spiritually connected and more peaceful.

I'm grateful to know that I'm powerless over my emotions and that my life can easily become unmanageable, and I'm grateful for the connection with a higher power - the god of my understanding (or sometimes, God as I don't understand him).

Stats Snapshot Makes Interesting Reading

Did you know that in November 2021 we had more than 15,000 website visitors and they spent an average of five minutes on our site?

Or that January 4, 2021 holds the two-year record for the number of web visitors (about 700) *in a single day*?

EA keeps monthly website statistics so we can understand how many and why people visit our site and we can continue to make improvements in our communication efforts.

Here are a few examples of where some of our visitors came from last month:

Chicago, IL – 310	Los Angeles, CA – 283
Atlanta, GA – 193	St. Paul, MN – 173
Philadelphia, PA – 167	New York, NY – 160
Surrey, Canada – 146	Germany – 6
Italy – 5	

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

This month we focus on Just For Today 1.

CONTRIBUTION GRATITUDE

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

"EA Slovenija"(Slovenia)
"EA Grupo Concordia" (Spain)
"Dayton Ave Chapter" (St. Paul, MN)
"The Next Frontier 12" (Daily Phone Group)
Levittown, NY
Ukiah, CA (2 groups) Arvada, CO
Bend, OR (3 groups)
Thursday St. Cloud, MN
Tuesday Brainerd, MN
Tuesday Virginia Beach, VA
Monday Norman, OK
Edmonton, AB Canada
Mayfield Heights, OH
Colorado Springs, CO
Midwest City, OK
Burlington, IA

ADMINISTRATIVE NEWS

A new year brings new energy to EAI. We've seen an increase in translated materials from across the globe and are grateful to all those individuals willing to spend their time translating EAI material so others can access it in their native languages. Thank you!

We continue to monitor our finances and try to find ways to drive down costs. One simple example is doing away with our postage meter to use an online system—we save \$150/month!

We look forward to introducing new literature in 2022 to help members gain new insight and understanding. Do you have an idea for a pamphlet subject? Let me know! director@emotionsanonymous.org. And if you'd like to write something, there are guidelines on the website homepage under "Service."

COURAGE AS A PRAYER— Maureen H.

When I first encountered the Steps in a Twelve Step recovery program, I felt confused and overwhelmed. As I listened to others when they shared, I slowly started to hear and to learn about the Steps. The literature explained the Steps. I was fortunate to be taken under the wing of a sponsor who had been around EA for quite a while and she guided me to learn about the Steps and to do the Steps. Another member had offered my sponsor this same guidance when she was new in the program and in this way, the Steps are passed down from members to newer members. Our literature explains the many tools we have to learn about healing and learning to live life differently and all the tools help. For myself, I wanted to react to people, places and things with less outrage based on fear and with more forethought with the help of my higher power. Step one counselled me to admit and accept that I was powerless over my emotions. Step Two suggested that I start to believe in a power greater than myself. It was obvious to me that I was powerless over my emotions. It was more difficult and took longer for me to believe in a power of good that would help me find strength and hope when I felt fear and anger. Finally I realized I had the beginnings of that faith and that was such a life altering change for me. I tested and retested my higher power until I finally realized that I could access strength and hope when I felt weak and hopeless within myself.

I need courage for small and large things from time to time. Sometimes I need courage to say something assertively instead of aggressively. I need courage because the fear of being who I am was a part of me for so long and it still tries to rise up. That's a small thing in that it only requires me to say one sentence. However, my life is made up of many many small things during a day. Sometimes I need courage for a really big thing. The fear feels the same and the tools of EA all help me in the face of fear. I feel fear much less often with time in the program thank goodness.

Often a saying encapsulates an idea for me. A long time ago, I heard a member say that courage is fear that has said its prayers. That's what's true for me.

PLEASE WRITE!

We encourage member reflections! Please submit yours to submissions@emotionsanonymous.org. Try to keep your submission to under 200 words to fit in the newsletter space and please tell us which step/promise/tradition etc. you reference.

OFFICE INFORMATION

EAI P.O. Box 4245 St. Paul MN 55104-0245
Office Hours: T-TH 12 p.m. (noon) — 5 p.m. CT
Phone: 651-647-9712
www.emotionsanonymous.org