



April, 2022
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Strength & Hope

A message in support of emotional well-being.

PEACE — PAUL N.

The many recent events the world has been subjected to remind us just how fragile a state of peace really is.

Before the EA program, I personally did not value *peace* nearly as much as I should have. Things were happening in my life and I couldn't figure out how to get to the outcome(s) I wanted. In those days (pre-EA), all I could see was that things were happening *to me*. I genuinely wanted peace, but I was living my life in a way that did not lend itself to ever finding peace. I thought that if, on the whole, I was living my life in an honest and good way, I would eventually find the peace that I thought I *deserved*. But despite my best intentions, I had many defects and errors of judgement that prevented me from finding peace.

I have heard it said in meetings that working the 12 Steps is a form of re-parenting ourselves. This was one of the best analogies that I had heard. If I am unhappy with certain aspects of my life and much of it originated from 'bad programming', this is the chance to do it my way and there is no excuse as to why I can not. Instead of being frustrated by what the world is dishing out to me and blaming everyone and everything outside myself, I am working the program and focusing on what I can control and giving the rest up to HP. Many times, this means focused breathing for me. For others,, it means taking 5 or 10 minutes aside each day for prayer and/or meditation. More recently, I have been attempting to bask in the periods of peace that I find in the day or week, knowing that life has its ups and downs and is sure to continually challenge my peace. In these uncertain times, appreciating peace when I have it is as important as ever.

Please remember to share this month through service and support. Qualified Trustee candidates may apply for board openings by June 1. Please see the website for more details. Your donations are not only appreciated, but required for the organization to continue operating. So far this year, our donations are down \$20,000, which comes directly out of the organization's reserves. Please consider giving when you are able. Thank you to everyone who supports one another by attending meetings.

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

Success is standing up
just one time more than
life knocks you down.

*Item #102

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APRIL TOOLS FOR RECOVERY

STEP 4

Made a searching and fearless moral inventory of ourselves.

PROMISE 4

No matter how far down the scale we have gone, we see how our experience can benefit others.

JUST FOR TODAY 4

I will take care of my physical health; I will exercise my mind; I will read something spiritual.

SLOGAN 4

Live and let live

HELPFUL CONCEPT 4

We do not judge; we do not criticize; we do not argue. We do not give advice regarding personal or family affairs.

TRADITION 4

Each group should be autonomous except in matters affecting other groups or EA as a whole.

PRINCIPLE 4

Courage

THE BEST I COULD

— JANET F.

In looking back at some portions of my life, I have decided to forgive myself. I made mistakes along the way, trusted some untrustworthy people, and got hurt. But I learned. I did the best I could, many times with no

guidance. My experience has made me a better person. I intend to think these days, *“what lesson did I learn from that mistake?”*

I’m learning to love and forgive myself.

WHAT I FOUND IN EA

— DELORES G.

Initially, I came to EA to “rid myself” of these pesky problems, but I am indeed gaining much more than I bargained for.

I found a family of others like me, from all over the world thanks to virtual platforms and even the telephone, who listen and understand. I found tools to help me in my daily program, one day at a time. I have the Steps to lead me down the road of recovery, and the Traditions to teach me how to interact with others and to have a set of principles in which to live my life.

My EA family is open, listening, supportive, and non-judgemental, modeling just how to treat myself. It is not easy to look at difficult or painful times in my life. However, with the EA program, there is so much to gain in the process.

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

This month we focus on JFT #4

CONTRIBUTION GRATITUDE

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

Schererville, IN
Brevard, NC
Midwest City, OK
Sylvania, OH
Grand Rapids, MI Tues
2:30 PM, EDT Sun (Zoom)
Bend, OR (3 Zoom groups)
Bend, OR (Mon Zoom group)
Mississauga, ON Canada
“Reaching Out” Winnipeg, MB Canada
Auckland, New Zealand
“Concordia” Valencia, Spain (Skype)

FROM THE EXECUTIVE DIRECTOR

I want to take a moment to share my appreciation for my staff with the EA fellowship. Sandy, Claire, Karen and Sharon keep things running here in so many ways. Without each of them, meeting information on the website wouldn't stay current, materials wouldn't get produced, shipped or ordered, questions wouldn't get answered...they are really what keeps the 'behind the scenes' work of the program functioning. Besides their workload, these are such good women simply to be around. I am grateful to know them every day.

If you have a chance to say thank you to them in some way, I encourage you to do so. Sometimes all we hear about are when things go wrong—maybe a focus on when things go right would do us all some good.

OFFICE INFORMATION

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GOD IS WINKING AT ME

— Dan T-R

My name is Dan and I am a grateful, 34 year grateful member, living in Madrid, Spain. I have been coming to the program, long enough to know I want to continue to seek prolonged recovery from the effects of the family illnesses of addiction and alcoholism. Since my journey in recovery, I have had plenty of opportunities to work on resentments with both my sponsors.

I came into the program, burdened with many resentments towards my mother. I blamed her for all my trials and tribulations. Talking to my sponsor, it was becoming apparent that I needed to do fresh work in this area, with resentments resurfacing, sometimes subconsciously but regardless, affecting my present day interactions.

He suggested I list my grudges towards my mother from childhood and that we discuss them together. Namely, to acknowledge what happened in the past, but to move on, and not to be dragged down by my past grievances and occurrences. To gently reflect on the past without staring, recognize that she was doing the best she could at the time, with the tools she had and then to move on.

It was late at night and I was due to talk to my sponsor the next day. I finished writing the email containing the grudges towards her and hit send. I went to bed and got some good rest.

I phoned my sponsor the next day and he asked if I had emailed over the list of resentments. We have experienced some tech hiccups in the past, so we thought the message could have gotten lost. My sponsor double-checked but no email was to be found.

So I checked my sent folder. To my shock and horror, I saw that I had sent the resentments to my mother! I was in a state of panic and did not know how to react. We had about ten minutes to go before our Zoom meeting. I cannot be more thankful that the timing could not have been better, as I was on a call with a loving, supporting fellow member. Little did I know then, but I was about to jump online to the meeting and be overwhelmed with messages of support, during and after the meeting.

My sponsor helped me see this as an opportunity; he couldn't have been more right. I decided to phone my mother the next day, explain that it was an honest mistake and she was never destined to see that email. I said lots of prayers before I called her. I apologized sincerely for what happened, made it clear that these were old feelings and expressed how much I love her.

She was very hurt but heard me out. I can't begin to imagine attempting to work through such a challenging crisis, without the wonderful help of the program. This was not a mistake in my eyes, but a Higher Power gifted opportunity. A coincidence is God's way of winking at me. A friend from across the pond used a boxing euphemism to remind me that they '*will always be in my corner.*'