



September, 2022  
Volume 3, Issue 5

# Strength & Hope

A message in support of emotional well-being.

## ANNUAL BUSINESS MEETING 2022

Mark your calendars to attend the Annual Business Meeting on October 22, 2022 this year. You'll hear updates on the organization from the Board of Trustee's President and the Executive Director and be able to share any concerns or ideas you may have to make the program stronger and better known! The meeting will be held virtually starting at 10 a.m. Central Time. How to call in or connect via computer will be posted on the website later this month.

### DRAFT AGENDA

- Call to Order with Serenity Prayer
- Reading of the Twelve Steps and Twelve Traditions
- Introduction of Officers and Trustees
- Annual Message & Update by President & Executive Director
- Adoption of Rules of Order
- Registration of group representative in attendance (one person per group should be designated as the group delegate)
- Committee reports
- New Business
  - Quarterly Member Q & A sessions with the Trustees
- Request for New Business from Delegates
- Meeting Topic for Discussion:
  - What could EAI do to increase membership/groups?
  - What else could EAI offer to members?
- Announcements
- Closure

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

Healthy groups make  
healthy fellowship  
members.

\* Item #102

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### YOUR TRUSTEES

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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

## MEDITATION & PRAYER — LUZ M.

I feel a true sense of consciousness and calm after a quiet time of prayer and meditation. I fill my mind and my heart with my HP's love and words as well as I connect with myself and with others looking for clarity and good discernment. I may savor this inner silence and peace. Daily moments like this continue to sculpt my spiritual and emotional growth.

## THIS TOO... - SCHERRONE D.

When situations are unbearable or uncomfortable, I pull this saying out from my mind to use. "This too shall pass" allows me to know that this "bad" experience is fleeting and that I will come out the other side intact.

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## ARIZONA TEMPE-MESA GROUP SHARES THEIR MEETING STRUCTURE:

We asked groups to share how they run their meetings, and the Tempe-Mesa group offered their structure:

*We read the entire yellow pamphlet, one paragraph or item per person, rotating around the room.*

*We rotate topics week by week of the month, reading the item "for that month", i.e. we read Step 2 in Feb, Step 7 in July).*

- *Week-1 Step for that month from Blue Book*
- *Week-2 Tradition for that month*
- *Week-3 EA Story (leader's choice) from Blue Book, sometimes a member will share their story.*
- *Week-4 Emotion/Principle (group choice) from EA Book or Pamphlet*
- *Week-5 story/emotion/group choice, from EA Book or Pamphlet, sometimes a member will share their story.*

## PLEASE WRITE!

If you enjoy reading the reflections in this newsletter, please consider submitting one of your own. Email [submissions@emotionsanonymous.org](mailto:submissions@emotionsanonymous.org). Please note the step/promise/tradition etc. and hopefully you'll see it in print soon!

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You can find the Trustee Reflections on the website, [www.emotionsanonymous.org](http://www.emotionsanonymous.org).

This month we focus on JFT 9.

## CONTRIBUTION GRATITUDE

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

Wellesley, MA  
2:30 PM, ET Sun (Zoom)  
Lima, OH  
Brevard, NC  
Fridley, MN  
Midwest City, OK  
Bend, OR (3 Zoom Groups)  
Brainerd, MN (Afternoon)  
Apple Valley EA (Burnsville, MN)  
Austin, TX (Zoom)

## IN MEMORY OF:

**MaryEllen**, from the Next Frontier Daily Phone Group

## FROM THE EXECUTIVE DIRECTOR

A bit of sad news to start with — former Non-Member Trustee Phyllis R. passed away on August 8, 2022, 20 days before her 44th AA anniversary and 12 days before her 67th wedding anniversary. She was 89 years old. A memorial service will be held on September 24 in Arizona. Phyllis was an important part of the Trustee group when I first arrived at EAI and cared deeply about the organization.

And a bit of happy news— if you've emailed me recently you may have noticed a name change! I was married on August 19 and so Weber Nelson became Delavy—same person, new name!

Karen G. officially ended her tenure at EAI in August. She was a huge help one afternoon each week, producing materials and being generally helpful! She made sure our inventory was well stocked before her final day and we're going to try to keep up without filling her position. A great volunteer opportunity for anyone local to help us out!

## LIFE IN RECOVERY — Lynn A.

I am not naturally patient. It's just not in my DNA. That means I have to work hard for it, and stay vigilant. Easier said than done, but it is rewarding. I am not going to tell you it's a cake walk, because it is anything but. My experience is that the tools I use are directly connected to the result. One of the most valuable tools is Faith, but it is not a stand alone tool. Because fear is comprehensive, meaning it has many components. So only an equally comprehensive approach seems to work best for me. That means Faith blended in with patience and acceptance of the circumstances, whether it be people, places or things. Meanwhile, meditation helps calm the mind even though there are times where I feel like I am trying to crawl right out of my skin, I stay the course as best I can and try to do the next right thing.

The reality is, there will be triggers, there will be flashbacks that instantly provoke PTSD traumas, and there will be sadness. These are all normal for me as I process through the waiting game. And that's the silver lining. Knowing my Higher Power, whom I choose to call God, loves me no matter what, gives me the motivation to wait. I know I am not being punished. I know there is a purpose behind it, and I don't need to know what it is to wait for it. In the meantime, I get on with life in recovery. I cannot afford to get wrapped up over something that is out of my control. Whatever the result is, I know I will have the tools and the program to deal with it appropriately. And if that means I lose something, then I need to respect that, learn from it, and move forward.

Today, I will let go and let God. I surrender.

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## Please support your support system

Have you made a contribution lately? EAI relies on member support to keep the website current, this newsletter published, questions answered and much more. Please go to <https://emotionsanonymous.org/donate.html> today.

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