



November, 2022  
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# Strength & Hope

A message in support of emotional well-being.

## WELCOME TO NOVEMBER — GRATITUDE MONTH

Often in EA, we learn there is a difference between being motivated to act differently and finding the courage and motivation to apply our new awareness to “in all our affairs,” as the final four words in Step 12 mention. One conversation that can be extremely challenging is talking about finances or money. For me, learning how my parents talked about finances didn’t really get practical until my dad was laid off from his job when I was a teenager.

I now know that I was extremely blessed to be in a family where talking about the practical functioning of finances was something that happened around the kitchen table during my high school years. I still thank my parents daily for including me and my siblings in the conversations. It gave me a sense of accountability and belonging in my family during difficult times.

So, when the topic of “how do we talk about the budget” came up at the last Board of Trustees meeting, it just seemed natural for me to say “Yes, I will help form a short-term committee to talk about EAI and the budget.” My general plan is to welcome 8 to 12 members to come to the virtual kitchen table with me and figure out how we talk about the budget and at the same time uphold the EA Traditions. I am hopeful to have at least 3 members that will represent our international meetings.

If you are willing to be a part of the solution when it comes to how we talk about finances and the EAI budget, please contact me at [Kathleene.engel@gmail.com](mailto:Kathleene.engel@gmail.com).

Your support is crucial to providing access to the EA program across the world. If you have not given yet this year, please consider going to <https://emotionsanonymous.org/donate.html> on the EAI website and sign on to either a one-time or regular, monthly contribution. Thank you.

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

You may be powerless over your emotions, but you are not powerless over your choices.

\* Item #102

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## YOUR TRUSTEES

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## NOVEMBER'S TOOLS FOR RECOVERY

### STEP 11

Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

### PROMISE 11

We acquire a feeling of security within ourselves.

### JUST FOR TODAY 11

I will not compare myself with others. I will accept myself and live to the best of my ability.

### SLOGAN 11

Keep it simple.

### HELPFUL CONCEPT 11

Each person is entitled to his or her own opinions and may express them at a meeting within the guidelines of EA. We are all equal—no one is more important than another.

### TRADITION 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

### PRINCIPLE 11

Spirituality

## GIVING MEDITATION A TRY

Behzad A. D. — Iran

I was always indifferent to trying new ways to improve my life. When I entered this program, I noticed positive and constructive changes followed.

After a while, a friend called and asked me if I ever tried meditation. I thought I had worked the Twelve Steps, but that day I realized I did not fully work Step 11.

I have seen many people talk about meditation but I had not personally experienced it.

As I believed in the Steps of the EA program, I started meditating with basic methods.

I saw changes in my life; many engaging thoughts were removed and I can now make more conscious decisions. In addition, more creative business ideas pop up in my mind since I started to meditate!

Since all of these happened within a month of starting meditation. now I believe that Step 11 truly works.

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## GREAT EXPECTATIONS — KELLY M.

I have no "great" expectations for now, today, or this year. Admitting this to myself and even talking about this in the meeting - how this year will continue to be rife with uncertainty, and uncertainty IS difficult to live with. Acknowledging reality helps me to function - denying it makes life even more dysfunctional than it is right now for me.

So my "greatest" expectation right now is to keep things simple today, be as peaceful as possible, limit my exposure to negativity, and expect nothing "exciting" to happen today. Days with no excitement are good as these days, exciting news is usually bad news.

Few/low expectations keep me being OKAY and so does knowing that this time will pass and I am not alone - my HP is with me despite ongoing uncertain times.

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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 11.

## CONTRIBUTION GRATITUDE

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

Ukiah, CA (2 groups)	Midwest City, OK St. Cloud, MN
Bend, OR (3 Zoom groups)	Apple Valley EA (Burnsville, MN)
Rialto, CA (5 groups)	Daily M-F 6:30 AM, ET (Zoom group)

EA Strathcona (Zoom group)  
EA Work IT 12-Step Series  
(Zoom group)  
"EA Setagaya"  
(Tues & Fri Tokyo, Japan EA Groups)

## IN MEMORY OF:

**Bret Manlove**, from Lisa M.

## IN GRATITUDE FOR:

**The EA Program**, from the  
Austin, TX EA Group

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

## FROM THE EXECUTIVE DIRECTOR

In trying to create more and better methods to keep the EA fellowship informed and involved, we've decided to change this newsletter format, beginning in January, 2023.

Starting next year, we're going to offer regular emails with information, updates, reflections — similar to the information members are used to seeing in a newsletter format. We believe more frequent communications with fewer items will better serve the members, helping everyone to be better informed and improving our outreach efforts.

The methods EAI has used over the years to communicate with members have changed—from The Message, to The Connection, to Strength & Hope. We see this as an every-evolving improvement process to share the program throughout the world.

## PATIENCE & SURRENDER — 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. 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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## Tell Us...

What are you planning to do during Gratitude Month (November)? How will you reflect on your progress and what got you to where you are now? Tell us by sending your thoughts to [Submissions@EmotionsAnonymous.org](mailto:Submissions@EmotionsAnonymous.org) and we'll share them with the membership!

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