



December, 2022
Volume 3, Issue 8

Strength & Hope

A message in support of emotional well-being.

LOOKING AHEAD TO 2023

As we approach the turn of the calendar to 2023, it's a great time to reflect on how far EAI has come and think a bit about where we're going. Our program weathered the pandemic starting in 2020, when so many people throughout the world struggled with loneliness and emotional and mental health issues. In response, we reached out to more than 20,000 healthcare providers in the U.S. with information about incorporating our program into their recovery services. Many EA meetings also moved to virtual formats during the pandemic, a shift that has made meetings more available in more places.

Fast forward to today, when the world is still experiencing so many challenges—including a severe lack of resources to treat those experiencing addiction and mental health crises. Emotions Anonymous has remained a beacon of fellowship, support, and hope during difficult times. It is members that make EA possible—by holding meetings and supporting the office that provides literature, information, answers and much more. EAI has struggled each year to obtain funds necessary to continue to provide services to members. On our tiny \$150,000 annual budget last year, we came up \$30,000 short. The only place to make cuts now is to staff—which means fewer services and longer wait times for orders and answers. We need each member to support the organization in whatever way you can. Please consider using the [monthly giving program](#) to toss your contribution into the virtual meeting basket. By [giving](#), you give back. Thank you for being part of the solution.

The EAI office manages the creation of new materials written by members—we've generated more new literature in the past three years than in the ten years prior! We're currently working on a new book that will focus on the Twelve Principles. If you're interested in writing for this project, please send an email to Director@EmotionsAnonymous.org.

Together we can close 2022 strong and bring the Twelfth Step to life for ourselves and for all those in need: *Having had a spiritual awakening as the result of these steps, we tried to carry this message and practice these principles in all our affairs.* Best wishes for a peaceful serenity-filled holiday season!

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

Happiness comes from being
at peace with yourself.

* Item #102

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DECEMBER'S TOOLS FOR RECOVERY

STEP 12

Having had a spiritual awakening as the result of these steps, we tried to carry this message, and to practice these principles in all our affairs.

PROMISE 12

We realize that *God* is doing for us what we could not do ourselves.

JUST FOR TODAY 12

I choose to believe that I can live this one day.

SLOGAN 12

I have a choice.

HELPFUL CONCEPT 12

Part of the beauty and wonder of the EA program is that at meetings we can say anything and know it *stays there*. Anything we hear at a meeting, on the telephone, or from another member is confidential and is not to be repeated to anyone—EA members, mates, families, relatives or friends.

TRADITION 12

Anonymity is the spiritual foundation of our traditions, ever reminding us to place principles before personalities

PRINCIPLE 12

Service

SIMPLE BUT NOT EASY

Ian G.

Living with a severe mental illness is painful. Engaging with the world and others through a distorted lens causes all sorts of problems which lead to a lot of pain, inner psychic pain or even physical pain.

When I came to the programme I'd had a bucketful of this pain and had come to a place where I wanted to find hope that it was possible to live without pain. What a noble but naive ambition! I thought that by working the programme I would no longer experience pain, so it came as some surprise to me when I was diagnosed with both ME and Borderline Per-

sonality Disorder and fell into yet another deep depression.

Today I accept the pain of living with my mental illness, but I know that with my Higher Power's help, working the Steps, and the fellowship of the programme, *I do not have to suffer*. I have had to be humble enough, through Step One, to accept that I am really powerless over my illness, my emotions and other people. *This is simple but not easy*. And through Tradition One I can understand that my recovery depends on EA unity, working this programme with others.

A NEW BOOK IS IN THE WORKS!

Your Trustees are developing a new book focusing on the 12 Principles. The book will contain personal stories, interpretations, reflections, and questions for personal reflection on each of the principles. We plan to publish the book in 2023 and we'd like member input! Interested in writing a reflection? Please use Submissions@EmotionsAnonymous.org to send in your writing. Do you have any questions? Contact Elaine at Director@EmotionsAnonymous.org.

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

This month we focus on JFT 12.

CONTRIBUTION GRATITUDE

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

Daily M-F Phone Group	Ukiah, CA
Daily M-F Zoom Group	Burlington, IA
Sun 2:30, PM, ET Zoom Group	Elgin, IL
Tues 6:30 PM, ET Phone Group	Austin, TX
Sat 11:30 AM, MT Zoom Group	Bend, OR
Dayton EA Chapter (St. Paul, MN)	
Hamline EA Chapter (St. Paul, MN)	
Apple Valley EA (Burnsville, MN)	
Colorado Springs, CO	
Midwest City, OK	
Tues Virginia Beach, VA	
EA 世田谷グループ (Tokyo, Japan)	
Caminhar em Esperança (Lisbon, Portugal)	

IN MEMORY OF:

Brian F., from the Winston-Salem, NC EA Group

GRATITUDE FOR:

EA Work IT 12 Step Series Group, from Stacie R.

FROM THE EXECUTIVE DIRECTOR

This is the last edition of this form of the newsletter. Next month we'll begin sending weekly emails with information, reflections, and requests to the EA membership. We hope that shorter bits of news more often will be easier to digest and more engaging. We welcome your thoughts on the new system. We continue to make changes that have been suggested by members or that we believe will help make this program more easily accessible for all.

If you haven't made a contribution to EAI yet this year, I hope you will take a moment to reflect on how the program has helped you and how much you value its presence in your life. You can go to www.EmotionsAnonymous.org/Donate to make sure that all the resources continue to be available for yourself and others throughout the world. Thank you for your support.

AN EA BOOK THAT'S FALLING APART IS USUALLY OWNED BY SOMEONE WHO ISN'T — Sharon B.

I don't recall where I first heard this saying, but it's true. Now that some of us are returning to Face to Face meetings, we can take a look at the books from fellow EA members. You can usually see which books have been used the most; the pages are dog eared, there's different colors of ink used to write in the margins, and there are circles, arrows, doodles, underlines and highlights, from all their years of use. Some of these books have become real works of art! But to the owners, every one of these additions is what makes the book uniquely theirs.

I've seen books that have holes punched so a three ring binder could accommodate them, and I've seen books that have had spiral binding applied to them. Another EA member carries her EA book in a case that has the Serenity Prayer printed on the outside, and has pockets for pens and other notes inside. My book was adorned with stickers when another member brought stickers to one of our meetings, and I'd even taped a fortune from a fortune cookie to the cover of my Today book. For awhile, an EA friend and I shared Chinese food before our meetings. The fortune reads: "Chances are present to make huge personal gains." It seemed appropriate to apply it to my EA book.

The owners of the most worn books are usually the calmest people in the room. They have a sense of peace about them that working the program for many years has given them. One person in our group, has been with EA since it first began over fifty years ago. The pages of the book are held together by a rubber band. When he opens the book, the pages lay out flat on the table in front of him. None of the pages are secured to the binding, and mind you, this is the second book he owns. (The first book was the black EA book.) This member has described through tears how anxious and broken he felt when he first found EA and goes on to tell us how EA has saved his life.

You can tell which books have been used. Imagine the stories these books could tell if they could talk! Imagine the growth they've seen! I remind myself to read my EA books when I feel like I'm falling apart.

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