



# EA Connection



Your Monthly Newsletter From ISC— February 2012

**REFLECTION FOR TODAY:** I decide on a daily basis to surrender my will and my life (my thoughts and my actions) to God. This step is one of total surrender. I am saying, "My life is Yours, God. I am willing to do Your will for me." My job is to pay attention, for God does let me know what is wanted from me as I go through my day. Much of the time it is taking care of ordinary activities. I call it putting one foot in front of the other.

**MEDITATION FOR TODAY** May I have the willingness to surrender all aspects of my life to my loving Higher Power.  
**TODAY I WILL REMEMBER** Surrender!...*Today Book, February 6*

## OF IMPORTANCE TO GROUPS

**What does it mean to be a trustee?** Trustees help guide the program of Emotions Anonymous using the Administrative Guides, Traditions, Steps, program Concepts and previous EA policies.

**What is involved?** Trustees meet twice a year, once in the Spring and once in the Fall. Between meetings they help groups in their region, or provide their special talents as needed. Other than at meetings, they keep in touch through e-mail and phone calls.

**How long do I have to have been in the program?** Trustees need to have five years in 12-step recovery with at least the last two in EA.

Trustees are needed in Region 1: Canada: AB, BC, MB, ON, SK—USA: AK, ID, MN, MT, ND, OR, SD, WA, WI, WY and Region 2: AZ, CA, CO, HI, NM, NV, OK, TX, UT. Bill L, a current trustee, will be running for Region 1 trustee—others candidates are welcome. We have no candidates for Region 2. For more information contact Suzanne at [sgreeson@gmail.com](mailto:sgreeson@gmail.com) or Karen at [director@emotionsanonymous.org](mailto:director@emotionsanonymous.org)

YES, VIRGINIA..... there will be an EA Convention this Fall.

It will take place in late September or early October. It will be held in the Western or Southwestern area. Watch this area for future information.



## TRADITION TWO

**"FOR OUR GROUP PURPOSE THERE IS BUT ONE ULTIMATE AUTHORITY—A LOVING GOD AS HE MAY EXPRESS HIMSELF IN OUR GROUP CONSCIENCE.**

**OUR LEADERS ARE BUT TRUSTED SERVANTS; THEY DO NOT GOVERN."**

We strive to conduct our meeting as a fellowship of equals and rotate the leadership role. Sometimes a member keeps a service position out of a sense of responsibility because no one else seems likely to step forward to fill it. I've been thinking lately about how a character asset can become a character liability or flaw. What may seem to me to be a well-honed sense of responsibility may instead become a form of dominance. Such dominance can impede the success of a meeting and an organization.

In the EA group where I am active, I had taken on a number of responsibilities. Then our treasurer, a founder of our meeting, stepped down and I wondered if our meeting would survive. Now, not only was I a group contact, but I was ordering literature, e-mailing meeting announcements, opening up for the group and instigating group conscience meetings. I finally discovered, no one could pick up those responsibilities until I allowed myself to drop them.

When I called a meeting to find out how we would divide responsibility for making sure our meetings met each week that summer, several people stepped forward and divided up each of the other responsibilities too. They left me to order literature and "be the old-timer." Devoid of those many roles, I felt a bit naked at first. Today I really understand that any attempts to direct the affairs of my group get in the way of my own recovery just as surely as they prevent the flourishing of our group...*Anonymous*

## SPECIAL GIFTS AND MEMORIALS

*In honor of the birthday of a fellow EA member—Jim J*

*In honor of Dorothy M and in memory of her son Jim M—Loretta L*

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# EA Tools



## **STEP TWO: CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESOTRE US TO SANITY.**

In one sense this was a no-brainer for me. I say this because it was clear to me that nothing I could do, or was doing, was making me sane. Even though I believe there is a genetic predisposition for my type of mental illness, I have always believed the greatest problem for me was spiritual. I don't claim to be sane now. I certainly have not been sane in the past. As for the future, I will keep working my program and above all else, I will keep praying and doing my best to stay open and active to God's direction for me and my life.

I want to thank everyone who takes the time to share here on EAnon for the encouragement and support I receive daily. I know that others feel the same way. There are many EA tools, and I use many of them, but EAnon is the best tool for me. I feel that I learn more here than anywhere else. On EAnon I learn and am inspired daily to keep working the EA program. This is the only 12-Step program I am involved in. Before EA, I had much therapy but no one ever suggested the 12 steps to me. Thank you God for Google...*Rachelle*

I liked the idea of being restored to sanity! I had gone to Dr. P for about five years. I'd tried all of the various medications available at that time. They mainly made me a bit of a zombie. My attending meetings was Dr. P's desperate measure in trying to help me.

I loved having a plan set out quite plainly. Because my relationship with a traditional God had soured since my sister's tragic death, it was wonderful that I could choose my own Higher Power. I chose "The Group" as my first HP. "The Group" included all the folks who attended the six meetings I went to each week. Most of the people went to only one or two meetings a week. Since I went to all

of them, I quickly got to know everyone who was working the program. It was amazing that all my life up to this point, I had felt different. But with these people I was not different at all. And quite frankly, that felt really good!

I liked that at these meetings there seemed to be no principals. (I was an elementary school teacher before I went on the disabled list.) Everyone seemed to be treated as equals, and the leadership roles rotated. Three laminated papers were passed around and read by the attending members at each meeting. They were a list of the Steps, the Traditions and the Helpful Concepts. At my very first meeting, it all seemed a bit much. I soon discovered the power of this repetition, even though I might not have been aware I was being helped to build a very strong foundation for my recovery from a mental illness that had crippled me...*Carol*

Step 2 is a leap of faith for me. Each day I am defining/allowing/accepting my Higher Power. I take this leap of faith into the unknown waters each day.

Step 1 asks me to be honest about my powerlessness and take a good look at my life. I know I can keep doing the same thing over and over again, continually revisiting my dis-ease and insanity, so it makes sense that Step 2 would suggest I need "divine" assistance. Step 2 recommends I start looking for that assistance by defining a power greater than myself that will work for me.

I have learned that it does not matter how this greater power is defined; we simply must develop a working concept of a Higher Power. It does not matter in what or whom we believe. What matters is that we do believe there is something or someone with greater power than we have and will use that power to help us recover. In the beginning for example, I found that a group conscience (as at an EA meeting) has sometimes been the

voice of my HP. I have also heard HP's voice in a book, through meditation, in the sigh of the wind in the trees. The charitable assistance of a sponsor, friend, neighbor or even a warm cat in my lap can reflect my HP's will and/or magnify my HP's love for me. I have a secret pal who makes every day special if I only remember to ask and to surrender my problems. My secret pal is my HP...*ML*

## **PROMISE TWO: WE DO NOT REGRET THE PAST OR WISH TO SHUT THE DOOR ON IT.**

Working the steps of EA eventually brings us to the Twelve Promises.

Getting to the promises of EA means that we have been in the program for awhile and we have begun to let go of the past through the work of the 4th and 5th steps. This will help us to have no regrets from the prior events and experiences which used to fill us with guilt and anxiety.

We also have learned that the more we attempt to deny our past by shutting the door on those negative times, the more real we make them because of the energy it takes to keep that door shut.

The EA program talks about the fact that we are as sick as our secrets. The more we attempt to hide ourselves behind the doors of those secrets, the more the secrets have a hold on our present moments.

By admitting and sharing our secrets, we make peace with the past and live fully in the present moment.

The more fully we can experience the present moment, the more peace and serenity we will have...*Paul H*

The 2nd promise is a reminder that I can learn from the past and thus avoid making the same mistake over and over. If I shut the door on my past, I may not learn how to do that. Leaving the door open also gives me the opportunity to see things in a different light as I grow and mature in the program...*Carin*



# EA Tools Applied



## LEARNING ACCEPTANCE

I have reread some of the passages related to acceptance and I am struck by how it does remind one that one does not have to accept "unacceptable behavior" or "abuse in any form." I appreciate the reading for today, Today book May 9, regarding acceptance because these ways of being, seeing, thinking and relating to others are a part of change for me...but I see how change is positive even if different or scary. Serenity, courage, wisdom and love are also amazing gifts indeed, but I often looked for them wrapped up in a clearly marked box with a nice bow. May I be thankful for them each and every day and try my best to cultivate such qualities as part of a lifelong journey, while living within the day and even the moment.

My sponsor recently told me to again read and reflect on this concept of acceptance. After discussing my childhood, a recent set of difficulties, and poor choices I made along the way. I experienced uncomfortable and even unpleasant feelings and thoughts for the next week or more. I am OK, though, and even the nightmares and unnerving flashbacks/memories do not come back so easily any longer.

I thank EAnon so much, it is a very important part of my recovery program. It has helped me see that acceptance is not about resigning oneself to lower standards of being in the world, nor does it mean I cannot have aspirations or expectations. It simply means I have to be aware of how realistic my expectations might be, and that if I fail or things do not turn out as well as I would like, I can handle it with dignity and grace. Thank you to the many women on this Loop who demonstrate to me how they handle daily hassles, heartbreak, undesirable situations, stressors, and disappointment in work, family, 12-step, personal and even spiritual affairs in such inspiring and humane ways...

*Cynthia*

## WITHOUT ACCEPTANCE I WILL NOT PROGRESS

If I constantly use people, situations, things, to distract me from looking at and feeling the feelings associated with accepting current realities, situations and circumstances, I will not progress. It seems I have a pattern of doing this to avoid the here and now and the feelings associated with that. Spending New Years Eve home alone forced me to just be with the various emotions hidden in the background regarding my ex. Today I feel more freedom to do stuff....more energized.

Such a deep, deep well of emotions and with them, my own existence. I often wonder why some people feel things so deeply and profoundly, whereas others don't seem all that bothered or affected. It doesn't matter why, though. It just is. I realize (not for the first time) that I have a huge capacity for love. And that must be a good thing. A very wise person I know, who creates human development work, said that you can't feel great love without being able to feel great pain. They are at either ends of the spectrum, and the further out you push the boundaries, the greater your capacities to love, hurt, heal, feel joy, etc. Not easy, but it makes for a very rewarding life if one has the courage to live that way. I find that interesting and engaging...*Janina*

## ACCEPTANCE IS A MOUTHFUL!

I've been living with physical illness for many years. Sometimes it's painful, sometimes it's debilitating, sometimes things are going along fine and then it's like someone pulled the rug out from under me, and what I was doing and the life that I was living are not accessible because my body won't support much activity.

This has been an opportunity to relate to acceptance. I've learned acceptance is to not fight it. It's what's happening, I'm powerless to change it, so I'll make the journey easier on myself by entering into what's happening, kind of one day at a time.

It doesn't mean that I won't do what I can to improve the situation, but I won't make changing the situation so important that I can't experience the peace that is still available in the mess of it all.

I've come to see that peace is actually a guide. When in a situation I don't like, by accepting it as the stepping stone I'm currently on from which I will take my next step forward, I can experience serenity. Then as options come to mind, or next possible steps unfold, I can choose the stepping stones that have with them a sense of peace. Acceptance and serenity are trusting that HP has my back, even if I can't see what will resolve the uncomfortable situation.

Reviewing the 12 steps and contemplating what they mean to me in relation to the current situation I'd rather not be in helps me to put that trust in my HP, to experience acceptance and serenity in the mess, which is not to be a doormat or to give up. This may sound quite neat and tidy. It's not, it's a process and a rather messy one. Acceptance really is a mouthful...*Elizabeth*

***Meditation For Today—Please, God, do not allow me to bog down in my program. Let it be Your will that I continue in the steps and grow strong and able to accept myself and what is to come...Today book, March 11***





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