

June 10, 2009

Dear EA Members,

The *EA Message*, as we know it, is being discontinued. Whether it is being done by staff or volunteers, the *EA Message* is a time-consuming task. In addition, sad though it may be, not many read that much in today's world.

Since the International Service Center is already doing a monthly publication; a decision was made by the Executive Committee to add a page to this publication for stories and articles. It will be posted monthly on the website. In addition, it will be sent to those who have requested it via e-mail and to all groups for which we have an e-mail address. A copy will also be posted on *EAnon*, our online discussion group.

The new publication should be available on the website by the 10th of each month.

Now, for the fun part! We would like you to help us name the new publication which will replace the *EA Message*, the *EA Direct Link* and the *EA Bulletin*. Send your ideas to director@emotionsanonymous.org by June 15. Thank you; as always your help is appreciated.

In *EA* service and friendship,

Karen Mead

Karen Mead
Executive Director

Spring/Summer 2009

Volume 1, Issue 2

Serving the membership
since 1972.



The EA Message

A triannual, volunteer-produced publication for Emotions Anonymous members

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From the President

Greetings everyone, this is my favorite time of the year. I am renewed with the coming of warmer weather, flowers and the song bird returning to the no longer so cold North Country.

Changes are afoot also at **Emotions Anonymous**. Keep an eye on the web site. Karen and I are talking with the Webmaster about incorporating a new look and possibly new features to make navigation more intuitive and easier to use. We are responding to comments from the survey that we ran last winter.

The budget for next year is shaping up. A preliminary proposal has been sent to the Finance Committee for review. I am hopeful that, for the first time in several years the **EA** Trustees will be able to approve a budget that doesn't show a deficit. At last we may be able to make ends meet.

Finally, I would like to make a pitch for Service work. **EA** like several other organizations I have belonged to is lopsided. A minority of the people are doing the majority of the Service effort. It is possibly the best-kept secret in 12 Step programs that service work is where the lasting growth and serenity of the program lie.

Try it. Put up a few posters for your group. Make an effort to talk to the newcomer. It doesn't have to be big. I just keep stretching to the edge of my comfort zone and then go a little more. Doing this every day adds up to surprising growth over time.

Tom F, President, EA Board of Trustees

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From the Director

What a changing world we live in today - each new day brings something different. Sometimes it whirls too fast, and I wonder how we will ever keep up; other times it drags on and on, and I wonder will we ever get through it.

We have been talking about change in **Emotions Anonymous** for some time now. I'd love to talk about stability and predictability, but what can I say? At first glance, nothing, but if I look further, it is there. The Steps, Traditions and Concepts have not changed. The help **EA** has to offer has not changed, nor has the desire of its members to become emotionally healthy.

The same services are offered from ISC: We still keep track of the groups worldwide, we answer the phone, many, many e-mails, and respond to a variety of requests, whether it be the simple sending of a state list, helping with information on starting a group, or trying to calm a distraught member while providing them with the information they need. We still receive and ship orders for books and literature around the world, the only difference is that many of our orders today come through the **EA** Online store and via e-mail.

A wonderful change is that, with the advent of internet, our **EA** world has grown closer. Through things such as the **EA**non listserv, online groups and phone meetings, we have come to know and care about **EA** members around the world.

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 Tradition 6

"An EA group ought never endorse, finance or lend the EA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose."

 Tradition 10

"Emotions Anonymous has no opinion on outside issues; hence, the EA name ought never be drawn into public controversy."

 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."



Becoming an Anonymous Advocate

How many times have you heard a newcomer remark "I didn't even know that Emotions Anonymous existed"? Why is this so? EA has been around since 1971. We have a rich history of 38 years of changing and saving lives. Why are we the great little program that few know about? I believe one of the reasons is that there are not many who consistently speak out publicly by sharing their experience, strength, and hope outside of the traditional face-to-face meeting, online forum, or telephone meeting.

In this day and age, EA groups should be expanding with more meetings and more people attending those meetings. Sadly, this is not the case. There are fewer and fewer options for people who have a desire to become well emotionally. We are a near invisible population, hiding behind a mask of stigma and shame. We must become more visible to continue to be a viable program now ... and in the future.

So, how can someone reveal this best kept-secret by speaking out publicly without compromising the principles of anonymity? The principle of anonymity was established to keep groups from becoming tangled in any public controversy that would divert them from the primary purpose of carrying the message to the person who is still suffering. Traditions six (6), ten (10) and eleven (11), <see sidebar> lay out the principle of anonymity as it applies to EA.

Furthermore, in the **Suggested Format for EA Meetings** (Form #7 - \$2.00) it states "Anonymity assures us that only we have the right to make our membership known to others." Clearly, none of these traditions preclude a member from speaking out about their own recovery. So, how should one begin speaking out? The best way I have found is to start by telling one's own story. Talk about recovery and how it is personally achieved – albeit for 24 hours at a time. People rarely see the faces or hear the voices of recovery. They need to see firsthand that the twelve step way of living works.

One can start by talking with another person or small group and then advance to a regional EA retreat, convention, or other EA event. As one becomes more comfortable talking about their dis-ease/illness and recovery, expand the audience. Places that one might consider can include public awareness meetings, health fairs, or civic or religious organizations. Perhaps one could even speak publicly or privately with city council, state legislature or other public officials. The International Service Center has several guides for holding and speaking at such events including Form #30 **Public Information Meeting Guide** – \$1.25; Form #32 **Guidelines for Local, Area, and Regional EA Events** – \$1.25; Form #39 **Guide to Speaking at Twelve-Step Events** – 30 cents; and Form #64 **Guide for Participating in Health Fairs and Other Events** – 35 cents.

If one is uncomfortable speaking publicly, there are other ways to become an anonymous advocate. This can include posting flyers for local meetings, making area newspapers or cable stations aware of the existence of the program, writing Oprah or other talk show hosts, or donating an EA 'Big Book' to the local library.

By finding your voice, you will be reaching out to those who are still suffering from emotional difficulties, their families and their communities by providing them with new hope. In order to keep what we have, we must give it away. The time for speaking out about the benefits of the EA way of living is NOW!

– Rosemary H.

Region 1: English-Speaking Canada

Hello everyone, it is so nice to see the spring flowers and warm sunny days. Just remember there is always a rainbow after the storm that life sometimes sends our way. We are busy in southern Ontario. We enjoyed our Unity Day Spring Fling on May 2nd in Kitchener/Waterloo with four unexpected guests from Michigan. There were 25 happy EA members in attendance and a good time was had by all. Our next Unity Day is October 3, 2009 in Burlington, Ontario. I am hoping to attend the spring retreat in Moncton, NB from May 29th – 31st. It will be great to see the members that I have spoken to on the east coast. Please don't hesitate to call if I can be of any assistance to you and let me know of your upcoming activities. Take care and God bless. Yours in fellowship,

Muriel D-Oshawa, ON **905-723-2035**
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Region 2: AK, AZ, CA, HI, ID, MT, NM, NV, OR, UT, WA

Hi all, I welcome the states that we picked up when we closed the former Region 1. I am happy to have you on board. I sent an email to all of you who I have an email address for. I was so happy to hear from most of you and to hear how your meetings are going. I am working on a mailing for those that I just have addresses for.

Starting in September we will only be using email addresses for quarterly EA Bulletins that used to be sent by postal mail, so if we don't have an email address for you, please get one to us.

It is time to start planning our 2nd annual EA Celebration Day. On July 22nd we will be 38 years old. Last year we invited all of the meetings in the OR and WA area to come to one of the meetings in Portland. We had a really good time and got to know people from other meetings.

We are hard at work on planning the 2010 EA International Convention which will be held in Portland, Oregon in September 2010. I hope many of you will be able to attend. We now have a Region 2 website, www.earegion2.org We will be updating it as we get more information. If you have any needs or questions please contact me.

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Region 3: CO, IA, KS, MN, MO, NE, ND, SD, WI, WY

Times of bad economy and fears of unemployment and uncertain futures can be opportunities for our groups to prosper. These turbulent times can be an answer to some of EA's problems, such as dwindling groups.

According to many magazines and newspapers, depression is rampant. Many of us came into the program because of depression. Aren't we glad we did? Didn't we get great help?

Now is the perfect time to spread the word about EA. Money is hard to come by and most can't afford professional help. Let the world know we have answers. Use the bulletin boards in your town with EA announcements. Mail information to psychiatrists, clergy, hospitals, mental health facilities and anyone else you can think of. Be certain your phone number and meeting places and dates are on the information you send out. When people call, tell them about our 12 Promises and that they do come true. Share your experiences, strengths and hopes with them.

Are you actively carrying the EA Message? Are you doing 12-Step work? EA needs you!

Mary Jane L-Longville, MN **218-363-2591**
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Region 4: AL, AR, FL, GA, LA, MS, OK, PR, TX

Spring has finally arrived in the south. Region 4 is growing and springing up with new groups. Now we need the sunshine of the groups to grow our members strong and healthy. Strength of our members is the key to a healthy EA. The root system of any plant determines the health of that living plant. We are planning a Region 4 retreat this September 11, 12 and 13 in Atlanta to encourage that growth at the grassroots level. Please, as you read this, consider the possibility of participating in this retreat. Look for more information in the coming months. Until then, if you want to sign up now, you can contact me.

Nancy P-Decatur, GA **404-377-0277**
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Region 5: IL, IN, MI

Spring has sprung! With its warm breezes, fragrant smells and balmy days, it is a time of renewal and growth. What better time to recommit to the daily practicing of this deceptively simple, but not always easy 12-step program of Emotions Anonymous? Why not order some new literature available at the International Service Center? Maybe dust off the cover the EA "Big Book" and read or re-read some of the personal stories? Perhaps think about holding a public information meeting; plan for the EA Celebration Day around July 22nd; or go all out and start a new meeting?

Other great ways to strengthen your commitment to the program are to attend a workshop, intergroup meeting or retreat. The Region 5 spring retreat is being held from June 5th-7th in Glenn, MI. There is still room available. Maybe you can start saving your pennies for the 2010 EA International Convention taking place from September 24th-26th in Portland, OR.

The keys to this program are desire, commitment and service.

Rosemary H-Warren, MI **586-776-3886**
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Region 6: DC, KY, MD, NC, OH, PA, SC, TN, VA, WV

Spring is finally arriving in Region Six. The weather has been a bit uncooperative in this part of the country and we are happy to see a little break in all the cold, windy, and rainy weather.

In many of our communities we have been hit hard with many of the adjustments needed for the folks who have lost their jobs and are attempting to make some sense out of all the madness which surrounds them each and every day.

We are having new people coming to our meetings and taking a look at our EA program. We do have some tools which will help those who want to do some inner work on themselves and see if they can find some peace in their lives and their world. After all, it is all about change and the more we can accept these "opportunities of growth" the more we are able to live serenely within these changes.

Paul H-Canton, OH 330-244-8720
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Region 7: CT, DE, ME, MA, NJ, NY, RI

Region 7 now has a sub-division of seven areas. This will help those who want information from someone closer to their area. As always, I am available as needed. This is something new that I hope will help with EA unity.

Connecticut

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Region 8: French-Speaking Canada

Bonjour, the April 4 special day "Parlons ÉA 2009" was a real success. It has stimulated people in our region on their involvement in 12-step service work and helped us learn about certain other aspects of the 12 step environment.

On April 25 we organized an Intergroup meeting in Montreal. Our Annual General Meeting was held on May 2nd.

All who are interested are encouraged to attend our 30th Anniversary, on August 29th. An invitation will be sent to EA's International Service Center and other EA groups around the world. Details will be specified at our website by June 2009 under communiqué.

We have closed three groups in this first trimester; other groups remain in good shape.

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The Next EA International Convention

It is not too early to begin thinking about attending the next EA International Convention which will be held September 24th-26th, 2010 in Portland, OR. The theme of the convention is "EA – My Family of Choice." Trustee Marilyn P. and members of Region 2 are seeking help and assistance. Are you a good speaker with a special story? Do you like to decorate? Do you have a talent for organization? Do you have skills in computers?

If so, please contact Marilyn P at: 503-750-1237 or email her at grandma9xpxd@yahoo.com

For developing information visit the Region 2 website at: <http://www.earegion2.org/>

Step Six *“Were entirely ready to have God remove all these defects of character.”*

The first three steps address the problem and the solution. In simple words they are "I can't, God can, Let Him." A certain sense of peace comes from this admission and decision. If it's not followed up with Steps Four and Five, it's quickly lost.

In Steps Four and Five, I wrote an inventory of myself - the positive and negative traits I have, my fears, and my resentments focusing on my part. The inventory is all about me - not other people. These two steps help me get right with myself. It was the first insight that self-centeredness was the root of my problems. Being thorough and honest are very important, because my recovery depends on it. After writing my Fourth Step, then I tell it to someone (my sponsor), which is my Fifth Step.

So once having done that and being sure I haven't skipped over anything consciously, I'm ready to move on to Step Six. As long as I've done the previous steps to the best of my ability at the time, that's all I need to do. Step Six is where willingness comes in. Am I now ready to let God remove from me all the things that I admitted in my Fourth/Fifth Step are objectionable to me? Can God now take all of them? If I am not ready to let go of everything, then I pray for willingness. This step is an ideal which I can aim for but never fully reach. Progress is the goal, not perfection. If I'm not willing, then can I be willing to become willing? That in itself is progress.

– Renee' R.

Step Seven & Gratitude *“Humbly asked Him to remove our shortcomings.”*

Gratitude - something I need to feel more than do, not because God or anyone else needs to be thanked, but because I need to be thankful. This has been an interesting experience for me; a rather abrupt lesson today. I have been taught to "say" thank-you since I was a child. But so often, when I thank someone, it seems without even realizing it, that I have an agenda. I expect gratitude in return. "I" am setting an example "I" expect others to catch on to. Instead of being happy that my gratitude builds the person up, I resent that I am not noticed and thanked in return. This I liken to giving a gift so as to get one back. This whole realization bothers me, but that is good because it takes my mind to Step 7 and humility.

"Humbly ask him to remove my shortcomings." I find it humbling to know that I can be so shallow as to give in order to receive. But I accept my human character defect; I recognize it, so as to turn it over.

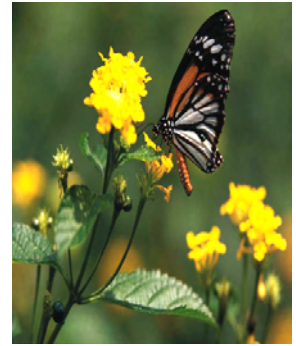
I like the definition of humility meaning humus (soil or ground) which takes me further to the understanding of the term "grounding." To "be grounded" now means to me to be humble, not letting ego win. To this farm girl, humus, ground and the like are blessings I will gratefully accept. I can smell humble and it smells good to me. Unlike humiliation, which smells more like rotting garbage, and Step 7 tells me that is not the meaning of humble.

Step 7 takes me further - I have to turn away from proud resistance and ask my Higher Power to remove my shortcoming.

I turn my resistance to innocent and open gratitude over to the God of my understanding, and I welcome feelings of true gratefulness. I will savor my feelings of gratitude, even if I don't say them out loud. It will be like doing something for someone else without getting found out. And as I feel this gratitude, my attitude cannot help but be grace-filled and honorable to the person I am grateful to. Sometimes words get in the way. (Oh, is this what my husband has been trying to tell me?)

Got to love this program - It works when I work it.

– Maivis



“Progress is the goal, not perfection. If I'm not willing, then can I be willing to become willing? That in itself is progress.”



"EA too is a gradual form of "enlightenment". No flashes, no fireworks... just a new beginning."



"We're all on a path leading towards where we want, and are meant to be. You've wandered a bit off the path, which is no big deal. Just do a new Mapquest, head back for the path, and then keep following it."



Today Book – July 15th

"Let me remember how the dawn breaks in the morning. The change from dark to night comes on so gradually it is hardly noticeable ..."

EA too is a gradual form of "enlightenment." No flashes, no fireworks... just a new beginning. Like life, there can be inner darkness turning into light and back into darkness again, each day. No, there is no such thing as perfection or a constant state or reaching an "end" where we stop or leave, as long as we are here on planet earth. We live in cycles.

One day at a time.

– Victoria S.

Slogan Ten *"I need people"*

I'm Kim, and powerless over my emotions, but not my thoughts and actions...

I believe that life is about a number of things -- love, learning, spiritual growth. Right now I feel a lot like the character Lilly in the book *Hotel New Hampshire*. (I'm a big John Irving fan.) Lilly was small, and throughout the book she kept "trying to grow."

So, that's me. After 20 years of therapy and program, I find myself in a totally different place, and am trying to grow. This is new and different to me, and even though I'm with the same therapist, it almost feels like I'm beginning therapy, since I'm exploring new thought patterns and approaches to life.

So-- the point of this: a couple of weeks ago, in applying this new way of thinking, or rather trying to, I got myself into a tangled mess. And then when I factored in an ongoing physical problem I came almost to the point of panic. That's the time to ask for help, and I did.

I called someone I trust very much and tried to explain my confusion and alarm without whining too much. I received some excellent feedback, and I wanted to share it.

"We're all on a path leading towards where we want, and are meant to be. You've wandered a bit off the path, which is no big deal. Just do a new Mapquest, head back for the path, and then keep following it."

And it became so clear to me. My panic over the situation was probably the biggest part of it. So I sit back, meditate a bit on my path, and see that truly, I am only a few steps off. I was making a big deal out of something that was easily resolved.

Numerous program principles apply here, but the one that I want to mention is "I NEED PEOPLE." For much of my life I've followed the pattern established in childhood, which was basically "Shut up and don't ask me for anything." It's still hard for me to ask at times, but I HAVE learned that if I don't ask, the default answer is no. If I reach out and ask, it's amazing how often the answer is yes, and I receive what help I need. And I'm so glad I reached out early in this situation, because that helped me keep it from getting worse. I also learned a new tool -- take a good look at my mental and spiritual Mapquest and trust the answers I get there.

– Kim

Surrender

ML here....powerless over my emotions...

I am still so very willful, so I am grateful for an understanding, loving, no-strings attached Higher Power. If I am busy and don't make the time for meditation or just a quick prayer, I can jump into my day without a seconds thought to surrender - not even a passing nod to the Program....and hurtle into my activities.

Does my Higher Power abandon me? Nope. Just quietly waits until I turn to Him/It/Her - and surrender....and at some point, whether sooner or later, I do realize I am working from pride, fear, and just plain old stubborn willfulness.....laughing out loud.....

It can be at least a few hours a day.....but the second, the moment I turn to HP I get serenity. I get some answers and clear direction. I get some resolution or some patience to live with 'unsolved problems'.

I am always grateful for Program.....I always have it.....it's my choice to use it but I will never be 'perfect' at it, so that's just fine...I am only human. I just need to remember how much kinder it is to work 'within' Program and with my HP than without.

The last thing I need to do when I wake to the fact of my willfulness is 'shame' myself.....that's old self-destruct thinking. Actually often my Higher Power and I will have a giggle....I'll say something like..." Hi Higher Power - you saw that did ya'?...um, then you know why I'm praying right now.....giggle..."

I have a realization that guilt and shame are two very different things thanks to Program and my Higher Power's unconditional love for me. Guilt is temporary and my reaction to not heading in the direction of my best interest or hand in hand with HP - I feel it because I am walking in slight 'dishonesty' and untruthfulness to what I say is most important to me. HP can forgive me instantly - I was never built to be perfect, only to attempt to walk an 'honest' line. I can only do that with my Higher Power's help. Period.

Shame is just an old whip I don't need to apply anymore.....it was one of my stay-sick tools I learned to beat myself with.....I don't need it anymore. Thanks to my Higher Power and Program I have learned I am redeemable and actually pretty 'normal'.....I like it.....

– ML

Freedom

Last night at a meeting I was reminded of the freedoms we receive from working all 12 Steps. The 12 Promises define some of these freedoms. Each step builds upon the next - I have to do One before I can do Two - I have to do Two before I can do Three, etc. The Steps are in order for a reason. One of the greatest freedoms I receive as a result of working the Steps is freedom from the bondage of self. Since selfishness and self-centeredness were the root of my emotional problems, only God could remove these from me. No human power could help me. I like the part in How It Works that says "without help it is too much for us. But there is one who has all power - that One is God. May you find Him now!" It also says there will be no results with half measures. That I must surrender my will and life "completely" to reap the gift of sanity and serenity.

– Renee R.



"Shame is just an old whip I don't need to apply anymore.....it was one of my stay-sick tools I learned to beat myself with.....I don't need it anymore"





"... emotional wellness is finding the good even on challenging days and taking life one step at a time."



"... having the desire to get better emotionally means giving up old behavior patterns that are destructive to my well-being..."

What is Emotional Wellness?

My name is Deborrah, and I am powerless over my emotions, people, places and things. Emotional wellness means to me to be able to live with unsolved problems. It means to me finding serenity every day and working hard to keep it. It means minding my own business and not trying to control anyone or anything, turning it over to my Higher Power.

Emotional wellness means: acceptance, patience, gratitude. Emotional wellness for me is having a program, such as this and working on following it as best as I can.

Emotional wellness for me is feeling my emotions and not trying to deny them or stuff them down which in turn create much toxicity for me as well as others. It means for me not to isolate myself as much as I want to at times and to know I need people.

Finally, emotional wellness is finding the good even on challenging days and taking life on step at a time

– Deborrah

How Do I Know If I Am Emotionally Well?

How do we know if we are emotionally well or not? These are only my thoughts. To me, the key word is "desire" to become well emotionally. Do I want to get better? Emotional wellness usually means to feel good about myself as a person, that I'm just as important as any other human being (most of us come into this program with very low self-esteem), and to have some form of peace of mind with myself, my life, and my Higher Power. If depression or anxiety is a part of my life, then it is reducing or eliminating that from my life, but I don't do it, my Higher Power does when I work through all 12 steps.

For me, having the desire to get better emotionally means giving up old behavior patterns that are destructive to my well-being, like: sleeping all day, wallowing in my misery by not reaching out to share it with someone (sponsor or program person if possible), having an "I can't do this" attitude, feeling sorry for myself, harboring a resentment, and thinking only about the negative. If I truly want to get better I will go to any lengths by using the tools (meetings, sponsor, literature, phone calls, etc.) of this program.

This is a daily living program, so if I want to get better I use it daily. If I'm not doing this, then I need to check my "desire." Believe me, if I'm tired of being sick and tired (hitting bottom) and desperate, then this program gives me the option to do something about it. The choice is mine, but the results are God's.

– Renee' R.

Do You Want to Be Part of the Problem or Part of the Solution?

My name is Paul H. and I am powerless over my emotions

Do I want to be part of the problem or part of the solution? I ask myself that question often. I lived in the problem for so much of my life that it was hard for me to learn how to become part of the solution.

The problem was that I always thought it was the people around me that caused me problems. I discovered that after my family, and I did not have a choice about them, I choose the other people in my life and believe my problems brought these folks to me. I realized I needed to begin the process of dealing with my problems and the people I had brought into my life..

Before the program I did not know that choices and consequences were so tightly connected...you do the one and you get the other.... I guess I can say that I certainly did live the line, "Doing the same things over and over again and expecting different results." How insane that was. Oh well, this helped me reach my bottom and find a program of emotional health.

I was very selfish in my pre-program days. I did not want to let go of being so caught up with myself.... I figured if other people were not going to give me strokes then I would give them to myself.... I also used indifference as a tool... Indifference was that I could make others disappear simply by not acknowledging them or talking with them... I would just shut up and move about the house and my life and not share with anyone. Yes, one could say that I was as sick as my secrets, because until I talked about what I thought and felt, my indifference was my savior. Not a good way to live with other people.

Even today when I am angry with others, I still use indifference for awhile so that I don't confront them immediately and get into my old habits... My mouth can be very nasty and I really have little reserve when I attack someone over what I perceive as stupidity. After I am done with this behavior I feel like my being part of the problem is firmly rooted in a learned behavior.

The Program is about different choices... Today, while I am quiet for a while, I do understand that the problem is always me. If it's not me then I am powerless to change my behavior. It took me some time to learn this secret... I always look within myself and see that I have always been at the center of anything that has happened to me. I must learn to take responsibility for these things and then I can apply acceptance and forgiveness to whatever is going on in my life. It's was all about my fear of living my life before the Program. It was about what I did not have... It was always about looking beyond and lamenting the days past that caused me to lash out and to struggle with my emotions.

I don't know about anyone else, but my mind is a dangerous place for me to live in. It is never quiet. When I wake up in the middle of the night the mind is there telling me some more meaningless crap that if I apply any energy at all to it I won't be sleeping much more that night. I have come to understand where the enemy is and where it is not.... The only application of the program that works on it is acceptance... I know that I cannot live without a mind... So, I accept that it is going to tell me stuff and I let it go... Much like when I deal with a child and it talks about what it thinks it knows, however, does not have the experience that goes with the knowing. How many times as a adult I did that? Wow!

Acceptance... Forgiveness...Attitude... Living in love for myself and others.... Patience.... Tolerance... Giving myself and others space to grow and learn.... Surrendering... Being willing and moldable... Avoiding HALT (Hungry, Angry, Lonely, and Tired)..... Understanding that the effort is mine and the results are God's... These can all be found in our EA program.... Once these tools have been engrained into our daily lives, we will see that we don't have a lot of other energy left to develop and deploy the selfishness and inconsistencies of past emotional experiences.

Have a great day unless you have made other plans.

– Paul H.



"Before the program I did not know that choices and consequences were so tightly connected...."

APRIL 22

REFLECTION FOR TODAY

When tense and confused, I need to realize I cannot force-feed thoughts, positive or negative, to my hurting emotions. It only serves to cause more anxiety and depression. I must be accepting of my thoughts and feelings - be able to admit being unable to change them all at once or on my own. They may not make sense at the time and may contradict what I believe. I need to accept them with gentleness and compassion.

MEDITATION FOR TODAY

Help me accept that I am hurting. Help me to be gentle with myself and to reach out.

TODAY I WILL REMEMBER

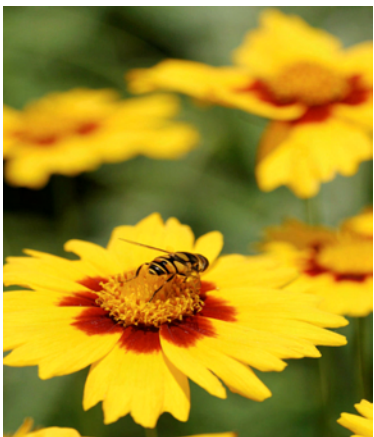
Part of growth is realizing that hurt people, hurt people. I will apply this to myself.

TODAY BOOK, (<http://www.emotionsanonymous.org>)

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“This year we will be 38 years old. We are hoping that all of us will be able to plan a special celebration of some kind ...”



Remembering EA's Special Day

We are planning our 2nd annual EA International Celebration Day to celebrate the day that EA's articles of incorporation were filed with the State of MN, which was July 22, 1971. This year we will be 38 years old. We are hoping that all of us will be able to plan a special celebration of some kind during the week of July 18th. Some of us are planning special meetings and others are planning to do something special during their regular meeting. Here are some ideas on what you might do to make this a special time of remembrance:

- Recognize that this day is about celebrating our recovery.
- Plan a special meeting with all of the meetings in your area.
- Have someone read the history of EA out of the Blue Book.
- Go around the group and ask people to share how long they have been in EA and how EA has changed their lives.
- Have a list of all meetings in your area available and have program literature for sale. Also you might want to have t-shirts, pins and tokens available from the service center.
- Do the 7th Tradition with the money going to EA International.
- When sending in the money, please mark it as “EA Celebration Day”.
- Have a potluck lunch or have a meal catered and charge for the cost of the meal.
- Have a cake with the EA logo on it and don't forget balloons.
- On the loop we will ask all members to share a little of their story and talk about how EA has changed their lives and ask each member to make a special contribution to EA.
- I am hoping we can schedule some special phone meetings for that day and also ask them to make contributions to EA.

If you have any questions, please feel free to contact me. Marilyn P., Chairperson of the EA Celebration Day Committee. Phone 503-750-1237 or email me at grandma9xpxd@yahoo.com.

– Marilyn P.

Special Gifts and Memorials

The EA International Service Center
gratefully acknowledges gifts and memorials
received since the previous issue

The estate of Judith G., a long-time member of EA from Long Beach, CA
(From the executor: *"EA was her baby as well as all of the people at the meeting.
She loved them and they loved her."*)

In memory of Amy Blanchard from the St Peter's Tuesday 7:30pm Group

Upcoming EA Events

Glenn, MI: Sunset Lodge, 1279 Fabun Road

June 5th, 6th, & 7th, 2009

Region 5 Spring/Summer Retreat

Cost is \$105 and includes all meals and lodging.

For more information contact regional trustee Rosemary H. at **586-776-3886**

Buffalo, MN: King's House Retreat Center, 621 First Ave. South

July 17th, 18th, and 19th, 2009

Region 3 Retreat

Cost is \$125 for the retreat and an additional \$5 donation to EA International

For more information contact Char Z at **763-572-1220**

or e-mail her at LadyChar@comcast.net

The 30th Anniversary of the French-Speaking Canada Region is on August 29th, 2009.

See further information at the EA International and the French-Speaking Canada websites
or contact the Region 8 Trustee, Denis L. at **450-586-6688** or E-mail at
fiduciaire@emotifs-anonymes.org

The Region 4 retreat this September 11, 12 and 13 in Atlanta, GA. For further
information contact the regional trustee, Nancy P. at **404-377-0277** or E-mail:
nancypnp@aol.com

The Champaign Group of EMOTIONS ANONYMOUS is celebrating their tenth anniversary
with a public information meeting on Tuesday, September 15, 2009 at 7:15PM at 1719 S.
Prospect Avenue (the Faith United Methodist Church) in Champaign, Illinois. All are
welcome to attend. For more information or inquiries, call 217-352-3632, visit our web
site at <http://sites.google.com/site/emotionsanonymousgroups/> or send an e-mail to
sitolsj@gmail.com.



AUSTRALIA**VICTORIA, BUXTON**

WED 7 PM St. Thomas Church
Maroondah Hwy.

BRAZIL**RIO DE JANEIRO, RIO DE JANEIRO CITY - Tijuca**

TUES 2:30 PM Igreja Sangue de Cristo
48, Rua Adalberto Aranha

CANADA: ENGLISH-SPEAKING**ALBERTA, CALGARY -Step Meeting**

MON 7 PM Hawkwood Baptist Church
20 Hawkwood Dr. N.W. (at John Laurie Blvd.)

NEW BRUNSWICK, MONCTON

THURS 7:30 PM
117 Norwood Ave.

ONTARIO, TORONTO

FRI 7 PM Holy Rosary Church
354 St. Clair Ave. W.

SASKATCHEWAN, MELFORT

WED 7:30 PM Call for location

ENGLAND**STOCKPORT -Cheshire/Manchester/Romiley**

WED 7:30 St. Chad's Church
Church Lane

SUNDERLAND -Tyne/Wear

THURS 6:30 PM George's Community Cafe
4 Bridge St.

INTERNET

SUN 4 PM PST
INTERNET <http://eachat.webs.com>

Contact Connie: namesconnie@gmail.com

THURS 6 PM PST
INTERNET <http://eachat.webs.com>

Contact Connie: namesconnie@gmail.com

FRI 6 PM PST
INTERNET <http://eachat.webs.com>
Contact Connie: namesconnie@gmail.com

MALAYSIA**PENANG, GEORGETOWN**

MON 8 PM 11A-6-5 NB Place
Jalan Gottlieb

USA**ALABAMA, LEVEL PLAINS**

MON 7 PM Wiregrass Club
Dale Co. Rd. #1

ARIZONA, PHOENIX -Started April 6, 2009

MON 7 PM Paradise Valley Hospital
3929 E. Bell Road

CALIFORNIA, GLENDALE

SAT 4 PM Verdugo Mental Health
1540 E. Colorado Blvd.

CALIFORNIA, PATTON

THURS 12 PM Patton State Hospital
3102 E. Highland Ave. Cottage "S"

CALIFORNIA, VACAVILLE

WED 7 PM Kaiser Hospital
1 Quality Dr.

COLORADO, GUNNISON

FRI 5 PM Center for Mental Health
710 N. Taylor St.

DELAWARE, DOVER

WED 1 PM Modern Maturity Center
1121 Forrest Ave.

GEORGIA, ATLANTA

THURS 7 PM Peachford Professional Bldg., Ste. H
2150 Peachford Rd.

ILLINOIS, CHICAGO - Women's Meeting*

WED 7 PM
2815 W. Fifth Ave.

INDIANA, LAWRENCEBURG

THURS 12 PM Trinity Episcopal Church
101 W. Center St.

INDIANA, MUNSTER -Temporary location

MON 3 PM
8627 Manor Ave. #A

USA (continued)**KANSAS, KANSAS CITY
Started May 13, 2009**

WED 6:30 PM New Missionary 7th Day Adventist
Church
1117 N. 28th St. (at State Ave.)

KANSAS, MANHATTAN

MON 7 PM Mercy Medical Health Center
1823 College Ave

MICHIGAN, STANTON

WED 2 PM Miracle Drop In Center
310 E. Main St.

MINNESOTA, NEW ULM

MON 7 PM River Valley Church
100 N. Washington

MINNESOTA, STARBUCK

SUN 6:30 PM Zion Lutheran Church
32150 290 St. HNCOCK

NEVADA, RENO

WED 6:45 PM
650 Record St.

NEW HAMPSHIRE, CONCORD

FRI 1 PM Corner Bridge Peer Support Center
55 School St.

NEW YORK, LOCKPORT

TUES 3 PM The Dale Association
33 Ontario St.

TENNESSEE, CHATTANOOGA

SAT 11 AM Graceworks Church
6445 Lee Hwy.

TENNESSEE, MEMPHIS

SAT 12 PM First Congregational Church
1000 S. Cooper St.

WISCONSIN, KENOSHA

THURS 6 PM Club Breakaway
8017 Sheridan Rd.

WISCONSIN, STURGEON BAY

SAT 9 AM Prince of Peace Church
1756 Michigan St.

We hope you have enjoyed this issue of The EA Message. If you would like to make a donation to help fund the production of future issues and publications it would be appreciated!

<http://emotionsanonymous.org/YesPleaseAcceptMyDonation/>