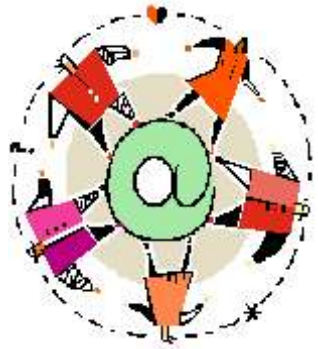


# EA ONLINE CONNECTIONS

The listing of an online connection on this page is done as a courtesy to the membership. It should not be considered a recommendation of any site by EA International. This list was last updated on 5/22/08

## DISCUSSION LISTS

**E-Anon Discussion Loop:** The official Listserv of EA International. The purpose of our discussion loop is to promote EA growth and healing. What you share is sent to each list member, just as all mail is sent to you. Members share their daily lives, joys and struggles as related to the EA program. For more information: [director@emotionsanonymous.org](mailto:director@emotionsanonymous.org). To join: <http://lists.scrubber.metroprovider.com/mailman/listinfo/eanon>



**Yahoo EA Loop:** We don't give personal advice but we share our experience, strength and hope to find peace of mind or courage, using the 12 Steps, Tradition, Concepts, Slogan and Just for Today's of Emotions Anonymous. We learn to experience emotions without reacting to them, and to put problems on a back burner without procrastinating, and find our relationships and ability to handle baffling situations improve. For general information <http://health.groups.yahoo.com/group/emotions-anonymous/>. To subscribe: [emotions-anonymous-subscribe@yahoo.com](mailto:emotions-anonymous-subscribe@yahoo.com) .



## EA CHAT ROOM & LIVE MEETINGS

Please visit the EA Chat Room where members of EA can hold twelve-step recovery meeting as scheduled on the EA Chat website calendar. Meet meets Weds 6:00 P.M. Pacific time and Sunday 4:00 P.M. Pacific time. The first Sunday of each month will be a Step Study. We can be found at: <http://emotionsanonymouschat.com/chat-room.html>  
Contact: Connie [namesconnies@gmail.com](mailto:namesconnies@gmail.com) Password: Recovery



## ONLINE STEP GROUP

**EA Step Group:** Open to anyone with the desire to be well emotionally. We will share our experience, strength and hope with the steps of EA. This is a working group and we work out of the EA Step by Step book which you can purchase from EA International. Contact: [EASSteps@yahoogroups.com](mailto:EASSteps@yahoogroups.com)

## E-MAIL MEETINGS

**Weekly Online Meeting:** uses a web page interface combined with email to present a weekly meeting, consisting of readings from the EA literature, a discussion topic, and sharing by group members. Each week there is a new topic of discussion. In order to protect anonymity, you receive what others share by email, but are asked to go to the “meeting room” web page to contribute to the discussion.. The web interface will send what you write to current members, along with readings for the week. The address is <http://www.eameeting.org>. If you have problems or questions, please email the group secretary at: Gary at [eamtg@eameeting.org](mailto:eamtg@eameeting.org)



**EA1Topicatime:** This group is run very similarly to a face to face meeting. Weekly someone introduces the topic for the week and gives comments on the topic. Members are encouraged to give their comments on the topic sometime during the week. Comments on someone else's share is discouraged except in private e-mail. Only EA approved literature is accepted. Spiritual, religious, and inspirational pieces, Hazelden literature and other 12 step literature is strictly forbidden. Outside literature only diverts us from following the EA program. Register at <http://health.groups.yahoo.com/group/EA1topicatime>. Fill in required information and submit so that your membership can be approved. The contact person for this group is Marlee R, her e-mail address is [Kitty7620@comcast.net](mailto:Kitty7620@comcast.net).

## SUPPORTING OUR SUPPORT SYSTEM:

In accordance with Tradition 7, your support of EA Online is encouraged. Contributions can be sent to EA International, POB 4245, St Paul, MN 55104, or simply make your contribution to <http://store.emotionsanonymous.org/browse.s?toc=1038> .

Please indicate your donation is for Internet Support so we can credit our online membership

**YOU MAY FIND ADDITIONAL MEETINGS & DISCUSSION GROUPS AVAILABLE ON THE INTERNET. DO A SEARCH ON EMOTIONS ANONYMOUS TO SEE WHAT IS AVAILABLE.**