



EA Connection

Your monthly newsletter from ISC—October 2009



I can't believe October is here already. I remember as a kid when time passed so slowly, now it seems to whiz by. Even our dreaded winters seem to go faster. I love Fall and it's beautiful colors. More than anything the glorious colors, even though scientifically explained, tell me that there has to be a "Power greater than ourselves" to make such a wondrous thing happen.

Last month, I attended the Region 4 Retreat as a participant. It was a excellent experience. It is the first EA function I have attended just for me. I have always found Retreats to be helpful in recovery and have attended many throughout the years. I highly recommend attendance at Area, Regional, and National EA Events. As they say, We will gladly refund your misery if you don't find the experience rewarding." ...**Karen Mead, Executive Director**

Of Importance to EA Groups

The Fall Board meeting of EA Trustees was held on September 19, 2009. It was announced that the Bylaw changes submitted to the membership had passed. Muriel D was reelected as Region 1 Trustee, Marilyn P was reelected as Region 2 Trustee. Thank you for your participation. Your votes are important.

The 2009-2010 Executive Committee elections took place. The results were Paul H—President, Gilles M—Vice President, Mary Jane L—Secretary, and Tom F—Trustee-at-Large. Due to declining group numbers and revenue, the Board of Trustees has voted to reduce the size of the board. Watch for this and other Bylaw revisions next summer.

I have been asked to serve again as the President of the EA International Service Center. I am very grateful that my fellow Trustees voted to give me this opportunity once again. I want to say a big "Thank you" to friend Tom F for his service as the President of EA during the last two years. He worked hard during some really trying times attempting to get our budgets in line with our income. He has also opened the doors of communication to many board members, and it was a great opportunity for many of us to voice our opinions. So, thanks, Tom, and I hope you will continue the work you have started as you serve the organization in other positions.

I would also like to thank Richard K for his fine work as our Vice President-Treasurer during the last few years, because he brings so much knowledge of working with non-profit organizations and dealing with our financial structures. He has decided to serve the Board of Trustees in other ways, and I wanted to thank him publicly for his service to the Board.

We have lots of work that needs to be done before we meet again in Portland for our next convention. Our organization has been changing during the last few years, and we still have some work to do in order to get it to a place where we can grow our EA program with the use of new tools for a changing world...**Paul H, President, EA Board of Trustees**

Special Gifts and Memorials

EA gratefully acknowledges gifts and memorials received during the past month.

To Jackie M for her generous contribution to the EA Connection



10TH SLOGAN: I NEED PEOPLE


I believe life is about love, learning, and spiritual growth. After 20 years of therapy and program, I find myself in a totally different place, and am trying to grow. I'm exploring new thought patterns and approaches to life.

The point of this is a couple of weeks ago, in applying this new way of thinking, or rather trying to, I got myself into a tangled mess. 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 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."

It became clear to me. My panic over the situation was probably the biggest part of it. So I sat back, meditated a bit on my path, and saw that truly, I was 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. 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 A*



STEP 10: CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT.

I have terrier moments. I'll take a situation or concern in my teeth and just shake the livin' daylight out of it. You know what I mean, you've seen those little dogs violently shaking their heads back and forth with a rag or something in their mouth, usually when they are playing tug of war. Well, that's me, but in human form, I make myself motion sick when I do it.

I'm sure the motion sick feeling is my Higher Power's way of knocking a bit harder on my consciousness to say, **"You're doing it again, we've discussed this, you said you wanted to do this differently, remember? You asked me to intervene. You've ignored the obstacles I put in your way, do you want to talk about it now?"** By that time I'm usually green around the gills and I am very ready to discuss it.

There are signs before I play 'terrier'. Things in my life feel more difficult, more chaotic, more unmanageable. I can get angry or at least irritable. I'm looking for a fight or tug of war—all sure signs of impending "terrier" behavior.

I'm learning with my Higher Power's help to do more Step 10's at the end of my day or during my day. Hand over even the little things. I know I am stubborn...but I am learning...*ML*



10TH SLOGAN: I NEED PEOPLE

In December of 1995, I strode into an EA meeting, my first one. The way they did it was read from the leader card then the yellow pamphlet. When we got to that line **"I Need People,"** I embarrassed myself by chortling when I read the line.

For about 11-12 years, I was in denial. Then I joined EAnon. OK, I said I can need you guys and gals. That was the least-risk position. After I did that, then I started really looking for the good in people, still not sure why I really needed them, but I knew I did

This year I decided courtesy costs nothing, so I am courteous to a fault, never minding if the recipients do not respond. I also have this down home, very friendly persona I would like to further integrate. I never did like being a

cold calculating manipulative observer.

I do need people. I have been in the states since Monday morning at 3 a.m. I worked all day Monday. Then went to bed at 3 a.m. again and got up at 7 a.m., raring to go. I drove 80 miles, made 15 or so stops, talked to a whole bunch of people, all of whom I needed. I smiled and talked low. People were very nice to me and things got done quickly and efficiently

I had broken coil springs in the front end of my car. Thanks to HP for allowing me to drive 500 miles plus without mishap. I went in Tuesday, they found the problem and ordered the parts from Ohio. I called late yesterday to get a waybill number, but my man said the parts were on a truck and would be in that night. HP really went to bat here because, out of my mouth came, "Why don't I leave the car here and you guys can get started on it first thing." I didn't even hesitate because of thoughts like "what if the truck" or "what if what" didn't occur to me.

Unbeknownst to me they had ripped the car apart yesterday, so when the springs arrived all my own personal mechanics had to do was reassemble. I had my car back before noon and I got to sleep in. Life is sweet. Had I chosen to take it in this morning, I would have woken up 2-3 times, agonized a little, had a soupçon of anxiety with a pinch of anger.

There are so many other little things that have been happening for me that result from my recognition that **I need people.** Look how long it took me to reach that conclusion. Not a criticism of me—just an example of how long recovery takes. It's like an onion. I peeled away a lot of the walls I had up. I lowered my defenses. I smile and am courteous. It's very hard for me to explain in a share because I am not sure I quite understand it myself.

We are so complicated, and there are so many levels and dimensions, and all manner of uncertainties and random happenings and acts of HP. I am glad my Higher Power gets to sort it all out, not me...*Joey*





WHAT IS HIGHER POWER?

For all that I have thought about the Higher Power and what it is, I'm not sure I could easily define what I truly think. I mostly know about it when I encounter that energy. It's not something that I've ever been able to predict. It comes into my life when it comes, sometimes after I have asked or pleaded for help or guidance. Sometimes in its own timing. I don't think Higher Power is something we have any control over whatsoever.

When I was very young, something watched over me even though I was with a parent who was dangerous for me and my siblings. When I was starving, HP came in the form of my grandparents, who got me to a hospital where I stayed for months. When I had a suicide attempt as a teenager, HP worked through my sister (who saw me in action) and my father, who got me to a hospital. Often there have been people involved.

In college, when I was abducted by a very crazy person and taken to a terrible neighborhood in Chicago while he did drug runs, I had the feeling of an extraordinary power when we stopped at the apartment of a middle-aged man he knew, who managed to convey to me *just with his presence and look* that I would be all right. And I was. Nothing happened to me and I was returned to the house I lived in on the opposite side of the city.

When my father died, I felt HP all the time. I feverishly prayed before giving a eulogy and singing my father's favorite folk song that I would be able to keep it all together. I did the whole thing with a calm I have never before felt. I knew it was something beyond myself. I knew it was the Higher Power assisting me so I could honor my father without breaking down.

One very early autumn morning, about 4 a.m., I was looking out a window at my house and crying over my beloved cat's death—she was my friend for 14 years. There was a group of very tall spruce and birch trees beyond my yard and a fine mist was falling in the pre-dawn light. I had an uncanny sense of something beyond me and the trees, a very great power that oversees everything. It felt to me like it was communicating to me that this, too, is part of life and that my grief and love connected me to all of life in the universe...*Karen A*



A REMINDING CARESS—YOU ARE NOT ALONE

We live in the Arizona desert and it gets real hot in the summer. So I try to do my outdoor activities, like walking the dogs and garden maintenance, as early in the morning as I can.

On this particular July day, it was already 90 degrees at 8 a.m. I had already taken the dogs for a walk and I was watering one of my trees. I was hot and I could feel the sweat on my face; it bothered me because it was getting in my eyes.

My mind started to wander, thinking of places like the beach and the ocean or the mountains with cool breezes, and I found myself wondering why I live here. Other things came into my mind. My wife had gone off early this morning to the hospital to tend to her elderly mother for the nth time. It reminded me of the sadness and heavy-heartedness I felt about my own mother: her physical and mental decline, multiple visits to the ER and hospital, the helplessness and the unknowing, and then the sudden end of it all and of missing her.

On top of this we have a family relative with a history of mental illness who is in jail awaiting trial for murder. The pain and anguish of having a family member commit this kind of crime, the waiting for the trial and wishing it had never even happened, had at one time become unbearable; but it has gotten better with time and acceptance.

So with this background, I dug the irrigation ditch deeper around my citrus tree so the water could flow more easily. As I bent down, I felt a gentle cooling breeze for a few seconds which was very soothing, yet unusual on this hot morning. And then I realized what had happened: my HP was reminding me of his presence and that I was not alone and that he could do for me what I could not do for myself. Namely God could give me comfort in my despair.

So on that day I got a gentle caress from my HP and a reminder that he is in my life and that he loves me enough that he will comfort me in my despondency, much like a cool breeze on a hot July desert day. I really needed that....*Tom*

2008-2009 EA Service Board of Trustees

<p>Region 1: English-speaking Canada 905-723-2035 Muriel D—Email: murielducette@rogers.com</p>	<p>Region 7: CT, DE, ME, MA, NH, NJ, NY, RI, VT 603-624-8455 Harold F—Email: hthnhugs@aol.com</p>
<p>Region 2: AK, AZ, CA, HI, ID, MT, NM, NV, OR, UT, WA 503-750-1237 Marilyn P—Email: grandma9xpdx@yahoo.com</p>	<p>Region 8: French-speaking Canada 450-586-6688 Denis Lord—Email: fiduciaire@emotifs-anonymes.org</p>
<p>Region 3: CO, IA, KS, MN, MO, NE, ND, SD, WI, WY 218-363-2591 Mary Jane L—Email: mjl@eot.com <i>Secretary</i></p>	<p>General Service Trustee 607-272-0406 Tom F—Email: tff11@cornell.edu <i>Trustee at Large</i></p>
<p>Region 4: AL, AR, FL, GA, LA, MS, OK, PR, TX 404-377-0277 Nancy P—Email: nancypnp@aol.com</p>	<p>General Service Trustee 450-588-5461 Gilles M—E-mail: gmousseau.loubac@hotmail.com <i>Vice President</i></p>
<p>Region 5: IL, IN, MI 586-776-3886 Rosemary H—Email: remharris@sbcglobal.net</p>	<p>Nonmember Trustee 612-822-8190 Judie H—Email: judyh8190@comcast.com</p>
<p>Region 6: DC, KY, MD, NC, OH, PA, SC, TN, VA, WV 330-244-8720 Paul H—Email: golfer5862@yahoo.com <i>President</i></p>	<p>Ex-officio: Executive Director 651-647-9712 Karen M—Email: director@emotionsanonymous.org</p>

“EA—My Family of Choice”

**2010 EA Convention
September 24–26, Portland, OR**



The chairperson, 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 computer skills?

If so, please contact Marilyn P: at 503-750-1237, or email her at grandma9xpdx@yahoo.com. For information as it develops visit the Region 2 website at: www.earegion2.org

SPECIAL EVENTS

**Region 5 Fall Retreat—Oct 16-18 Glenn MI
Keep it Simple/Keep it Green**

The cost for food and lodging is \$105. Contact Jan D at janmagic@sbcglobal.net for more information.

21st Anniversary Open House—October 20, Akron OH

Call 330-849-0849 or email emotionsann@yahoo.com for additional information.

Mail event information to
director@emotionsanonymous.org .



FROM YOUR TRUSTEES: Special things our group does...



Information is key, so the special thing our group does is give as much free EA-related materials as possible . This includes flyers for individual meetings, workshops, retreats or conventions, area meeting lists, phone lists, copies of the EA Connection and inserts, copies of the print catalog, the Today Book message (taken off the Loop for the day of the meeting), and of course we offer the Yellow Pamphlet form #1 along with the free to copy/distribute forms of #27 Newcomer Orientation, #28 Welcome to a New Way of Life, #31 Help for a Better Life, and #37 How Our Meetings Work....*RH*

Our most effective public information campaign was letters to as many of the therapists and treatment facilities as the group can afford with a brief description of what EA is and what we can provide. A local advocacy organization helps compile the address list...*TF*

We make sure that we are in a circle and we don't sit at tables because that helps to separate us...*PH*

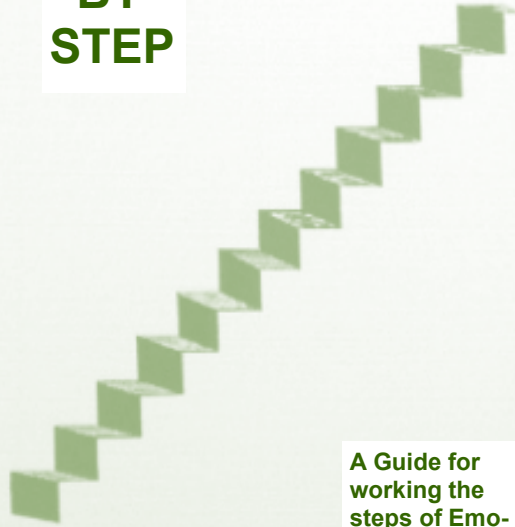
Emotions Anonymous
PO Box 4245, St Paul, MN 55104
Phone 651-647-9712 Fax 651-647-1593
Office hours: Monday - Friday 10:00 am to 4:00 pm
www.EmotionsAnonymous.org
info@emotionsanonymous.org groupdata@emotionanonymous.org
orders@emotionsanonymous.org shipping@emotionsanonymous.org



Our October special is free shipping on the on the Step by Step booklet. This step by step guide has long been a popular item. Most likely because it helps us to work the steps and learn the program. Many groups view this as a essential. See attach flyer for ordering information.



**STEP
BY
STEP**



A Guide for
working the
steps of Emo-
tions Anony-

Our Fall Special Offering : Free Shipping
When you Order: (offer expires 11/15/09)

STEP BY STEP GUIDE \$4.00 Qty _____
Total Cost for Order \$ _____

Name _____ Phone _____

Full Address _____

E-mail _____ Check ___ Credit Card ___

Group (city, state, day & time) _____

Credit Card # _____ Exp _____ 3digit code _____

Payment can also be made at Paypal.com using orders@emotionsanonymous.org as the payee.

Address: Emotions Anonymous, PO Box 4245, St Paul MN 55104-0245

Email: orders@emotionsanonymous.org Phone: 651-647-9712

Fax: 651-647-1593



Service: Carrying the Message

Tradition Five:

"Each group has but one primary purpose-to carry its message to the person who still suffers from emotional problems."

Step Twelve states:

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

Each of us are challenged this year to:

1. Promote and enhance public recognition of EA
2. Encourage ALL members to spread the EA message
3. Offer Community Outreach workshops at EA Gatherings