



Experience, Strength & Hope: Gratitude

Dear EA Members,

In order to provide EA members with an extra "boost" during the early days of the pandemic, we began a weekly email, *Experience, Strength & Hope*, with trustee reflections based on the Just For Today's and focused on the current world situation. You can find that series [here](#). We received a lot of positive feedback on these emails and continued this service with a series of 12 emails on maintaining a healthy EA group. You can find that series [here](#). This next set of 12 emails will focus on gratitude as we move into the end of the year. We hope you continue to find value in these messages. Please share these emails and encourage others to sign up on our website [here](#) to receive them. You can find previous emails in this series [here](#).

Grateful for staff and volunteers:

I'm grateful for the EAI (Emotions Anonymous International) staff (and occasional volunteers) who work in the International Service Center to keep this organization going strong. The Executive Director and her staff do an incredible job (on very limited hours) to keep EAI running - and to keep the EA program growing! I couldn't be more thankful for their efforts and for the results!! - Scott J.

Your financial support of EA makes everything possible! Please consider a gift [today](#).



director@emotionsanonymous.org | www.emotionsanonymous.org

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