



Experience, Strength & Hope

Dear EA Fellowship,

EAI is beginning a weekly email of Experience, Strength, and Hope, starting with this one. We hope it will help you manage through these difficult times. Each email will include a reflection from EA material and an original writing from one of your Trustees. Please share these emails and encourage others to sign up on our website (<https://emotionsanonymous.org/get-involved/email-sign-up.html>) to receive them. During this time of increased worry and isolation, we need to find ways to join together. We hope you find these emails helpful.

Just for today I shall be unafraid.... Or if I cannot be unafraid, I will try to turn over my fears and worries to a power greater than myself. The universe of things I myself can control is small and I will manage those things to the best of my ability and turn over the rest. Fretting, anxiety and regret burn energy without producing light.

Reflection from Paul N., *EAI Trustee*

When I found out that we couldn't host our local meeting at the church for the next couple of weeks because of concerns around the virus, I was very disappointed. While EA meetings are important for my emotional health on an ongoing basis, during a global pandemic, this pillar of structured support is of even greater importance than usual to me and my local group members. My gut reaction was to want to blame the church administrators for being giving in to panic. But the program has taught me to pause before giving in to my immediate reaction to most things. So, pause I did, in the moment gaining a greater understanding that the Church administrations' intentions are to protect everyone who encounters the church. So far my group has had one telephone meeting and it went better than expected!

Since working from home, the days have felt hectic and the nights restless. I'm not only paranoid that I may have the virus or at some point attain it, but I also find myself concerned about the health of my family and the ability of our country to make it through this difficult time. What has me most anxious is the uncertainty.

I have been leaning on my program, in particular the EA slogans, through this difficult time. I am living one day at a time, doing what I can in each day to be at peace. I am looking for the good, thankful that I am currently healthy and that I have access to food, shelter and emotional peace through the program. I know I need people, so even though I have been at home and down at times, I have been keeping more in touch with family and am looking forward to my next EA telephone meeting. I need to be in greater contact with my higher power, looking to God for inner peace through prayer and meditation. The more I practice these actions, the more comfortable I will be that this too shall pass.



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