



Experience, Strength & Hope: Tips For Healthy Meetings

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. We received a lot of positive feedback on these emails and so have decided to continue this service. This weekly email series will focus on ideas for maintaining a healthy EA group. 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. To see previous emails in this series visit our website [here](#).

Healthy Group Idea:

Many newcomers are anxious about attending their first few meetings and find this to be an especially vulnerable time. Taking special care toward newcomers is important. We want the program to grow, and for all individuals to feel welcome. Having newcomer packets available and taking the time to explain how the meeting works can put newcomers at ease and encourage them to come back.

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



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