Strength & Hope Monthly Newsletter “Quick Tip of the Month”

This section of the monthly newsletter is designed to be action-oriented. Keep your writing to fewer than 30 words.

My tip is:

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______________________________  ____________
Signature                      Date
Reflection

We encourage EA members throughout the world to submit their reflections to use on the website, social media and in the monthly newsletter and in new literature.

I am submitting a reflection on:

- Step #_____
- Concept #_____
- Tradition #_____
- Just for Today #_____
- Promise #_____
- Slogan __________________________

Reflection: (you may use the reverse side or attach another page – please keep your writing between 100 – 500 words)

How would you like the submission to be recognized?

- I prefer that my submission be recognized by my first name and last initial
- I prefer that my submission be recognized by “Anonymous.”

Your country of origin:

- My country of origin is ___________________________.
- I prefer that my submission be completely anonymous.

Your email address (for EAI Office use only):

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___________________________________________  __________
Signature                                                  Date

www.emotionsanonymous.org  651-647-9712  P.O. Box 4245 St. Paul, MN 55104-0245
Pamphlet

Subject:

Pamphlet Content (no more than 900 words):

Reflection Question Ideas (4-7):

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_________________________________________  __________________
Signature                               Date

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Meditation Book/Daily Reader

Ideas for book title:

Subject:

Meditation (no more than 100 words):

Reflection (no more than 25 words):

Suggested Action (no more than 20 words):

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______________________________  __________
Signature  Date

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