



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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Pamphlet

Subject:

Pamphlet Content (no more than 900 words):

Reflection Question Ideas (4-7):

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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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