

Reflections on Tradition 1

Tradition 1: Our common welfare should come first; personal recovery depends on EA unity.

I like the idea of focusing on our common welfare or our common well-being in EA. How do we achieve a “community life” where things are better for us all in EA? By keeping in mind the good of the whole. We consider what is best for all of us – not just what is best for me. If we have unity in our program, only then will my own personal recovery “work.” That’s Tradition One, for me… — Scott J., *EAI Vice President/Treasurer*

I’d been in the EA fellowship roughly ten years before I became consciously aware of our EA Traditions and Principles. I knew we had them; read them monthly but never began to study their meaning. They were just part of the Tools of the program in the Yellow Pamphlet. I saw myself simply as attending meetings, just like everyone else. What mattered, I was led to believe that it was the Steps that counted, working them on an individual “I” basis. Alas I woke up: I became aware that alone I could not maintain emotional sobriety. I needed to support others in their desire to become emotionally well, and I needed them. What a gift Tradition One became (and remains) for me! I can only encourage other EA fellowships to study monthly or regularly the Tools of Our Program! — Gus S., *EAI President*

Personal recovery depends on EA unity, but what is unity? It is an ancient word with Latin roots that refers to a state of one-ness. The opposite is disunity, or a state of separation. This state of separation is what so many of us struggle with, that feeling that our problems are unique and that no one else relates or cares. Our recovery, then, is built on a shared, unified foundation -- the guiding principles and traditions of the EA program -- which give us strength in the knowledge that we are not alone...— *Colleen C, EAI Trustee*