



Experience, Strength & Hope

Dear EA Fellowship,

EAI is offering a weekly email of Experience, Strength, and Hope in light of the issues COVID-19 brings. 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 [here](#) 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 #7 Reflection From Collen C., *EAI Secretary*

Just for today I will have a program. I may not follow it exactly... I have to keep my "program muscles" flexed to get through times like these. When I felt down last week, I sought out a mini-meeting on the phone with another Fellowship member. Slips are natural, but I'm focusing my energies on being resilient and positive.

Reflection from Derita P., *EAI Treasurer*

I am so very grateful for Emotions Anonymous and the Higher Power I found here. When I came to EA, well let me say, prior to coming to EA, I had a belief in a Higher Power. That Higher Power was way up in the sky and was responsible for life and death. I also believed that that Higher Power was punishing. Then 4 or 5 people close to me died in a 2 or 3 year span. So my feeling about a Higher Power changed to, there must not be a Higher Power and perhaps if there is one, He, She, or It hasn't done anything for me but take all of these people I love away. So deep down inside I still had some belief, but I was very angry at this thing I call God.

In my work with the 12 steps this slowly began to change. I didn't trust God and I didn't trust people. People had hurt me too. So my fear was that I'd be hurt again.

I stepped out on faith and risked trusting one person. That person I asked to sponsor me. She happily agreed to help me with the 12 steps. Being able to open up to her and to experience all of her godlike traits like kindness, forgiveness, patience, tolerance, and love, I became open to the possibility that maybe there is a Higher Power. The better I felt, the more I believed. I knew I didn't get well on my own because all of my years I tried to manage my own life and that brought me to EA's door. So I'm saying that I wasn't able to manage on my own. So to gain power over my life again I knew was not my doing.

Here we are today with this Coronavirus. I am not afraid at all. I shock some people when I express that. They ask, "You're not afraid a little?" I repeat myself, "No, not at all." I take the precautions; but I'm not afraid. Maybe it's because I am not afraid to die. I love living, but I'm not scared of death. I'm prepared. All of my affairs are in order and I try to keep them in order. Moreover, I am living in my purpose, which is to help people.

So, I don't know how long God wants me here doing this. My job is just to suit up and show up every day and ask God to please reveal His will for me. Like today I asked, "God how can I help, how can I be of service in this great time of need?" It came to me to offer free tutoring to some of the many children who are out of school due to the spread of this Coronavirus. So I just suit up and show up. God also put some new ladies in my life whom I am helping with the 12 steps. What more can I ask for?

I encourage each of you to really lean into the program in this unpredictable time we are living in today. All of our lives are changing every day. We don't know how long the spread of this virus will last or who or how many people it will take with it. All we have is each other; right now.



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