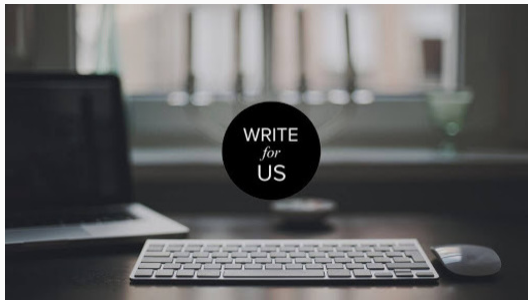


# Strength & Hope

A message in support of emotional well-being.

This month's issue of EAI's newsletter can be downloaded [here](#) and is available on our website [here](#).



EAI began sending weekly emails - our 'Experience, Strength & Hope' - when the pandemic began as a bit of encouragement. We received very positive feedback and decided to create a second set of 12 emails focused on healthy groups. Again, positive feedback occurred! We are very pleased to be able to offer the fellowship these weekly touchpoints. We would like to continue the "sets" of emails and plan to focus on Gratitude for 12 weeks starting in October. We would welcome your reflections on the topic to share with your fellow EA members. These are meant to be quick reads - a mid-week booster of EA! Would you consider writing one? We'd like to compile them ahead of time for efficiency so please submit your reflection to [director@emotionsanonymous.org](mailto:director@emotionsanonymous.org) anytime the spirit moves you. We'll save it to use as appropriate. Thank you for considering this simple act of service to the entire membership.



**Regularly Scheduled  
Alternative/Remote EA  
Meetings**

[Meeting Details](#)

**Temporarily Scheduled  
Alternative/Remote EA  
Meetings**

[Meeting Details](#)

## Save the Date!

EAI's Annual meeting is September 26, 2020. This year the meeting will be held virtually. Stay tuned for more information.



[Donate!](#)

*Join us for our Fourth Annual  
Telephone Conference!*



## Carrying the Message *A Message of Hope*

**Saturday, October 17, 2020  
10:30 am to 5:00 pm (Eastern Time)**



Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.

-- Helen Keller

*Join us Across the Globe by **PHONE** or **ONLINE!***

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