



Experience, Strength & Hope: Tips For Healthy Meetings

Dear EA Members,

In order to provide EA members with an extra "boost" during the early days of the pandemic, we began a weekly email, *Experience, Strength & Hope*, with trustee reflections based on the Just For Today's and focused on the current world situation. We received a lot of positive feedback on these emails and so have decided to continue this service. This weekly email series will focus on ideas for maintaining a healthy EA group. We hope you continue to find value in these messages. Please share these emails and encourage others to sign up on our website [here](#) to receive them.

Healthy Group Idea:

Healthy groups adhere to the principles of the EA program. Particularly important in today's turbulent world is Concept 6: "We never discuss religion, politics, national or international Issues, or other belief systems or policies. EA has no opinion on outside issues." A worthwhile discussion among group members is to decide how to address an outside issue that is brought up during a meeting.



director@emotionsanonymous.org | www.emotionsanonymous.org

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