



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. If you would like to see previous emails in this series you can do so [here](#).

Healthy Group Idea:

Identifying a Higher Power is an important part of working the EA program. However since spirituality, not religion, is the focus in EA, we avoid saying prayers or doing readings taken from religious writings. We use only program materials in EA meetings.

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director@emotionsanonymous.org | www.emotionsanonymous.org

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