



## Experience, Strength & Hope: Gratitude

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 continued this service with a series of 12 emails on maintaining a healthy EA group. You can find that series [here](#). This next set of 12 emails will focus on gratitude as we move into the end of the year. 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.

### Grateful for Service Work:

I am grateful that I am able to offer service to my group most weeks. If I didn't, it would be much easier for me to pass on meetings due to the weather, being busy, thinking I have everything under control or...just because I didn't feel like it. Of course, some meetings are more engaging than others, but while it may feel difficult to make it to meetings sometimes, I can't think of a time that I have regretted it afterward. - Paul N.

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