



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. You can find that series [here](#). 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. You can find previous emails in this series [here](#).

Grateful for Life Circumstances:

My life is not what I'd like it to be, especially right now during these trying times. However, I recognize that my life circumstances are better than those faced by millions of people who don't have a roof over their heads or enough food to eat. As I have learned not to take such things for granted, I have developed feelings of gratitude for all the blessings in life. These include gratitude for the wisdom of our EA program which helps me to accept my life as it is without trying to force life to bend to my own desires. - Steve B.

Your financial support of EA makes everything possible! Please consider a [gift today](#).



director@emotionsanonymous.org | www.emotionsanonymous.org

Share this email:



[Manage](#) your preferences | [Opt out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

PO Box 4245
St. Paul, MN | 55104-0245 US

This email was sent to .
To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.