



Experience, Strength & Hope

Dear EA Fellowship,

EAI is beginning a weekly email of Experience, Strength, and Hope, starting with this one. We hope it will help you manage through these difficult times. Each email will include a reflection from EA material and an original writing from one of your Trustees. Please share these emails and encourage others to sign up on our website [here](#) to receive them. During this time of increased worry and isolation, we need to find ways to join together. We hope you find these emails helpful.

Just For Today #9 Reflection by Colleen C., *EAI Secretary*

Just for today I will have a quiet time of meditation... I've started writing one journal line per day. This is my cue to think about how my personal beliefs and spiritual practices will strengthen me so my center can hold even when the edges of my life may be frayed. And it's my time to quiet myself and try to listen as my HP speaks.

Reflection by Scott J., *EAI President*

Dear Friends in the Fellowship,

I've been thinking about the role of uncertainty in our world. We seem to strongly prefer a sense of daily life where we understand what's going on and how long that it's going to go on. We don't like being baffled.

The way this health pandemic has hit us is daunting - in affecting us physically, psychologically, economically, politically, socially, and spiritually. It's hard when the spread of a virus as well as our attempts to stop the spread of that virus or slow it down all have such devastating effects on our world.

The program of EA helps me to live with uncertainty. Promise #10 tells us that as we work our program we intuitively know how to handle situations which used to baffle us. Just for Today #4 reminds me to take care of my physical health; to exercise my mind and to read something spiritual. Finally, Helpful Concept #5 reminds us to detach ourselves from our miseries and points out that a part of our serenity comes from being able to live at peace with unsolved problems. All of these help prescribe the kinds of things we can do to manage our daily affairs or they describe the hope that is ours in EA.

As trustees – trusted servants of the EAI fellowship/organization – we're endeavoring to be in more regular contact with you through these weekly email messages in these troubling times. The trustees are sending these messages out for that reason. We want to inspire you and to help us all stay more connected with each other in this community.

We know the importance of support going both ways – from the International Service Center to you as well as from the fellowship members actively giving in ways that support the entire EA community.

Right now finances are really low for EAI because people are not meeting face to face for their EA meetings and thus the 7th tradition practice of receiving donations and forwarding them on to the ISC is just not happening. If we do not inform you of this donation drop-off, you'll not have the information necessary to do what you can do to keep this fellowship financially afloat.

It's not about the money, in the end. It's about the message of EA that our world desperately needs to hear because of how much all of our mental health and spiritual health is in jeopardy these days. In reality, without financial support for EAI, though, many of the resources of this program will go away.

Please practice your steps and traditions as you are best able to do in these days of uncertainty. This too shall pass. May a power greater than yourself – however you envision that power – strengthen you each day. As trustees, we want to support you in finding serenity and in staying connected with others – you are not alone!



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