



# Experience, Strength & Hope

Dear EA Fellowship,

EAI is offering a weekly email of Experience, Strength, and Hope. 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. If you would like to see previous emails you can do so [here](#). During this time of increased worry and isolation, we need to find ways to join together. We hope you find these emails helpful.

## **JFT # Reflection by Colleen C., EAI Secretary**

**Just for today I will do somebody a good turn and not get found out...** There are plenty of opportunities for me to do anonymous good works. I can pay for someone's coffee at the drive-through or leave a thank-you note for a service sector worker. One day last week I picked up roadside litter (using gloves, of course) on my daily walk.

## **Reflection by Steve B., EAI Trustee**

Although it seems simple at first, this reading embodies several important concepts for my recovery and healthy living: humility, caring, service, acceptance, and willingness. I believe that when I am able to follow these simple instructions every day, I am much closer to achieving and maintaining my own emotional health.

When I help and care for others, I find that I am less selfish. I focus outside of myself and my own desires, and I am better able to see things from another's point of view, fostering empathy. Service to others is also a great way to develop humility because it reminds me of our common humanity, our kinship of emotional suffering. No matter how far I may think I have journeyed on my path to recovery, when I help others I realize that I am not immune to life's setbacks, and that there but for the grace of God go I. Trying to avoid recognition and praise for good works also helps me to be humble.

Sometimes it's hard to focus outside myself – it's so much more comfortable in my own cocoon! – and I find myself having to deal with procrastination. In my mind, there's always something more pleasant or interesting to divert my attention, so I needlessly postpone a task until another time. "I'll deal with it later," I tell myself, then often wind up with feelings of guilt or even panic when I don't get it done. That's when, with the help of this reading and the rest of my EA program, I must exercise acceptance of the task at hand and become willing to get it done today – and I always feel better afterwards!

The bottom line for me: do good, help others, be humble, and don't procrastinate.



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