



# 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.

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

**Just for today I will stop saying, "If I had time..."** Suddenly, with many businesses closed, I may have more time. This is a perfect opportunity to build more time for self-reflection and spiritual readings into my daily life. Some of us may be staffing essential businesses like hospitals and have less time than ever. This is when priority-setting and self-care become important.

## **Reflection from Scott J., EAI President**

When I first shifted the EA meeting that I had started here in Minnesota 2 years ago, changing it to a telephone meeting (because I was often at the meeting all by myself or with only one other person on some occasions) I didn't know that that move was "ahead of the curve" for the current format of many EA meetings. We've been having telephone meetings that I've been a part of for over a year now. The average participation is around 17 people. Many other groups are moving to a non-face to face format out of necessity. It's exciting!!

My work life (serving as an ordained minister) has also brought me to the point of depending upon the telephone to make connections with others in these days of social distancing. It's hard! I find a lot of the energy I'm used to getting back, from normal/former face to face interaction with others, is just gone. Now I finish each day just tired of being so physically isolated from others, having been sucked dry of energy. What keeps me afloat? The program of EA is helping me to navigate these difficult waters in the sea of life. The 12 Just For Today's are my "go to" at this point in time! I invite you to check them out [now](#). I have come to believe that we need to physically be separate from each other in order to "flatten the curve" – keep the spike of hospital resource usage lower over a period of time - so that more people can survive this illness when they get sick with this virus. EA is appropriately following the recommendations of health officials and government representatives.

What is helping me grow in my program? I am seeking wisdom from a power greater than myself (for me - a force of love/light/peace present in this world) to help me delineate what/who I cannot control, seeking to find serenity when I encounter those things/people in life – and asking for this same powerful force to aid me in finding courage to change the things I can – like my attitude. I'm aiming for an attitude of gratitude. What are the needs of the membership? The Internal Service Center and the entire organization/fellowship of EA is in need of people sending in financial support and of people sending in written submissions for the monthly publication, including posts on the Loop/Facebook, and submissions for new material/books we hope so see published.

If you can help out with any and all of the above, that would be fantastic!! (Specifically when it comes to finances – let me say this. With there being so few face to face EA meetings happening – if any - the 7th tradition is more difficult to follow as a group. To put it straightforwardly, individuals are the ones who are going to either sustain this fellowship, financially – or see it shrink in its capacity to serve the fellowship, to the point of nonexistence. It would be irresponsible on our part, as trusted servants, to not make you aware of this financial need.)

I'm grateful for all of you. It's essential that we stick together and remain connected, as a fellowship, in the days and weeks and months to come. That's why we're sending out these weekly greetings. Thanks for travelling with me toward greater emotional health. EA is what the world needs – what I need – now, more than ever. Yours in the program.



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