



May 4, 2020

# Strength & Hope

A message in support of emotional well-being.

Dear EA Fellowship,

The International office is pleased to present the first issue of our new monthly publication, *Strength & Hope*. You can view it on the website [here](#) or you can download it to your computer [here](#). This will be replacing our former monthly publication, *The Connection*. Please consider contributing your reflection on the Steps, Promises, Traditions, JFT's or Slogans for publication! Click [here](#) to find out how!

Come follow us on our social media pages!



**Regularly Scheduled  
Alternative  
Format/Remote EA  
Meetings**  
[See Meetings »](#)

**Face to Face EA Meetings  
Held Remotely during the  
Pandemic**  
[See Meetings »](#)

Executive Director - Elaine: [director@emotionsanonymous.org](mailto:director@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.