



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 #4 Reflection by Colleen C., EAI Secretary

Just for today I will take care of my physical health... I feel better and am a better person to be with when I can move a little each day. "Move a muscle, change a thought," my sponsor used to say. And even if I'm exhausted by world events and my gym is closed, I can go outside and stretch my legs and breathe some fresh air.

Reflection from Paul N., EAI Trustee

One of the silver linings of having to stay at home most of the time has been an increase in the number of days that I exercise. It is much easier to pardon myself from exerting physical energy on exercising when I get home after a long day of work and commuting than it is these days, as my commute has been eliminated. Running in place on the treadmill can get to be monotonous, so I recently purchased a little exercise tool that will help me to switch up my routine. I hope that as conditions normalize and I return to commuting, I remember how valuable working out has been for my overall health.

This extra time has also stolen my excuses for not taking time to pray and meditate. I bring up in group meetings frequently that step 11 is one that I need to focus on more. Many times, it is easier for me to live by the more analytical parts of the program, where I am calling out my defects and strengths and doing the work to root out my defects. But the spiritual part of the program, requiring me to pray and meditate, require tapping another part of me. Having the smartphone in front of me 24/7 and being on the computer for work, there is constant stimulation, making it even easier for spirituality to take a backseat to distractions. My response has been to set one-hour timers for myself to avoid looking at the phone. It has helped me to use free moments to connect with my higher power, feeling more and more that I can get through daily stressful events without becoming overly emotional knowing that my higher power is there with me.



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