

Reflection on Tradition 5

Tradition 5: Each group has but one primary purpose: to carry its message to the person who still suffers from emotional problems.

A group health has been an important part of my recovery over the 35 years I've been in the program. To me, sustaining the health and integrity of an EA group allows that group to achieve its primary purpose and carry the EA message effectively to others. It is part of regular maintenance, like changing the oil on a vehicle. I was grateful that members were there to support me when I walked through the door at my first group meeting and reassured that the group, which took regular inventories, could help me and others on our path toward recovery…. — Colleen C., *EAI Trustee*