

# Strength & Hope

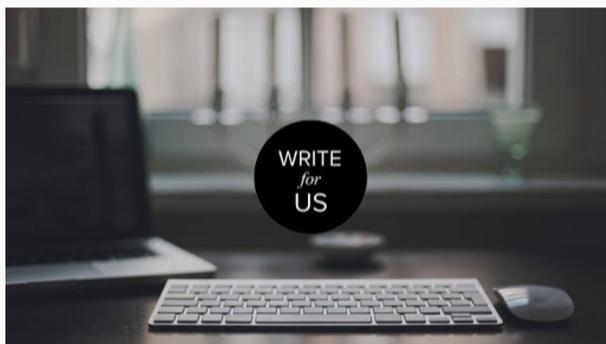
A message in support of emotional well-being.

This month's issue of Strength & Hope is available to download [here](#) and it is also on our website [here](#).



The #1 EA's 12 Step Program pamphlet, also known as the Yellow pamphlet is now a free publication - available to download and print off the website (<https://emotionsanonymous.org/literature/free-publications.html>) or add in with an order. This change was made as a result of a member's suggestion.

EAI's revenue, which allows the EAI office to continue to provide services to the membership, comes primarily from literature sales. As we receive more donations, we are able to do more - like offer free materials - to the membership. Please consider making your contribution (<https://emotionsanonymous.org/donate/donate/donate-page.html>).



EAI began sending weekly emails - our 'Experience, Strength & Hope' - when the pandemic began as a bit of encouragement. We received very positive feedback and decided to create a second set of 12 emails focused on healthy groups. Again, positive feedback occurred! We are very pleased to be able to offer the fellowship these weekly touchpoints. We would like to continue the "sets" of emails and plan to focus on Gratitude for 12 weeks starting in October. We would welcome your reflections on the topic to share with your fellow EA members. These are meant to be quick reads - a mid-week booster of EA! Would you consider writing one? We'd like to compile them ahead of time for efficiency so please submit your reflection to [director@emotionsanonymous.org](mailto:director@emotionsanonymous.org) anytime the spirit moves you. We'll save it to use as appropriate. Thank you for considering this simple act of service to the entire membership.

[www.emotionsanonymous.org](http://www.emotionsanonymous.org)



**Regularly Scheduled  
Virtual/Remote EA Meetings**

[Meeting Details](#)

**Temporarily Scheduled  
Virtual/Remote EA  
Meetings**

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