



## Strength & Hope

A message in support of emotional well-being.

Dear EA Members,

Attached [here](#) is this month's issue of our newsletter. You can also find it on our website [here](#) along with previous issues.



Regularly Scheduled Remote Meetings

Temporary Scheduled Remote Meetings

I'm Interested in Starting a New Meeting

November is traditionally a month of gratitude - a chance to look back over the past year and be grateful for where we find ourselves. This year, gratitude can be difficult to come by. Last spring when the pandemic hit, no one imagined the world we live in now, seven months later. Now more than ever, we need to find ways to maintain our mental health. This is what EAI is all about. If you are able, please consider making a contribution to EAI before the end of the year. Click the button below to donate!

[Gratitude Month Donation](#)

[EA Through the Holidays Information](#)



Follow Us!

## SALE!!!

Don't forget to order your copy of our workbook, *A Guide to Working the 12 Steps (#75)* on sale for \$9.95 USD through November 15th, 2020. It is a wonderful guide to help you through each of the Twelve Steps. It is simple to understand and a great start or continuing study of the Steps. It is intended ideally to be used between a sponsor and sponsee but can also easily be used in a group or alone. Whether you are new to EA or have been part of this program for years, there is benefit in working through the Steps as they are addressed in this 69 page workbook.

[Online Store](#)

EAI will soon be 50 years old! We want to commemorate this milestone for the membership and are seeking individuals interested in helping us! Please contact Paul N at [paul@aibtikar.org](mailto:paul@aibtikar.org) for more information or to volunteer.

Office Hours

Monday-Thursday:

10 am - 3 pm, CT

[www.emotionsanonymous.org](http://www.emotionsanonymous.org) & 651-647-9712

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