



Experience, Strength & Hope: Affirmations

Dear EA Members,

In order to provide EA members with an extra "boost" during the early days of the pandemic, we began a weekly email, *Experience, Strength & Hope*, with trustee reflections based on the Just For Today's and focused on the current world situation. You can find that series [here](#). We received a lot of positive feedback on these emails and continued this service with a series of 12 emails on maintaining a healthy EA group. You can find that series [here](#). The next set of 12 emails focused on gratitude. You can find that series [here](#). We are happy to continue to offer these mid-week 'boosts' to EA members! This series consists of affirmations written by an EA member, Mia C. We are grateful for her contribution to this effort! You can view prior emails of this series [here](#). This email concludes this series. We hope you have continued to find value in these messages.

Weekly Affirmation:

I will maintain self-respect at all times regardless of the situation.

Your financial support of EA makes everything possible! Please consider a gift [today](#).



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