



Experience, Strength & Hope: Tips For Healthy Meetings

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. We received a lot of positive feedback on these emails and so have decided to continue this service. This weekly email series will focus on ideas for maintaining a healthy EA group. We hope you continue to find value in these messages. Please share these emails and encourage others to sign up on our website [here](#) to receive them.

Healthy Group Idea:

Well-functioning groups don't have 'leaders' - everyone is responsible for making sure the meeting happens and that the EA program is followed. Ideally, the responsibility for 'leading' the meeting rotates among members, so the responsibilities for setting up/cleaning up and running the meeting are shared by all.



director@emotionsanonymous.org | www.emotionsanonymous.org

Share this email:



[Manage](#) your preferences | [Opt out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

PO Box 4245
St. Paul, MN | 55104-0245 US

This email was sent to .

To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.