



## 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. The next series of 12 weekly emails 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:

We spend much of our day rushing from one thing to the next. When we come to our EA meeting, whether it is virtual or in-person, we can take a collective moment to calm our minds with 30 or 60 seconds of quiet breathing as a group. This can allow us to relax and refocus ourselves to really be present at the meeting.



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