



## 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:

Starting and ending the meeting on time matters. People find time in their day to attend meetings and we all need to respect each other's schedules. A group conscience meeting can be used to decide how long a meeting will run. If people want to gather before or after the meeting, that is their choice - but meetings themselves should adhere to an agreed upon schedule.



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