



Experience, Strength & Hope

Dear EA Fellowship,

EAI began this weekly email of Experience, Strength, and Hope in early April as a response to the pandemic in hopes that it would provide another resource during these difficult times. The emails offer a JFT with a different spin for these times, and an original writing from one of your Trustees. We've received very positive feedback and so will continue these weekly emails for at least the next month.

Please share these emails and encourage others to sign up on our website [here](#) to receive them. If you would like to see previous emails you can do so [here](#). During this time of increased worry and isolation, we need to find ways to join together. We hope you find these emails helpful.

JFT #2 Reflection from Colleen C., EAI Secretary

Just for today I will try to be happy... I've been working hard to try to find joy in my life two or three times each day. Last night I made a delicious dinner, tonight I'm taking my dog for a long walk. I sent a great meme of a puppy waking up to all my friends. These small things are very important to me now.

Reflection from Colleen C., EAI Secretary

This week I am looking for the positives in my life. There are so many -- from enjoying my health and the health of my family, to being able to hold on to my job, to having a comfortable and welcoming home to live in. I'm also reflecting on Promise #3, "We comprehend the word serenity, and we know peace of mind." I have been in the program for many years, and I have to say that sometimes this promise still eludes me. But more and more, I am coming to understand the actions I have to take every day to position myself to receive the priceless gift of serenity. Serenity is a gift I must work at. I have to remember to exercise my mind, to read something spiritual and to practice the steps with grace and humility. And most importantly, I have to have an attitude of gratitude!



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