



## 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:

Healthy groups do regular check-ins. Group conscience meetings assure that all voices are heard and no one has too much power. Check-ins can be informal ("Let's take 10 minutes to see how we think things are going") or your group could decide to devote a meeting to regular check-ins and follow the EA meeting inventory (#6).



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