



Experience, Strength & Hope

Dear EA Fellowship,

EAI is offering a weekly email of Experience, Strength, and Hope. We hope it will help you manage through these difficult times. Each email will include a reflection from EA material and an original writing from one of your Trustees. 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 #6 Reflection by Colleen C., EAI Secretary

Just for today I will try to go out of my way to be kind to someone I meet... Even with social distancing the norm, I can draw close to others. I do that by extending my heart rather than my hands. I can smile, make a phone call, send a text, hug my partner for no reason or slow down to let a car into traffic. When social distancing is a priority, staying emotionally close to myself, my loved ones and my HP is critical.

Reflection by Colleen C., EAI Secretary

This has been a week of unrest and violence across the U.S. As I reflect on this today, I'm reminded of the 12 Principles of EA:

1. Honesty
2. Hope
3. Faith
4. Courage
5. Integrity
6. Willingness
7. Humility
8. Love
9. Justice
10. Perseverance
11. Spirituality
12. Service

Principles are fundamental truths that serve as the foundation for a system of beliefs or behaviors. In particular, I've been considering the principles of Hope, Faith, Courage and Integrity. These are central in my life and have helped guide me during dark times.

When I'm confused, overwhelmed, or just saddened by events, as I have been lately, I think about the EA program has given me a set of tools to get me through difficulties. By working my program, I can focus on hope for the future, faith in my Higher Power, courage to do the "next right thing" rather than the easy thing, and integrity to act according to my highest values and beliefs. This has helped me in my search for serenity, I hope it can be helpful to all of you.



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.