



Experience, Strength & Hope: Gratitude

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. You can find that series [here](#). We received a lot of positive feedback on these emails and continued this service with a series of 12 emails on maintaining a healthy EA group. You can find that series [here](#). This next set of 12 emails will focus on gratitude as we move into the end of the year. 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. You can find previous emails in this series [here](#).

Grateful for EA Peers:

Each week people have to clear their schedules in the face of personal and professional commitments in order to make meetings. And then they have to be ready to engage in peer meetings where emotional sharing takes place. I am grateful to have EA peers. While the literature is a crucial and foundational piece of the EA, the interactions each week and the stories shared contribute greatly to my personal growth in the program. - Paul N.

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