



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 Engagement:

As I grow in emotional recovery, I find I notice more in my surroundings. Depression felt like dark, hazy air. In recovery, light came in bit by bit and the haze started to leave. As my mind and heart grew more and more in recovery, I lifted my head and I could see. I saw the beautiful pictures on my walls. I saw birds in flight, squirrels playing, trees waving their arms in the wind, stars in the sky, and so much more. Other people didn't seem so distant and I engaged with them. I also saw messes I had made and had the presence of mind to clean them up. Recovery helps me engage with life and for that I am so grateful! - Greta O.

"Most of the time I can accept myself as I am today -- that is important to me. What I was yesterday is past and what I might be tomorrow or in the future is in God's hands. Each day I strive for the humility to do God's will in all things." ~ Marion F. *Emotions Anonymous*, 1st edition, p. 76-77.

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