



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.

Just For Today #1 Reflection by Colleen C., *EAI Secretary*

Just for today I will live through this day only... Although I know intellectually I am only given this day, this hour, this minute to live, nothing brings this home emotionally like tough times. 'Turning it over' and refocusing frequently by saying the Serenity Prayer has never been more important to me.

Reflection by Steve B., *EAI Trustee*

This JFT has been on my mind a lot in recent weeks as I (like so many others) have struggled to come to terms with a new, restrictive way of living during the global pandemic. For me, coping means focusing on the current day, the problems and demands of one day only, and not on tomorrow, or the next day, or all of the future days to come. Focusing just on today allows me to take my problems in bite-sized pieces, giving me the opportunity to reflect, cope, and live through this one day.

If I allowed myself to worry about tomorrow's problems, or the seemingly endless days after that, I might find myself becoming overwhelmed with anxiety and worry, depression and frustration. When I focus on the unknown days ahead, it is a formula for emotional turmoil and discouragement. On the other hand, when I instead focus my energy on living through this day only – one day at a time, one problem at a time – and put my faith in my Higher Power, I find I am able to breathe, reason, and cope. I avoid discouragement and can live my life with serenity.

Today is a gift with no guarantees. A lot can happen in a day, both good and bad, and my growth depends on living in the here-and-now and taking the time to appreciate both. Our EA principles guide me, and when I mindfully remember to use them and take on one problem at a time, I find I am less likely to feel discouraged and more likely to be prepared when the next day comes.



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