



## 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. To see previous emails in this series visit our website [here](#).

### **Healthy Group Idea:**

Working the steps outside of the meeting time is an important part of the program. This prepares us for being able to contribute to discussions about the step or topic for the meeting. Whoever serves as Trusted Servant for the meeting may want to encourage members to practice this program discipline, and to seek out a sponsor when they get "stuck" in their step work.

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