

EDA Motto: HEALTH



HONESTY, EQUALITY, ACCOUNTABILITY, LOVE, TRUST, HUMILITY

HONESTY: Truthfulness, especially with ourselves.

EQUALITY: Every single human being has equal worth regardless of health, accomplishments, material or social status.

ACCOUNTABILITY: Being responsible for our own actions and feelings.

LOVE: Love and tolerance of ourselves and others.

TRUST: Reliance on God, as we understand God.¹

HUMILITY: The desire to seek and do God's will.

¹ "God" in EDA literature can mean the Deity, a deity, a spiritual entity of one's own understanding (a Higher Power), or a non-spiritual conception (a higher purpose). Reliance on any one of these conceptions confers a perspective that transcends our immediate physical, social, and emotional circumstances and allows us to "keep calm and carry on" with what really matters.