

INTERGROUP MEETING AGENDA/Agenda de Reunión de Grupo Intergrupar (IG)  
APRIL 21, 2024 – 21 DE ABRIL DEL 2024 – 12:00 P.M.

ZOOM Meeting ID/ID de la reunión- 830 6652 8484 Password/Clave- CEAHOWSCI = - [Click to open Zoom](#)

Tel. 1-669-900-6833, ID. [830 6652 8484#](#), Password. [403072812](#), Interprete al Español por WhatsApp

1. Serenity Prayer - Stephanie / Oración de la Serenidad-

2. Call to Order = Stephanie [chair@ceahowsci.org](mailto:chair@ceahowsci.org) / Llamada al orden

Please mute your line if you are not speaking/ Reunión llamada a orden / Por favor de poner en silencio su línea si no se le concede la palabra

3. Secretary's Report - Venest / Reporte de Secretaria  
Approval of minutes /- Aprobación del acta de reunión.

4. Chair's Report – Stephanie / Reporte de Coordinador de la Mesa Directiva

5. Welcome New IR's – Stu  
Number of new IR's / Bienvenida a los nuevos representantes: \_\_\_\_\_

6. IR's Packet Overview / Revisión de paquete

7. Number of new meetings/ No. de reuniones nuevas: 0

8. Number of closed meetings/ No. de reuniones que cerraron: 0

9. Number of meetings moved to another intergroup /No. de reuniones que cambiaron a otra intergrupar): 0

10. Total number of meetings / No. total de reuniones: 55 - 26 English – 29 Spanish

In-Person Meetings / Reuniones en Persona: 21 English – 24 Spanish

Zoom or Teleconference Meetings / Reuniones por Zoom o Teleconferencia: 4 English – 6 Spanish

11. Roll Call – Venest. All Reps please raise your hand or open your line and say how many groups you are representing. When there is a call for a vote, only one vote per person is counted. Todos los Representantes levanten su mano o abran el micrófono y digan cuántas reuniones representan. Cuando se pide algún voto, solo se toma en cuenta un voto por persona.

12. Number of groups represented – Venest / Número de grupos representados: \_\_\_\_\_

13. Reminder for all intergroup reps to sign in on the roll sheet when the meeting is face-to-face. Recordar a todos los representan que firmen la lista de asistencia cuando la reunión se conduce cara-a-cara.

14. Treasurer/Audit Finance Committee Report – Betty / Reporte de Tesorero/ Comité de Auditoría y Finanzas:

Report as of March 31, 2024 – Reporte hasta el 31 de marzo de 2024

a. Total Year to date Income/ Ingresos al corriente anual: \$1,468.97

b. Total year to date Expenses/ Gastos al corriente anual: \$1,450.58

c. Net Proceeds (Loss)/ Ganancias o (Pérdidas): \$28.39

d. Current Prudent Reserve/ Reserva Actual: \$12,620.58

e. Target Prudent Reserve/ Reserva Prudente de Meta: \$5,565.00

f. Shortfall/Surplus Prudent Reserve/ Cantidad que menor o sobre la meta: \$7,055.58

g. Rae Z. Memorial Fund Balance / Balance del fondo memorial de Rae Z.:

\$109.00 (18 books as of 1/31/22) plus \$25 (spoons) on 4/16/23 - \$109.00 (18 libros hasta el 31/01/22) mas \$25 (cucharas) el 16/04/23.

15. Seventh Tradition - Betty M. (None at this time, for there is no expense for agenda reproduction) / Séptima Tradición (no se colecta hoy por no haber gasto para imprimir la agenda): \$0.00

16. Standing Committees Reports/Reporte de comités permanentes:

a. Audit and Finance Committee – Betty M. / Comité de Auditoria y Finanzas:

c. Social Events– Stephanie / Eventos

**d. Public Information - Betty M / Información Pública**

**Seeking approval to post on website flyers attached to this agenda packet.**

Se pide la aprobación de subir al sitio web los anuncios adjuntos en este paquete de agenda

**17. Intergroup Business Cards/ Tarjetas de Presentación ( \$10.00 per 100)- Contact Rureth at [ceahowscilit@yahoo.com](mailto:ceahowscilit@yahoo.com) / Communiques con Rureth a [ceahowscilit@yahoo.com](mailto:ceahowscilit@yahoo.com).**

**18. Área 1 News – Reps Stephanie, Betty / Noticias del Área 1**

**a. Área Assembly held Feb 11, 2024 / Asamblea de Área se llevó a cabo el 11 de febrero de 2024**

**19. WSO News and Events / Noticias de la Oficina de Servicios Mundiales WSO y Eventos**  
**Visit [www.ceahow.org](http://www.ceahow.org) and subscribe/ Visite y suscríbese en [www.ceahow.org](http://www.ceahow.org)**

**20. Old Business / Asuntos Pendientes**

**a. Rae Z. Book / Libro de Rae Z**

**21. New Business /Asuntos Nuevos**

**a. Conference 2024 / Conferencia del 2024**

**22. Announcements/Anuncios:**

**a. San Fernando Valley Intergroup Workshop (May 18, 1-3 pm) / When saying “No” is enough.**

**b. Upland - (1 de junio, 10 am) / Celebración de 2o Aniversario**

**c. Zoom (6/2/24 - 2 pm PST) - Forum for Areas/Intergroups / Zoom (6/2/24 - 2 pm PST) Foro para-las Áreas/Intergrupales.**

**d. WSO Business Conference (July 17-19) / Conferencia de Trabajo de Servicios Mundiales (17-19 de julio)**

**e. WSO Global Convention (July 19-21) / Convención Global de Servicios Mundiales (19-21 de julio)**

**23. Next Intergroup Meeting/ Próxima Reunión – June 17, 2024 – 17 de junio de 2024 @ 12 pm.**

**24. Adjournment/The meeting was adjourned /la reunión se dio por terminada a las \_\_\_\_\_ p.m.**

**Attachments – Adjuntos**

**1. Minutes of 2/18/24 – Acta del 18/2/24**

**2. Finance Reports – Reportes de Finanzas**

**3. Meeting Contribution Report – Reporte de contribucion de reuniones**

**4. Literature Order Form – Forma para ordenar literatura**

**5. 7th Tradition Form for treasurers– Forma de 7ma Tradición para los tesoreros**

**6. Meeting List – Lista de reuniones**

**7. Flyers – Anuncios**

## CEA-HOW Southern California Intergroup

### Meeting Minutes of 2/18/24

By Venest

**I. Meeting called to order by Chair – Stephanie at 12:05 p.m.**

La reunión fue llamada al orden por la Coordinadora Patrushka a las 12:02 p.m.

**2. Approval of minutes. Minutes of the 12/17/23 meeting were approved as presented.**

Aprobación del acta. El acta del 12/17/23 fue aprobada tal como fue presentada.

**4. Chair Report - Stephanie \** Reporte de Coordinadora

**5. Welcome new representatives – 0.** | Bienvenida a nuevos miembros - 0

**6. New meetings – 0.**

**7. Total numbers of closed meetings: - 0-** | Total de reuniones que cerraron 0

**8. No. of meetings moved to another Intergroup: 0** | No. de reuniones que se cambiaron a otra intergrupala: 0

**9. Total number of meetings: 55 – English, 26 – Spanish, 29** Total de reuniones: | 55 - ingles, 26 - espanol, 29

**Face-to-face:** 21–English; 24-Spanish Cara-a-cara: | 21-ingles; 24-espanol

**Zoom or teleconference:** 4 – English; 7 – Spanish | Zoom o tele-conferencia: 4-ingles; 7-espanol

**10. Number of groups represented: 13** | Número de reuniones representadas: 13

**11. Treasure/Audit and Finance Report: Betty** | Reporte de tesorero/auditoría y finanzas. Betty

**12. Standing Committee Reports:** | Reportes de comites permanentes:

a. **Audit and Finance Committee. Betty.** | Comité de Auditoría y Finanzas.

**Meeting needed with Rureth; Betty will set up a meeting.**

Se necesita concertar una reunión con Rureth; Betty convocará una reunión.

c. **Special events: – none.** | Eventos especiales: Ninguno.

d. **Public Information: Betty** | Informacion Publica

**Betty had a meeting and only one person attended. A new meeting will be called in the future. A flyer will be sent announcing the meeting.**



Betty convino una reunión y solo una persona estuvo presente. Se va a convocar otra reunión en el futuro. Un volante se va enviar anunciando la reunión.

13. **Área 1 News** | Anuncios del Área 1

**Meeting held February 11, 2024. Stephanie and Betty are delegates.**

Hubo una reunión el 11 de febrero del 2024. Stephanie y Betty son las delegadas.

14. **WSO News and events** | Anuncios de la Oficina de Servicios Mundiales (WSO siglas en inglés)

**Visit CEA-HOW org. for information.** | Para informacion visite ceahow.org.

15. **Old Business** | Asuntos Pendientes

**Rae Z books are still available.** | El libro "Rae Z" todavía esta disponible.

16. **New Business** | Asuntos nuevos

**Global Convention July 19 – 21, 2024. Reservations will be available for the hotel soon.**

Convención Global 19 - 21 de julio. Las reservaciones para el hotel estarán abiertas muy pronto.

17. **Next meeting, April 21, 2024.** | Próxima reunión, 21 de abril del 2024

18. **Meeting ended at 12:42 pm.** | La reunión se dio por terminada a las 12:42 p.m.



**CEA - HOW, SCI  
PRUDENT RESERVE REPORT  
AS OF MARCH 31, 2024**

	<b>3/31/2024</b>
OPERATING FUNDS AVAILABLE	13,407.46
MONEY OWE (Sales Tax)	(29.73)
MONEY ACCRUED & RESERVED	(757.15)
Current Prudent Reserve	<b>12,620.58</b>
*Target Prudent Reserve for 2021	<b>5,565.00</b> *
Shortfall / Surplus	<b>7,055.58</b>
RESTRICTED ACCOUNT FOR WSO AND AREA 1	1,574.46
MONEY OWE TO WSO	(944.68)
MONEY OWE TO AREA ONE	(629.78)
	0.00
RESTRICTED SPECIAL EVENTS ACCOUNT	2,000.00
SPECIAL EVENTS ACCRUED	0.00
	2,000.00

\*Our goal is to have 12 months operating expenses, based on the formula of AA.

**CEA - HOW, SCI  
PROFIT AND LOSS REPORT  
AS OF MARCH 31, 2024**

	<b>ACTUAL</b>	<b>BUDGET</b>
	Jan '24 - Dec '24	2024
<b>Net Income</b>		
400 - Contributions	1,329.05	5,000.00
401 - One Time Special Donation	0.00	0.00
402 - Literature	97.06	400.00
420 - Shipping collected & paid	42.10	100.00
422 - Misc Fund Raiser (Workshops, Etc.)	0.00	500.00
426 - Interest	0.76	0.00
450 - B-Day Party	0.00	0.00
460 - Spring Retreat	0.00	0.00
475 - Hisp Committee Anniversary	0.00	0.00
<b>Total Net Income</b>	<b>1,468.97</b>	<b>6,000.00</b>
<b>Expense</b>		
520 - Literature Shipping	7.50	100.00
604 - Office Supplies/IG Mtg copies	0.00	0.00
606 - Telephone	0.00	300.00
611 - Bank Charges & NSF Checks	0.00	20.00
612 - Company Insurance	0.00	0.00
614 - Legal/Accounting Fees	0.00	50.00
616 - Postage & PO Box Rent	232.00	230.00
624 - Web Sales Fees	11.08	65.00
626 - In Reach Out Reach Exp.	0.00	0.00
675 - Out Side Services	1,200.00	4,800.00
<b>Total Expense</b>	<b>1,450.58</b>	<b>5,565.00</b>
<b>Net Proceeds (Loss)</b>	<b>18.39</b>	<b>435.00</b>

CEA - HOW SCI TOTAL GROUP CONTRIBUTIONS FEB And MAR 24 (for WSO, Area1, IG)

MTG#	CITY	Day	Time	AMOUNT
1031	Altadena*	Tue	7:00 PM	
9999	Anonymous			
354	Baldwin Park*	Tue	7:30 PM	\$43.00
354	Baldwin Park*	Tue	7:30 PM	\$27.00
354	Baldwin Park*	Tue	7:30 PM	\$42.00
354	Baldwin Park*	Tue	7:30 PM	\$40.00
1836	Brea+	Wed	5:45 PM	
3	Buena Park	Mon	7:00 PM	
1942	Carson	Fri	6:30 PM	\$38.00
767	Carson	Sat	4:00 PM	\$66.00
1942	Carson	Fri	6:30 PM	\$42.00
767	Carson	Sat	4:00 PM	\$173.00
977	Carson+	Sun	4:00 PM	
1545	Claremont+	Mon	5:00 PM	
536	Compton*	Fri	10:00 AM	\$30.00
820	Compton+	Mon	6:30 PM	
440	Covina	Sat	9:00 AM	
1107	Covina+	Sat	8:00 AM	
201	Downey*	Sun	3:30 PM	\$20.00
25	Downey+	Fri	10:00 AM	
1476	Fontana*	Tue	10:00 AM	\$45.00
1476	Fontana*	Tue	10:00 AM	\$65.00
1476	Fontana*	Tue	10:00 AM	\$20.00
1476	Fontana*	Tue	10:00 AM	\$25.00
698	Fontana*+	Fri	9:30 AM	\$7.00
1004	Gardena+	Mon	6:30 PM	
2773	Hacienda Heights	Tue	6:00 PM	\$30.00
2050	Hacienda Heights	Mon	7:00 PM	
2088	Hawthorne	Mon	6:30 PM	
2006	Hawthorne*	Wed	7:00 PM	
1148	Hermosa Beach	Wed	7:30 PM	
1000	Huntington Bch	Tue	7:00 PM	
90099	Intergroup Meeting	Sun	3:00 PM	
2247	Irvine	Thu	7:00 PM	
1939	La Mirada	Sat	9:30 AM	\$6.00
1939	La Mirada	Sat	9:30 AM	\$15.00
1939	La Mirada	Sat	9:30 AM	\$15.00
762	La Puente	Sun	9:00 AM	
1512	La Verne+	Wed	5:00 PM	
2105	Lomita	Fri	4:00 PM	
102	Long Beach+	Sat	9:00 AM	
1573	Long Beach+	Mon	6:00 PM	
1090	Los Alamitos	Tue	6:00 AM	
2754	Los Angeles	Mon	12:00 PM	
2273	Los Angeles	Sat	1:00 PM	
1815	Los Angeles*	Wed	7:00 PM	
267	Los Angeles*	Fri	7:00 PM	

MTG#	CITY	Day	Time	AMOUNT
286	Los Angeles*	Tue	7:00 PM	
579	Los Angeles*	Fri	7:00 PM	
465	Los Angeles*	Mon	7:00 PM	
221	Los Angeles*+	Thu	7:00 PM	
180	Los Angeles+	Sat	11:00 AM	
57	Los Angeles+	Wed	7:30 PM	
696	Lynwood*+	Wed	7:00 PM	\$40.00
696	Lynwood*+	Wed	7:00 PM	\$50.00
370	Lynwood*+	Sat	4:00 PM	\$40.00
1287	Marina Del Rey	Mon	7:30 AM	
520	Marina D'Rey	Tue	7:30: AM	
1391	Moreno Valley*+	Tue	9:00 AM	
1392	Moreno Valley*+	Thu	9:00 AM	
49	Moreno Vlly*+	Wed	5:30 PM	
44	MorenoVlly*+	Mon	5:30 PM	
1054	N. Hollywood*+	Sun	10:30 AM	
1098	Norwalk*	Tue	10:00 AM	
72	Norwalk*+	Thu	7:00 PM	
237	Ontario*	Thu	7:00 PM	\$15.00
1922	Ontario*	Sat	9:00 AM	\$15.00
1813	Ontario*	Tue	9:00 AM	
1923	Pacoima*	Tue	9:00 AM	
0	PayPal Subscriptions	Any	12:00 PM	
1135	Pico Rivera*+	Sat	9:00 AM	
1159	Pico Rivera*+	Mon	7:00 PM	\$7.00
71	Pomona+	Tue	9:30 AM	
1292	San Dimas	Sat	9:30 AM	\$64.00
763	San Dimas+	Fri	9:30 AM	\$20.00
66	San Gabriel*+	Thu	7:30 PM	\$71.00
66	San Gabriel*+	Thu	7:30 PM	\$30.00
2272	San Pedro	Wed	6:00 PM	
2059	San Pedro	Tue	6:00 PM	
2007	Santa Fe Springs	Fri	7:00 PM	
313	Santa FeSprgs+	Tue	6:30 PM	
48	Seal Beach+^	Wed	10:00 AM	\$21.00
48	Seal Beach+^	Wed	10:00 AM	\$41.00
1742	South Gate*	Mon	9:00 AM	\$50.00
2160	South Gate*	Tue	7:00 PM	
1742	South Gate*	Mon	9:00 AM	\$70.00
4	Torrance	Mon	7:00 PM	
2771	Upland	Sat	9:00 AM	
2252	Whittier	Wed	6:30 PM	
1661	Whittier	Sun	7:00 PM	
1065	Whittier	Tue	7:00 PM	
1254	Whittier+	Wed	7:00 PM	
929	Yorba Linda	Sat	8:00 AM	
1463	Yorba Linda	Sat	7:00 AM	

\*Spanish speaking, +Handicap access



Attached please find the financial reports for the month of February and March 2024:

- Donations by Meeting.
- Flyer for distribution of the “Rae Z and Friends” book, we need to promote this book.
- Please make an announcement that donations with no meeting information will be credited as anonymous donations.
- Members can make automatic monthly donations via PayPal and Venmo, few members are doing it now.
- Include the information of the meeting, so the meeting gets credit.

VENMO LINK: <https://www.venmo.com/u/CEAHOWSCI>

PAYPAL LINK: [Donate to CEA-HOW, SCI](#)



# Rae Z. and Friends

**Now available!!!!**

**We have BOOKSs for sale of the  
Stories of Recovery in  
CEA-How Southern California Intergroup**

To get a copy of this BOOK please send a check or money order payable to CEA-HOW, SCI for **\$17.00 each** which includes shipping and handling, or you can pay with PayPal or Venmo using the below link.

<https://www.ceahowsci.org/donate/>

Please send your order to:

**CEA-HOW, SCI**

**P.O. Box 1836, Duarte, CA 91009**

For more information, you can call the SCI office at:

(562) 942-8161, Text (626) 221-1523,

Email: [ceahowscilit@yahoo.com](mailto:ceahowscilit@yahoo.com)

When sending an order, make sure to include your Name Address and Phone #

Available until they last. The proceeds of the sale will go to the SCI Rae Z. Scholarship fund



PAMPHLETS				
Qty	Title/Description	Item #	\$/Unit	\$ Amt
	Welcome Newcomer	821	\$1.05	
	A View of Medical Abstinence	822	\$2.45	
	Am I a Food Addict	823	\$2.45	
	Overview of the 12 Steps	825	\$2.45	
	The CEA-HOW Concept	826	\$2.45	
	The Meaning of Abstinence	827	\$2.45	
	Weighing & Measuring	828	\$2.45	
	What is Food Addiction	829	\$2.45	
	CEA-HOW Pamphlets (Compilation)	836	\$11.00	
	Giving Services	838	\$2.00	
	Public Information Brochure	839	\$0.21	

PANFLETOS EN ESPAÑOL				
Qty	Title/Description	Item #	\$/Unit	\$ Amt
	Bienvenidos a CEA-HOW	921	\$1.05	
	Un Vistazo a la Abinencia Medca	922	\$2.45	
	Soy Un Addito a la Comida?	923	\$2.45	
	Un Resumen del Plan de Recuperacion	925	\$2.45	
	La Filosofia de CEA-HOW	926	\$2.45	
	Lo Que Significa Abstinencia	927	\$2.45	
	Midiendo y Pensando	928	\$2.45	
	Que Es Adiccion a la Comida?	929	\$2.45	
	Dar Servicio	938	\$2.00	
	Folleto de la Informacion de Publica	939	\$0.21	

WORKING THE PROGRAM				
	Steps 6 thru 12	801	\$3.85	
	From Relapse to Abstinence	803	\$3.85	
	Broaden your Experience of Sponsoring	804	\$4.20	
	Recommitment Questions	805	\$3.85	
	Kaleidoscope	806	\$3.85	
	Newcomers to CEAHOW-Steps 1,2&3	807A	\$6.50	
	Sponsor Guidelines 4th Step Inventory 4&5	807B	\$8.00	
	Maintenance Sponsor Guide	808	\$7.00	
	Workbook, AA Big Book	809	\$4.55	
	Came to Believe Questions	810	\$4.90	
	Questions for Challenging Times	812	\$4.90	
	Questions for Challenging Times Trifold	813	\$1.40	
	Celebrating the Program Pioneers	816	\$3.85	
	Celebrating the Program, Part I, BB 4 <sup>th</sup> Ed.	816A	\$4.55	
	Celebrating the Program, Part II, BB 4 <sup>th</sup> Ed.	816B	\$8.75	
	Celebrating the Program, Part III, BB 4 <sup>th</sup> Ed.	816C	\$7.35	
	As Bills Sees It Questions (A) 1-50	817A	\$4.90	
	As Bills Sees It Questions (B) 51-100	817B	\$4.90	
	As Bills Sees It Questions (C) 101-150	817C	\$4.20	
	As Bills Sees It Questions (D) 151-200	817D	\$3.85	
	As Bills Sees It Questions (E) 201-250	817E	\$4.90	
	As Bills Sees It Questions (F) 251-332	817F	\$5.25	
	12 Traditions Study Guide	818	\$4.90	
	Abstinence Model	820	\$2.45	
	Daily Reflections	833	\$9.80	
	Getting into the Steps	840	\$3.85	
	Prayers and Spirituality	841	\$7.50	
	Made a Decision Par I(1-80)	842A	\$8.75	
	Made a Decision Par II(81-166)	842B	\$8.75	
	Must and Miracles in CEA-HOW	843	\$8.50	
	Recovery, Unity and Service of CEA-HOW	844	\$8.50	

TRABAJANDO EL PROGRAMA				
	Pasos 6 al 12	901	\$3.85	
	De la Racaida a la Abstinencia	903	\$3.85	
	Preguntas de Renovacion	905	\$3.85	
	Calidoscopio	906	\$7.00	
	Recien Llegados al Programa - Pasos 1,2y3	907A	\$6.50	
	Guias de Apadrinamiento-Inventario Pasos 4y5	907B	\$8.00	
	Guia de Mantenimiento	908	\$7.00	
	Libro de Trabajo, AA Libro Grande	909	\$4.55	
	Liegamos a Creer	910	\$4.90	
	Como Lo Ve Bill (A) 1-50	917A	\$4.90	
	Como Lo Ve Bill (B) 51-100	917B	\$4.90	
	Como Lo Ve Bill (C) 101-150	917C	\$4.20	
	Como Lo Ve Bill (D) 151-200	917D	\$3.85	
	Como Lo Ve Bill (E) 201-250	917E	\$4.90	
	Como Lo Ve Bill (F) 251-332	917F	\$5.25	
	Guia De Las 12 Tradiciones	918	\$4.90	
	Modelo de Abstinencia	920	\$2.45	

**FOOD PLANS**

Forever Abstinent	811	\$6.75
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**PLANES DE COMIDA**

Por Siempre en Abstinencia	911	\$6.75
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CEA-HOW BOOKS				
Achieving Balance Cookbook	855	\$14.70		
Sponsoring in CEA-HOW	856	\$12.60		
Recipes We Love Cookbook	857	\$16.50		
Service Manual	858	\$12.60		
Rae Z and Friends - Stories of Recovery	890	\$12.00		

LIBROS DE CEA-HOW				
Apadrinamiento en CEA-HOW	956	\$12.60		
Manual de Servicio	958	\$12.60		

AA CONFERENCE APPROVED LITERATURE				
AA Big Book (Hard Cover)	2050	\$10.00		
AA 12 & 12	2200	\$9.75		
As Bill Sees It	2350	\$12.60		
Came to Believe Book	2400	\$7.00		
Daily Reflections	2450	\$14.35		
Living Sober	2550	\$7.35		

AA LITERATURA APROVADA				
AA Libro Grande	7050	\$10.00		
AA 12 & 12 (Español)	7200	\$9.75		
Como lo Ve Bill	7350	\$12.04		
Liegamos a Creer	7400	\$7.00		
Reflexiones Diarias	7450	\$14.35		
Viviendo Sobrio	7550	\$7.00		

**COLUMN A SUBTOTAL**

**SUBTOTAL COLUMNA B**

PRICES SUBJECT TO CHANGE WITHOUT NOTICE.

TOTAL ORDER AMOUNT A&B \$ \_\_\_\_\_ (+)

SALES TAX - CA Residents Only \$ \_\_\_\_\_ (+)

GRAND TOTAL (US \$ ONLY) \$ \_\_\_\_\_ (=)

EMAIL ORDERS TO: ceahowscilit@yahoo.com  
OR MAIL PAYMENT & ORDER TO:  
CEA - HOW SCI  
PO BOX 1836

PRECIOS SUJETOS A CAMBIOS SIN PREBIO AVISO.

TOTAL DE LA ORDEN A&B \$ \_\_\_\_\_ (+)

SALES TAX - Residentes de California \$ \_\_\_\_\_ (+)

GRAN TOTAL (US \$ ONLY) \$ \_\_\_\_\_ (=)

ENVIE SU ORDEN POR CORREO ELECTRONICO A:  
ceahowscilit@yahoo.com O ENVIE SU PAGO Y ORDEN A:  
CEA - HOW SCI  
PO BOX 1836





**COMPULSIVE EATERS ANONYMOUS-HOW**  
 Southern California Intergroup  
 P.O. BOX 1836  
 DUARTE, CA 91009-4836  
 (626) 221-1523

Dear Meeting Treasurer,  
 The Board of Directors in an effort to help the meetings and treasures save time, energy, and stamps presented the concept that each meeting only write one check to the Inter-group instead of three (Intergroup, Area and World Service). We also understood that we were only among a few Intergroups that required three checks to be written. Inter-group was asked to get feedback from the meetings and at the next Intergroup meeting we reached consensus that each meeting is to only write one check for the full amount and send it to Intergroup.  
 The Intergroup will preserve the traditional split which is, 50% to the Intergroup, 30% to the World Service Office, and 20% to the Area Assemblies. **Mail the total amount to the Intergroup office**, where the split (30%/20%) will be forwarded to World Service and Area I.  
 Thank you for your cooperation and continued support. If there are any questions, feel free to contact the office.

Amount Enclosed \$ \_\_\_\_\_ Check # \_\_\_\_\_  
 Meeting Day \_\_\_\_\_ Group # \_\_\_\_\_  
 Meeting Time \_\_\_\_\_  
 Meeting City \_\_\_\_\_  
 Sender's Name \_\_\_\_\_  
 Sender's Address \_\_\_\_\_

\*Treasurer's Name \_\_\_\_\_  
 \*Secretary's Name \_\_\_\_\_  
 (\*If new, please submit change form)  
 \*\*E-MAIL ADDRESS: \_\_\_\_\_

(\*\*If you will like a receipt please write your e-mail address above)  
 After meeting expenses are met, contribution is to be mailed to:

**CEA-HOW SCI**  
**P.O. Box 1836**  
**Duarte, CA 91009-4836**

[www.ceahowsci.org](http://www.ceahowsci.org)  
[ceahowscilit@yahoo.com](mailto:ceahowscilit@yahoo.com)



**COMPULSIVE EATERS ANONYMOUS-HOW**  
 Southern California Intergroup & Central Office  
 P.O. BOX 1836  
 DUARTE, CA 91009-4836  
 (626) 221-1523

Estimado Tesorero/a de Reunión,

La Mesa Directiva con fines de ayudar a las reuniones y tesoreros/as a ahorrar tiempo, energía, y estampillas, presentó el concepto que cada reunión solo escriba un cheque a nombre de la Intergupal en lugar de tres (Intergupal, Area y Servicio Mundial). También se nos dio a entender que somos una de las pocas Intergrupales que requieren que se escriban tres cheques. Se les pidió a los representantes intergrupales que obtuvieran respuesta de las reuniones y que en la próxima reunión intergrupala tomaran la concien-cia de grupo que solamente se escriba un cheque por la cantidad completa y enviarlo a la Intergupal.

La Intergupal va a conservar la tradición de repartir el 50% a la Intergupal, 30% al Servicio Mundial, y 20% al la Asamblea de Area. **Envíe por correo la cantidad total a la Oficina Intergupal** donde se hará el reparto (30%/20%) y se enviará al Servi-cio Mundial y al Area I.

Gracias por su continuo apoyo y cooperación. Si tiene cualquier pregunta, siéntase en libertad de llamar a la oficina.

Cantidad Incluida \$ \_\_\_\_\_ Cheque # \_\_\_\_\_  
 Día de Reunión \_\_\_\_\_ Grupo # \_\_\_\_\_  
 Hora de Reunión \_\_\_\_\_  
 Ciudad de Reunión \_\_\_\_\_  
 Nombre del Remitente \_\_\_\_\_  
 Domicilio del Remitente \_\_\_\_\_

\*Nombre de Tesorero/a \_\_\_\_\_  
 \*Nombre de Secretario/a \_\_\_\_\_  
 (\*Si es nuevo, por favor envíe la forma de cambio)

\*\*CORREO ELECTRONICO \_\_\_\_\_  
 (\*\*Si requiere recibo, favor de incluir su e-mail)  
 Después de cubrir los gastos de la reunión, envíe su contribución a:

**CEA-HOW SCI**  
**P.O. Box 1836**  
**Duarte, CA 91009-4836**

[www.ceahowsci.org](http://www.ceahowsci.org)  
[ceahowscilit@yahoo.com](mailto:ceahowscilit@yahoo.com)



**CEA-HOW SCI MEETINGS AS OF APRIL 2024**

Geographic Based Meetings  
As of: Monday 15th April 2024 - 5:05 pm

Day and Time	Current Status	Location	Address	U Online ID	Online Pass Call-In Number	Call-In Passcode	Format	Special Focu Meeting #	Contact	Phone
Sunday 10:30 am	(GMT- Face to Face	St. Patrick Catholic Church	6153 Cahuenga Blvd, North Hollywood, CA, 91606, United States			1100984#	Orador n/a	1054 Ofelia	323.663.2041	
Sunday 3:30 pm	(GMT- Face to Face	Downey Memorial Christian Church	8441 E Florence Ave., Downey, CA, 90240, United States		701-802-5085		Orador n/a	201 Livier	323.482.8861	
Sunday 4:00 pm	(GMT- Phone	First Lutheran Church of Carson	19707 South Central, Carson, CA, 90220, United States		605-313-4415	828776	Steps/Tr n/a	977 Venest	310-530-8247	
Monday 9:00 am	(GMT- Face to Face	South Gate Park Girls Club House	4940 Southern Ave. Rm A, South Gate, CA, 90280, United States				Pitch/Sp n/a	1742 Trinidad	323.567.3596	
Monday 12:00 pm	(GMT- Online	Grand Tower	255 S. Grand Ave Meeting Room 2nd Floor, Los Angeles, CA h		3242706950		n/a n/a	2754 Patricia/Julia	(213)924-8646/(1 (323) 482-4514	
Monday 5:00 pm	(GMT- Suspended	Claremont Friends Mtg. House	727 Harrison Ave, Claremont, CA, 91711, United States		765274		Attitude n/a	1545 Dnie	909.243.4994	
Monday 6:30 pm	(GMT- Face to Face	Pico Rivera Library	9001 Mines Avenue, Pico Rivera, CA, 90660, United States				Book Stu. n/a	1159 Sara	562.857.9555	
Monday 7:00 pm	(GMT- Face to Face	Good Shepard Lutheran Church (corner of Knott	7082 Crescent Ave, Buena Park, CA, 90620, United States				Orador n/a	3 Kathy	714.326.4643	
Monday 7:00 pm	(GMT- Face to Face	St. Joseph Catholic Church/ Salon en la Escuela	11901 Acacia ave, Hawthorne, CA, 90250, United States				Estudio n/a	2088 Hellyn	323-314-1792	
Monday 7:00 pm	(GMT- Face to Face	Ontario next to Farmer's	203 S. Fern, Ontario, CA, 91762, United States		425-436-6350	468872#	Orador n/a	1813 Vicky C.	909.630.5341	
Tuesday 9:30 am	(GMT- Hybrid: F2F/Phone	Pilgrim Church, #14, Rear of Church	600 N. Garey Ave, Pomona, CA, 91767, United States				Big Book n/a	71 Vivian	(909) 717-8789	
Tuesday 10:00 am	(GMT Face to Face	Social Services Center	11929 Alondra, Norwalk, CA, 90650, United States				Orador n/a	1098 Ma. Guadalupe	962.409.2156	
Tuesday 10:00 am	(GMT Face to Face	Iglesia St. George Roman Catholic Church	17895 SAN BERNARDINO AVE., Fontana, CA, 92335, United States				Orador n/a	1476 Elena	(909)630-0085	
Tuesday 12:00 pm	(GMT- Online	Grand Tower	255 S. Grand Ave Meeting Room 2nd Floor, Los Angeles, CA h		3242706950		Attitude Womens	2755 Patricia/Laura	(213)924-8646/(909) 982-8471	
Tuesday 5:30 pm	(GMT- Face to Face	St. Elizabeth Church	1879 N. Lake Ave at Woodberry & Lake, Altadena, CA, 91001, United States		765274		Orador n/a	1031 Hortensia	626-794-2840	
Tuesday 6:00 pm	(GMT- Face to Face	Hacienda Heights Baptist Church	2100 South Stimson ave, Hacienda Heights, CA, 91745, United States				Pitch/Sp Womens	2773 Dodi Heyrend	626-968-1672	
Tuesday 6:30 pm	(GMT- Face to Face	LaCada Offices	11015 Bloomfield Avenue, Santa Fe Springs, CA, 90670, United States				Book Stu. n/a	313 Martha	626.991.8238	
Tuesday 6:30 pm	(GMT- Face to Face	Our Lady of Hope Church	6885 Del Rosa Ave., B3, San Bernardino, CA, 92404, United States				Orador n/a	2212 Silvia	909.809.1237	
Tuesday 6:30 pm	(GMT- Face to Face	Central Valley Regional Recovery Center	1076 Santo Antonio, Suite "B", Colton, CA, 92324, United States				Passos y' n/a	2300 Maria	909.682-5554	
Tuesday 6:30 pm	(GMT- Face to Face	Baldwin Park Church of Christ	3510 Baldwin Park Blvd, Baldwin Park, CA, 91706, United States				no estab n/a	354 Cecilia	626-222-4995	
Tuesday 7:00 pm	(GMT- Face to Face	Grace Lutheran Church- Rainbow Room	6931 Edinger, Huntington Beach, CA, 92647, United States				Pitch/Sp n/a	1000 Herlinda B.	714-895-5160	
Tuesday 7:00 pm	(GMT- Face to Face	Girls Club House	4940 Southern Ave Rm A, South Gate, CA, 90280, United States				Orador n/a	2160 Trinidad	567-3596	
Tuesday 7:30 pm	(GMT- Face to Face	Alcoholism Center for Women	1147 S. Alvarado st, Los Angeles, CA, 90006, United States				Passos y' n/a	286 Hellyn	323.314.1792	
Wednesday 10:15 am	( Face to Face	Center for Spiritual Living	500 Marina Drive, Seal Beach, CA, 90704, United States		3242706950		Attitude Womens	48 Darole	562.431.5630	
Wednesday 12:00 pm	( Online	Grand Tower	255 S. Grand Ave Meeting Room 2nd Floor, Los Angeles, CA h		765274		Attitude Womens	1512 ADELL P.	909.964-1521	
Wednesday 5:00 pm	(G Hybrid: F2F/Online	Face to Face and Zoom	727 Harrison Ave, Claremont, CA, 91711, United States				Meditati n/a	696 Gaby	310.892.9694	
Wednesday 7:00 pm	(G) Face to Face	San Felipe Nery Church	4311 Olinda Street, Lynwood, CA, 90262, United States				Orador n/a	1815 Hellyn	323-314-1792	
Wednesday 7:00 pm	(G) Face to Face	Rehabilitation Center	1147 S Alvarado St., Room 11, Los Angeles, CA, 90006, United States				Book Stu. n/a	57		
Wednesday 7:30 pm	(G) Face to Face	Christ the Good Shepherd (upstairs)	3303 W Vernon Ave, Los Angeles, CA, 90008, United States				Passos y' n/a	536 Eufemia	310-427-4408	
Thursday 10:00 am	(GM Face to Face	Our Lady of Victoria	519 E Palmer Street, Compton, CA, 90221, United States				Steps/Tr n/a	2200 Richard C.	562.457-9191	
Thursday 12:00 pm	(GM Face to Face	Whittier First Christian Church (Library)	6355 S. Greenleaf Avenue, Whittier, CA, 90601, United States		765274		n/a n/a	2757 Patricia /Patrus	(213)924-8646/ 1 (213) 924-6565	
Thursday 7:00 pm	(GMT Face to Face	Nonwalk Social Services (1st Flr)	11929 Alondra Blvd, Norwalk, CA, 90650, United States				Orador n/a	72 Rosamaria	562.665.8021	
Thursday 7:00 pm	(GMT Face to Face	Fern Avenue	4980 Holt Blvd, Montclair, CA, 91763, United States				Orador n/a	237 Alicia	909.538.2034	
Thursday 7:30 pm	(GMT Face to Face	St. Anthony's Catholic Church	1901 San Gabriel Blvd., San Gabriel, CA, 91776, United States				Orador n/a	66 Silvia	626-215-0392	
Thursday 7:30 pm	(GMT Face to Face	Alcoholism Center for Women	1147 S. Alvarado St, Los Angeles, CA, 90006, United States				Orador n/a	221 HELYN	323-314-1792	
Friday 9:30 am	(GMT-08 Face to Face	Iglesia St. George Roman Catholic Church	17895 San Bernardino Ave., Fontana, CA, 92335, United States				Orador n/a	698 Jorge	(909) 206-9270	
Friday 9:30 am	(GMT-08 Online	Zoom 651-125-1965 password joyful	CA, United States		669-900-8833		Steps/Tr n/a	763 Vivian	909-717-8678	
Friday 10:15 am	(GMT-08 Face to Face	LACADA	CA, United States				Pitch/Sp n/a	25 Jane G.	714.330.18.04	
Friday 3:00 pm	(GMT-08 Online	Grand Tower	11015 Bloomfield Ave., Santa Fe Springs, CA, 90670, United States				Passos y' Womens	2758 Patricia/Maria	(213)924-8646/ +1 (562) 536-1341	
Friday 6:30 pm	(GMT-08 Phone	1st Lutheran Church of Carson	255 S. Grand Ave Meeting Room 2nd Floor, Los Angeles, CA h		765274		Big Book n/a	1942 Ernest	310.480.2158	
Friday 7:00 pm	(GMT-08 Phone	Parroquia de Guadalupe	19707 South Central Avenue, Carson, CA, 90746, United States		605-313-4415		Orador n/a	267 Balvina	323.780.0114	
Saturday 7:00 am	(GMT- Face to Face	Thengvall House	4013 E Hammel St, Los Angeles, CA, 90063, United States		425-436-6322		Writing n/a	1463 Julie	951.317.2778	
Saturday 8:00 am	(GMT- Face to Face	Thengvall House	5312 Richfield Rd. (park at 5320 Richfield, Community Church lot), Yorba Linda, CA, 92886, United States				Book Stu n/a	929 Julie	951.280.9529	
Saturday 8:00 am	(GMT- Face to Face	Suite 6	510 2nd Ave., Covina, CA, 91723, United States				Steps/Tr n/a	1107 Linda	909.592.0071	
Saturday 9:00 am	(GMT- Face to Face	Suite 6	510 S. 2nd Ave, Covina, CA, 91723, United States				As Bill Sr n/a	440 Linda	909.592.0071	
Saturday 9:00 am	(GMT- Face to Face	St. Mark's Episcopal Church	4980 Holt Blvd, Montclair, CA, 91763, United States				Orador n/a	1922 Ana	909.292.3163	
Saturday 9:00 am	(GMT- Face to Face	Claremont Friend's Meeting	330 E. 16th St., Upland, CA, 91784, United States				Big Book Womens	2771 Olivia Gulliver	760-483-0885	
Saturday 9:30 am	(GMT- Hybrid: F2F/Online	Claremont Friend's Meeting	727 Harrison Avenue, Claremont, CA, 91711, United States		One tap mobile +1-669-900-6833, 532-3		Relapse n/a	1292 Vivian	(909) 717-8678	
Saturday 1:00 pm	(GMT- Face to Face	Our Lady of Solitud Church	4561 E Cesar E Chavez, Los Angeles, CA, 90022, United States		352213		Orador n/a	1939 Sandra Sellers	951(213)-8396	
Saturday 4:00 pm	(GMT- Face to Face	St. Emrysud Church	10900 California Ave, Lynwood, CA, 90262, United States				no estab n/a	2273 Sandra	562-686-5665	
Saturday 4:00 pm	(GMT- Online	Mission Ebenezer Church, Children's Ministry, Rt. 415 West Torrance Blvd., Carson, CA, 90745, United States			249857		Pitch/Sp n/a	370 Olelia	323.286.2880	
Saturday 4:00 pm	(GMT- Online							767 Wayne	323.757.8019	



# Public Information

## Información Pública

**Download the flyer below for your meeting  
Descargue el volante abajo para su reunión**

**If interested in joining the Intergroup's Public Information Committee,  
send an email to: [ceahowscilit@yahoo.com](mailto:ceahowscilit@yahoo.com)**

**Se desea unirse al Comité de Información Pública de la Intergupal, envíe un  
correo a: [ceahowscilit@yahoo.com](mailto:ceahowscilit@yahoo.com)**

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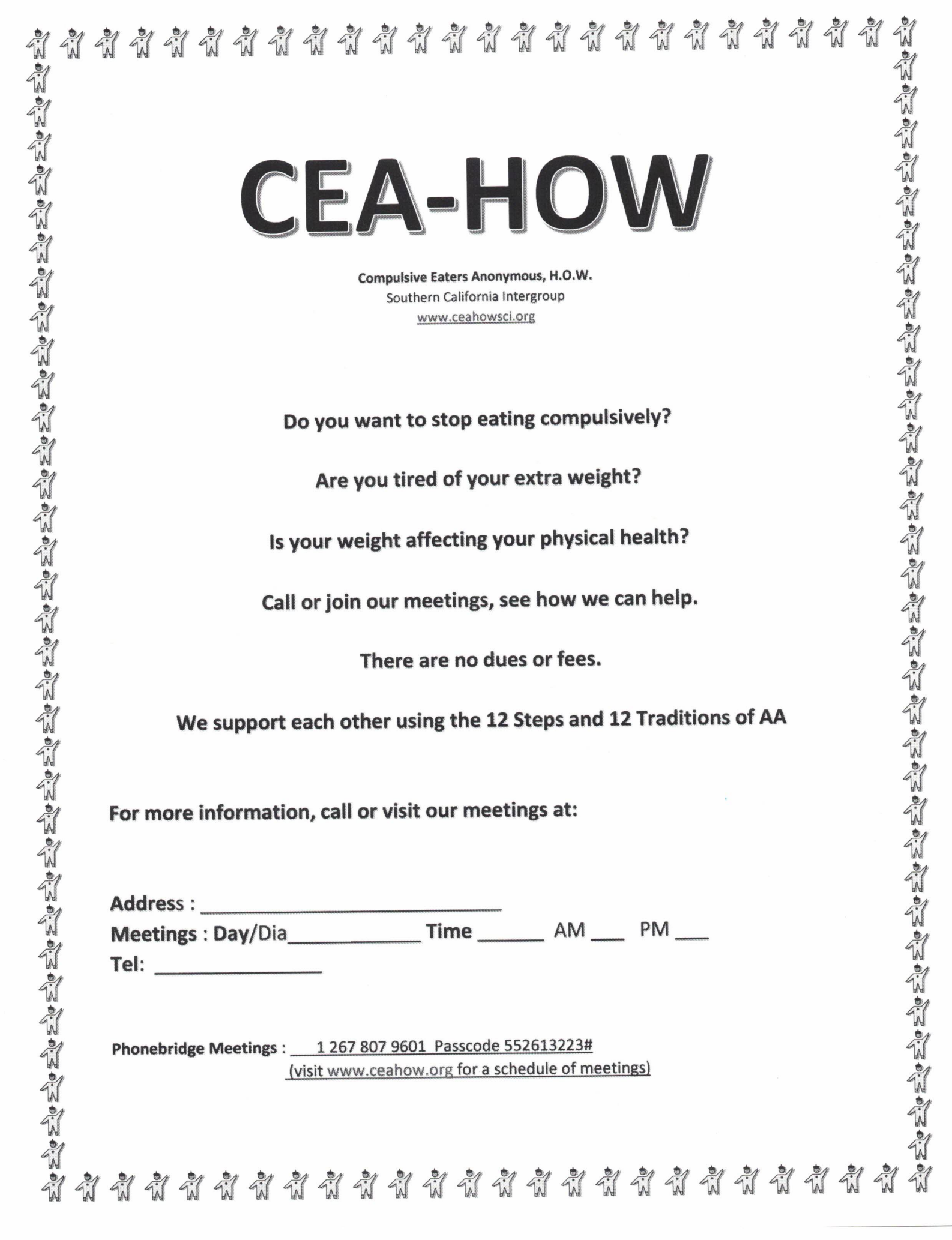
**Meetings are face-to-face, phone bridge, or electronic.  
Las reuniones son cara-a-cara, por teléfono o electrónicas.**

**For more information go to 'Find a Meeting'**

**Para más información vaya a 'Find a Meeting'**

**[www.ceahow.org](http://www.ceahow.org)**





# CEA-HOW

Compulsive Eaters Anonymous, H.O.W.  
Southern California Intergroup  
[www.ceahowsci.org](http://www.ceahowsci.org)

**Do you want to stop eating compulsively?**

**Are you tired of your extra weight?**

**Is your weight affecting your physical health?**

**Call or join our meetings, see how we can help.**

**There are no dues or fees.**

**We support each other using the 12 Steps and 12 Traditions of AA**

**For more information, call or visit our meetings at:**

**Address :** \_\_\_\_\_

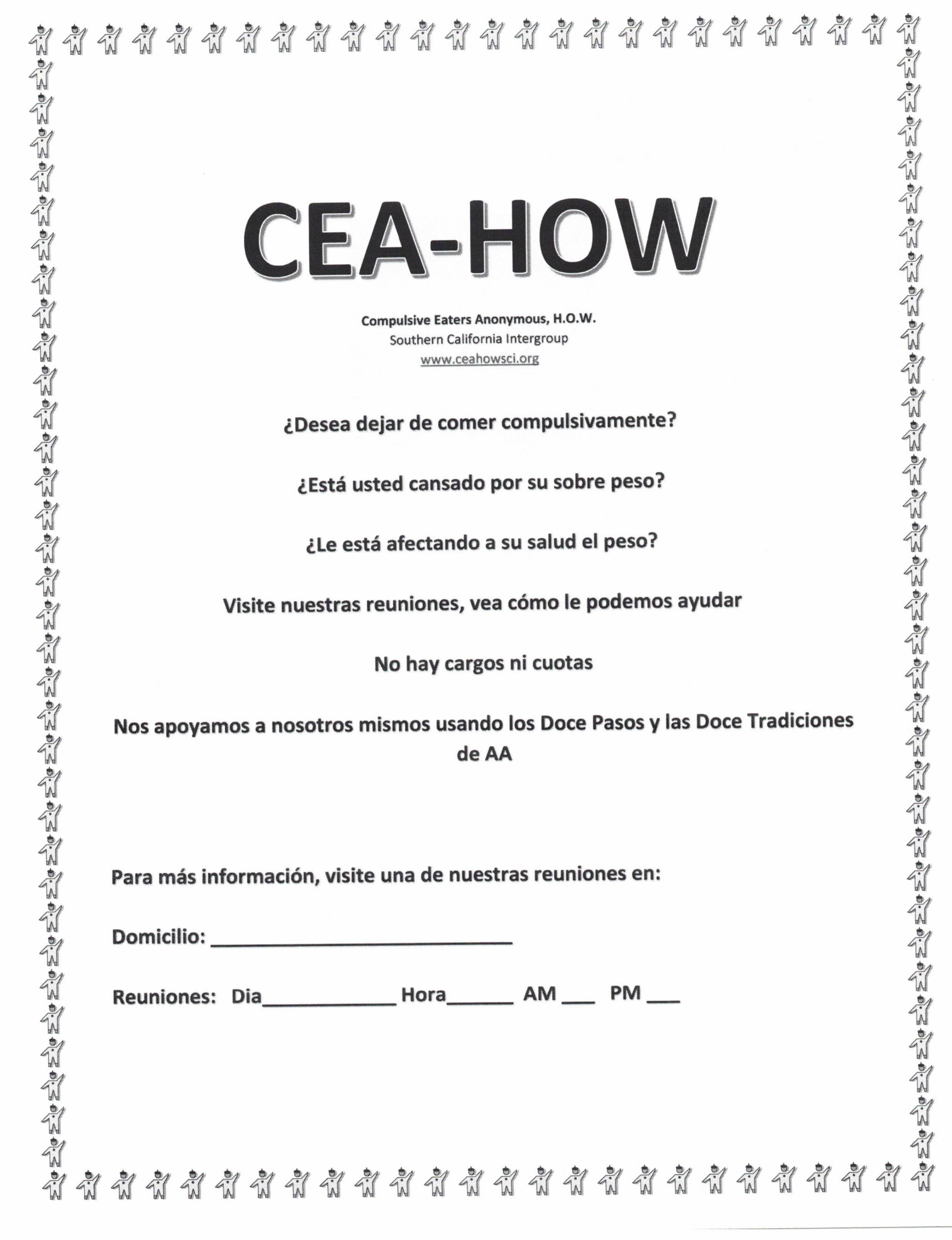
**Meetings : Day/Dia** \_\_\_\_\_ **Time** \_\_\_\_\_ **AM** \_\_\_\_ **PM** \_\_\_\_

**Tel:** \_\_\_\_\_

**Phonebridge Meetings :** 1 267 807 9601 Passcode 552613223#

(visit [www.ceahow.org](http://www.ceahow.org) for a schedule of meetings)





# CEA-HOW

Compulsive Eaters Anonymous, H.O.W.  
Southern California Intergroup  
[www.ceahowsci.org](http://www.ceahowsci.org)

**¿Desea dejar de comer compulsivamente?**

**¿Está usted cansado por su sobre peso?**

**¿Le está afectando a su salud el peso?**

**Visite nuestras reuniones, vea cómo le podemos ayudar**

**No hay cargos ni cuotas**

**Nos apoyamos a nosotros mismos usando los Doce Pasos y las Doce Tradiciones de AA**

**Para más información, visite una de nuestras reuniones en:**

**Domicilio:** \_\_\_\_\_

**Reuniones: Dia** \_\_\_\_\_ **Hora** \_\_\_\_\_ **AM** \_\_\_\_ **PM** \_\_\_\_

**Zoom 2024 al Mediodía**  
**Lunes, miércoles y viernes a las 12pm hora Pacífico**



**Reuniones Telefónicas:**

Español: \_\_1774 220 4000 Acceso 634992#  
(ver el sitio web [www.ceahow.org](http://www.ceahow.org) para los horarios de reuniones cada semana)

**ANOTE SUS REUNIONES Y HORARIOS AQUÍ**



# "LA LIBERTAD DE SER YO"

CEA-HOW

**El Grupo de Upland Los Invita  
a Su Segundo Aniversario**

Sabado 1º De Junio 2024  
10AM

330 E. 16th St.  
Upland Ca 91784  
Salon #16

Para mas información  
Silvia (909) 809-1237  
Olivia (760) 483 0885

Estacionamiento disponible

**Donación \$10**

Una cordial invitación para que nos acompañen  
Habrá comida de abstinencia