

INTERGROUP MEETING AGENDA/Agenda de Reunión de Grupo Intergrupar (IG)
JUNE 23, 2024 – 23 DE junio 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 / 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 May 31, 2024 – Reporte hasta el 31 de mayo de 2024

a. Total Year to date Income/ Ingresos al corriente anual: \$2,219.00

b. Total year to date Expenses/ Gastos al corriente anual: \$2,315.73

c. Net Proceeds (Loss)/ Ganancias o (Pérdidas): (- \$96.64)

d. Current Prudent Reserve/ Reserva Actual: \$12,827.39

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

f. Shortfall/Surplus Prudent Reserve/ Cantidad que menor o sobre la meta: \$7,262.39

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):

16. Standing Committees Reports/Reporte de comités permanentes:

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

c. Social Events– Stephanie / Eventos

d. Public Information - Betty M / Información Pública

- 17. Intergroup Business Cards/ Tarjetas de Presentación (\$10.00 per 100)- Contact Rureth at ceahowscilit@yahoo.com / Communiques con Rureth a ceahowscilit@yahoo.com.**
- 18. Área 1 News – Reps Stephanie, Betty / Noticias del Área 1**
- 19. WSO News and Events / Noticias de la Oficina de Servicios Mundiales WSO y Eventos**
Visit www.ceahow.org and subscribe/ Visite y suscríbese en www.ceahow.org
- 20. Old Business / Asuntos Pendientes**
a. Rae Z. Book / Libro de Rae Z
b. Conference 2024 / Conferencia del 2024
- 21. New Business /Asuntos Nuevos**
a. Approval of loan of Translation Equipment for the WSO Convention, July 2024
- 22. Announcements/Anuncios:**
a. WSO July is Gratitude Month (See announcement)
b. WSO Business Conference (July 17-19) / Conferencia de Trabajo de Servicios Mundiales (17-19 de julio)
c. WSO Global Convention (July 19-21) / Convención Global de Servicios Mundiales (19-21 de julio)
- 23. Next Intergroup Meeting/ Próxima Reunión – August 18, 2024 – 18 de agosto 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 4/21/24** – Acta del 21/4/24
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 4/21/24 - Acta del 21/4/24
By Venest

1. Meeting called to order by Chair – Stephanie at 12:04 p.m.

La reunión fue llamada al orden por la Coordinadora Patrushka a las 12:04 p.m.

2. Approval of minutes. Minutes of the 2/17/24 meeting were approved as presented.

Aprobación del acta. El acta del 17/2/24 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: 10 (WSO Rep -1)

Número de reuniones representadas: 10 (Rep de WSO - 1)

11. Treasure/Audit and Finance Report: Betty

There was a problem with Meeting #1054 contribution; Betty will have a review with Rureth to determine how it was posted. If money is sent through Zelle, it is automatically sent to WSO. Please, always send by PayPal.

Hubo un problema con la contribución de la reunión #1054; Betty revisará con Rureth para determinar como fue anotado en el reporte. Si el dinero se envía por medio de Zelle, es automáticamente enviado a la Oficina de Servicios Mundiales. Favor de usar siempre PayPal.

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 by the end of May.

Se necesita tener una reunión con Rrueth; Betty va a programarlo para el fin de mayo.

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

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

Need approval of flyer. Will be tabled until the next meeting.

Se necesita aprobación del volante. La discusión se pospuso para la proxima reunion

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

Meeting was held. Stephanie and Betty both attended. Change of hotel to LAX Hilton. If registrations were made, please cancel and change to LAX Hilton. Please make an announcement at all meetings. All merchandise available will be purchased online. Flyer forthcoming..

La reunión se llevó a cabo. Stephanie y Betty estuvieron presentes. Hubo un cambio de hotel al LAX Hilton. Si se hicieron las registraciones, favor de cancelar y cambiar a LAX Hilton. Favor de anunciar en todas las reuniones. Los artículos de venta estarán disponibles en línea. Volante disponible después..

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 está disponible.

16. **New Business** | Asuntos nuevos

a. **Global Convention July 19 – 21, 2024. Board will make a decision as to the amount of money to donate for the convention for coffee, etc.**

Convención Global 19 - 21 de julio. La Mesa directiva hara la decisión en la cantidad de dinero para donar a la convención para el café, etc.

b. **New workshop May 18, 2024.** / Nuevo taller el 28 de mayo

c. **San Fernando will present a workshop 6/2/24** / San Fernando tendrá un taller el 2/6/24

d. **The following meetings closed, Nos. 2150, 579. No. 698 Friday-regular meeting closed, changed to Wednesday, 5:30 a.m., meditation meeting on Zoom.**

Las siguientes reuniones se cerraron, Nos. 2150, 579. No. 698 viernes-reunión regular se cerró, cambio a miercoles, 5:30 a.m., reunión de meditación en Zoom.

17. **Next meeting, June 23, 2024 (moved from 6/16/24).**

Próxima reunión, 23 de junio 2024 (cambio de 16/6/24)

18. **Meeting ended at 1:30 pm.** | La reunión terminó a las 1:30 p.m.

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

5/31/2024

OPERATING FUNDS AVAILABLE	13,780.12
MONEY OWE (Sales Tax)	(195.58)
MONEY ACCRUED & RESERVED	<u>(757.15)</u>
Current Prudent Reserve	12,827.39
*Target Prudent Reserve for 2021	<u>5,565.00</u> *
Shortfall / Surplus	7,262.39

RESTRICTED ACCOUNT FOR WSO AND AREA 1	2,739.42
MONEY OWE TO WSO	(1,643.65)
MONEY OWE TO AREA ONE	<u>(1,095.77)</u>
	0.00

RESTRICTED SPECIAL EVENTS ACCOUNT	2,000.00
SPECIAL EVENTS ACCRUED	<u>0.00</u>
	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 MAY 31, 2024**

	ACTUAL	BUDGET
	<u>Jan '24 - Dec '24</u>	<u>2024</u>
Net Income		
400 - Contributions	1,920.95	5,000.00
401 - One Time Special Donation	0.00	0.00
402 - Literature	220.03	400.00
420 - Shipping collected & paid	77.65	100.00
422 - Misc Fund Raiser (Workshops, Etc.)	0.00	500.00
426 - Interest	0.46	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
Total Net Income	<u>2,219.09</u>	<u>6,000.00</u>
Expense		
520 - Literature Shipping	47.16	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	36.57	65.00
626 - In Reach Out Reach Exp.	0.00	0.00
675 - Out Side Services	<u>2,000.00</u>	<u>4,800.00</u>
Total Expense	<u>2,315.73</u>	<u>5,565.00</u>
Net Proceeds (Loss)	<u>(96.64)</u>	<u>435.00</u>

CEA - HOW SCI TOTAL GROUP CONTRIBUTIONS APR And MAY 24 (for WSO, Area 1, IG)

MTG#	CITY	Day	Time	AMOUNT
1031	Altadena*	Tue	7:00 PM	
9999	Anonymous			\$0.11
9999	Anonymous			\$5.09
9999	Anonymous			\$75.00
9999	Anonymous			\$25.00
9999	Anonymous			\$3.66
9999	Anonymous			\$8.00
9999	Anonymous			\$0.81
9999	Anonymous			\$8.00
9999	Anonymous			\$25.00
9999	Anonymous			\$20.00
9999	Anonymous			\$50.00
9999	Anonymous			\$100.00
9999	Anonymous			\$25.00
354	Baldwin Park*	Tue	7:30 PM	\$37.00
354	Baldwin Park*	Tue	7:30 PM	\$47.00
1836	Brea+	Wed	5:45 PM	
3	Buena Park	Mon	7:00 PM	\$50.00
1942	Carson	Fri	6:30 PM	\$10.00
767	Carson	Sat	4:00 PM	
1942	Carson	Fri	6:30 PM	\$40.00
977	Carson+	Sun	4:00 PM	
1512	Claremont	Wed	5:00 PM	\$26.00
763	Claremont	Fri	9:30 AM	\$50.00
763	Claremont	Fri	9:30 AM	\$10.00
763	Claremont	Fri	9:30 AM	\$10.00
1545	Claremont+	Mon	5:00 PM	
2300	Colton	Tue	6:30 PM	
536	Compton*	Fri	10:00 AM	\$30.00
536	Compton*	Fri	10:00 AM	\$30.00
440	Covina	Sat	9:00 AM	
1107	Covina+	Sat	8:00 AM	
201	Downey*	Sun	3:30 PM	\$10.00
1476	Fontana*	Tue	10:00 AM	\$90.00
698	Fontana**	Fri	9:30 AM	
2773	Hacienda Heights	Tue	6:00 PM	\$50.00
2088	Hawthorne	Mon	6:30 PM	\$28.91
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	\$20.00
1939	La Mirada	Sat	9:30 AM	\$20.00
762	La Puente	Sun	9:00 AM	
2105	Lomita	Fri	4:00 PM	
1573	Long Beach+	Mon	6:00 PM	
102	Long Beach+	Sat	9:00 AM	
1090	Los Alamitos	Tue	6:00 AM	
2755	Los Angeles	Tue	12:00 PM	
2758	Los Angeles	Fri	12:00 PM	

MTG#	CITY	Day	Time	AMOUNT
2754	Los Angeles	Mon	12:00 PM	
2757	Los Angeles	Thu	12:00 PM	
2756	Los Angeles	Wed	12:00 PM	
2273	Los Angeles	Sat	1:00 PM	
579	Los Angeles*	Fri	7:00 PM	
286	Los Angeles*	Tue	7:00 PM	
1815	Los Angeles*	Wed	7:00 PM	
465	Los Angeles*	Mon	7:00 PM	
267	Los Angeles*	Fri	7:00 PM	
221	Los Angeles*+	Thu	7:00 PM	
180	Los Angeles+	Sat	11:00 AM	
57	Los Angeles+	Wed	7:30 PM	
370	Lynwood*+	Sat	4:00 PM	\$40.00
696	Lynwood*+	Wed	7:00 PM	\$100.00
1287	Marina Del Rey	Mon	7:30 AM	
520	Marina D'Rey	Tue	7:30: AM	
237	Montclair*	Thu	7:00 PM	
1054	N. Hollywood*+	Sun	10:30 AM	\$247.00
1098	Norwalk*	Tue	10:00 AM	
72	Norwalk*+	Thu	7:00 PM	
1292	Online	Sat	9:30 AM	\$35.00
1292	Online	Sat	9:30 AM	\$15.50
1813	Ontario*	Tue	9:00 AM	
1922	Ontario*	Sat	9:00 AM	
1923	Pacoima*	Tue	9:00 AM	
0	PayPal Subscriptions	Any	12:00 PM	\$20.00
1135	Pico Rivera*+	Sat	9:00 AM	
1159	Pico Rivera*+	Mon	7:00 PM	\$25.00
1159	Pico Rivera*+	Mon	7:00 PM	\$34.00
71	Pomona+	Tue	9:30 AM	\$79.50
71	Pomona+	Tue	9:30 AM	\$65.00
2212	San Bernardino	Tue	6:30 PM	
66	San Gabriel*+	Thu	7:30 PM	\$94.00
66	San Gabriel*+	Thu	7:30 PM	\$53.00
2059	San Pedro	Tue	6:00 PM	
2272	San Pedro	Wed	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	
1742	South Gate*	Mon	9:00 AM	\$75.00
1742	South Gate*	Mon	9:00 AM	\$75.00
2160	South Gate*	Tue	7:00 PM	
4	Torrance	Mon	7:00 PM	
2771	Upland	Sat	9:00 AM	
1065	Whittier	Tue	7:00 PM	
1661	Whittier	Sun	7:00 PM	
2252	Whittier	Wed	6:30 PM	
2200	Whittier	Thu	12:00 PM	
1254	Whittier+	Wed	7:00 PM	
929	Yorba Linda	Sat	8:00 AM	
1463	Yorba Linda	Sat	7:00 AM	

Rae Z. and Friends

Now available!!!!

**We have BOOKS 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

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

CEA-HOW INTERGRUPAL SUR DE CALIFORNIA #90099

NUEVAS REUNIONES / ACTUALIZACIONES

Junio 2024

No. de Reunion	Dia	Horario	Lugar / Email
2806	Sabado	9 AM	4679 W. El segundo Blvd Los Angeles, 90250
2088	Lunes	7 PM	11901 Acacia Ave Hawthorne, 90250
2807	Viernes	5 PM	- 108 18th Street Bakersfield, CA 93304
			-

CEA-HOW SCI LITERATURE ORDER FORM

PAMPHLETS					PANFLETOS EN ESPAÑOL				
Qty	Title/Description	Item #	\$/Unit	\$ Amt	Qty	Title/Description	Item #	\$/Unit	\$ Amt
	Welcome Newcomer	821	\$1.05			Bienvenidos a CEA-HOW	921	\$1.05	
	A View of Medical Abstinence	822	\$2.45			Un Vistazo a la Abinencia Medca	922	\$2.45	
	Am I a Food Addict	823	\$2.45			Soy Un Addicto a la Comida?	923	\$2.45	
	Overview of the 12 Steps	825	\$2.45			Un Resumen del Plan de Recuperacion	925	\$2.45	
	The CEA-HOW Concept	826	\$2.45			La Filosofia de CEA-HOW	926	\$2.45	
	The Meaning of Abstinence	827	\$2.45			Lo Que Significa Abstinencia	927	\$2.45	
	Weighing & Measuring	828	\$2.45			Midiendo y Pensando	928	\$2.45	
	What is Food Addiction	829	\$2.45			Que Es Adiccion a la Comida?	929	\$2.45	
	CEA-HOW Pamphlets (Compilation)	836	\$11.00						
	Giving Services	838	\$2.00			Dar Servicio	938	\$2.00	
	Public Information Brochure	839	\$0.21			Folleto de la Informacion de Publica	939	\$0.21	
WORKING THE PROGRAM					TRABAJANDO EL PROGRAMA				
	Steps 6 thru 12	801	\$3.85			Pasos 6 al 12	901	\$3.85	
	From Relapse to Abstinence	803	\$3.85			De la Racaída a la Abstinencia	903	\$3.85	
	Broaden your Experience of Sponsoring	804	\$4.20						
	Recommitment Questions	805	\$3.85			Preguntas de Renovacion	905	\$3.85	
	Kaleidoscope	806	\$3.85			Calidoscopio	906	\$7.00	
	Newcomers to CEAHOW-Steps 1,2&3	807A	\$6.50			Recien Llegados al Programa - Pasos 1,2y3	907A	\$6.50	
	Sponsor Guidelines 4th Step Inventory 4&5	807B	\$8.00			Guias de Apadrinamiento-Inventario Pasos 4y5	907B	\$8.00	
	Maintenance Sponsor Guide	808	\$7.00			Guia de Mantenimiento	908	\$7.00	
	Workbook, AA Big Book	809	\$4.55			Libro de Trabajo, AA Libro Grande	909	\$4.55	
	Came to Believe Questions	810	\$4.90			Liegamos a Creer	910	\$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 th Ed.	816A	\$4.55						
	Celebrating the Program, Part II, BB 4 th Ed.	816B	\$8.75						
	Celebrating the Program, Part III, BB 4 th Ed.	816C	\$7.35						
	As Bills Sees It Questions (A) 1-50	817A	\$4.90			Como Lo Ve Bill (A) 1-50	917A	\$4.90	
	As Bills Sees It Questions (B) 51-100	817B	\$4.90			Como Lo Ve Bill (B) 51-100	917B	\$4.90	
	As Bills Sees It Questions (C) 101-150	817C	\$4.20			Como Lo Ve Bill (C) 101-150	917C	\$4.20	
	As Bills Sees It Questions (D) 151-200	817D	\$3.85			Como Lo Ve Bill (D) 151-200	917D	\$3.85	
	As Bills Sees It Questions (E) 201-250	817E	\$4.90			Como Lo Ve Bill (E) 201-250	917E	\$4.90	
	As Bills Sees It Questions (F) 251-332	817F	\$5.25			Como Lo Ve Bill (F) 251-332	917F	\$5.25	
	12 Traditions Study Guide	818	\$4.90			Guia De Las 12 Tradiciones	918	\$4.90	
	Abstinence Model	820	\$2.45			Modelo de Abstinencia	920	\$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						
FOOD PLANS					PLANES DE COMIDA				
	Forever Abstinent	811	\$6.75			Por Siempre en Abstinencia	911	\$6.75	
CEA-HOW BOOKS					LIBROS DE CEA-HOW				
	Achieving Balance Cookbook	855	\$14.70			Apadrinamiento en CEA-HOW	956	\$12.60	
	Sponsoring in CEA-HOW	856	\$12.60						
	Recipes We Love Cookbook	857	\$16.50			Manual de Servicio	958	\$12.60	
	Service Manual	858	\$12.60						
	Rae Z and Friends - Stories of Recovery	890	\$12.00						
AA CONFERENCE APPROVED LITERATURE					AA LITERATURA APROVADA				
	AA Big Book (Hard Cover)	2050	\$10.00			AA Libro Grande	7050	\$10.00	
	AA 12 & 12	2200	\$9.75			AA 12 & 12 (Español)	7200	\$9.75	
	As Bill Sees It	2350	\$12.60			Como lo Ve Bill	7350	\$12.04	
	Came to Believe Book	2400	\$7.00			Liegamos a Creer	7400	\$7.00	
	Daily Reflections	2450	\$14.35			Reflexiones Diarias	7450	\$14.35	
	Living Sover	2550	\$7.35			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

Please make an announcement that donations with no meeting information will be credited as anonymous donations, also announced that members can make automatic monthly donations via PayPal and Venmo, few members are doing it now. They need to include the information about the meeting, so the meeting gets credit.

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

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

Thank you,

Rureth



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 Intergroup instead of three (Intergroup, Area and World Service). We also understood that we were only among a few Intergroups that requires three checks to be written. Intergroup 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
 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 Intergroup en lugar de tres (Intergroup, Area y Servicio Mundial). También se nos dio a entender que somos una de las pocas Intergroupales 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 intergrupales tomaran la concientización de grupo que solamente se escriba un cheque por la cantidad completa y enviarlo a la Intergroupal.

La Intergroupal va a conservar la tradición de repartir el 50% a la Intergroupal, 30% al Servicio Mundial, y 20% al la Asamblea de Area. **Envíe por correo la cantidad total a la Oficina Intergroupal** donde se hará el reparto (30%/20%) y se enviará al Servicio 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
 ceahowscilit@yahoo.com

Living Happy, Joyous and Free

Door Prize

50/50 Raffle

Walking

Gift Baskets

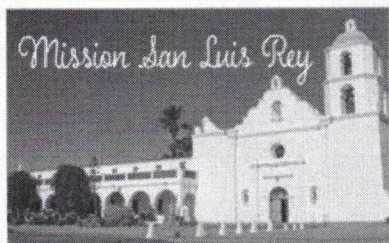
Speakers

Writing

25th San Diego CEA-HOW Intergroup Birthday
One Day Retreat at
Mission San Luis Rey

Crafts

Saturday, October 5, 2024 • 10:00 AM to 4:00 PM
\$35 Including Lunch



4050 Mission Avenue, Oceanside, CA 92057

*Please RSVP by September 1st to
Karen S at 619-972-3520.*

*When you RSVP she will give you her address
so you can send a check or cash or you can
pay with Venmo or Zelle.*

Look forward to seeing you at the retreat.

JULY IS GRATITUDE MONTH

JUNE 30 @ 8:00 AM - AUGUST 1 @ 5:00 PM

Show your gratitude for CEA-HOW by making direct donations to World Service the following ways!

HELP CARRY THE MESSAGE BY SUPPORTING THE FELLOWSHIP

HELP CEA-HOW GROW!

EXPRESS YOUR GENEROSITY AS INDIVIDUAL MEMBERS AND THROUGH DONATING OF FUNDS IN EXCESS OF PRUDENT RESERVES BY AREAS AND INTERGROUPS *IN THE SPIRIT OF TRADITION 1 – (UNITY) AND TRADITION 7 (SELF-SUPPORTING THROUGH OUR OWN CONTRIBUTIONS)*

- *Seventh Tradition Donations to CEA-HOW have been down, largely as a result of the decrease in face-to-face meetings.*
- *The cost of providing the services at the World Service level continues to rise.*

Show your support, appreciation and gratitude for all that CEA-HOW has done for your recovery by making a donation to CEA-HOW's World Service Office in honor of Gratitude Month.

2. OR click this link to donate via website: <https://www.ceahow.org/en/service-bodies-committees/ceahow-service-structure/world-service/support-the-fellowship-make-a-donation/>

3. OR mail a check: Compulsive Eaters Anonymous – HOW, 3371 Glendale Boulevard, Suite 104, Los Angeles CA 90039. Please write "Gratitude Month donation" in the memo. Treasurers, please include on your checks the Intergroup or Meeting number.