

CEAHOW SOUTHERN CALIFORNIA INTERGROUP MEETING - AGENDA
Agenda - CEA-HOW Intergrup al del Sur de California
OCTOBER 20, 2024 – 12 P.M. - 20 DE OCTUBRE DEL 2024

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

Tel. [1-669-900-6833](tel:1-669-900-6833), ID. [830 6652 8484](tel:830-6652-8484)#, Password. [403072812](tel: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 your are not speaking / 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 / Bienvenida a los nuevos
Number of new IR's / Numero de representantes nuevos: _____

6. IR's Packet Overview / Revisión del paquete de RI

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 intergrup al): 0

10. Total number of meetings / No. total de reuniones: 53 - 25 English – 28 Spanish

In-Person Meetings / Reuniones en Persona: 20 English – 24 Spanish

Zoom or Teleconference Meetings / Reuniones por Zoom o Teleconferencia: 4 English – 5 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 September 30, 2024 – Reporte hasta el 30 de Septiembre de 2024

a. Total Year to date Income/ Ingresos al corriente anual: \$4,381.69

b. Total year to date Expenses/ Gastos al corriente anual: \$4,355.36

c. Net Proceeds (Loss)/ Ganancias o (Pérdidas): \$26.33

d. Current Prudent Reserve/ Reserva Actual: \$12,746.55

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

f. Shortfall/Surplus Prudent Reserve/ Cantidad que menor o sobre la meta: \$7,181.55

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 medidoras) 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 – Área Representatives 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. **Intergroup Cell Phone Volunter List (attached)** / Teléfono celular de la Intergrupar, lista de voluntarios (adjunta)
21. **New Business** /Asuntos Nuevos
 - a. **Elections \ Elecciones**
Área Representatives and Alternantes / Representantes de área y alternos
 - a. **Nominations** - Nominaciones
Secretary / Secretaria
Vice Chair / Co-coordinador
Chair / Coordinador
22. **Announcements/Anuncios:**
 - a. **WSO Global Convention 2025. Price good through 10/31/24, \$322 or \$32 per month for 9 months.** / Convención Global de Servicios Mundiales 2025. El precio vigente hasta el 31/10/24, \$322 o \$32 al mes por 9 meses.
 - b. **Spanish SCI Anniversary event, 10/26/24, 3:30 PM, Compton, CA / Evento de aniversario en Español, 26/10/24, 3:30 PM, Compton, CA**
23. **Next Intergroup Meeting/ Próxima Reunión – December 15, 2024 – 15 de diciembre de 2024 @ 12 pm.**
24. **Adjournment _____ p.m.** / Cierre a las _____ p.m.

Attachments – Adjuntos

1. **Minutes of 8/18/24** – Acta del 18/8/24
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. **Flyers** – Anuncios

CEA-HOW Southern California Intergroup

Meeting Minutes of 8/18/24 - Acta del 18/8/24

By Venest

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

La reunión fue llamada al orden por la Coordinadora Stephanie a las 12:05 p.m.

2. **Approval of minutes. Minutes of the 6/23/24 meeting were approved as presented.**

Aprobación del acta. El acta del 23/6/24 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 | Reuniones nuevas: 0

7. **Closed meetings:** 0 | Reuniones que cerraron: 0

8. **Meetings moved to another Intergroup:** 0 | Reuniones que cambiaron a otra intergrupala: 0

9. **Total number of meetings:** 53 | Total de reuniones: 53

English, 25 – Spanish, 28 | ingles,25 - espanol, 28

Face-to-face: 43; 19-English; 24-Spanish Cara-a-cara: 43; 19-ingles; 24-español

Zoom/teleconference: 10; 4 – English; 6 – Spanish | Zoom/tele-conf.: 4-ingles; 6-español

10. **Number of groups represented:** 10 - WSO Rep -2

Número de reuniones representadas: 10 - Rep. de WSO - 2

11. **Treasure/Audit and Finance Report: Betty**

If money is sent through Zelle, it is automatically sent to WSO. Please, always send by PayPal or US postal mail.

Si el dinero se envía por medio de Zelle, es automáticamente enviado a la Oficina de Servicios Mundiales. Favor de usar siempre PayPal or correo postal

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

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

Rureth, Betty and Patricia met regarding the Bank account and signature cards updated. Rureth, Betty and Venest will meet at Wells Fargo Bank to sign new signatures cards. A vote was made and seconded for the approval of the purchase of the telephone. Rureth will be responsible for the phone and will communicate all calls received to the Committee. Service charge is not to exceed \$40.00 a month.

Rureth, Betty y Patricia se reunieron sobre la cuenta bancaria y la actualización de firmas. Rureth, Betty y Venest van a reunirse con el banco de Wells Fargo para agregar sus firmas a la

cuenta. La moción se hizo, se secundó y aprobó. Comprar un teléfono celular. Rureth será responsable del teléfono y dará informe al Comité sobre las llamadas. El cargo del celular que no exceda a más de \$40 por mes.

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

c. **Public Information: Betty** | Información Pública

Need approval of flyer. \ Se necesita la aprobación del volante.

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

Signups are needed for delegates. Stephanie and Betty are Area 1 representatives. Aneisa, WSO President, stated we should encourage people to become reps. Qualifications: 6 months abstinent and have service. Election will take place at the October meeting for 2025. We need everyone to come to this meeting to vote. Betty stated she really enjoyed the conference and encourage more participation.

Se necesitan delegados. Stephanie y Betty son representantes del Área 1. Aneisa, Coordinadora de la Mesa de Servicios Mundiales, indico que deberíamos animar a la gente para dar el servicio de representantes. Cualificaciones: 6 meses de abstinencia y experiencia en el servicio. Las elecciones se llevan a cabo en la reunión de Octubre para el 2025. Necesitamos que estén presentes en esta reunión. Betty hablo de como ella disfruta la conferencia y anima a todos para que haya más participación.

14. **WSO News and events** | Anuncios de eventos de WSO

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

15. **Old Business** | Asuntos Pendientes

Rae Z books are still available at \$17. | El libro "Rae Z" todavía está disponible a un costo de \$17.00

16. **New Business** | Asuntos nuevos

a. **SCI Event. SCI CEA HOW Spanish Anniversary celebration will take place October 26,2024. Flyer will be sent for approval on Monday, August 20, 2024. \$2,000 is needed for a down payment for food, music and rental. Tickets will be \$35.00 per person, raffle 50/50. Time 3:30 – 8:30 pm. Address: 519 E. Palmer St., Compton, CA. 100 people are guaranteed and can hold up to 150 people.**

Evento de SCI. La celebración de Aniversario en español será el 26 de octubre de 2024. El volante se envió para ser aprobado el lunes, 20 de agosto, 2024. Se necesitan \$2,000 de deposito para la comida, música y renta del salón. Los boletos son de \$35 por persona, habrá rifa de 50/50. Horario es de 3:30 – 8:30 p.m., 519 E Palmer St., Compton CA. El evento garantiza 100 personas, pero el lugar es para 150 personas.

b. **2025 Convention - \$290.00 until 8/31/24.** \ 2025 Convención. Precio \$290 hasta el 31/8/24.

17. **Next meeting, Sunday, October 20, 2024.** / Próxima reunión, 20 de octubre de 2024.

18. **Meeting ended at 12:00 pm.** | La reunión terminó a las 12:00 p.m.

ARTICLE 4

SECTION 4. EXECUTIVE BOARD AND AREA REPRESENTATIVE QUALIFICATIONS

- a) Working the Twelve Steps, the HOW Concept and Seven Tools of Recovery Program for one (1) year.
- b) Familiarity with the Twelve Traditions and Twelve Concepts of Service.
- c) Six (6) months current CEA-HOW abstinence.
- d) Regular attendance of an active group for a period of one (1) year and to be or have been an IR.

ARTICLE 5

SECTION 8. TERM OF OFFICE

- a) Board members shall be elected to serve for a period of one (1) year.
- b) Board members shall serve no more than two (2) consecutive terms.
- c) After an interval of one (1) year, they may be eligible again for election or appointment.

SECTION 9. RESPONSIBILITIES OF THE INTERGORUP BOARD

a) Chair:

1. Shall preside at all regular and special meetings of this Intergroup.
2. Shall be responsible for establishing all Intergroup meeting agendas.
3. May cast the deciding vote to make or break a tie.
4. Shall be an ex-officio member of each committee and may attend all standing committee meeting.
5. May be removed after two (2) consecutive and unexcused absences from this Intergroup's meeting.

b) Vice-Chair:

1. Shall serve in the absence of the Chair.
2. Shall assist the Chair, Secretary, Treasurer whenever needed.
3. May act as a liaison and attend all standing committee meetings.
4. May be removed after two (2) consecutive and unexcused absences from this Intergroup's meetings.

c) Secretary:

1. Shall maintain a file of all minutes of past meetings and a copy of said minutes shall be provided upon request (seven '7' days from each Intergroup and/or Board meetings)
2. Shall maintain and direct correspondence as needed (may be assisted by office staff).
3. May distribute a notice of all Intergroup meetings as described in Article VI, Section 4(a) (may be assisted by office staff).
4. May act as a liaison and attend all standing committee meetings.
5. Assist in informing the General Service Office of CEA-HOW of all changes in group information (may be assisted by office staff).
6. May be removed after two (2) consecutive and unexcused absence from this Intergroup's meeting.

d) Treasurer:

1. Shall maintain a checking and/or savings account, if necessary for dispersal of Intergroup funds requiring two (2) signatures (may be assisted by the office staff).
2. Must submit financial reports with budget and actual figures each month at the Intergroup meetings.
3. Shall serve as Chair of the Finance Committee.
4. Shall secure and publish an annual audit of financial records before newly installed Treasurer assume the responsibilities.
5. May act as a liaison and attend all standing committee meetings.
6. May be removed after two (2) consecutive and unexcused absences from this Intergroup meetings.

e) Area Assembly Representative(s):

1. Attend and report on all Area Assembly meetings.
2. Shall meet all qualifications and requirements outlined in Area One's Bylaws.
3. Act as a liaison between Area Assembly and the Intergroup and/or Board.
4. May be removed after two (2) consecutive and unexcused absences from this Intergroup's meetings.

**CEA - HOW, SCI
PRUDENT RESERVE REPORT
AS OF AUGUST 30, 2024**

9/30/2024

OPERATING FUNDS AVAILABLE	13,591.17
MONEY OWE (Sales Tax)	(87.47)
MONEY ACCRUED & RESERVED	<u>(757.15)</u>
Current Prudent Reserve	12,746.55
*Target Prudent Reserve for 2021	<u>5,565.00</u> *
Shortfall / Surplus	7,181.55

RESTRICTED ACCOUNT FOR WSO AND AREA 1	542.50
MONEY OWE TO WSO	(325.50)
MONEY OWE TO AREA ONE	<u>(217.00)</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 AUGUST 30, 2024**

	ACTUAL	BUDGET
	Jan '24 - Dec '24	2024
Net Income		
400 - Contributions	3,991.20	5,000.00
401 - One Time Special Donation	0.00	0.00
402 - Literature	306.12	400.00
420 - Shipping collected & paid	83.65	100.00
422 - Misc Fund Raiser (Workshops, Etc.)	0.00	500.00
426 - Interest	0.72	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	4,381.69	6,000.00
Expense		
520 - Literature Shipping	96.97	100.00
604 - Office Supplies/IG Mtg copies	0.00	0.00
606 - Telephone	357.28	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	69.11	65.00
626 - In Reach Out Reach Exp.	0.00	0.00
675 - Out Side Services	3,600.00	4,800.00
Total Expense	4,355.36	5,565.00
Net Proceeds (Loss)	26.33	435.00

CEA - HOW SCI TOTAL GROUP CONTRIBUTIONS AUG and SEP 24 (for WSO, Area I, IG)

MTG#	CITY	Day	Time	AMOUNT
1031	Altadena*	Tue	7:00 PM	
9999	Anonymous			\$75.00
9999	Anonymous			\$25.00
9999	Anonymous			\$36.50
9999	Anonymous			\$36.50
9999	Anonymous			\$8.00
9999	Anonymous			\$8.00
9999	Anonymous			\$25.00
354	Baldwin Park*	Tue	7:30 PM	\$98.00
354	Baldwin Park*	Tue	7:30 PM	\$33.50
1836	Brea+	Wed	5:45 PM	
3	Buena Park	Mon	7:00 PM	\$60.00
767	Carson	Sat	4:00 PM	
1942	Carson	Fri	6:30 PM	\$35.00
1942	Carson	Fri	6:30 PM	\$20.00
977	Carson+	Sun	4:00 PM	
763	Claremont	Fri	9:30 AM	\$30.00
1512	Claremont	Wed	5:00 PM	
1545	Claremont+	Mon	5:00 PM	
2300	Colton	Tue	6:30 PM	
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	\$30.00
698	Fontana*+	Fri	9:30 AM	
2773	Hacienda Heights	Tue	6:00 PM	\$45.00
2773	Hacienda Heights	Tue	6:00 PM	\$58.00
2088	Hawthorne	Mon	6:30 PM	\$66.00
2088	Hawthorne	Mon	6:30 PM	\$49.00
2088	Hawthorne	Mon	6:30 PM	\$35.50
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	
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	
2756	Los Angeles	Wed	12:00 PM	
2757	Los Angeles	Thu	12:00 PM	

MTG#	CITY	Day	Time	AMOUNT
2755	Los Angeles	Tue	12:00 PM	
2273	Los Angeles	Sat	1:00 PM	
2758	Los Angeles	Fri	12:00 PM	
267	Los Angeles*	Fri	7:00 PM	
1815	Los Angeles*	Wed	7:00 PM	
465	Los Angeles*	Mon	7:00 PM	
286	Los Angeles*	Tue	7:00 PM	
579	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	\$65.00
696	Lynwood*+	Wed	7:00 PM	
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	\$120.00
1098	Norwalk*	Tue	10:00 AM	
72	Norwalk*+	Thu	7:00 PM	
1292	Online	Sat	9:30 AM	\$30.00
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	
1135	Pico Rivera*+	Sat	9:00 AM	
1159	Pico Rivera*+	Mon	7:00 PM	\$30.00
71	Pomona+	Tue	9:30 AM	
2212	San Bernardino	Tue	6:30 PM	
66	San Gabriel*+	Thu	7:30 PM	
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	
1742	South Gate*	Mon	9:00 AM	\$100.00
1742	South Gate*	Mon	9:00 AM	\$100.00
4	Torrance	Mon	7:00 PM	
2771	Upland	Sat	9:00 AM	
2200	Whittier	Thu	12:00 PM	
1661	Whittier	Sun	7:00 PM	
2252	Whittier	Wed	6:30 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

October 18, 2024

From: Rureth, Accountant

To: Intergroup Representatives

Re: Seventh Tradition

Attached please find the financial reports for the month of Aug and Sep 2024, Donations and Flyer for distribution of the Rae Z and Friends book; we need to promote this book.


I am also including the most revised order form and literature order form.

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

ZELLE LINK: (626) 419-5941

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

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



CEA - H.O.W., SCI

INTRODUCING OUR NEW CELL PHONE NUMBER

**(626)
419-5941**



To order literature send
text only

SCI Address:
PO Box 1836
Duarte, CA 91009
ceahowscilit@yahoo.com

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 Racaida 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			Reflexiones Diarias	933	\$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						
	Sponsoring in CEA-HOW	856	\$12.60			Apadrinamiento en CEA-HOW	956	\$12.60	
	Recipes We Love Cookbook	857	\$16.50						
	Service Manual	858	\$12.60			Manual de Servicio	958	\$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						
	Came to Believe Book	2400	\$7.00						
	Daily Reflections	2450	\$14.35						
	Living Sover	2550	\$7.35						
COLUMN A SUBTOTAL					SUBTOTAL COLUMNA B				

PRICES SUBJECT TO CHANGE WITHOUT NOTICE.

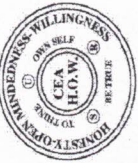
TOTAL ORDER AMOUNT A&B \$ _____ (+)
 SALES TAX - CA Residents Only \$ _____ (+)
 GRAND TOTAL (US \$ ONLY) \$ _____ (=)

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) 419-5941



COMPULSIVE EATERS ANONYMOUS-HOW
 Southern California Intergroup & Central Office
 P.O. BOX 1836
 DUARTE, CA 91009-4836
 (626) 419-5941

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 required 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

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 intergroupal tomaran la conciencia 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

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

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

SCI
CEA HOW

Aniversario

Sabado Octubre 26 /2024

Nuestra sra. De La Victoria
519 E. Palmer st. Compton
Ca. 90221.

Con su lema

3:30 pm a 8:30 pm

Progreso en el desarrollo

Oradores

- ***Rifas*** ▪ ***Cena***
- ***50/50*** ▪ ***Baile***

Contactos:

Betty: 310 780 0508
Norma: 310 590 5579

Vestimenta:

De tu artista favorito,
personaje, princesa, etc.

Costo \$35.00

