

CEAHOW SOUTHERN CALIFORNIA INTERGROUP MEETING - AGENDA
Agenda - CEA-HOW Intergrupar del Sur de California
DECEMBER 15, 2024 – 12 P.M. - 15 DE DICIEMBRE 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 you 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 intergrupar): 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:

Reports of October and November 2024 – Reportes octubre y noviembre de 2024

a. Total Year to date Income/ Ingresos al corriente anual: \$6,071.67

b. Total year to date Expenses/ Gastos al corriente anual: \$5,234.96

c. Net Proceeds (Loss)/ Ganancias o (Pérdidas): \$836.71

d. Current Prudent Reserve/ Reserva Actual: \$13,690.49

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

f. Shortfall/Surplus Prudent Reserve/ Cantidad que menor o sobre la meta: \$9,125.49

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**
a. **Area 1 Assembly, 3/2/25 / Asamblea del Area 1, 2/3/25**
b. **Motions due: Literature motions by 2/1/24, Bylaw motions by 3/1/24 / Fechas de mociones: Mociones de literatura antes del 2/1/24, mociones de reglamentos antes de 1/3/24.**
- 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 / Teléfono celular de la Intergrupar, lista de voluntarios**
- 21. New Business /Asuntos Nuevos**
a. **Nominations/Election - Nominaciones y elecciones**
Secretary / Secretaria
Vice Chair / Co-coordinador
Chair / Coordinador
- 22. Announcements (attached) /Anuncios (adjuntos):**
a. **January is Gratitude Month / El mes de enero es mes de gratitude**
- 23. Next Intergroup Meeting/ Próxima Reunión – February 16, 2024 – 16 de febrero de 2024 @ 12 pm.**
- 24. Adjournment ____ p.m. / Cierre a las ____ p.m.**
- Attachments – Adjuntos**
1. **Minutes of 10/20/24 – Acta del 20/10/24**
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 EVENTS – 2024

Jan 14 2025

January is gratitude month

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Feb14

**February 14, 2025 @ 12:00 am - February 16, 2025 @ 11:59 pm**

Area 2 Assembly

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Feb22

1:00 pm – 2:30 p.m.

Electronic Intergroup English Plant-Based Workshop ZOOM

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**Friday, July 18. 2025 3 P.M. to Sunday, July 20 12 P.M.**

CEA-HOW Global Convention 2025

**Sonesta LAX Hotel, 5985 W Century Blvd, Los Angeles, CA 90045**

**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 - español, 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 mas 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.

December 13, 2024

From: Rureth, Accountant

To: Intergroup Representatives

Re: Seventh Tradition

Attached please find the financial reports for the month of Oct and Nov 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 announced 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 meeting gets credit.

ZELLE LINK: (626) 419-5941

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

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

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

11/30/2024

|                                  |                          |
|----------------------------------|--------------------------|
| OPERATING FUNDS AVAILABLE        | 14,553.67                |
| MONEY OWE (Sales Tax)            | (106.03)                 |
| MONEY ACCRUED & RESERVED         | <u>(757.15)</u>          |
| Current Prudent Reserve          | <b>13,690.49</b>         |
| *Target Prudent Reserve for 2021 | <u><b>5,565.00</b></u> * |
| Shortfall / Surplus              | <b>8,125.49</b>          |

|                                       |                 |
|---------------------------------------|-----------------|
| RESTRICTED ACCOUNT FOR WSO AND AREA 1 | 1,482.38        |
| MONEY OWE TO WSO                      | (889.43)        |
| MONEY OWE TO AREA ONE                 | <u>(592.95)</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 NOVEMBER 30, 2024**

|                                          | <b>ACTUAL</b>            | <b>BUDGET</b>        |
|------------------------------------------|--------------------------|----------------------|
|                                          | <u>Jan '24 - Dec '24</u> | <u>2024</u>          |
| <b>Net Income</b>                        |                          |                      |
| 400 - Contributions                      | 5,077.07                 | 5,000.00             |
| 401 - One Time Special Donation          | 0.00                     | 0.00                 |
| 402 - Literature                         | 353.61                   | 400.00               |
| 420 - Shipping collected & paid          | 99.15                    | 100.00               |
| 422 - Misc Fund Raiser (Workshops, Etc.) | 0.00                     | 500.00               |
| 426 - Interest                           | 0.84                     | 0.00                 |
| 450 - B-Day Party                        | 0.00                     | 0.00                 |
| 460 - Spring Retreat                     | 0.00                     | 0.00                 |
| 475 - Hisp Committee Anniversary         | 541.00                   | 0.00                 |
| <b>Total Net Income</b>                  | <u>6,071.67</u>          | <u>6,000.00</u>      |
| <b>Expense</b>                           |                          |                      |
| 520 - Literature Shipping                | 96.97                    | 100.00               |
| 604 - Office Supplies/IG Mtg copies      | 0.00                     | 0.00                 |
| 606 - Telephone                          | 421.16                   | 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                     | 84.83                    | 65.00                |
| 626 - In Reach Out Reach Exp.            | 0.00                     | 0.00                 |
| 675 - Out Side Services                  | 4,400.00                 | 4,800.00             |
| <b>Total Expense</b>                     | <u>5,234.96</u>          | <u>5,565.00</u>      |
| <b>Net Proceeds (Loss)</b>               | <u><b>836.71</b></u>     | <u><b>435.00</b></u> |

**CEA - HOW SCI TOTAL GROUP CONTRIBUTIONS OCT and NOV 24** (for WSO, Area1, IG)

| MTG#  | CITY               | Day | Time     | AMOUNT  |
|-------|--------------------|-----|----------|---------|
| 1031  | Altadena*          | Tue | 7:00 PM  |         |
| 9999  | Anonymous          |     |          | \$60.00 |
| 9999  | Anonymous          |     |          | \$8.00  |
| 9999  | Anonymous          |     |          | \$25.00 |
| 9999  | Anonymous          |     |          | \$20.00 |
| 9999  | Anonymous          |     |          | \$25.00 |
| 9999  | Anonymous          |     |          | \$8.00  |
| 2807  | Bakersfield*       | Fri | 5:00 PM  | \$50.00 |
| 354   | Baldwin Park*      | Tue | 7:30 PM  | \$60.00 |
| 354   | Baldwin Park*      | Tue | 7:30 PM  | \$38.00 |
| 1836  | Brea+              | Wed | 5:45 PM  |         |
| 3     | Buena Park         | Mon | 7:00 PM  | \$35.00 |
| 3     | Buena Park         | Mon | 7:00 PM  | \$30.00 |
| 1942  | Carson             | Fri | 6:30 PM  | \$35.00 |
| 1942  | Carson             | Fri | 6:30 PM  | \$20.00 |
| 767   | Carson             | Sat | 4:00 PM  | \$55.00 |
| 1942  | Carson             | Fri | 6:30 PM  | \$50.00 |
| 977   | Carson+            | Sun | 4:00 PM  |         |
| 1512  | Claremont          | Wed | 5:00 PM  | \$36.40 |
| 1512  | Claremont          | Wed | 5:00 PM  | \$50.00 |
| 1512  | Claremont          | Wed | 5:00 PM  | \$76.40 |
| 763   | Claremont          | Fri | 9:30 AM  | \$20.00 |
| 763   | Claremont          | Fri | 9:30 AM  | \$15.00 |
| 1512  | Claremont          | Wed | 5:00 PM  | \$37.00 |
| 1545  | Claremont+         | Mon | 5:00 PM  |         |
| 2300  | Colton             | Tue | 6:30 PM  |         |
| 536   | Compton*           | Fri | 10:00 AM | \$50.00 |
| 440   | Covina             | Sat | 9:00 AM  |         |
| 1107  | Covina+            | Sat | 8:00 AM  |         |
| 201   | Downey*            | Sun | 3:30 PM  | \$50.00 |
| 1476  | Fontana*           | Tue | 10:00 AM |         |
| 698   | Fontana*+          | Fri | 9:30 AM  | \$20.00 |
| 2773  | Hacienda Heights   | Tue | 6:00 PM  | \$33.45 |
| 2088  | Hawthorne          | Mon | 6:30 PM  | \$72.00 |
| 2806  | Hawthorne*         | Sat | 9:00 AM  | \$45.50 |
| 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  |         |
| 2756  | Los Angeles        | Wed | 12:00 PM |         |
| 2754  | Los Angeles        | Mon | 12:00 PM |         |
| 2758  | Los Angeles        | Fri | 12:00 PM |         |

| MTG# | CITY                 | Day | Time     | AMOUNT   |
|------|----------------------|-----|----------|----------|
| 2273 | Los Angeles          | Sat | 1:00 PM  |          |
| 2757 | Los Angeles          | Thu | 12:00 PM |          |
| 2755 | Los Angeles          | Tue | 12:00 PM |          |
| 465  | Los Angeles*         | Mon | 7:00 PM  |          |
| 267  | Los Angeles*         | Fri | 7:00 PM  |          |
| 579  | Los Angeles*         | Fri | 7:00 PM  |          |
| 286  | Los Angeles*         | Tue | 7:00 PM  |          |
| 1815 | Los Angeles*         | Wed | 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 |
| 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 |          |
| 1098 | Norwalk*             | Tue | 10:00 AM |          |
| 72   | Norwalk*+            | Thu | 7:00 PM  |          |
| 1292 | Online               | Sat | 9:30 AM  | \$113.00 |
| 1292 | Online               | Sat | 9:30 AM  | \$86.00  |
| 1922 | Ontario*             | Sat | 9:00 AM  |          |
| 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  | \$24.00  |
| 71   | Pomona+              | Tue | 9:30 AM  | \$38.00  |
| 71   | Pomona+              | Tue | 9:30 AM  | \$20.00  |
| 71   | Pomona+              | Tue | 9:30 AM  | \$20.00  |
| 2212 | San Bernardino       | Tue | 6:30 PM  |          |
| 66   | San Gabriel*+        | Thu | 7:30 PM  | \$91.00  |
| 66   | San Gabriel*+        | Thu | 7:30 PM  | \$79.00  |
| 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 |          |
| 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  | \$50.00  |
| 1661 | Whittier             | Sun | 7:00 PM  |          |
| 1065 | Whittier             | Tue | 7:00 PM  |          |
| 2252 | Whittier             | Wed | 6:30 PM  |          |
| 2200 | Whittier             | Thu | 12:00 PM |          |
| 1254 | Whittier+            | Wed | 7:00 PM  |          |
| 1463 | Yorba Linda          | Sat | 7:00 AM  |          |
| 929  | Yorba Linda          | Sat | 8:00 AM  |          |

\*Spanish speaking, +Handicap access



# 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



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

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

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**CEA-HOW SCI LITERATURE ORDER FORM**

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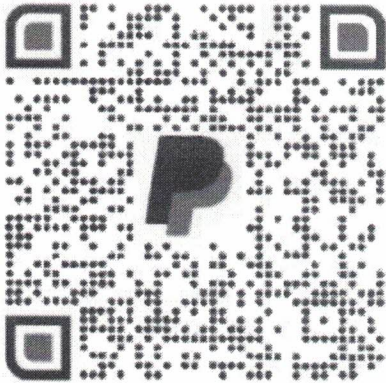


# January is Gratitude Month

Show your gratitude for CEA-HOW by making direct donations to World Service. Donations during Gratitude Month are for special projects to benefit the fellowship:

- \$15,000 to hire website professionals to redesign and revamp the website, obtain a new dedicated server, and provide site maintenance
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Please write "Gratitude Month" on checks.  
Treasurers, please include Intergroup  
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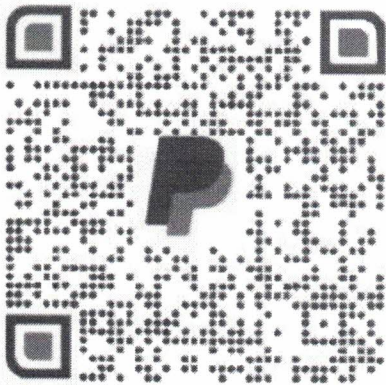


# Enero es el mes de la gratitud

Muestre su gratitud por CEA-HOW haciendo donaciones directas al Servicio Mundial. Las donaciones efectuadas durante el Mes de la Gratitud se destinan a proyectos especiales en beneficio de la confraternidad:

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## Join us for a weekend of recovery!

Up, Up, and Away with Love

February 14<sup>th</sup> – 16<sup>th</sup>, 2025

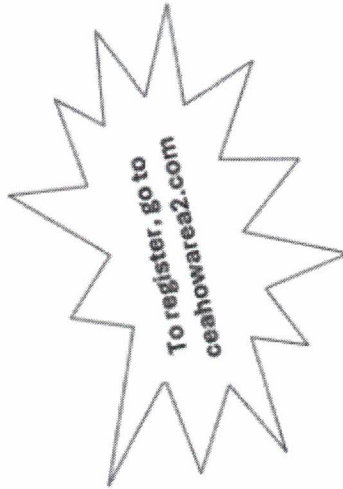
Franciscan Renewal Center  
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Prices include registration,  
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Single rooms are currently sold out- \$464  
Get on the *waitlist* by registering/paying  
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Info Español Fabiola 602-516-9953 AZ Time  
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Register by 12/31/24





**¡Únete a nosotros para un fin de semana de recuperación!**

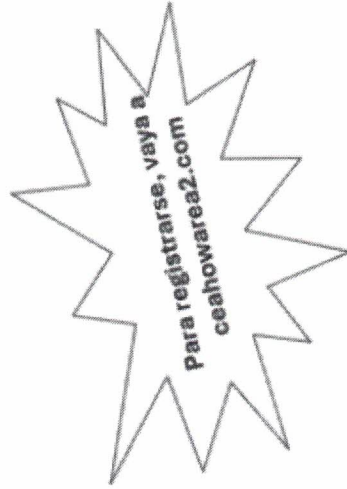
Sube, Sube y Vuela en Amor  
del 14 al 16 de febrero de 2025  
Centro de Renovación Franciscana  
Scottsdale, AZ

**Los precios incluyen inscripción,  
dos noches de alojamiento y seis comidas.**

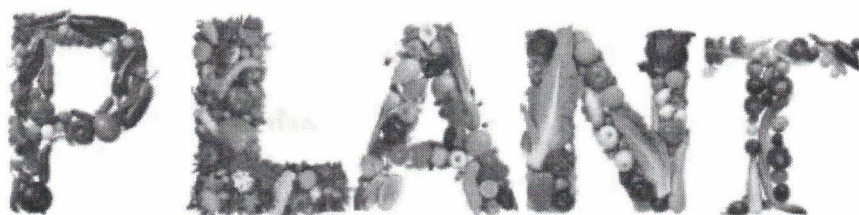
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doble \$362

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No one will be turned away .

Due to the nature of this workshop we may be discussing specific foods.