

CEAHOW SOUTHERN CALIFORNIA INTERGROUP MEETING - AGENDA

Agenda - CEA-HOW Intergrupar del Sur de California

Website: ceahowsci.org – Email: sci@ceahowsci.org

Tel. (626) 358-2827

APRIL 27, 2025 – 12 P.M. - 27 DE ABRIL DEL 2025

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 / 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

In-Person Meetings / Reuniones en Persona: 19 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 February 2025 and Marh 2025 – Reportes de febrero de 2025 y marzo de 2025

a. Total Year to date Income/ Ingresos al corriente anual: \$1,403.00

b. Total year to date Expenses/ Gastos al corriente anual: \$1,561.76

c. Net Proceeds (Loss)/ Ganancias o (Pérdidas): \$(-156.76)

d. Current Prudent Reserve/ Reserva Actual: \$13,821.03

e. Target Prudent Reserve/ Reserva Prudente de Meta: \$5,680.00

f. Shortfall/Surplus Prudent Reserve/ Cantidad que menor o sobre la meta: \$8,141.03

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 Auditoria 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, 7/16/25** / Asamblea del Area 1, 16/7/25

19. WSO News and Events / Noticias de la Oficina de Servicios Mundiales WSO y Eventos
Visit www.ceahow.org and subscribe/ Visite y suscribase 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 Intergrup, lista de voluntarios

21. New Business /Asuntos Nuevos

a. **Intergroup donation for Convention 2025.** | Donación intergrup, lista de voluntarios

22. Announcements (attached) /Anuncios (adjuntos):

a. **WSO Gobal Convention, LAX – July 18-20, 2025** / Convención Global. LAX – 18 a 20 de Julio de 2025

23. Next Intergroup Meeting/ Próxima Reunión – **June 15, 2025 – 15 de febrero de 2025 @ 12 pm.**

24. Adjournment ____ p.m. / Cierre a las ____ p.m.

Attachments – Adjuntos

1. **Minutes of 2/16/25** – Acta del 16/2/25

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

3. **Meeting Contribution Report** – Reporte de contribución 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 – 2025

May 17 @ 1:30 pm - 3:00 pm

SFV May Workshop

San Fernando Valley Intergroup's

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**June 1 @ 11:00 am - 1:00 pm**

**AREA – INTERGROUP FORUM**

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July 18 - July 20

Global Convention 2025

Sonesta Hotel, Los Angeles Airport

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**September 26 @ 7:00 pm - 9:00 pm**

**2025 CEA HOW EASTERN FALL EVENT**

**Sheraton Pittsburgh Airport Hotel 1160 Thorn Run Road Coraopolis, PA 15108**

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October 18 @ 10:00 am - 4:00 pm

San Diego County CEA-HOW 26th Birthday

Meeting Minutes of 2/16/25 - Acta del 16/2/25
By Venest

I. Meeting called to order by Chair – Stephanie at 12:08 p.m.

La reunión fue llamada al orden por la Coordinadora Stephanie a las 12:08 p.m.

2. Approval of minutes. Minutes of December 15, 2024, the minutes were approved as presented. Aprobación del acta. El acta del 15/12/24 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. Closet meetings: 0 | Reuniones que cerraron: 0

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

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

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. 10: 4-ingles; 6-español

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

The Financial Report was given. She also discussed the 7th Tradition and how important it is. Note: If money is sent through Zelle, it is automatically sent to WSO. Please always send by PayPal or US postal mail. | Se dio el reporte de finanzas. Nota: Si el dinero se envía por medio de Zelle, es automáticamente enviado a la Oficina de Servicios Mundiales. Favor de usar siempre PayPal o el correo postal

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

a. **Audit and Finance Committee. Betty. None.** | Comité de Auditoría y Finanzas. Ninguno.

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

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

More people are needed to answer the telephone calls in July and August. | Se necesitan más voluntaries para contestar las llamadas telefónicas en el mes de Julio y Agosto.

13. Área 1 News | Anuncios del Área 1

All changes to be considered will take place at the Assembly on February 23, 2025. | Todos los cambios a considerar se llevarán a cabo en la asamblea el 23 de febrero de 2025.

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

a. Rae Z books available at \$17. | El libro "Rae Z" esta disponible a un costo de \$17.00

b. Business cards are available for \$10.00 per one hundred. | Tarjetas de presentación están disponibles al costo de \$10 por cada cien tarjetas.

c. Comments were made on the Plant-based Workshop. | Hubo comentarios sobre el taller de (proteínas) basadas en vegetal.

16. **New Business** | Asuntos nuevos

a. Norwalk 3Rd Anniversary Workshop – May 17, 2025, 12-3 P.M. \$15.00. It will be a Potluck. | Taller de 3er aniversario del grupo de Norwalk – 17 de mayo de 2025, 12-3 p.m., \$15.00

17. **Next meeting, Sunday, April 20, 2025.** / Próxima reunión, 20 de abril de 2025.

18. **Meeting ended at 12:49 pm.** | La reunión se terminó a las 12:49 p.m.

**CEA - HOW, SCI
PRUDENT RESERVE REPORT
AS OF MARCH 31, 2025**

3/31/2025

OPERATING FUNDS AVAILABLE	14,724.19
MONEY OWE (Sales Tax)	(135.11)
MONEY ACCRUED & RESERVED	(768.05)
Current Prudent Reserve	<u>13,821.03</u>
*Target Prudent Reserve for 2021	<u>5,680.00</u> *
Shortfall / Surplus	<u>8,141.03</u>

RESTRICTED ACCOUNT FOR WSO AND AREA 1	1,398.18
MONEY OWE TO WSO	(838.91)
MONEY OWE TO AREA ONE	(559.27)
	<u>0.00</u>

RESTRICTED SPECIAL EVENTS ACCOUNT	2,000.00
SPECIAL EVENTS ACCRUED	0.00
	<u>2,000.00</u>

*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, 2025**

	<u>ACTUAL</u>	<u>BUDGET</u>
	<u>Jan '25 - Dec '25</u>	<u>2025</u>
Net Income		
400 - Contributions	1,256.69	5,000.00
401 - One Time Special Donation	0.00	0.00
402 - Literature	111.82	400.00
420 - Shipping collected & paid	34.30	100.00
422 - Misc Fund Raiser (Workshops, Etc.)	0.00	250.00
426 - Interest	0.19	0.00
450 - B-Day Party	0.00	0.00
460 - Spring Retreat	0.00	0.00
475 - Hisp Committee Anniversary	0.00	250.00
Total Net Income	<u>1,403.00</u>	<u>6,000.00</u>
Expense		
520 - Literature Shipping	2.59	100.00
604 - Office Supplies/IG Mtg copies	0.00	0.00
606 - Telephone	95.81	385.00
611 - Bank Charges & NSF Checks	0.00	10.00
612 - Company Insurance	0.00	0.00
614 - Legal/Accounting Fees	0.00	50.00
616 - Postage & PO Box Rent	244.00	235.00
624 - Web Sales Fees	19.36	100.00
626 - In Reach Out Reach Exp.	0.00	0.00
675 - Out Side Services	1,200.00	4,800.00
Total Expense	<u>1,561.76</u>	<u>5,680.00</u>
Net Proceeds (Loss)	<u>(158.76)</u>	<u>320.00</u>

1:20 AM

CEA-HOW, SCI
Transactions by Account
As of November 30, 2021

12/19/21

Accrual Basis

Date	Num	Name	Memo	Amount
240 - Rae Z. Scholarship Fund				
01/07/2021	1659	Literature Sales	Rae Z. and Friends Stories of Recovery in CEA-HOW SCI	24.00
01/07/2021	1659	Literature Sales	Rae Z. and Friends Stories of Recovery in CEA-HOW SCI	-13.10
01/25/2021	2100	1939	Rae Z. and Friends Stories of Recovery in CEA-HOW SCI	36.00
01/25/2021	2100	1939	Rae Z. and Friends Stories of Recovery in CEA-HOW SCI	-19.65
01/25/2021	2100	1939	Rae Z. and Friends Stories of Recovery in CEA-HOW SCI	12.00
02/03/2021	1661	DAVE MORRIS	Rae Z. and Friends Stories of Recovery in CEA-HOW SCI	-6.55
02/03/2021	1661	DAVE MORRIS	Rae Z. and Friends Stories of Recovery in CEA-HOW SCI	36.00
02/15/2021	1663	Aneisa Y Bolton	Rae Z. and Friends Stories of Recovery in CEA-HOW SCI	-19.65
02/15/2021	1663	Aneisa Y Bolton	Rae Z. and Friends Stories of Recovery in CEA-HOW SCI	24.00
03/03/2021	1667	SANDRA POSADAS	Rae Z. and Friends Stories of Recovery in CEA-HOW SCI	-13.10
03/03/2021	1667	SANDRA POSADAS	Rae Z. and Friends Stories of Recovery in CEA-HOW SCI	24.00
04/01/2021	1672	OFELIA M	Rae Z. and Friends Stories of Recovery in CEA-HOW SCI	-13.10
04/01/2021	1672	OFELIA M	Rae Z. and Friends Stories of Recovery in CEA-HOW SCI	12.00
05/23/2021	1675	Literature Sales	Rae Z. and Friends Stories of Recovery in CEA-HOW SCI	-6.55
05/23/2021	1675	Literature Sales	Rae Z. and Friends Stories of Recovery in CEA-HOW SCI	12.00
05/30/2021	1673	Literature Sales	Rae Z. and Friends Stories of Recovery in CEA-HOW SCI	-6.55
05/30/2021	1673	Literature Sales	Rae Z. and Friends Stories of Recovery in CEA-HOW SCI	60.00
06/29/2021	1671	NELSON	Rae Z. and Friends Stories of Recovery in CEA-HOW SCI	-32.75
06/29/2021	1671	NELSON	Rae Z. and Friends Stories of Recovery in CEA-HOW SCI	
Total 240 - Rae Z. Scholarship Fund				109.00
TOTAL				109.00

CEA - HOW SCI TOTAL GROUP CONTRIBUTIONS FEB and MAR 25 (for WSO, Area 1, IG)

MTG#	CITY	Day	Time	AMOUNT
1031	Altadena*	Tue	7:00 PM	
9999	Anonymous			\$25.00
9999	Anonymous			\$25.00
9999	Anonymous			\$8.00
9999	Anonymous			\$8.00
2807	Bakersfield*	Fri	5:00 PM	
354	Baldwin Park*	Tue	7:30 PM	\$11.00
354	Baldwin Park*	Tue	7:30 PM	\$43.50
354	Baldwin Park*	Tue	7:30 PM	\$22.25
1836	Brea+	Wed	5:45 PM	
3	Buena Park	Mon	7:00 PM	\$30.00
3	Buena Park	Mon	7:00 PM	\$35.00
767	Carson	Sat	4:00 PM	\$100.00
1942	Carson	Fri	6:30 PM	\$10.00
1942	Carson	Fri	6:30 PM	\$30.00
977	Carson+	Sun	4:00 PM	
1512	Claremont	Wed	5:00 PM	\$53.00
1512	Claremont	Wed	5:00 PM	\$45.00
763	Claremont	Fri	9:30 AM	\$12.00
763	Claremont	Fri	9:30 AM	\$18.00
763	Claremont	Fri	9:30 AM	\$30.00
1545	Claremont+	Mon	5:00 PM	
2300	Colton	Tue	6:30 PM	
536	Compton*	Fri	10:00 AM	\$25.00
440	Covina	Sat	9:00 AM	
1107	Covina+	Sat	8:00 AM	
201	Downey*	Sun	3:30 PM	\$15.00
201	Downey*	Sun	3:30 PM	\$20.00
1476	Fontana*	Tue	10:00 AM	
698	Fontana*+	Wed	6:30 AM	\$30.00
2773	Hacienda Heights	Tue	6:00 PM	\$170.00
2088	Hawthorne	Mon	6:30 PM	\$68.00
2806	Hawthorne*	Sat	9:00 AM	\$58.00
2806	Hawthorne*	Sat	9:00 AM	\$30.50
2006	Hawthorne*	Wed	7:00 PM	
2806	Hawthorne*	Sat	9:00 AM	\$60.00
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	
2273	Los Angeles	Sat	1:00 PM	
2758	Los Angeles	Fri	12:00 PM	
2757	Los Angeles	Thu	12:00 PM	
2754	Los Angeles	Mon	12:00 PM	

MTG#	CITY	Day	Time	AMOUNT
2756	Los Angeles	Wed	12:00 PM	
2755	Los Angeles	Tue	12:00 PM	
579	Los Angeles*	Fri	7:00 PM	
1815	Los Angeles*	Wed	7:00 PM	\$50.00
465	Los Angeles*	Mon	7:00 PM	
267	Los Angeles*	Fri	7:00 PM	
286	Los Angeles*	Tue	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	
370	Lynwood*+	Sat	4:00 PM	\$13.12
370	Lynwood*+	Sat	4:00 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	
237	Montclair*	Thu	7:00 PM	
1054	N. Hollywood*+	Sun	10:30 AM	\$41.00
1054	N. Hollywood*+	Sun	10:30 AM	\$57.00
1098	Norwalk*	Tue	10:00 AM	
72	Norwalk*+	Thu	7:00 PM	
1292	Online	Sat	9:30 AM	\$138.00
1292	Online	Sat	9:30 AM	\$104.00
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	
71	Pomona+	Tue	9:30 AM	\$5.00
71	Pomona+	Tue	9:30 AM	\$20.00
2212	San Bernardino	Tue	6:30 PM	
66	San Gabriel*+	Thu	7:30 PM	\$63.00
66	San Gabriel*+	Thu	7:30 PM	\$85.00
66	San Gabriel*+	Thu	7:30 PM	\$59.00
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	\$69.00
4	Torrance	Mon	7:00 PM	
2771	Upland	Sat	9:00 AM	
1661	Whittier	Sun	7:00 PM	
2252	Whittier	Wed	6:30 PM	
2200	Whittier	Thu	12:00 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

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 Addito 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			Guías 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
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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:

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www.ceahowsci.org
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Rev. 02/18/24

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 conciencia de grupo que solamente se escriba un cheque por la cantidad completa y enviarlo a la Intergroup.

La Intergroup va a conservar la tradición de repartir el 50% a la Intergroup, 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 _____
Hora de Reunión _____ Grupo # _____
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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Rev. 02/18/24

April 24, 2025

TO: Intergroup Representatives

FROM: Intergroup Board

Attached please find the financial reports for the month of February and March 2025, Donations, a 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, 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 meeting information so the meeting gets credit.

ZELLE LINK: (626) 419-5941

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

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