

Purpose and Role of the Area Representative

Area Representatives are elected each year and they provide important input to the Intergroup Board and Intergroup Committees, attend Area 1 Assemblies, and may participate in Area 1 committees to help CEA-HOW as a whole and help to spread the message of recovery within the States of California, Oregon, Washington, Alaska, Hawaii.

The qualifications for an Area Representative are outlined in the Area 1 Bylaws.

Placing Items on the Intergroup Rep Meeting Agenda

The Intergroup Chair sets the agenda of each month. In 2002 our Intergroup passed a resolution that request that major decisions and bylaw amendments requiring either a vote from the IR's or input from the meetings, must have a second reading of motions. The motion is placed in writing and announced in the newsletter and read once at the Intergroup Meeting one month before the second reading for a final vote.

At present, our Intergroup Board meets every third Sunday of the month at 1:30 p.m., prior to the Intergroup meetings that start at 3:00 p.m. You are welcome to attend these meetings having a voice (when recognized by the chair) but not a vote.

One final note

Please take the time to study the roles and responsibility of your position and we encourage you to make informed decisions and become involved in the discussions that are necessary for the basis of our continued recovery in our program, keeping in mind the spirit of the CEA-HOW Concept and Tradition 1: "The common welfare should come first, personal recovery depends on CEA-HOW unity."

Keep coming back!

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SCI Intergroup Board - April 17 2011

Compulsive Eaters Anonymous-HOW Intergroup of Southern California

CEA-HOW

THE SERVICE OF AN INTERGROUP REPRESENTATIVE

One of our members and co-founder of CEA-HOW tells the new Intergroup Representative (IR) of the Southern California Intergroup (SCI): "Congratulations! You have just committed to one year of attending our meetings, only one more day-a-month, on behalf of your group, and because service is what is going to help stay in these rooms."

Purpose and Role of the Intergroup Representative

The service of an IR is of vital importance to your meeting and to CEA-HOW as a whole. Our Bylaws and the Robert's Rules of Order help to establish and conduct our intergroup meetings. We use a democratic and representative method when asked to take a vote at the intergroup meetings. Each group chooses to ask the IR to vote his/her conscience on behalf of the group, or to bring back to the meeting the issues that require to take a group conscience.

The following are some important points to consider when you see your service and the growth that brings to you personally and to the CEA-HOW meetings.

Qualifications

The CEA-HOW SCI bylaws, Article 4, Section 3 states that:

- A) IR's shall be elected by the group conscience of the group they shall represent. Every IR shall serve for a period designated by their group, always subject to recall by the group they represent. Each group shall be free to designate an alternate IR when the necessity arrives.
- B) IR's should be selected from among those members of each group who are firmly committed to the Twelve Steps, Twelve Traditions, the HOW Concept and Seven Tools of CEA-HOW as a program of recovery and have at least ninety (90) days of continuous abstinence.
- C) The primary responsibility of the IR, or alternate, is to represent his/her group at all intergroup meetings to act as a liaison between this intergroup and their groups, to see that all communications pertaining to intergroup are made available and when requested, read aloud to the group.

You may wish to obtain a copy of these bylaws from the Intergroup Office. Other bylaws that we will refer to frequently are the Area 1 and CEA-HOW, Inc. Bylaws.

Rights and Responsibilities

When a new meeting registers, the secretary is given a copy of the Suggested Structure of a CEA-HOW Meeting where you will find more detailed information on the specific duties and responsibilities of the Intergroup Representative. In these, it states that, "the intergroup meetings follow parliamentary procedure as set forth in Robert's Rules of Order." When there is conflict between Robert's Rules of Order and the SCI Bylaws, the bylaws take precedence.

In the CEA-HOW, Inc Bylaws, Part B-Philosophy, Article 15, The Twelve Concepts of Service, you may find the rights and responsibilities of the IR, specifically applicable are the following concepts:

Concept 1 (Ultimate authority residing in the collective conscience of our Fellowship)

Concept 3 (Right of decision)

Concept 4 (Right of participation)

Concept 5 (Right of appeal and petition)

Concept 9 (Right of choosing trusted servants at all service levels)

Concept 10 (Responsibility matched by an equal service authority and scope of authority)

Concept 12 (Spiritual foundation of CEA-HOW service).

Purpose and Role of the Intergroup Board

The Intergroup Board of Directors is composed of the Executive Board (Chair, Vice Chair, Treasurer, and Secretary), Area Representatives, and Committee Chairs. Currently the Standing Committees are: Finance, Education, In Reach & Out Reach, and Special Events. The ad hoc Committees are: Bylaws, Spanish-Speaking Groups.

The Intergroup Board sets the policy and procedures of the Intergroup functions, facilitates the discussions between and among individual meetings, and helps to define the collective group conscience to ensure that our program of recovery is available to all those who are still suffering with compulsive eating at the local and world levels of service.

You are encouraged to fully participate in the intergroup discussions as intergroup rep and/or area representative and elect to serve on the standing or ad hoc committees. If you elect to serve as an area representative, the Area 1 Bylaws provide for the qualifications to serve as an Area Representative.

The logo for SCI (Scientific Community of Intergroup) is displayed in a large, stylized, 3D-effect font. The letters are white with a grey shadow, giving them a floating appearance. The 'S' and 'C' are connected, and the 'I' is separate.