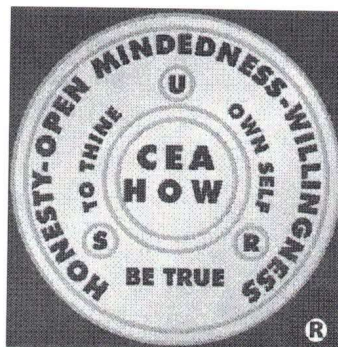




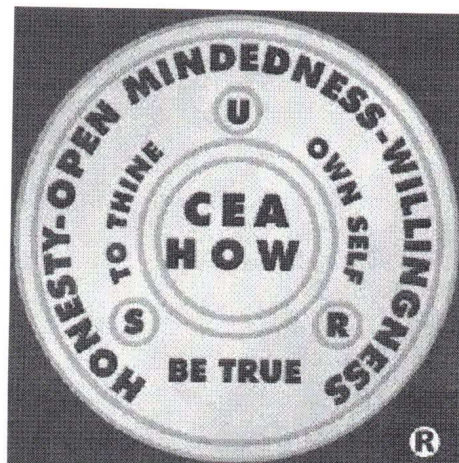
# June Is Service Month

**Service supports our recovery**

**Service supports CEA-HOW as a whole**

Service commitments can enrich our recovery as well as support CEA-HOW to be a more vibrant organization for its members and to expand its reach to those who are searching for a solution to their food and eating issues.

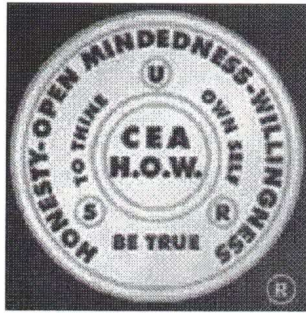
Intergroups and Areas are encouraged to sponsor Service workshops or forums. Meetings are encouraged to consider having service-focused meetings and/or promote service during an after-meeting.



## **2022 World Service Business Conference CEA-HOW Global Convention 2022**

The CEA-HOW World Service Board of Directors will be making decisions about the 2022 World Service Business Conference and the CEA-HOW Global Convention 2022 based on CDC, California State and L.A. County regulations, keeping in mind the well-being and concerns of our members regarding COVID-19.

La Junta Directiva del Servicio Mundial de la CEA-HOW tomará decisiones sobre la Conferencia de Negocios del Servicio Mundial 2022 y la Convención Global de la CEA-HOW 2022 basándose en las regulaciones del CDC, del Estado de California y del Condado de Los Ángeles, teniendo en cuenta el bienestar y las preocupaciones de nuestros miembros con respecto a la COVID-19.



CEA HOW  
Annual Global Convention 2022

# Convention Hotel Registration

“Attitude of Gratitude”  
July 22-24, 2022

Sonesta Los Angeles Airport  
5985 W. Century Boulevard  
Los Angeles, CA 90045

Don't delay in making your reservations as there are only a certain number of rooms at this negotiated rate.

Rooms:

Deluxe with 2 double beds - \$159/night Friday and Saturday (excl. tax & fees)

Please note: you will be required to pay a deposit of the first night's room charge. The deposit is refundable if you cancel at least 24 hours in advance of your scheduled arrival.

Click here to make reservation: [CEA-HOW Convention 2022 Hotel Reservation](#)  
Or use Convention Code 0720222CEAH

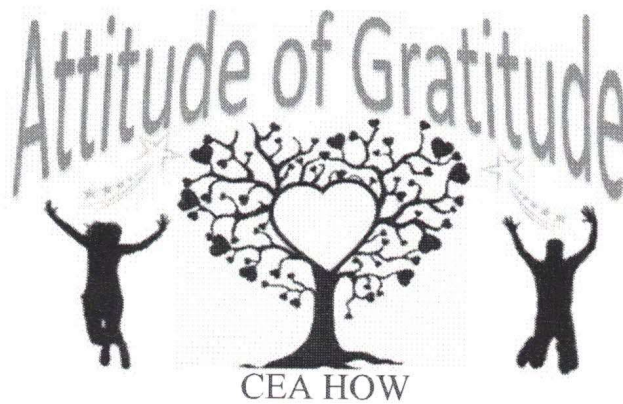
If you are driving, discounted parking rates are:

Overnight Parking: \$25.00 per night, self-park or \$38.00 per night valet

Day of Event Parking: \$15.00 per day, self-park or \$28.00 per day valet

Courtesy Shuttle to and from the LAX Airport 24/7  
More information for directions and Shuttle to follow.  
For more information and registration please visit  
[ceahow2022.eventbrite.com](http://ceahow2022.eventbrite.com)

To volunteer please email:  
[ceahowconvention2022@gmail.com](mailto:ceahowconvention2022@gmail.com)



Annual Global Convention 2022  
"Attitude of Gratitude" July 22-24, 2022

## PLANNING MEETING SCHEDULE AND UPDATES

### **SCHEDULE:**

- \*Friday, March 4<sup>th</sup>-- 6pm PT, 7pm MT, 8pm, CT, 9pm ET
- \*Sunday, April 3<sup>rd</sup>-- 5pm PT, 6pm MT, 7pm CT, 8pm ET
- \*Sunday, May 1<sup>st</sup>-- 5pm PT, 6pm MT, 7pm CT, 8pm ET

ZOOM ID: **Meeting ID: 819 5262 9921**      **Passcode: 649957**

Translator phone connect: **(425) 436-6200 code 373685#**

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### **OPEN SERVICE POSITIONS:**

Registration

Survey

Information Technology (IT)

For more information concerning these positions, email  
[ceahowconvention2022@gmail.com](mailto:ceahowconvention2022@gmail.com)

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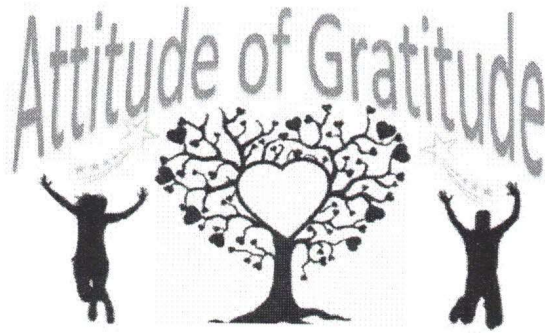
### **DONATIONS FOR HOSPITALITY:**

\*It provides refreshments to members in the hospitality room.  
Share the message with members, groups and Intergroups.

Donations can be made at: **[ceahow2022.eventbrite.com](https://ceahow2022.eventbrite.com)**

\*Click on the REGISTRATION button and go straight to "Donation."

**For additional information, email: [ceahowconvention2022@gmail.com](mailto:ceahowconvention2022@gmail.com)**



Friday, July 22nd – Sunday, July 24<sup>th</sup>, 2022

## WORKSHOP LEADERS/PRESENTERS NEEDED

### WORKSHOP PROPOSAL

To lead a workshop at the CEA-HOW convention, you must have at least one (1) year of current CEA-HOW abstinence and have completed all 12 steps of the CEA-HOW program. It is required that speakers, panelists, and facilitators uphold the CEA-HOW Steps, Traditions, CEA-HOW Concepts, Tools and refrain from mentioning other fellowship.

Speakers will be asked to sign a waiver as all workshops are recorded for CEA-HOW website.

Email any questions to [ceahowconventionworkshops@gmail.com](mailto:ceahowconventionworkshops@gmail.com)

Or Call: Workshop Chair, Ginger 602-423-3496 MT

Workshop Co-Chair, Rhonda 970-217-5273

Email completed proposal to

ceahowconventionworkshops@gmail.com

**NAME:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**CURRENT  
ABSTINENCE:** \_\_\_\_\_

**TITLE OF  
WORKSHOP** \_\_\_\_\_

**BRIEF DESCRIPTION OF WORKSHOP:**

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## ORDER FORM

### CEA-HOW 2022 CONVENTION STORE

**PRE ORDER SPECIAL: BUY 1 OF EACH ITEM**

**1 METRO GROCERY BAG, 1 CERAMIC MUG, 1 MEASURING CUP, 1 T-SHIRT**

**\$34.00 including tax.**

**SAVINGS OF \$6.46!!**

| Item               | QTY | Unit Price + Tax=Total Price | Total Price |
|--------------------|-----|------------------------------|-------------|
| Metro Grocery Bag  |     | \$5.48+ \$.52=\$6.00         | \$          |
| Ceramic Mug        |     | \$6.94+ \$.66=\$7.66         | \$          |
| Measuring Cups     |     | \$7.49+ \$.71=\$8.20         | \$          |
| T-shirt            |     | \$16.98+ \$1.62=\$18.60      | \$          |
| Pre Order Special  |     | \$31.05+\$2.95=\$34.00       | S           |
| T-Shirt Size _____ |     | Subtotal                     | \$          |
|                    |     | Total Due                    | \$          |

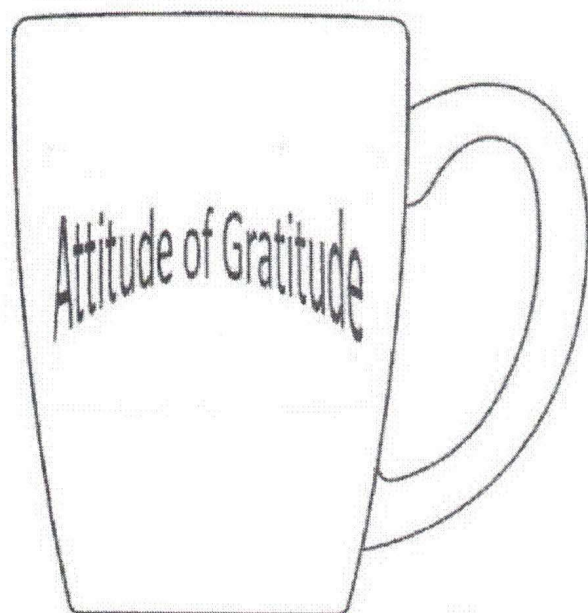
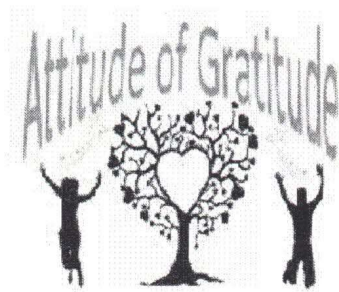
**ORDERS MUST BE PLACED BY NO LATER THAN MAY 15, 2022.**

TO PLACE AN ORDER:

PLEASE CALL SHEILA B AT (720)560-3514, COLORADO (MOUNTAIN TIME) OR  
EMAIL TO: [sjb5646@gmail.com](mailto:sjb5646@gmail.com)

NOTES:

- 1) ALL DELIVERIES WILL BE MADE AT THE CONVENTION SITE. IF YOU CANNOT TAKE DELIVERY AT THE CONVENTION, additional cost will be required for shipment.
- 2) Payment in full is required at the time of placing the order. Payment can be made by check made out to "CEA-HOW" or PAYPAL at, [accounting@ceahow.org](mailto:accounting@ceahow.org). All checks should be sent to, Sheila Bluestein, 14091 East Marina Dr. Apt 606, Aurora CO 80014.

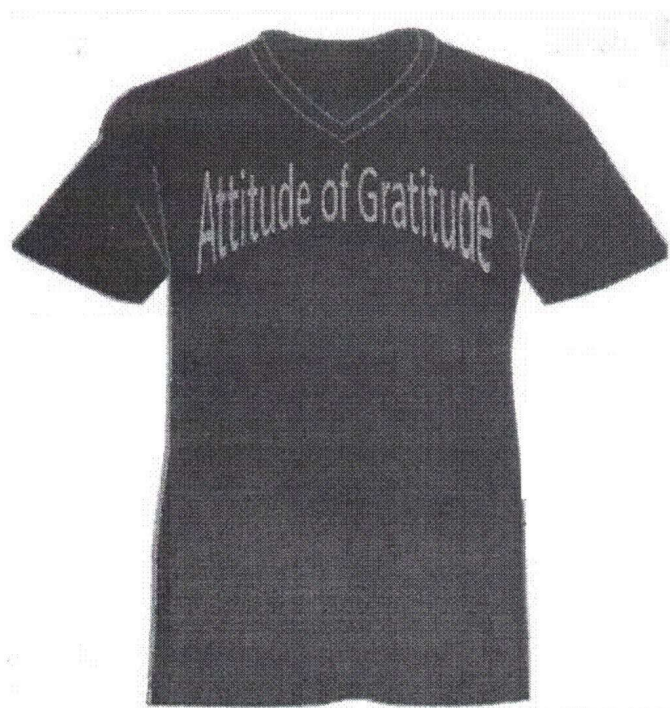


**14oz Ceramic Mug. White with Black lettering on both sides.**



**Plastic Container and cups**

- Travel
- Organized
- 2 cup Container
- 1/4 cup 1/3 cup
- 1/2TSP 1 TSP
- 1/2 TBSP 1 TBSP
- Top has two sprouts, one for dry and one for liquids
-



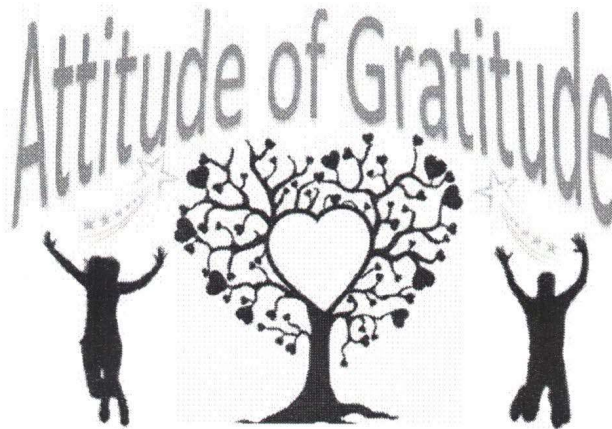
**Men's T- Shirt**  
**60/40 Cotton Polyester**

|            | CHEST     | LENGTH    |
|------------|-----------|-----------|
| <b>S</b>   | <b>36</b> | <b>28</b> |
| <b>M</b>   | <b>40</b> | <b>29</b> |
| <b>L</b>   | <b>44</b> | <b>30</b> |
| <b>XL</b>  | <b>48</b> | <b>31</b> |
| <b>2XL</b> | <b>52</b> | <b>32</b> |
| <b>3XL</b> | <b>56</b> | <b>33</b> |

**\*\* = INCHES**



**TOTE BAG.**  
**SIZE: 15"X13"X10"**  
**POLYPROPYLENE**



CEA HOW  
Convención Global Anual 2022

# Registración de Hotel

“Actitud de Gratitude”  
Julio 22-24, 2022

Sonesta Los Angeles Airport  
5985 W. Century Boulevard  
Los Angeles, CA 90045

No se demore en hacer sus reservaciones, solo hay una cierta cantidad de habitaciones a esta tarifa negociada.

Cuartos:

Deluxe con 2 camas dobles - \$159/por noche viernes y sábado (excluye impuestos y costos adicionales )

Tenga en cuenta que se le pedirá que pague un depósito del cargo de la habitación de la primera noche.  
El depósito es reembolsable si cancela al menos 24 horas antes de su llegada programada.

Oprima para hacer su reservación:

CEA-HOW Convention 2022 Hotel Reservation  
Or use convention code 0720222CEAH

Si va a conducir, las tarifas de estacionamiento con descuento son:

Estacionamiento de un día para otro: \$ 25.00 por noche, (auto estacionamiento) o \$ 38.00 por noche (valet)

Estacionamiento el día del evento: \$15.00 por día, (auto estacionamiento) o \$28.00 por día (valet)

Servicio de transporte de cortesía desde y hacia el aeropuerto de Los Ángeles las 24 horas del día, los 7 días de la semana. Más información sobre el servicio de transporte a seguir.

Para obtener más información e inscripciones, visite  
[ceahow2022.eventbrite.com](http://ceahow2022.eventbrite.com)

To volunteer please email:  
[ceahowconvention2022@gmail.com](mailto:ceahowconvention2022@gmail.com)



# Attitude of Gratitude



CEA HOW

Convención Mundial Anual 2022

"Actitud de Gratitude" 22-24 de julio de 2022

## CALENDARIO DE JUNTAS DE PLANIFICACIONE Y ACTUALIZACIONES

### *HORARIOS:*

\*Viernes, 4 de Marzo-- 6pm PT, 7pm MT, 8pm, CT, 9pm ET

\*Domingo, 3 de April - 5pm PT, 6pm MT, 7pm CT, 8pm ET

\*Domingo, 1ro de Mayo -- 5pm PT, 6pm MT, 7pm CT, 8pm ET

JUNTA de ZOOM: 819 5262 9921 Clave: 649957

Conexión del teléfono del traductor: (425) 436-6200 Clave: 373685#

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### *POSICIONES DE SERVICIO ABIERTO*

Registro

Encuesta

Tecnología de la Información (IT)

Para obtener más información sobre estos puestos, envíe un correo electrónico  
**ceahowconvention2022@gmail.com**

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### *DONACIONES PARA HOSPITALIDAD:*

\* Proporciona refrigerios a los miembros en la sala de hospitalidad.  
Comparta el mensaje con miembros, grupos e Inter grupos.

Las donaciones se pueden hacer en: [ceahow2022.eventbrite.com](https://ceahow2022.eventbrite.com)

\* Haga clic en el botón REGISTRO y vaya directamente a "Donación".

**Para obtener información adicional, mande un correo a:**  
**[ceahowconvention2022@gmail.com](mailto:ceahowconvention2022@gmail.com)**



# FORMULARIO DE PEDIDO

## CEA-HOW 2022 TIENDA CONVENCION

**ESPECIAL PRE-VENTA: COMPRA 1 DE CADA ARTÍCULO**  
**1 BOLSO, 1 TAZA DE CERAMICA, 1 TAZAS MEDIDORAS, 1 CAMISETA**  
**\$34.00 incluye impuestos.**  
**AHORE \$6.46!!**

| Articulo             | Cantidad | Precio de unidad+Impuestos | Precio Total |
|----------------------|----------|----------------------------|--------------|
| Bolso                |          | \$5.48+ \$.52=\$6.00       | \$           |
| Taza de Ceramica     |          | \$6.94+ \$.66=\$7.66       | \$           |
| Tazas medidoras      |          | \$7.49+ \$.71=\$8.20       | \$           |
| Camiseta             |          | \$16.98+ \$1.62=\$18.60    | \$           |
| Especial Pre-Venta   |          | \$31.05+\$2.95=\$34.00     | \$           |
| Talla Camiseta _____ |          | Subtotal                   | \$           |
|                      |          | Total                      | \$           |

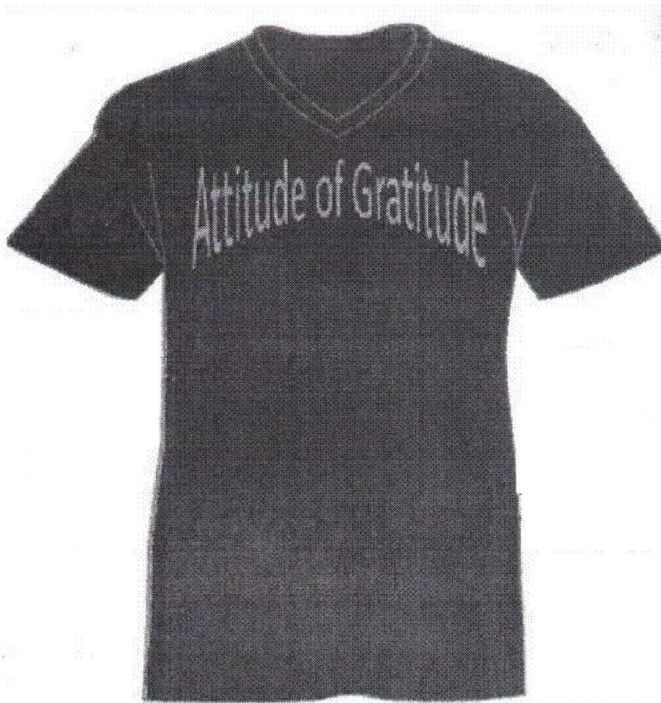
**LOS PEDIDOS DEBEN REALIZARSE A MÁS TARDAR EL**  
**15 DE MAYO DE 2022.**

PARA REALIZAR UN PEDIDO:

LLAME O MANDE TEXTO A YULI (760)698-0858,CALIFORNIA (HORARIO PACIFICO) O  
ENVÍE UN CORREO ELECTRÓNICO A: yguzman88@gmail.com

NOTAS:

- 1) TODAS LAS ENTREGAS SE REALIZARÁN EN EL SITIO DE LA CONVENCION. SI NO PUEDE RECIBIR LA ENTREGA EN LA CONVENCION, se requerirá un costo adicional para el envío.
- 2) El pago completo es requerido en el momento de realizar el pedido. El pago se puede realizar mediante cheques extendido a "CEA-HOW" or PayPal en, [accounting@ceahow.org](mailto:accounting@ceahow.org). **Todos los cheques deben enviarse a Sheila Bluestein, 14091 East Marina Dr. Apt 606, Aurora CO 80014.**



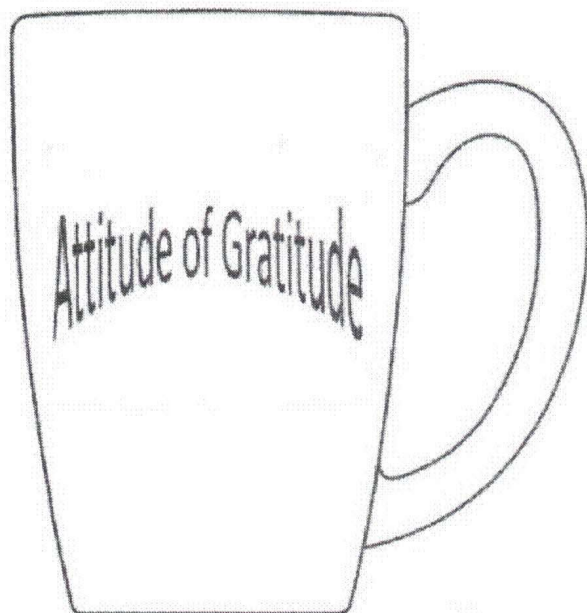
**CAMISETA DE HOMBRE**  
**60/40 Algodon y Polyester**

|            | PECHO     | LARGO     |
|------------|-----------|-----------|
| <b>S</b>   | <b>36</b> | <b>28</b> |
| <b>M</b>   | <b>40</b> | <b>29</b> |
| <b>L</b>   | <b>44</b> | <b>30</b> |
| <b>XL</b>  | <b>48</b> | <b>31</b> |
| <b>2XL</b> | <b>52</b> | <b>32</b> |
| <b>3XL</b> | <b>56</b> | <b>33</b> |

**\*\*= Pulgadas**



**BOLSO**  
**TAMANO: 15"X13"X10"**  
**POLYPROPYLENE**



**Taza de cerámica de 14 oz.  
Color: blanco con negro  
letras en ambos lados.**



**Recipiente y vasos medidores  
de plástico**

- **Viajes**
- **Organizado**
- **Recipiente tamaño 2 tazas**
- **1/4 taza 1/3 taza**
- **1/2 Chucharadita**
- **1 Chucharadita**
- **1/2 cucharada 1 cucharada**
- **La parte superior tiene dos brotes, uno para ingredientes seco y otro para líquidos.**



THE BOUTIQUE COMMITTEE WANTS  
YOU!



**LOOKING FOR A FUN WAY TO  
HELP AT THE CEA HOW 2022  
CONVENTION???**

**CEA HOW  
CONVENTION**

**JULY 2022**

**VOLUNTEER**

**FOR THE BOUTIQUE COMMITTEE;**

Committee members will set up. Organize & display

Donate items for sale at the Convention Boutique.

**DONATE**

**YOUR ITEMS FOR THE BOUTIQUE:**

**WE NEED YOUR STUFF!**

New or gently used clothing, handbags, jewelry and  
decorative home items, etc.

If you live in the Los Angeles or San Fernando Valley Area.

Donations can be made in person now through July 22<sup>nd</sup>, 2022

-OR- Bring your donation to the convention.

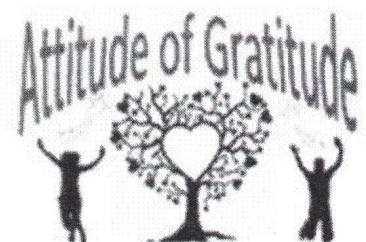
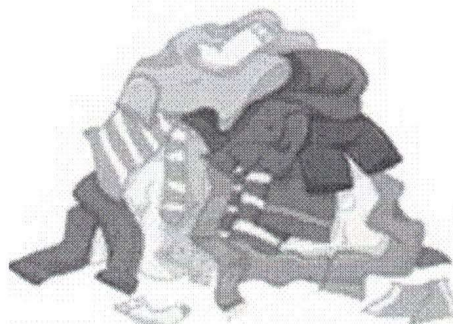
To help at the Boutique or to Donate items contact.

Wendy B. (310) 433-8775

wendybishopkendall@gmail.com

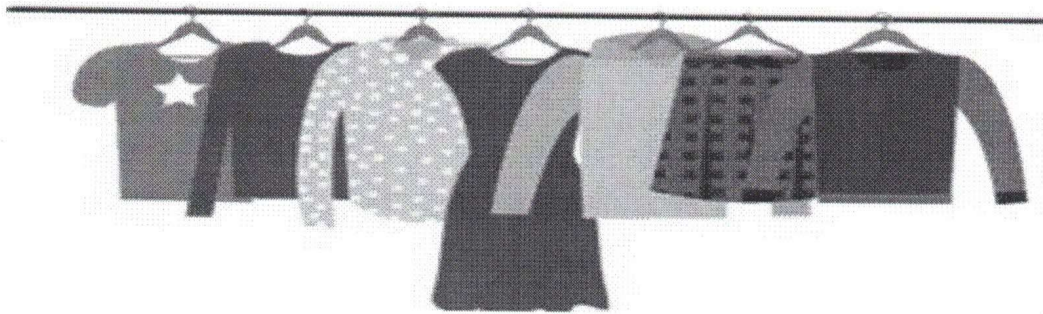
Michele H (818) 521-9291

micheleshennessy@gmail.com





# ¡EL COMITÉ BOUTIQUE TE QUIERE A TI!



## ESTAS BUSCANDO UNA FORMA DIVERTIDA DE AYUDAR EN LA CONVENCION CEA HOW

# CONVENCION

# CEA HOW

# JULIO 2022

VOLUNTARIOS

PARA EL COMITE DE BOUTIQUE

los miembros del comité, Organizan y muestran los artículos para la venta en la Convention Boutique.

DONA

TUS ARTÍCULOS PARA LA  
BOUTIQUE:

¡NECESITAMOS TUS COSAS!

Ropa nueva o suavemente usada, bolsos, joyas y

Si vives en el área de Los Ángeles o el Valle de San Fernando.

Las donaciones se pueden hacer en persona desde ahora  
hasta el 22 de julio de 2022.

-O- Traiga su donación a la convención.

Para ayudar en la Boutique o para donar  
artículos, póngase en contacto con nosotros.

Wendy B. (310) 433-8775

wendybishopkendall@gmail.com

Michele H (818)521-9291

micheleshennessy@gmail.com

