

INTERGROUP MEETING AGENDA/Agenda de Reunión de Grupo Intergrupar (IG)

December 17, 2023 – 17 de diciembre 2023 – 12:00 P.M.

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 /Oración de la Serenidad- Patrushka
2. Call to Order/ Please silence all cell phones/ Reunión llamada a orden Por favor de silenciar sus teléfonos—Patrushka
chair@ceahowsci.org
3. Secretary's Report: Approval of previous meeting's minutes/Reporte de Secretaria – Aprobación de las minutos de la reunión anterior – Venest
4. Chair's Report/ Reporte de Coordinador de la Mesa Directiva- Patrushka
5. Welcome New IR's: Number of new IR's/ Bienvenida a los nuevos representantes: ____ - Stephanie
6. IR's Packet Overview (Revisión de paquete)
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. Total de reuniones: **53 (English-26; Spanish-29)**
Face-to-face Meetings. Reuniones Cara-a-cara: **39 (English-17; Spanish-22)**
Online-Phone Meetings. Reuniones por Línea o teléfono: **14 (English-9; Spanish 5)**
11. Roll Call – All Reps please stand (open your mic) 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 se ponen de pie (abren su micrófono) y dicen cuántas reuniones representan. Cuando se pide algún voto, solo se toma en cuenta un voto por persona
12. Total groups represented. Grupos representados: _____ - Venest
13. Remind 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. Reporte de Tesorero/ Comité de Auditoría y Finanzas: Stu G.
Report from January 1 to November 30, 2023 – Reporte desde enero 1 al 30 de noviembre de 2023
 - a. Total year to date Income/ Ingresos al corriente anual: \$6,069.16
 - b. Total year to date Expenses/ Gastos al corriente anual: \$5,057.47
 - c. Net Proceeds (Loss)/ Ganancias o (Pérdidas): \$1,011.69
 - d. Current Prudent Reserve/ Reserva Actual: \$12,820.38
 - e. Target Prudent Reserve/ Reserva – Nuestra Meta: \$5,555.00
 - f. Shortfall/Surplus Prudent Reserve/ Cantidad que falta o está sobre la meta: \$7,265.38
 - 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) el 16/04/23.
15. Seventh Tradition (None at this time, for there is no expense for agenda reproduction) / Séptima Tradición (no se colecta hoy por no habet gasto para imprimir la agenda): Stephanie G., \$0.00
16. Standing Committees Reports/Reporte de comités Permanentes:
 - a. Audit and Finance Committee. Comité de Auditoría y Finanzas: Stu G.
 - Flyer, Friends Rae Z Book. Anuncio del libro Amigos de Rae Z.
 - Donations via mail or PayPal. Note meeting number to avoid anonymous donations. Donaciones por correo o PayPal.Anote el número de reunión para evitar ser una donación anónima.
 - b. Spanish Translation & Equipment Committee/Comité de Traducción y Equipo: Stephanie G.
 - c. Social Events/ Eventos – Stephanie G.
 - d. Inreach/Outreach/ Contactos Dentro y Fuera: Vacante / Vacante
17. Intergroup Business Cards/ Tarjetas de Negocio (\$10.00 per 100)- Contact Rureth at ceahowscilit@yahoo.com / Comuníquese con Rureth a ceahowscilit@yahoo.com.
18. Area 1 News: Area Assembly on February or March 2024. Asamblea de Área en febrero o marzo de 2024.
19. WSO News and Events/ Noticias de la Oficina de Servicios Mundiales WSO y Eventos
Visit www.ceahow.org and subscribe/ Visita y inscribase para noticias de la Oficina WSO www.ceahow.org
20. Old Business/ Asuntos Anteriores: _____
 - a. Election of: Chair, Vice Chair, Treasurer, Secretary. See announcement and duties of each position attached. Nominaciones para: Coordinador, Co-Coordinador, Tesorero/a, Secretario/a. Ver adjunto el anuncio y las responsabilidades de cada posición.
 - b. Spanish Retreat – September 30-October 1, 2023. Retiro en español, 30 de septiembre-01 de octubre de 2023
21. New Business /Asuntos nuevos
22. Announcements/Anuncios:
 - a. WSO Business Conference (July 17-19, 2023); WSO Global Convention (July 19-21, 2023). Conferencia de Servicios Mundiales (17-19 de julio de 2023); Convención de Servicios Mundiales (19-21 de julio de 2023).
 - b. Area 1 Workshop on Service, January 6, 2024, 1-2:30 pm via Zoom, Meeting ID: 656-175-6485 Passcode: 1212. Área 1 Taller sobre el servicio, 6 de enero del 2024, 1-2:30 p.m. por Zoom, ID: 626-175-6485, Código: 1212.
 - c. Area 2 Assembly, January 26-28, 2024, register at ceahowarea2.com, registration closed 12/31/23. Asamblea del Área 2, 26-28 de enero del 2024, regístrese en ceahowarea2.com, el registro se cierra el 31/12/23.
23. Next Intergroup Meeting/ Próxima Reunión –February 18, 2024 – 18 de febrero de 2024 @ 12 pm.
24. Adjournment/The meeting was adjourned at ____ pm. La reunión se dio por terminada a las ____ p.m.

INTERGROUP MEETING MINUTES/Acta de Reunión de Grupo Intergupal (IG)

October 15, 2023 – 15 de octubre 2023 – 12:00 P.M.

By Venest

- 1. Meeting called order at 12:04 PM by Co-chair Stephanie.** La reunión fue llamada al orden por la Co-coordinadora Stephanie.
- 2. Minutes of 8/23/23 were approved as presented.** El acta del 23/8/23 fue aprobada tal como fue presentada.
- 3. Chair's Report/ Reporte de Coordinador de la Mesa Directiva**
Patrushka. Stated that she was interested in starting a Public Information Committee in Spanish and English at different churches to get people interested. She had attended several events in Los Angeles and the interest was there. She stated the Committee could meet in the downtown area. There was a discussion regarding the financial aspect to get it started. It was tabled until a later date. Patrushka. Dijo estar interesada en comenzar un comité de Información Publica en inglés y español por las diferentes iglesias para la gente que se interese. Ella había asistido a varios eventos en Los Angeles y había el interés. Dijo que el Comité se puede reunir en el área del centro. Se hablo sobre el aspecto económico para el comienzo de actividades. El asunto fue pospuesto para después.
- 5. Welcome New IR's: Number of new IR's/ Bienvenida a los nuevos representantes: 0 - Stephanie**
- 6. IR's Packet Overview (Revisión de paquete)**
- 7. Number of new meetings/ No. de reuniones nuevas: 0**
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- 11. Roll Call – All Reps please stand (open your mic) 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 se ponen de pie (abren su micrófono) y dicen cuántas reuniones representan. Cuando se pide algún voto, solo se toma en cuenta un voto por persona
- 12. Total groups represented and Adelle from WSO.** Grupos representados y Adell de la Oficina de Servicios Mundiales: **9 - Venest**
- 13. Remind 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/ Reporte de Tesorero/ Comité de Auditoría y Finanzas: Stu G.**

Report from January 1 to September 30, 2023 – Reporte desde enero 1 al 30 de septiembre de 2023
 - a. Total year to date Income/ Ingresos al corriente anual: \$3,986.40**
 - b. Total year to date Expenses/ Gastos al corriente anual: \$4,210.40**
 - c. Net Proceeds (Loss)/ Ganancias o (Pérdidas): \$(-224.00)**
 - d. Current Prudent Reserve/ Reserva Actual: \$10,870.25**
 - e. Target Prudent Reserve/ Reserva – Nuestra Meta: \$5,550.00**
 - f. Shortfall/Surplus Prudent Reserve/ Cantidad que falta o está sobre la meta: \$5,315.25**
 - 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) el 16/04/23.**
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 - b. Spanish Translation & Equipment Committee/Comité de Traducción y Equipo: Stephanie G.**
 - c. Social Events/ Eventos – Stephanie G.**
 - d. Inreach/Outreach/ Contactos Dentro y Fuera: Vacante / Vacante**
- 17. Intergroup Business Cards/ Tarjetas de Negocio (\$10.00 per 100)- Contact Rureth at ceahowscilit@yahoo.com / Comuníquese con Rureth a ceahowscilit@yahoo.com.**
- 18. Area 1 News: Area Assembly on February or March 2024.** Asamblea de Area en febrero o marzo de 2024.

19. WSO News and Events. Early bird special for the 2024 Convention \$29 a Month/10 months at \$290. Each Month the Price will go up. Noticias de la Oficina de Servicios Mundiales WSO y Eventos. Especial de precio mañanero para la Convención 2024 a \$29 por mes/10 meses a un total de \$290.

Visit www.ceahow.org and subscribe/ Visita y inscríbese para noticias de la Oficina WSO www.ceahow.org

20. Old Business/ Asuntos Anteriores

a. **Elections will be at the December 17th meeting. Please see attached SCI BYLAWS on qualifications. Please be on time to vote. Only qualified representatives can vote.** Las elecciones serán en la reunión del 17 de diciembre. Favor de ver el adjunto REGLAMENTO DE SCI para los requisitos. Favor de entrar a tiempo a la reunión para las votaciones.

21. New Business /Asuntos nuevos

a. **Rae Z and Friends book will go to the Literature Committee to see if it can be included for sale at the next conference.** El libro en inglés “Rae Z y amigos” se llevará al Comité de Literatura para ver si podría ser incluido para venderse en la próxima conferencia.

b. **Betty was nominated by Stephanie as a new Area Representative. She meets all qualifications.** Betty fue nominada por Stephanie como nueva Representante de Área. Ella cumple todos los requisitos.

22. Announcements/Anuncios:

a. **WSO Business Conference (July 17-19, 2023); WSO Global Convention (July 19-21, 2023).** Conferencia de Servicios Mundiales (17-19 de julio de 2023); Convención de Servicios Mundiales (19-21 de julio de 2023).

23. Next Intergroup Meeting/ Próxima Reunión –December 17, 2023 – 17 de diciembre de 2023 @ 12 pm.

24. Adjournment/The meeting was adjourned at _____ pm. La reunión se dio por terminada a las _____ 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 Intergorup'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 NOVEMBER 30, 2023**

11/30/2023

OPERATING FUNDS AVAILABLE	13,773.75
MONEY OWE (Sales Tax)	(201.67)
MONEY ACCRUED & RESERVED	(751.70)
	<u>12,820.38</u>
Current Prudent Reserve	<u>5,555.00</u> *
*Target Prudent Reserve for 2021	<u>7,265.38</u>
Shortfall / Surplus	

RESTRICTED ACCOUNT FOR WSO AND AREA 1	790.70
MONEY OWE TO WSO	(474.42)
MONEY OWE TO AREA ONE	(316.28)
	<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 NOVEMBER 30, 2023**

	<u>ACTUAL</u>	<u>BUDGET</u>
	<u>Jan '23 - Nov '23</u>	<u>2023</u>
Net Income		
400 - Contributions	4,578.37	5,000.00
401 - One Time Special Donation	0.00	0.00
402 - Literature	490.02	360.00
420 - Shipping collected & paid	170.33	50.00
422 - Misc Fund Raiser (Workshops, Etc.)	0.00	500.00
426 - Interest	10.44	0.00
450 - B-Day Party	0.00	0.00
460 - Spring Retreat	0.00	0.00
475 - Hisp Committee Anniversary	820.00	0.00
Total Net Income	<u>6,069.16</u>	<u>5,910.00</u>
Expense		
520 - Literature Shipping	59.71	40.00
604 - Office Supplies/IG Mtg copies	0.00	0.00
606 - Telephone	259.40	300.00
611 - Bank Charges & NSF Checks	0.00	20.00
612 - Company Insurance	0.00	0.00
614 - Legal/Accounting Fees	25.00	50.00
616 - Postage & PO Box Rent	226.02	230.00
624 - Web Sales Fees	37.34	65.00
626 - In Reach Out Reach Exp.	0.00	0.00
675 - Out Side Services	4,450.00	4,850.00
Total Expense	<u>5,057.47</u>	<u>5,555.00</u>
Net Proceeds (Loss)	<u><u>1,011.69</u></u>	<u><u>355.00</u></u>

CEA - HOW SCI TOTAL GROUP CONTRIBUTIONS OCT and NOV 23 (for WSO, Area1, IG)

MTG#	CITY	Day	Time	AMOUNT
1031	Altadena*	Tue	7:00 PM	
9999	Anonymous			\$40.00
9999	Anonymous			\$50.00
9999	Anonymous			\$29.00
9999	Anonymous			\$15.00
9999	Anonymous			\$60.00
9999	Anonymous			\$25.00
354	Baldwin Park*	Tue	7:30 PM	\$50.00
354	Baldwin Park*	Tue	7:30 PM	\$44.00
1836	Brea+	Wed	5:45 PM	
3	Buena Park	Mon	7:00 PM	\$40.00
767	Carson	Sat	4:00 PM	
1942	Carson	Fri	6:30 PM	\$10.00
1942	Carson	Fri	6:30 PM	\$10.00
1942	Carson	Fri	6:30 PM	\$80.00
977	Carson+	Sun	4:00 PM	
1512	Claremont	Wed	5:00 PM	\$10.00
763	Claremont	Fri	9:30 AM	\$20.00
763	Claremont	Fri	9:30 AM	\$16.00
1512	Claremont	Wed	5:00 PM	\$121.00
763	Claremont	Fri	9:30 AM	\$20.00
1512	Claremont	Wed	5:00 PM	\$168.05
763	Claremont	Fri	9:30 AM	\$20.00
1545	Claremont+	Mon	5:00 PM	
2300	Colton	Tue	6:30 PM	
536	Compton*	Fri	10:00 AM	\$30.00
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	\$20.00
201	Downey*	Sun	3:30 PM	\$20.00
201	Downey*	Sun	3:30 PM	\$10.00
1476	Fontana*	Tue	10:00 AM	\$50.00
1476	Fontana*	Tue	10:00 AM	\$30.00
1476	Fontana*	Tue	10:00 AM	\$50.00
698	Fontana*+	Fri	9:30 AM	
2773	Hacienda Heights	Tue	6:00 PM	\$17.00
2773	Hacienda Heights	Tue	6:00 PM	\$30.00
2088	Hawthorne	Mon	6:30 PM	\$60.00
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	\$15.00
1939	La Mirada	Sat	9:30 AM	\$15.00
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	

MTG#	CITY	Day	Time	AMOUNT
2755	Los Angeles	Tue	12:00 PM	
2754	Los Angeles	Mon	12:00 PM	
2758	Los Angeles	Fri	12:00 PM	
2757	Los Angeles	Thu	12:00 PM	
2273	Los Angeles	Sat	1:00 PM	
2756	Los Angeles	Wed	12:00 PM	
465	Los Angeles*	Mon	7:00 PM	
286	Los Angeles*	Tue	7:00 PM	
579	Los Angeles*	Fri	7:00 PM	
1815	Los Angeles*	Wed	7:00 PM	
267	Los Angeles*	Fri	7:00 PM	
221	Los Angeles*+	Thu	7:00 PM	
57	Los Angeles+	Wed	7:30 PM	
180	Los Angeles+	Sat	11:00 AM	
370	Lynwood*+	Sat	4:00 PM	
696	Lynwood*+	Wed	7:00 PM	\$50.00
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	\$20.00
72	Norwalk*+	Thu	7:00 PM	
1292	Online	Sat	9:30 AM	\$121.00
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	\$60.85
1159	Pico Rivera*+	Mon	7:00 PM	\$20.00
71	Pomona+	Tue	9:30 AM	\$14.00
2212	San Bernardino	Tue	6:30 PM	
66	San Gabriel*+	Thu	7:30 PM	\$84.75
66	San Gabriel*+	Thu	7:30 PM	\$84.75
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	\$60.00
2160	South Gate*	Tue	7:00 PM	
4	Torrance	Mon	7:00 PM	
2771	Upland	Sat	9:00 AM	\$40.00
2771	Upland	Sat	9:00 AM	\$40.00
1065	Whittier	Tue	7:00 PM	
2252	Whittier	Wed	6:30 PM	
2200	Whittier	Thu	12:00 PM	
1661	Whittier	Sun	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

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 #

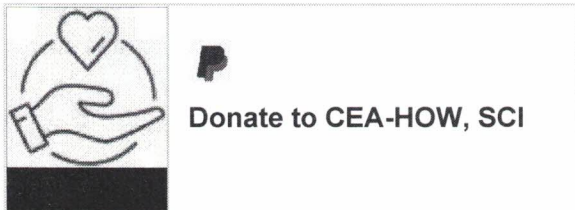
Available until they last. The proceeds of the sale will go to the SCI Rae Z. Scholarship fund

Attached per please find the financial reports for the month of October and November 2023 also 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 PayPal and Venmo, few members are doing it now. They need to include the information of the meeting, so meeting gets credit.

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

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



OR SCAN THE QR CODE BELOW



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 Abstinencia Médica	922	\$2.45	
	Am I a Food Addict	823	\$2.45			Soy Un Adicto a la Comida?	923	\$2.45	
	Overview of the 12 Steps	825	\$2.45			Un Resumen del Plan de Recuperación	925	\$2.45	
	The CEA-HOW Concept	826	\$2.45			La Filosofía 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 Adicción 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 Información 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 Recaida a la Abstinencia	903	\$3.85	
	Broaden your Experience of Sponsoring	804	\$4.20						
	Recommitment Questions	805	\$3.85			Preguntas de Renovación	905	\$3.85	
	Kaleidoscope	806	\$3.85			Calidoscopio	906	\$7.00	
	Sponsor Guidelines	807	\$7.50			Guía Para Patrocinar	907	\$7.50	
	1st 30 Questions Inserts	807A	\$3.00			1ra 30 Preguntas	907A	\$3.00	
	Maintenance Sponsor Guide	808	\$7.00			Guía 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			Llegamos 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			Guía De Las 12 Tradiciones	918	\$4.90	
	Abstinence Model	820	\$2.45			Modelo de Abstinencia	920	\$2.45	
	Daily Reflections	833	\$9.80						
	Getting into the Steps	840	\$3.85						
	Prayers and Spirituality	841	\$7.50						
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	\$12.00						
	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			Como lo Ve Bill	7350	\$12.04	
	Came to Believe Book	2400	\$7.00			Llegamos a Creer	7400	\$7.00	
	Daily Reflections	2450	\$14.35			Reflexiones Diarias	7450	\$14.35	
	Living Sover	2550	\$7.35			Viviendo Sobrio	7550	\$7.00	
COLUMN A SUBTOTAL					SUBTOTAL COLUMNA B				

PRICES SUBJECT TO CHANGE WITHOUT NOTICE.

TOTAL ORDER AMOUNT A&BS _____(+)

SALES TAX - CA Residents Only \$ _____(+)

GRAND TOTAL (US \$ ONLY) \$ _____(=)

EMAIL ORDERS TO: ceahowscilit@yahoo.com Pick up and pay at Intergroup meeting (preferred method). OR MAIL PAYMENT & ORDER TO:

CEA - HOW SCI
PO BOX 1836
Duarte, CA 91009-4836

MEETING INFORMATION

CEA-HOW MTG # _____

MTG DAY _____

CITY _____

TIME _____AM/PM

PRECIOS SUJETOS A CAMBIOS SIN PREVIO AVISO.

TOTAL DE LA ORDEN A&BS _____(+)

SALES TAX - Residentes de California \$ _____(+)

GRAN TOTAL (US \$ ONLY) \$ _____(=)

ENVIE SU ORDEN POR CORREO ELECTRÓNICO A:

ceahowscilit@yahoo.com Page y recoja en la reunion intergrup al (método preferido). O ENVIO SU PAGO Y ORDEN A:

CEA - HOW SCI
PO BOX 1836
Duarte, CA 91009-4836

INFORMACION DE LA REUNION

CEA-HOW MTG # _____

MTG DIA _____

CIUDAD _____

HORA _____AM/PM

**COMPULSIVE EATERS ANONYMOUS-HOW**

Southern California Intergroup

P.O. BOX 1836

DUARTE, CA 91009-4836

(562) 942-8161

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 _____
 Meeting Time _____ Group # _____
 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.orgaccounting@ceahow.org

Rev. 09/21/15

**COMPULSIVE EATERS ANONYMOUS-HOW**

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Southern California Intergroup

P.O. BOX 1836

DUARTE, CA 91009-4836

(562) 942-8161

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 Intergroups 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 Intergroup** 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:

CEA-HOW SCI**P.O. Box 1836****Duarte, CA 91009-4836**www.ceahowsci.orgaccounting@ceahow.org

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