

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

JUNE 22, 2025 – 12 P.M. - 22 DE JUNIO 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 your 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 April 2025 and May 2025 – Reportes de abril de 2025 y de mayo de 2025

a. Total Year to date Income/ Ingresos al corriente anual: \$2,224.71

b. Total year to date Expenses/ Gastos al corriente anual: \$2,460.03

c. Net Proceeds (Loss)/ Ganancias o (Pérdidas): \$(-346.32)

d. Current Prudent Reserve/ Reserva Actual: \$13,649.69

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

f. Shortfall/Surplus Prudent Reserve/ Cantidad que menor o sobre la meta: \$7,969.69

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** / Communique 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 suscríbese en www.ceahow.org

20. Old Business / Asuntos Pendientes

- a. **Rae Z. Book available at \$17.00** / Libro de Rae Z disponible por \$17.
- b. **Intergroup Cell Phone Volunter List** / Teléfono celular de la Intergrup, lista de voluntarios
- c. **Intergroup donation for Convention 2025.** | Donación intergrup, lista de voluntarios

21. New Business /Asuntos Nuevos

a. _____

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 – **August 17, 2025 – 17 de agosto de 2025 @ 12 pm.**

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

Attachments – Adjuntos

1. **Minutes of 4/27/25** – Acta del 27/4/25
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

June 29 @ 1:00 pm - 2:30 pm

Service Workshop: Digging deeper into the 6th Tool

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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



**June is Service Month in CEA-HOW!**



**Join us for a  
WSO-sponsored service workshop  
Digging deeper into the 6<sup>th</sup> Tool**

Sunday, 6/29/25 1-2:30 PM ET; 10AM-11:30 AM PT  
Zoom Meeting ID: 893 4807 1101 passcode: Service

No registration necessary  
7<sup>th</sup> Tradition donations will be requested during the workshop

Service is abstinence — the greatest service to ourselves. Service is coming to meetings on time; being a leader or speaker; volunteering to be a service person such as a Program chair person, coffee person, treasurer, secretary, literature person, Intergroup representative, etc. Service is CEA-HOW. Service is one way to get involved in the Program. Service is needed at all levels and at every meeting. Service is giving of ourselves to help CEA-HOW continue to function. Let's all get involved to help CEA-HOW because we all know that

***Service is freedom from bondage of self***

For further information call Susan M. at 510-423-2205

**Junio es el Mes del  
Servicio en CEA-HOW!**



**¿Cómo promoverá su reunión, intergrupo  
y/o área el servicio en junio?**

- ¿Taller?
- ¿Tema de discusión de la reunión?
- ¿Estudio del Manual de Servicio CEA-HOW?
- ¿????

**Taller de servicio patrocinado por la OSM  
Profundizando en la 6<sup>a</sup> Herramienta**

Domingo, 6/29/25 1-2:30 PM ET; De 10 a.m. a 11:30 a.m., PT  
Zoom Meeting ID: 893 4807 1101; passcode: Service

El servicio es abstinencia, el mayor servicio a nosotros mismos. El servicio es llegar a tiempo a las reuniones; ser un líder u orador; ofrecerse como voluntario para ser una persona de servicio, como un presidente de programa, una persona de café, un tesorero, una secretaria, una persona de literatura, un representante de intergrupo, etc. El servicio es CEA-HOW. El servicio es una forma de participar en el Programa. El servicio es necesario en todos los niveles y en todas las reuniones. El servicio es dar de nosotros mismos para ayudar a que CEA-HOW siga funcionando. Involúcrmonos todos para ayudar a CEA-HOW porque todos lo sabemos.

***El servicio es la libertad de la esclavitud del yo***

**2025 CEA HOW EASTERN FALL EVENT**

Hosted by  
Compulsive Eaters  
Anonymous H.O.W.  
PA Intergroup, Pittsburgh

Where:  
Sheraton Pittsburgh Airport Hotel  
1160 Thorn Run Road  
Coraopolis, PA 15108  
Phone:  
(412) 262-2400

When:  
Friday, September 26  
7-9 PM Registration and  
Informal Fellowship.  
Saturday, September 27  
8-4 PM Scheduled Events,  
(includes a salad bar lunch).  
Sunday, September 28  
7-10 AM Informal Fellowship.  
CEA-HOW gathering and  
fellowship (bring your  
own breakfast).

**TURNING  
POINTS**

**KEYS  
TO  
RECOVERY**

Come find out how  
program "Keys"  
become turning points  
that will open recovery  
for you!

**COSTS:**  
\* \$50 per person  
\* Room Fees:  
\$108 - Double  
(split room cost)  
\$180 - Single  
(Airport Shuttle available)

**CLAIM YOUR  
SEAT!  
REGISTER at  
ceahowpa.com**

(Only  
Conference  
approved  
literature will  
be used and  
available.)

Guest contact:  
Kathy (412) 611-5655  
Kathy N (412) 616-9716

CEAHOW SOUTHERN CALIFORNIA INTERGROUP MEETING - AGENDA  
MINUTES /Acta - CEA-HOW Intergrup al 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

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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 – 12:08 - Stephanie [chair@ceahowsci.org](mailto:chair@ceahowsci.org) / Llamada al orden

Please mute your line if your 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. Minutes approved as written. / Aprobación del acta de reunión. El acta fue aprobada tal como fue escrita.

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: \_\_\_\_\_

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14. Treasurer/Audit Finance Committee Report – Stephanie gave the report due to Betty being ill. / Reporte de

Tesorero/ Comité de Auditoría y Finanzas. Stephanie dio el reporte por razon de que Betty esta ausente por enfermedad:

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.**

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**16. Standing Committees Reports/Reporte de comités permanentes:**

**a. Audit and Finance Committee – Betty M. and Rureth to get together for a meeting. / Comité de Auditoria y Finanzas. Betty y Rureth se tendran un reunion.**

**c. Social Events– Stephanie / Eventos**

**d. Public Information – More people are needed to answer calls in July and August. / Información Pública. Mas personas se necesitan para contestar las llamadas de teléfono en julio y agosto.**

**17. Intergroup Business Cards/ Tarjetas de Presentación ( \$10.00 per 100)- Contact Rureth at [ceahowscilit@yahoo.com](mailto:ceahowscilit@yahoo.com) / Communique con Rureth a [ceahowscilit@yahoo.com](mailto: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](http://www.ceahow.org) and subscribe/ Visite y suscríbase en [www.ceahow.org](http://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. Intergroup donation for Convention 2025. SCI Will donate \$100 to the Convention for Coffee and gift cards. | Donación intergrupar para la Convención de 2025. Se hara una donacion a la Convencion para el café y las rifas.**

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

**1. 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 12:38 p.m. / Cierre a las 12:38 p.m.**

June 1, 2025

TO: Intergroup Representatives

FROM: Southern California Intergroup Board

Attached please find the financial reports for the month of April and May 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 information of the meeting, 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](#)

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

5/31/2025

|                                  |                   |
|----------------------------------|-------------------|
| OPERATING FUNDS AVAILABLE        | 14,501.61         |
| MONEY OWE (Sales Tax)            | (83.87)           |
| MONEY ACCRUED & RESERVED         | (768.05)          |
| Current Prudent Reserve          | <u>13,649.69</u>  |
| *Target Prudent Reserve for 2021 | <u>5,680.00</u> * |
| Shortfall / Surplus              | <u>7,969.69</u>   |

|                                       |             |
|---------------------------------------|-------------|
| RESTRICTED ACCOUNT FOR WSO AND AREA 1 | 596.65      |
| MONEY OWE TO WSO                      | (357.99)    |
| MONEY OWE TO AREA ONE                 | (238.66)    |
|                                       | <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 MAY 31, 2025**

|                                          | <u>ACTUAL</u>            | <u>BUDGET</u>   |
|------------------------------------------|--------------------------|-----------------|
|                                          | <u>Jan '25 - May '25</u> | <u>2025</u>     |
| <b>Net Income</b>                        |                          |                 |
| 400 - Contributions                      | 1,949.35                 | 5,000.00        |
| 401 - One Time Special Donation          | 0.00                     | 0.00            |
| 402 - Literature                         | 201.45                   | 400.00          |
| 420 - Shipping collected & paid          | 73.60                    | 100.00          |
| 422 - Misc Fund Raiser (Workshops, Etc.) | 0.00                     | 250.00          |
| 426 - Interest                           | 0.31                     | 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          |
| <b>Total Net Income</b>                  | <u>2,224.71</u>          | <u>6,000.00</u> |
| <b>Expense</b>                           |                          |                 |
| 520 - Literature Shipping                | 21.59                    | 100.00          |
| 604 - Office Supplies/IG Mtg copies      | 0.00                     | 0.00            |
| 606 - Telephone                          | 159.69                   | 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                     | 34.75                    | 100.00          |
| 626 - In Reach Out Reach Exp.            | 0.00                     | 0.00            |
| 675 - Out Side Services                  | 2,000.00                 | 4,800.00        |
| <b>Total Expense</b>                     | <u>2,460.03</u>          | <u>5,680.00</u> |
| <b>Net Proceeds (Loss)</b>               | <u>(235.32)</u>          | <u>320.00</u>   |



**CEA - HOW SCI TOTAL GROUP CONTRIBUTIONS APR and MAY 25** *(for WSO, Area 1, IG)*

| MTG#  | CITY               | Day | Time     | AMOUNT  |
|-------|--------------------|-----|----------|---------|
| 1031  | Altadena*          | Tue | 7:00 PM  |         |
| 9999  | Anonymous          |     |          | \$25.00 |
| 9999  | Anonymous          |     |          | \$8.00  |
| 9999  | Anonymous          |     |          | \$30.00 |
| 9999  | Anonymous          |     |          | \$25.00 |
| 9999  | Anonymous          |     |          | \$8.00  |
| 2807  | Bakersfield*       | Fri | 5:00 PM  |         |
| 354   | Baldwin Park*      | Tue | 7:30 PM  | \$34.50 |
| 354   | Baldwin Park*      | Tue | 7:30 PM  | \$58.00 |
| 1836  | Brea+              | Wed | 5:45 PM  | \$80.00 |
| 3     | Buena Park         | Mon | 7:00 PM  | \$30.00 |
| 1942  | Carson             | Fri | 6:30 PM  | \$35.00 |
| 767   | Carson             | Sat | 4:00 PM  |         |
| 1942  | Carson             | Fri | 6:30 PM  | \$10.00 |
| 977   | Carson+            | Sun | 4:00 PM  |         |
| 1512  | Claremont          | Wed | 5:00 PM  | \$59.00 |
| 763   | Claremont          | Fri | 9:30 AM  | \$30.00 |
| 1512  | Claremont          | Wed | 5:00 PM  | \$55.00 |
| 763   | Claremont          | Fri | 9:30 AM  | \$15.00 |
| 1545  | Claremont+         | Mon | 5:00 PM  |         |
| 2300  | Colton             | Tue | 6:30 PM  |         |
| 536   | Compton*           | Fri | 10:00 AM |         |
| 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 |
| 1476  | Fontana*           | Tue | 10:00 AM |         |
| 698   | Fontana*+          | Fri | 9:30 AM  | \$40.00 |
| 698   | Fontana*+          | Fri | 9:30 AM  | \$20.00 |
| 698   | Fontana*+          | Fri | 9:30 AM  | \$15.00 |
| 2773  | Hacienda Heights   | Tue | 6:00 PM  | \$85.00 |
| 2088  | Hawthorne          | Mon | 6:30 PM  | \$28.00 |
| 2088  | Hawthorne          | Mon | 6:30 PM  | \$25.00 |
| 2806  | Hawthorne*         | Sat | 9:00 AM  | \$45.50 |
| 2806  | Hawthorne*         | Sat | 9:00 AM  | \$23.31 |
| 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  |         |
| 1573  | Long Beach+        | Mon | 6:00 PM  |         |
| 102   | Long Beach+        | Sat | 9:00 AM  |         |
| 1090  | Los Alamitos       | Tue | 6:00 AM  |         |
| 2754  | Los Angeles        | Mon | 12:00 PM |         |

| MTG# | CITY                 | Day | Time     | AMOUNT   |
|------|----------------------|-----|----------|----------|
| 2756 | Los Angeles          | Wed | 12:00 PM |          |
| 2758 | Los Angeles          | Fri | 12:00 PM |          |
| 2755 | Los Angeles          | Tue | 12:00 PM |          |
| 2273 | Los Angeles          | Sat | 1:00 PM  |          |
| 2757 | Los Angeles          | Thu | 12:00 PM |          |
| 1815 | Los Angeles*         | Wed | 7:00 PM  |          |
| 579  | Los Angeles*         | Fri | 7:00 PM  |          |
| 267  | Los Angeles*         | Fri | 7:00 PM  |          |
| 286  | Los Angeles*         | Tue | 7:00 PM  |          |
| 465  | Los Angeles*         | Mon | 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  | \$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 |          |
| 1098 | Norwalk*             | Tue | 10:00 AM | \$50.00  |
| 72   | Norwalk*+            | Thu | 7:00 PM  |          |
| 1292 | Online               | Sat | 9:30 AM  | \$60.00  |
| 1292 | Online               | Sat | 9:30 AM  | \$70.00  |
| 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  |          |
| 71   | Pomona+              | Tue | 9:30 AM  |          |
| 2212 | San Bernardino       | Tue | 6:30 PM  |          |
| 66   | San Gabriel*+        | Thu | 7:30 PM  | \$40.00  |
| 2059 | San Pedro            | Tue | 6:00 PM  |          |
| 2272 | San Pedro            | Wed | 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  | \$65.00  |
| 1742 | South Gate*          | Mon | 9:00 AM  | \$100.00 |
| 4    | Torrance             | Mon | 7:00 PM  |          |
| 2771 | Upland               | Sat | 9:00 AM  |          |
| 2200 | Whittier             | Thu | 12:00 PM |          |
| 2252 | Whittier             | Wed | 6:30 PM  |          |
| 1065 | Whittier             | Tue | 7:00 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**

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Southern California Intergruop & 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 treasures save time, energy, and stamps presented the concept that each meeting only write one check to the Intergruop instead of three (Intergruop, Area and World Service). We also understood that we were only among a few Intergruops that required three checks to be written. Intergruop was asked to get feedback from the meetings and at the next Intergruop meeting we reached consensus that each meeting is to only write one check for the full amount and send it to Intergruop.

The Intergruop will preserve the traditional split which is, 50% to the Intergruop, 30% to the World Service Office, and 20% to the Area Assemblies. **Mail the total amount to the Intergruop 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.

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 Intergrupal en lugar de tres (Intergrupal, Area y Servicio Mundial). También se nos dio a entender que somos una de las pocas Intergrupales 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 intergrupal tomaran la conciencia de grupo que solamente se escriba un cheque por la cantidad completa y enviarlo a la Intergrupal.

La Intergrupal va a conservar la tradición de repartir el 50% a la Intergrupal, 30% al Servicio Mundial, y 20% al la Asamblea de Area. **Envíe por correo la cantidad total a la Oficina Intergrupal** 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.

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: \_\_\_\_\_

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Rev. 02/18/24

Cantidad Incluida \$ \_\_\_\_\_ Cheque # \_\_\_\_\_  
Dia 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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# CEA-HOW SCI LITERATURE ORDER FORM

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