

CEAHOW SOUTHERN CALIFORNIA INTERGROUP MEETING

Website: ceahowsci.org – Email: sci@ceahowsci.org
Tel. (626) 358-2827

AGENDA

AUGUST 17, 2025 – 12 P.M. - 17 DE AGOSTO 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 intergrup(al): 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 – Open / Reporte de Tesorero/ Comité de Auditoría y

Finanzas:

Reports of June 2025 and July 2025 – Reportes de junio de 2025 y de julio de 2025

a. Total Year to date Income/ Ingresos al corriente anual: \$3,314.71

b. Total year to date Expenses/ Gastos al corriente anual: \$3,382.05

c. Net Proceeds (Loss)/ Ganancias o (Pérdidas): \$(-67.34)

d. Current Prudent Reserve/ Reserva Actual: \$13,901.87

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

f. Shortfall/Surplus Prudent Reserve/ Cantidad que menor o sobre la meta: \$8,221.87

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 - (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** – / Comité de Auditoría y Finanzas:
- c. **Social Events– Stephanie** / Eventos
- d. **Public Information - Open** / 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 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, 2026** / Convención Global. LAX – 2026

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 6/22/25** – Acta del 22/6/25
- 2. **Finance Reports** – Reportes de Finanzas
- 3. **Meeting Contribution Report** – Reporte de contribución de reuniones
- 4. **Flyers** – Anuncios

CEAHOW SOUTHERN CALIFORNIA INTERGROUP MEETING
MINUTES /Acta

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 – 12:08 - 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. Minutes of April 21, 2025, approved as written. / Aprobación del acta de reunión del 21 de abril de 2025.. 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: 0

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 intergrup(al): 1

10. Total number of meetings / No. total de reuniones: 52

In-Person Meetings / Reuniones en Persona: 19 English – 24 Spanish (42 total)

Zoom or Teleconference Meetings / Reuniones por Zoom o Teleconferencia: 4 English – 6 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: 10

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 – Stephanie gave the report due to Betty being absent. /

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

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 – None. / Comité de Auditoria y Finanzas. Ninguno

c. Social Events– Stephanie. None / Eventos. Ninguno

d. Public Information – Still working on flyer. Need more people to answer telephone calls.

/ Información Pública. Aun se esta trabajando en un volante. Se necesitan mas personas para contestar las llamadas a la Intergrup..

17. Intergroup Business Cards/ Tarjetas de Presentación (\$10.00 per 100)- Contact Rureth at ceahowscilit@yahoo.com / Communique with Rureth at ceahowscilit@yahoo.com.

18. Área 1 News – Área Representatives Stephanie, Betty / Noticias del Área 1

a. Area 1 Assembly, 7/16/25. Stephanie will be attending conference and convention. / Asamblea del Área 1, 16/7/25. Stephanie asistirá a la conferencia y convencion.

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

21. New Business /Asuntos Nuevos

a. Treasurer Position. Betty has resigned as Treasurer. Helenlyne would like to assume the position.

Tabled until the August meeting. / Position de tesorera. Betty ha renunciado como tesorera. Helenlyne se interesa en asumir la posición. Se pospuso la votación para la Reunión de agosto.

b. Translation equipment will be used at the Conference and Convention. El equipo de traducción sera usado en la Conferencia y Convención.

c. Board made the decision to donate \$300.00 for the convention for coffee, raffle and Scholarship. La Junta Directivo aprobo una donación de \$300 para gastos de café, rifa y becas para la Convención.

d. Measuring spoons are still available at \$1.50 each. Las cucharas medidoras aun están disponible a \$1.50 cada una.

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

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

2. July is Gratitude month. Please donate to World Services.

3. There will be a 25 th Anniversary workshop in San Diego on October 18, 2025. The price of \$40.00 will include lunch.

23. Next Intergroup Meeting/ Próxima Reunión – August 17, 2025 – 17 de agosto de 2025 @ 12:00 pm.

24. Adjournment 12:58 p.m. / Cierre a las 12:58 p.m.

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**

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

7/31/2025

|                                  |                          |
|----------------------------------|--------------------------|
| OPERATING FUNDS AVAILABLE        | 14,765.42                |
| MONEY OWE (Sales Tax)            | (95.50)                  |
| MONEY ACCRUED & RESERVED         | <u>(768.05)</u>          |
| Current Prudent Reserve          | <b>13,901.87</b>         |
| *Target Prudent Reserve for 2021 | <u><b>5,680.00</b></u> * |
| Shortfall / Surplus              | <b>8,221.87</b>          |

|                                       |                 |
|---------------------------------------|-----------------|
| RESTRICTED ACCOUNT FOR WSO AND AREA 1 | 1,372.83        |
| MONEY OWE TO WSO                      | (823.70)        |
| MONEY OWE TO AREA ONE                 | <u>(549.13)</u> |
|                                       | 0.00            |

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

\*Our goal is to have 12 months operating expenses, based on the formula of AA.

**CEA - HOW, SCI  
PROFIT AND LOSS REPORT  
AS OF JULY 31, 2025**

|                                          | <u>ACTUAL</u>            | <u>BUDGET</u>        |
|------------------------------------------|--------------------------|----------------------|
|                                          | <u>Jan '25 - Jul '25</u> | <u>2025</u>          |
| Net Income                               |                          |                      |
| 400 - Contributions                      | 3,013.02                 | 5,000.00             |
| 401 - One Time Special Donation          | 0.00                     | 0.00                 |
| 402 - Literature                         | 227.65                   | 400.00               |
| 420 - Shipping collected & paid          | 73.60                    | 100.00               |
| 422 - Misc Fund Raiser (Workshops, Etc.) | 0.00                     | 250.00               |
| 426 - Interest                           | 0.44                     | 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>3,314.71</u>          | <u>6,000.00</u>      |
| Expense                                  |                          |                      |
| 520 - Literature Shipping                | 21.59                    | 100.00               |
| 604 - Office Supplies/IG Mtg copies      | 0.00                     | 0.00                 |
| 606 - Telephone                          | 263.57                   | 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                     | 52.89                    | 100.00               |
| 626 - In Reach Out Reach Exp.            | 0.00                     | 0.00                 |
| 675 - Out Side Services                  | <u>2,800.00</u>          | <u>4,800.00</u>      |
| Total Expense                            | <u>3,382.05</u>          | <u>5,680.00</u>      |
| Net Proceeds (Loss)                      | <u><b>(67.34)</b></u>    | <u><b>320.00</b></u> |

**CEA - HOW SCI TOTAL GROUP CONTRIBUTIONS JUN and JUL 25** *(for WSO, Area1, IG)*

| MTG#  | CITY               | Day | Time     | AMOUNT   |
|-------|--------------------|-----|----------|----------|
| 1031  | Altadena*          | Tue | 7:00 PM  |          |
| 9999  | Anonymous          |     |          | \$8.00   |
| 9999  | Anonymous          |     |          | \$150.00 |
| 9999  | Anonymous          |     |          | \$31.50  |
| 9999  | Anonymous          |     |          | \$40.00  |
| 9999  | Anonymous          |     |          | \$25.00  |
| 9999  | Anonymous          |     |          | \$8.00   |
| 9999  | Anonymous          |     |          | \$25.00  |
| 2807  | Bakersfield*       | Fri | 5:00 PM  |          |
| 354   | Baldwin Park*      | Tue | 7:30 PM  | \$29.50  |
| 354   | Baldwin Park*      | Tue | 7:30 PM  | \$34.00  |
| 1836  | Brea+              | Wed | 5:45 PM  |          |
| 3     | Buena Park         | Mon | 7:00 PM  | \$50.00  |
| 767   | Carson             | Sat | 4:00 PM  |          |
| 1942  | Carson             | Fri | 6:30 PM  |          |
| 977   | Carson+            | Sun | 4:00 PM  |          |
| 763   | Claremont          | Fri | 9:30 AM  | \$5.00   |
| 763   | Claremont          | Fri | 9:30 AM  | \$15.00  |
| 763   | Claremont          | Fri | 9:30 AM  | \$200.00 |
| 763   | Claremont          | Fri | 9:30 AM  | \$12.00  |
| 1512  | Claremont          | Wed | 5:00 PM  | \$81.00  |
| 1512  | Claremont          | Wed | 5:00 PM  | \$20.00  |
| 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  | \$14.00  |
| 201   | Downey*            | Sun | 3:30 PM  | \$20.00  |
| 1476  | Fontana*           | Tue | 10:00 AM | \$60.00  |
| 1476  | Fontana*           | Tue | 10:00 AM | \$30.00  |
| 698   | Fontana*+          | Fri | 9:30 AM  | \$20.00  |
| 2773  | Hacienda Heights   | Tue | 6:00 PM  | \$40.00  |
| 2088  | Hawthorne          | Mon | 6:30 PM  | \$10.35  |
| 2088  | Hawthorne          | Mon | 6:30 PM  | \$53.00  |
| 2088  | Hawthorne          | Mon | 6:30 PM  | \$17.00  |
| 2006  | Hawthorne*         | Wed | 7:00 PM  |          |
| 2806  | Hawthorne*         | Sat | 9:00 AM  | \$127.50 |
| 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  |          |

| MTG# | CITY                 | Day | Time     | AMOUNT   |
|------|----------------------|-----|----------|----------|
| 2273 | Los Angeles          | Sat | 1:00 PM  |          |
| 2754 | Los Angeles          | Mon | 12:00 PM |          |
| 2756 | Los Angeles          | Wed | 12:00 PM |          |
| 2758 | Los Angeles          | Fri | 12:00 PM |          |
| 2755 | Los Angeles          | Tue | 12:00 PM |          |
| 2757 | Los Angeles          | Thu | 12:00 PM |          |
| 267  | Los Angeles*         | Fri | 7:00 PM  |          |
| 579  | Los Angeles*         | Fri | 7:00 PM  |          |
| 465  | Los Angeles*         | Mon | 7:00 PM  |          |
| 286  | Los Angeles*         | Tue | 7:00 PM  |          |
| 1815 | Los Angeles*         | Wed | 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  | \$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 | \$186.00 |
| 1098 | Norwalk*             | Tue | 10:00 AM |          |
| 72   | Norwalk*+            | Thu | 7:00 PM  |          |
| 1292 | Online               | Sat | 9:30 AM  | \$35.00  |
| 1292 | Online               | Sat | 9:30 AM  | \$95.00  |
| 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  | \$60.00  |
| 2212 | San Bernardino       | Tue | 6:30 PM  |          |
| 66   | San Gabriel*+        | Thu | 7:30 PM  | \$136.00 |
| 66   | San Gabriel*+        | Thu | 7:30 PM  | \$72.00  |
| 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  | \$50.00  |
| 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**

**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](mailto: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

August 15, 2025

TO: Intergroup Representatives

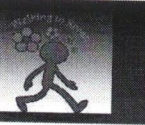
FROM: Southern California Intergroup Board

Attached please find the financial reports for the month of June and July 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 meeting gets credit.

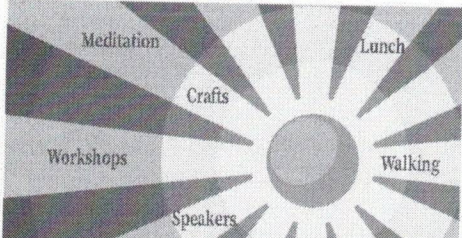
ZELLE LINK: (626) 419-5941

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

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

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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|  <p><b>EARLY BIRD REGISTRATION</b><br/><b>CEA-HOW ANNUAL</b><br/><b>GLOBAL CONVENTION 2026</b></p> <p>Join us in Los Angeles<br/>July 17-19, 2026<br/>Los Angeles Area Hotel<br/>(to be announced)</p> <p> Early Bird Payment Plan<br/>10 Payments @ \$35.00<br/>\$350<br/>Ends August 31<sup>st</sup></p> <p>REGISTER AT <a href="http://CEAHOW.ORG">CEAHOW.ORG</a></p>                                                                                                                                                                                         |  <p><b>INSCRIPCIÓN ANTICIPADA</b><br/><b>CONVENCIÓN MUNDIAL</b><br/><b>ANUAL CEA-HOW 2026</b></p> <p>Únete a nosotros en Los Angeles<br/>17-19 de julio de 2026<br/>Hotel del Área de Los Angeles (por anunciar)</p> <p> Plan de pago anticipado 10 pagos @ \$35.00<br/>\$350<br/>Finaliza el 31 de agosto</p> <p>REGÍSTRASE EN <a href="http://CEAHOW.ORG">CEAHOW.ORG</a></p>                                                                                                                                                                                                                                                                                  |
| <p>Experience a transformative weekend of fellowship, inspiration, and growth. Connect with members worldwide, share in the strength of our community, and deepen your recovery journey through powerful speakers, workshops, and heartfelt testimonials.</p> <p> Click QR Code or Serenity Walker to Register or Get More Info</p> <p><b>Find More Details at <a href="http://ceahow.org">ceahow.org</a></b><br/>Service Positions are available on the Planning Committee. Meetings start January 2026.<br/>Email <a href="mailto:ceahowconvention2026@gmail.com">ceahowconvention2026@gmail.com</a><br/>Cristina A. at 505.690.7592 M.D.T.</p> | <p>Experimente un fin de semana transformador de compañerismo, inspiración y crecimiento. Conéctese con miembros de todo el mundo. Comparta la fuerza de nuestra comunidad y profundice su viaje de recuperación a través de oradores poderosos, talleres y testimonios sinceros.</p> <p> Haga clic en Código QR o Serenity Walker para registrarse o obtener más información.</p> <p><b>Encuentra más detalles en <a href="http://ceahow.org">ceahow.org</a></b><br/>Los puestos de servicio están disponibles en el Comité de Planificación. Las reuniones comienzan en enero de 2026.<br/><a href="mailto:ceahowconvention2026@gmail.com">ceahowconvention2026@gmail.com</a> de correo electrónico<br/>Cristina A. al 505.690.7592 M.D.T.</p> |

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| <p><b>Looking for Opportunities to Serve? ✨</b></p> <p><b>Do you speak English &amp; Spanish?</b></p> <p><b>We need you</b></p> <p> <b>CEA-HOW</b><br/>Compulsive Eaters Anonymous - HOW</p> <p><b>Interpreting in English and Spanish</b><br/><b>Translating documents and literature</b></p> <ul style="list-style-type: none"> <li>• No experience required.</li> <li>• No abstinence required.</li> <li>• Orientation is available.</li> </ul> <p></p> <p><b>CEA HOW WSO</b></p> <p>For more information call<br/>Maria D. (562) 536-1341 PST<br/>Molly (210) 410-0484 CST</p> | <p><b>Servicio Voluntario</b></p> <p><b>¿Hablas español &amp; inglés?</b></p> <p><b>NECESITAMOS TU AYUDA</b></p> <p> <b>CEA-HOW</b><br/>Compulsive Eaters Anonymous - HOW</p> <ul style="list-style-type: none"> <li>• Interpretando en inglés y español</li> <li>• Traduciendo documentos y literatura</li> <li>• No se necesita experiencia.</li> <li>• No se requiere abstinencia.</li> <li>• Proveremos orientación.</li> </ul> <p></p> <p><b>CEA HOW WSO</b></p> <p>Para más información llama a:<br/>Maria D. (562) 536-1341 PST<br/>Molly S. (210) 410-0484 CST</p> |
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**Living in the Sunlight of the Spirit**  
ACCEPTANCE • CHANGE • INSPIRATION

San Diego County CEA-HOW 26th Birthday  
One Day Retreat at Mission San Luis Rey

**Saturday, October 18, 2025**  
10:00 AM to 4:00 PM • \$40 Including Lunch

Join us for a fun day of speakers, sharing, workshops and fellowship.

Please RSVP as soon as possible to  
Karen S. at 619-972-3520 (limited space)

What you RSVP also will give you the calendar sheet  
regarding a check, either you can pay with  
money or 26th.

**We look forward to seeing you  
at the retreat!**



4590 Mission Avenue, Oceanside, CA 92057



**JAN 23-25 2026** | CEA HOW AREA 2 ASSEMBLY



**ENERO 23-25 2026** | CEA HOW Area 2 Asamblea

**CEA HOW Area 2 Assembly**  
January 23-25, 2026

Franciscan Renewal Center  
Scottsdale, AZ

Early Bird Registration  
Begins September 1, 2025

Scholarships are available.  
Becas disponibles.



SPONSORED BY CEA HOW AREA 2  
PATROCINADO POR CEA HOW AREA 2

**Asamblea Área 2 de CEA HOW**  
23-25 de enero 2026

Centro Franciscano de Renovación  
Scottsdale, AZ

La inscripción anticipada  
comienza el  
1 de septiembre de 2025

Early Bird Pricing in September  
Double room - \$346  
Single Room - \$439  
Installments available  
(Prices will increase in October)

**Precios de inscripción anticipada  
en septiembre**  
Habitación doble - \$346  
Habitación individual - \$439  
Plazos disponibles  
(Los precios aumentarán en octubre)

Contact: Rita M. | 505.218.1999  
ritamgust02@gmail.com

Contacto: Rita M. | 505.218.1999  
ritamgust02@gmail.com



**2025 CEA HOW EASTERN FALL EVENT**

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

Where:  
Sheraton Pittsburgh Airport Hotel  
1180 Thorn Run Road  
Coraopolis, PA 15108  
Phone:  
(412) 282-2400

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

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

**KEYS TO RECOVERY**

**COSTS:**  
\*\$50 per person  
\*Room Fees:  
\$109 - Double  
(split room cost)  
\$199 - Single  
(Airport Shuttle available).

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

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

Question contactor:  
Kathy 51 724-471-1105  
Kathy 61 412-916-8158



**JAN 23-25 2026** | CEA HOW AREA 2 ASSEMBLY



**ENERO 23-25 2026** | CEA HOW Area 2 Asamblea

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