

CEAHOW SOUTHERN CALIFORNIA INTERGROUP

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

AGENDA

FEBRUARY 15, 2026 – 12 P.M. – 15 DE FEBRERO DEL 2026

ZOOM Meeting ID- 830 6652 8484 Password/Clave- CEAHOWSCI = - [Click to open Zoom](#)

Tel. 1-669-900-6833, ID. 830 6652 8484#, Password. 403072812,

Intérprete al español: Tel: (609) 746-1082 - Clave: 521387#

1. Serenity Prayer - Stephanie / Oración de la Serenidad

2. Call to Order - Stephanie chair@ceahowsci.org / Llamada al orden

Please mute your line if you 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 intergruppal): 0

10. Total number of meetings / No. total de reuniones: 53

Face-to-Face Meetings / Reuniones cara-a-cara: 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: _____

a. Number of guests and WSO Board Liaison / Numero de invitados y Miembro enlace de la Mesa Directiva
WSO: _____

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 December 2025 and January 2026 – Reportes de diciembre de 2025 y enero de 2026

a. Total Year to date Income/ Actual Ingresos al corriente anual: \$585.44

b. Total year to date Expenses/ Gastos al corriente anual: \$436.55

c. Net Proceeds (Loss)/ Ganancias o (Pérdidas): \$148.89

d. Current Prudent Reserve/ Reserva Actual: \$10,316.67

e. Target Prudent Reserve/ Reserva Prudente de Meta: \$8,925.00

f. Shortfall/Surplus Prudent Reserve/ Cantidad que menor o sobre la meta: \$1,391.67

g. Year-to-date Meeting Contributions / Contribucion de las reuniones al Corrente anual : **\$354.86**

g. Disbursements / Repartos: **WSO: \$734.89 Area 1: \$590.04**

h. 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 Auditoria 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 / Communique with Rureth a ceahowscilit@yahoo.com.

18. Área 1 News. Área Representatives: Stephanie, Olivia, Adell, Venest. Area Assembly, 2/10/26. / Noticias del Área 1. Representantes de Area: Stephanie, Olivia, Adell, Venest. Asamblea del Area, 10/2/26.

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. Prudent Excess Reserve for WSO.

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 – January 18, 2026 – 18 de enero de 2026 @ 12 pm.

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

Attachments – Adjuntos

1. Minutes of 12/28/25 – Acta del 28/12/25

2. Finance Reports – Reportes de Finanzas

3. Meeting Contribution Report – Reporte de contribución de reuniones

4. Flyers – Anuncios

CEAHOW SOUTHERN CALIFORNIA INTERGROUP

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

MINUTES /Acta

DECEMBER 28, 2025 – 12 P.M. – 28 DE DICIEMBRE DEL 2025

ZOOM Meeting ID- 830 6652 8484 Password/Clave- CEAHOWSCI = - [Click to open Zoom](#)

Tel. 1-669-900-6833, ID. 830 6652 8484#, Password. 403072812,

interprete al español: Tel: (609) 746-1082 - Clave: 521387#

1. **Serenity Prayer - Stephanie / Oración de la Serenidad.**

2. **Call to Order – 12:01 - 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 October 19, 2025, approved as written. / Aprobación del acta de reunión del 19 de octubre 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 intergrupar): 1**

10. **Total number of meetings / No. total de reuniones: 53**

Face to Face Meetings / Reuniones cara-a-cara: 19 English – 29 Spanish (47 total)

Zoom or Teleconference Meetings / Reuniones por Zoom o Teleconferencia: 4 English – 7 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: 15**

a. **Number of guests and WSO Board Liaison / Numero de invitados y Miembro enlace de la Mesa Directiva WSO: None**

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 – Heilyn / Reporte de tesoreria/Comite de Finanzas**

Question regarding the prudent reserve by Cheryl, WSO Board Liaison. A Zoom meeting will be held by our officers regarding this issue. Pregunta sobre la reserva prudente por Cheryl, Enlace de Mesa Directiva de Servicios Mundiales. Se llevara a cabo una reunión por Zoom con nuestros coordinadores tocante esta pregunta.

Reports of October and November 2025 – Reportes de octubre y noviembre de 2025

- a. **Total Year to date Income/ Ingresos al corriente anual: \$5,091.21**
- b. **Total year to date Expenses/ Gastos al corriente anual: \$5,760.76**
- c. **Net Proceeds (Loss)/ Ganancias o (Pérdidas): \$(-669.55)**
- d. **Current Prudent Reserve/ Reserva Actual: \$13,593.46**
- e. **Target Prudent Reserve/ Reserva Prudente de Meta: \$5,680.00**
- f. **Shortfall/Surplus Prudent Reserve/ Cantidad que menor o sobre la meta: \$7,903.46**
- g. **Disbursements / Repartos: WSO: \$304.41; Area 1: \$202.94; Sales Tax: \$136.14**
- h. **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 – Heilyn. (None, as there are no costs for printing of the agenda/ Séptima Tradición no se colecta hoy por no haber gasto para imprimir la agenda):

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

- a. **Audit and Finance Committee. Heilyn. A meeting will be held with Rureth soon. / Muy pronto se va reunir Rureth.**
- c. **Social Events– Stephanie. None / Eventos. Ninguno**
- d. **Public Information – Rureth will answer the phone calls. / Informacion Publica – Rureth va a contestar las llamadas telefónicas.**

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

18. Área 1 News – Área Representatives Stephanie/Olivia/Adell – New representative is needed / Noticias del Área 1. Stephanie/Olivia/Adell. Se necesita un nuevo representante de area.

**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 / Libro de Rae Z**
- b. **Business cards offered at \$10 per 100. / Tarjetas de presentación se ofrecen a \$10 por 100.**

21. New Business /Asuntos Nuevos

- a. **Prudent Excess Reserve for WSO. Heilyn. Met with Accountant Rureth and the Board to review the 2026 budget which includes income, projects, membership growth, and new workshop ideas. After expenses, there will be a surplus of \$1,658.46. It was tabled until the February, 2026 meeting with the new Board as to the amount to give to WSO. / Comite de Finanzas y Auditoria. Heilyn. Hubo una reunion con la Contadora de Contabilidad Rureth y la Mesa Directiva para revisar el presupuesto del 2026 la cual incluye ganancias, proyectos, crecimiento de membrecía, y nuevas ideas para los talleres. Despues de los gastos habrá un exceso de \$1,658.46. Se pospuso para Febrero del 2026 una reunión con la nueva Mesa Directiva en cuanto a la cantidad de contribuir para la Oficina de Servicios Mundiales.**

b. Flyers, banners, cards. Heilyn

c. Election of Board Members. Results of the Election: Stu, Chair, Stephanie – Co-Chair, Silvia – Secretary, Heilyn, Treasurer. Possibly New Representative: Venest

22. Announcements (attached) /Anuncios (adjuntos)

- a. **WSO Gobal Convention, 2026 / Convención Global. LAX – 2026**

23. Next Intergroup Meeting/ Próxima Reunión – February 15, 2026 – 15 de febrero de 2026 @ 12 pm.

24. Adjournment 1:18 p.m. / Cierre a las 1:18 p.m.

**CEA - HOW, SCI
PRUDENT RESERVE REPORT
AS OF JANUARY 31, 2026**

	1/31/2026
OPERATING FUNDS AVAILABLE	11,081.85
MONEY OWE (Sales Tax)	2.87
MONEY ACCRUED & RESERVED	(768.05)
Current Prudent Reserve	10,316.67
*Target Prudent Reserve for 2021	8,925.00 *
Shortfall / Surplus	1,391.67
RESTRICTED ACCOUNT FOR WSO AND AREA 1	1,224.82
MONEY OWE TO WSO (30% Split)	(734.89)
MONEY OWE TO AREA ONE (20% Split)	(489.93)
	0.00
RESTRICTED SPECIAL EVENTS ACCOUNT Anniversary	2,000.00
RESTRICTED SPECIAL EVENTS ACCOUNT Retreat	2,000.00
RESTRICTED SPECIAL EVENTS ACCOUNT Workshops	1,000.00
SPECIAL EVENTS ACCRUED	0.00
	5,000.00

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

**CEA - HOW, SCI
PROFIT AND LOSS REPORT
AS OF JANUARY 31, 2026**

	ACTUAL	BUDGET
	Jan '26 - Jan '26	2026
Net Income		
400 - Contributions	354.86	6,000.00
401 - One Time Special Donation	0.00	0.00
402 - Literature	173.01	500.00
420 - Shipping collected & paid	57.51	100.00
422 - Misc Fund Raiser (Workshops, Etc.)	0.00	750.00
426 - Interest	0.06	0.00
450 - B-Day Party	0.00	750.00
460 - Spring Retreat	0.00	1,000.00
475 - Hisp Committee Anniversary	0.00	750.00
Total Net Income	585.44	9,850.00
Expense		
520 - Literature Shipping	0.00	100.00
604 - Office Supplies/IG Mtg copies	0.00	300.00
606 - Telephone and Zoom	31.94	800.00
611 - Bank Charges & NSF Checks	0.00	25.00
612 - Company Insurance	0.00	0.00
614 - Legal/Accounting Fees	0.00	150.00
616 - Postage & PO Box Rent	0.00	300.00
624 - Web Sales Fees	4.61	150.00
626 - In Reach Out Reach Exp.	0.00	1,000.00
627 - Health Fairs	0.00	1,000.00
730 - WSO Donations for Special Events	0.00	300.00
675 - Out Side Services	400.00	4,800.00
Total Expense	436.55	8,925.00
Net Proceeds (Loss)	148.89	925.00

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

	<u>12/31/2025</u>
OPERATING FUNDS AVAILABLE	13,904.92
MONEY OWE (Sales Tax)	51.95
MONEY ACCRUED & RESERVED	<u>(768.05)</u>
Current Prudent Reserve	13,188.82
*Target Prudent Reserve for 2021	<u>5,680.00</u> *
Shortfall / Surplus	7,508.82
RESTRICTED ACCOUNT FOR WSO AND AREA 1	507.35
MONEY OWE TO WSO (30% Split)	<u>(304.41)</u>
MONEY OWE TO AREA ONE (20% Split)	<u>(202.94)</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 DECEMBER 31, 2025**

	<u>ACTUAL</u>	<u>BUDGET</u>
	<u>Jan '25 - Dec '25</u>	<u>2025</u>
Net Income		
400 - Contributions	5,218.64	5,000.00
401 - One Time Special Donation	0.00	0.00
402 - Literature	<u>(66.90)</u>	400.00
420 - Shipping collected & paid	104.55	100.00
422 - Misc Fund Raiser (Workshops, Etc.)	0.00	250.00
426 - Interest	0.76	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>5,257.05</u>	<u>6,000.00</u>
Expense		
520 - Literature Shipping	27.09	100.00
604 - Office Supplies/IG Mtg copies	0.00	0.00
606 - Telephone and Zoom	783.51	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	96.14	100.00
626 - In Reach Out Reach Exp.	0.00	0.00
730 - WSO Donations for Special Events	300.00	0.00
675 - Out Side Services	4,800.00	4,800.00
Total Expense	<u>6,250.74</u>	<u>5,680.00</u>
Net Proceeds (Loss)	<u>(993.69)</u>	<u>320.00</u>

CEA - HOW SCI TOTAL GROUP CONTRIBUTIONS DEC 25 and JAN 26 (for WSO, Area 7, IG)

MTGN#	CITY	Day	Time	AMOUNT	MTGN#	CITY	Day	Time	AMOUNT
1031	Altadena*	Tue	7:00 PM		2754	Los Angeles	Mon	12:00 PM	
9999	Anonymous			\$25.00	2273	Los Angeles	Sat	1:00 PM	
9999	Anonymous			\$40.00	2755	Los Angeles	Tue	12:00 PM	
9999	Anonymous			\$12.96	2756	Los Angeles	Wed	12:00 PM	
9999	Anonymous			\$25.00	2757	Los Angeles	Thu	12:00 PM	\$24.00
9999	Anonymous			\$8.00	579	Los Angeles*	Fri	7:00 PM	
9999	Anonymous			\$8.00	286	Los Angeles*	Tue	7:00 PM	
2807	Bakersfield*	Fri	5:00 PM		465	Los Angeles*	Mon	7:00 PM	
354	Baldwin Park*	Tue	7:30 PM	\$39.50	267	Los Angeles*	Fri	7:00 PM	
354	Baldwin Park*	Tue	7:30 PM	\$39.50	1815	Los Angeles*	Wed	7:00 PM	\$3.00
354	Baldwin Park*	Tue	7:30 PM	\$24.00	1815	Los Angeles*	Wed	7:00 PM	\$27.00
1836	Brea+	Wed	5:45 PM		221	Los Angeles*+	Thu	7:00 PM	
3	Buena Park	Mon	7:00 PM		57	Los Angeles+	Wed	7:30 PM	
767	Carson	Sat	4:00 PM		180	Los Angeles+	Sat	11:00 AM	
1942	Carson	Fri	6:30 PM	\$70.00	696	Lynwood*+	Wed	7:00 PM	
977	Carson+	Sun	4:00 PM		370	Lynwood*+	Sat	4:00 PM	\$50.00
1512	Claremont	Wed	5:00 PM	\$96.33	370	Lynwood*+	Sat	4:00 PM	\$40.00
763	Claremont	Fri	9:30 AM	\$24.00	1287	Marina Del Rey	Mon	7:30 AM	
1512	Claremont	Wed	5:00 PM	\$38.00	520	Marina D'Rey	Tue	7:30 AM	
763	Claremont	Fri	9:30 AM	\$20.00	237	Montclair*	Thu	7:00 PM	
1545	Claremont+	Mon	5:00 PM		1054	N. Hollywood*+	Sun	10:30 AM	
2300	Colton	Tue	6:30 PM		1098	Norwalk*	Tue	10:00 AM	
536	Compton*	Fri	10:00 AM	\$30.00	72	Norwalk*+	Thu	7:00 PM	
536	Compton*	Fri	10:00 AM	\$30.00	1292	Online	Sat	9:30 AM	\$78.00
440	Covina	Sat	9:00 AM		1292	Online	Sat	9:30 AM	\$121.00
1107	Covina+	Sat	8:00 AM		1813	Ontario*	Tue	9:00 AM	
201	Downey*	Sun	3:30 PM	\$20.00	1922	Ontario*	Sat	9:00 AM	
201	Downey*	Sun	3:30 PM	\$20.00	1923	Pacoima*	Tue	9:00 AM	
1476	Fontana*	Tue	10:00 AM	\$90.00	0	PayPal Subscriptions	Any	12:00 PM	
1476	Fontana*	Tue	10:00 AM	\$30.00	1135	Pico Rivera*+	Sat	9:00 AM	
698	Fontana*+	Fri	9:30 AM	\$50.00	1159	Pico Rivera*+	Mon	7:00 PM	
2773	Hacienda Heights	Tue	6:00 PM		71	Pomona+	Tue	9:30 AM	\$68.00
2088	Hawthorne	Mon	6:30 PM	\$26.25	2212	San Bernardino	Tue	6:30 PM	
2088	Hawthorne	Mon	6:30 PM	\$39.00	66	San Gabriel*+	Thu	7:30 PM	\$32.00
2806	Hawthorne*	Sat	9:00 AM	\$45.00	66	San Gabriel*+	Thu	7:30 PM	\$23.00
2806	Hawthorne*	Sat	9:00 AM	\$54.00	2059	San Pedro	Tue	6:00 PM	
2806	Hawthorne*	Sat	9:00 AM	\$61.00	2272	San Pedro	Wed	6:00 PM	
2006	Hawthorne*	Wed	7:00 PM		2007	Santa Fe Springs	Fri	7:00 PM	
2806	Hawthorne*	Sat	9:00 AM	\$72.36	313	Santa FeSprgs+	Tue	6:30 PM	
1148	Hermosa Beach	Wed	7:30 PM		48	Seal Beach+^	Wed	10:00 AM	
1000	Huntington Bch	Tue	7:00 PM		1742	South Gate*	Mon	9:00 AM	\$50.00
90099	Intergroup Meeting	Sun	3:00 PM		4	Torrance	Mon	7:00 PM	
2247	Irvine	Thu	7:00 PM		2771	Upland*	Sat	9:00 AM	
1939	La Mirada	Sat	9:30 AM		2200	Whittier	Thu	12:00 PM	
762	La Puente	Sun	9:00 AM		2252	Whittier	Wed	6:30 PM	
2105	Lomita	Fri	4:00 PM		1065	Whittier	Tue	7:00 PM	
102	Long Beach+	Sat	9:00 AM		1661	Whittier	Sun	7:00 PM	
1573	Long Beach+	Mon	6:00 PM		1254	Whittier+	Wed	7:00 PM	
1090	Los Alamitos	Tue	6:00 AM		929	Yorba Linda	Sat	8:00 AM	
2758	Los Angeles	Fri	12:00 PM		1463	Yorba Linda	Sat	7:00 AM	

*Spanish speaking; ^Handicap access

Rae Z. and Friends

Now available!!!!

**We have BOOKS 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

February 14, 2026

TO: Intergroup Representatives
FROM: Southern California Intergroup Board
SUBJECT: INTERGROUP FINANCIAL REPORTS

Attached, please find the financial reports for December 2025 and January 2026, the donations report, a flyer for the distribution of the *Rae Z and Friends* book. We would appreciate your help promoting this book.

Please announce that any donations submitted without meeting information will be recorded as anonymous donations. Also, let members know that they may set up automatic monthly donations via Zelle, PayPal, or Venmo, as more members are choosing this option. To ensure proper credit, donors must include their meeting information with each donation.

Zelle: (626) 419-5941

Venmo: <https://www.venmo.com/u/CEAHOWSCI>

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

Thank you so much for your support and for helping us spread the word!

CEA-HOW EVENTS/NEWS – 2026

CEA-HOW Events/Noticias - 2026

Upcoming Events

Feb22

[**CEA-HOW San Fernando Valley Intergroup 25th Birthday Bash!**](#)

Mar15

[**Meeting #2807 Second Anniversary Celebration**](#)

Mar22

[**CEA-HOW San Bernardino-Riverside Intergroup 22nd Birthday Celebration**](#)

Jul 17-19, 2026

[**CEA-HOW Global Convention, Walking in Serenity**](#)

Latest News

- [**January is Gratitude Month**](#)

December 22, 2025

- [**Looking for Workshop Presenters**](#)

December 22, 2025

- [**An Important Letter from the CEA-HOW Board of Directors**](#)

November 24, 2025


[**List of affiliated meetings**](#) (Click to view)

 <p>EARLY BIRD REGISTRATION CEA-HOW ANNUAL GLOBAL CONVENTION 2026</p> <p>Join us in Los Angeles July 17-19, 2026 Los Angeles Area Hotel (to be announced)</p> <p> Early Bird Payment Plan 10 Payments @ \$35.00 \$350</p> <p><i>Ends August 31st</i></p> <p>REGISTER AT CEAHOW.ORG</p>	 <p>INSCRIPCIÓN ANTICIPADA CONVENCIÓN MUNDIAL ANUAL CEA-HOW 2026</p> <p>Únete a nosotros en Los Ángeles 17-19 de julio de 2026 Hotel del área de Los Ángeles (por anunciar)</p> <p> <i>Plan de pago anticipado 10 pagos @ \$35.00 \$350</i></p> <p><i>Finaliza el 31 de agosto</i></p> <p>REGISTRESE EN CEAHOW.ORG</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> CEA-HOW Global Convention 2026 <i>Experience a transformative weekend of fellowship, inspiration, and growth.</i> <small>• November 17-19, 2026</small></p> <p>Click QR Code or Serenity Walker to Register or Get More Info</p>  <p>Find More Details at ceahow.org Service Positions are available on the Planning Committee. Meetings start January 2026. Email ceahowconvention2026@gmail.com 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> CEA-HOW Global Convention 2026 <i>Experimente un transformador fin de semana de compañerismo, inspiración, y crecimiento.</i> <small>• noviembre del 17-19, 2026</small></p> <p>Haga clic en Código QR o Serenity Walker para registrarse o obt- ener más información.</p>  <p>Encuentra más detalles en ceahow.org Los puestos de servicio están disponibles en el Comité de Planificación. Las reuniones comienzan en enero de 2026. ceahowconvention2026@gmail.com de correo electrónico Cristina A. al 505.690.7592 M.D.T.</p> 

<p>Looking for Opportunities to Serve? 🌟</p> <p>Do you speak English & Spanish?</p> <p>We need you</p> <p>Interpreting In English and Spanish Translating documents and literature</p> <ul style="list-style-type: none"> • No experience required. • No abstinence required. • Orientation is available.  <p>CEA HOW WSO</p> <p>For more information call Maria D. (562) 536-1341 PST Molly (210) 410-0484 CST</p>	<p>Servicio Voluntario</p> <p>¿Hablas español & inglés?</p> <p>NECESITAMOS TU AYUDA</p> <ul style="list-style-type: none"> • Interpretando en inglés y español • Traduciendo documentos y literatura <ul style="list-style-type: none"> • No se necesita experiencia. • No se requiere abstinencia. • Proveremos orientación.  <p>CEA HOW WSO</p> <p>Para más información llama a: Maria D. (562) 536-1341 PST Molly S. (210) 410-0484 CST</p>
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CEA HOW #2807

2DO. ANIVERSARIO



SE COMPLACE EN INVITARLES EL 15 DE MARZO DEL PRESENTE 2026
HABRA JUNTA DE INFORMACION
RIFAS DONACION 5 DOLLARES
COMIDA DE ABSTINENCIA (LUNCH)
BAILE
DE 12P.M. A 4P.M.
LES ESPERAMOS CON SU APRECIABLE FAMILIA
LUGAR 108 18TH ST BAKERSFIELD CA 93304 PARA
INFO CONTACTAR A ROSIO 661/380/9679



SAVE THE DATE

Anote la fecha

Join the fun!

¡Únase a la fiesta de aniversario!

San Bernardino-Riverside Counties Intergroup
22nd Birthday Party

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**Saturday, March 21, 2026**  
**11:00 am - 2:00 pm**  
Suggested donation \$15  
Speakers, 50/50 Raffle, Door Prizes

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Denny's Restaurant
1180 Alabama Street, Redlands, CA
Contact: Beverly (909) 800-6181

SAVE THE DATE!

**CEA-HOW
SAN FERNANDO VALLEY
INTERGROUP BIRTHDAY BASH**

**CELEBRATING 25
AMAZING YEARS!**

Join us for a joyful celebration of recovery, service, and fellowship!

 **Date:** Sunday, February 22, 2026
 **Time:** 1:00 – 3:00 PM (PST)
 **Where:** On Zoom— come ready to celebrate!
 **Speakers · Auction · Surprises Fun · Recovery**
 **Prizes for best “from the neck up” birthday attire!**

PLAY IT FORWARD – GAME SHOW STYLE!

CEA-H.O.W./AREA 1

Presents:

Hawaii Retreat ~ Wake Up and Recover in Paradise!

Five days of recovery, meetings (3/day) and fellowship!

Meals on your own due to no registration fee! Simple breakfast prepared by CH attendee.

Hotel provided shuttle for within area excursions.

June 2-7, 2026
Maui Coast Hotel: 2289 S Kihei Rd. Kihei, Hawaii
\$259/night split up to 4 persons

START HERE TO REGISTER

[Click here to reserve your room!](#)

Contact Keal S (HW) for more info:
702-401-8732



COMPULSIVE EATERS ANONYMOUS-HOW
 Southern California Intergroup
 P.O. BOX 1836
 DUARTE, CA 91009-4836
 (626) 419-5941



COMPULSIVE EATERS ANONYMOUS-HOW
 Southern California Intergroup & 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 treasurers 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.

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 Intergupal en lugar de tres (Intergupal, 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 intergrupala tomaran la conciencia de grupo que solamente se escriba un cheque por la cantidad completa y enviarlo a la Intergupal.

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

(**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.org
ceahowscilit@yahoo.com

Rev. 02/18/24

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:

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Rev. 02/18/24