CEA-HOW Los Angeles Intergroup Minutes
DATE: October 11, 2026 11:30 AM

ZOOM Meeting ID: 820 6874 5820
Passcode: recovery

SERENITY PRAYER

I. **Call to Order**: Chair: Tom J Vice Chair: Terrill R

II. **Attendance**: Diane S, Diane S (WSO), Janet, Mary Eileen, Mia, Regine, Terry M, Zachary, Sue G, Rene, Heather, Jason C, Shirle, Peter C, Gabrielle B, Maria S, Xiniamolina, Roberta, Johnny M, Else, Shelley H

III. **Secretary's Report** — Janet is secretary until January 2027. Motion to approve September LAIG meeting minutes, seconded and approved. Secretary position (90 day abstinence) open.
IV. **Chair's Report** — Tom J—Please sign up for CEA/How monthly information on events on the CEAHOW.org website. Easy and you will receive PDF's for upcoming events to give to your meetings.
—We are a much bigger Intergroup and need more delegates for the July, 2027 convention. It is a voted-in position, if interested contact Tom or Shirle. Your costs will be reimbursed by Area I. Please contact Shirle for requirements 323.861.7347
V. **Treasurer's Report** — Terry M went over contributions and expenses for September in the spreadsheet. Contributions totaled $1211. from 12 of 40 meetings. Paid for 10 convention scholarship, $2000 one-time contribution to WSO, 30% WSO contributions, and Area 1 20% contributions $605 (plus a one-time $45 gratitude) and literature postage,leaving a negative income of ($5163). Ending balance of $3197.Please remind your treasurers to put their meeting name and number in the notes when they make their Zelle contribution.
VI. **Committee Reports**
A. **Scholarship Committee**: Else happy to work on the 10 scholarships next year.
B. **Literature**: Mary Eileen has been given all unsold literature SFVIG gratefully.
C. **Public Information/Outreach**- Mia -nothing to report
D.**Webmaster**: Zachary-encouraged us to look at the new CEA-How website for easy access to meetings-very easy now to locate meetings. All LAIG Minutes and Treasurer Reports are available.
E. **Special Events** - Sue has found a co-chair, Rene. Tentatively planning a Zoom workshop in late February, early March, titled " It's a great day to be abstinent. Let me show you how"
VII **Area 1** UPDATE—Shirle -Area I needs a treasurer. Important meeting **Sunday, October 18 at 1pm** P**ST, Zoom #87964471282 PW Gratitude!**. Also in need of delegates for our Intergroup for the yearly WSO Business meeting at the Convention, beginning in October. Requirements can be found in our Service Manuel. If interested, call Shirlee 323.861.7347 for more information Shirle found a business card for CEA-HOW and will make copies for distribution to meetings.
VIII **WSO Update**—Diane S (WSO): WSO is looking for a chair for the July 2027 Convention. Please announce at your meetings. She also encouraged to sign up for the monthly announcements for CEA-HOW by going to the website, it's easy. Shared that putting the announcements into your meetings Chat, helps save time during meetings.
Old Business: no old business
New Business: No new business

Meeting closed with Serenity Prayer
Next meeting Sunday November 8, 2026 11:30 am PST
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