CEA-HOW Los Angeles Intergroup Minutes
DATE: November 8, 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, Terry M, Zachary, Rene, Heather, Jason C, Shirle, Peter C, Johnny M, Shelley H,Betty B, Bill B, Alina H, Laura W, Zelda, Jennifer W

III. **Secretary's Report** — Janet is secretary until January 2027. Motion to approve October 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. Suggested that the CEAHOW.org website include in it's meeting finder, which Intergroup the meeting is affiliated with.
V. **Treasurer's Report** — Terry M went over contributions and expenses for October in the spreadsheet. Contributions totaled $4902. from 24 of 45 meetings. Paid to 30% WSO contributions ($1470) and Area 1 20% contributions ($980). Ending balance of $5648. 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**: No report. Else and Wendy not present
B. **Literature**: Mary Eileen said she is happy to keep her position on the Board in the upcoming rotation of service.
C. **Public Information/Outreach**- Mia not present but 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 and make corrections. All LAIG Minutes and Treasurer Reports are available on Lahow.org.
E. **Special Events** - Rene reported that no date yet for the 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 found a secretary, John Mac, and a treasurer. Area 1 needs delegates and now is the time to become one. Requirements can be found in our Service Manuel. If interested, call Shirlee 323.861.7347 for more information **New Live LAIG meeting:** Friday, 7:30am BB study. 37 Washington Blvd. Venice CA (near the pier).
VIII **WSO Update**—Diane S (WSO): WSO is looking for a chair for the July 2027 Convention. A daily rate has been added to the Convention: Friday: program and dinner $150; Saturday: program snd lunch: $175 and if you want to add dinner to that $270; Sunday: $50. 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. Jason has augmented our Audio/Library under Resources.
Financial status of CEA-How: last year at this time we were at a loss of $32,000. This year we are in black $15,000. This report will be on the chow.org website soon.
Old Business: no old business
New Business: Motion made to make a one time contribution to CEA-HOW of $2000. Passed.

Meeting closed with Serenity Prayer

Next meeting **Sunday December 13, 2026 11:30 am PST**
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