# Compulsive Eaters Anonymous HOW San Fernando Valley Intergroup

### VALLEY HOW MEETING GUIDE

March, 2024

IF YOU KNOW OF A MEETING THAT IS <u>NEW</u> OR <u>CLOSING</u> , PLEASE CONTACT THE INTERGROUP OFFICE AT (818) 667-6722 or e-mail: <u>sfvalleyhow@aol.com</u>			
Meeting format is leader/speaker with group participation and sharing unless otherwise designated.  KEY FOR MEETING TYPES			
11 <sup>th</sup> = Meditation Mtg.	BBG = Brown Bag Mtg	SPKR = Speaker Only	
12/12 = 12/12 Study	MS = Men's Stag	SS = Step Study	WS = Women's Stag
BB = Big Book Study	SPAN = Spanish	TS = Tradition Study	WTG = Writing Mtg.
TC = Tradition Checklist	Speaking Only	ABSI = As Bill Sees It	

#### **CALENDAR OF EVENTS**

ATTENTION ALL MEETINGS: PLEASE...., PLEASE...., SEND YOUR MEETING CONTRIBUTION ON A MONTHLY BASIS

### **Monthly Intergroup Meetings**

IG Meetings are the <u>First</u> Wednesday of the month at 7:30pm unless otherwise specified.

#### WHERE:

Video Zoom Meetings Contact for Video Zoom Link e-mail: sfvalleyhow@aol.com CEA-HOW – Karen - (818) 667-6722

## Executive Board

Chairperson: (Rotation)( )

Vice-Chair: Michael R. (818) 919-9045 Secretary: Lynn F. (661) 713-6702 Treasurer: Susan S. ( ) -Outreach: Bryce M. (818) 426-7131

Outreach: Bryce M. (818) 426-75 Special Events: ( )

Birthday Party: Sue G. (310) 993-2060

Workshop: ( ) -Literature Chair: ( )

### **Area 1 Representatives**

David S. (626) 893-7795

Area 1 Chairperson & Conf. Delegate
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Area 1 Vice-Chair

Lois L. (818) 371-2564

Area 1 Secretary

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Area 1 Treasurer

Bryce M. (818) 426-7131

Area 1 Rep. & Conf. Delegate Maggie L. (661) 753-7480

Area 1 Rep. & Conf Delegate

OFFICE MANAGER Karen H. (818) 667-6722 Email us your announcements & feedback. Write to → sfvalleyhow@aol.com

CEA-HOW Message Line:

(818) 667-6722 <u>NEW Mailing Address:</u> P O Box 17124

Encino, CA 91316 Visit our new website at www.valleyhow.org

You can find meetings in other areas on the WSO
Web sites:

www.ceahow.org www.lahow.org www.ceahowsci.com