

Compulsive Eaters Anonymous – H.O.W. Los Angeles Intergroup Newsletter

July 2010 – Suggested Donation 20 cents

CEA-HOW International Convention, July 23-24-25, 2010

The ballroom of the Embassy Suites Hotel, El Segundo, California

Committee planning meetings will be held via telephone conference calls and e-mail communication.

To participate on a planning committee, please call Karen N. at 661-916-2947 or e-mail karennceahow@gmail.com.

Multiple board positions are available at our CEA-HOW Los Angeles Intergroup:

If you have at least six months of abstinence in CEA-HOW and would like to be of service at the Intergroup level, please contact Tom P. at 323-650-2757 or e-mail tom.pavich@att.net

Morning Prayer for Compulsive Eaters

Today is a new day for me, and with You I can handle anything. I ask for your protection today from anyone or anything that may interfere with my abstinence. I am asking now for your protection in case sometime during the day my desire to compulsively eat becomes stronger than my desire to abstain. I know I am powerless over food and my life is unmanageable. I do believe that you will relieve my compulsion and restore me to sanity. Please help me to know your will for me today and give me the willingness to carry it out. I turn my will and my life over to you. Please guide me through another day of abstinence. God, I need You. Help me to rely on you instead of food.

- from Kern County Intergroup #90137 Newsletter

To receive this newsletter as a monthly no-cost e-mail subscription, send an e-mail request to davidmill@earthlink.net.

For newsletter info and suggestions, call Cara G. at (310) 254-8808 or e-mail contact@lahow.org.

Compulsive Eaters Anonymous – H.O.W.

Los Angeles Intergroup Meeting Directory – July 2010

DAY	City	TIME	#	LOCATION	Address	CONTACT	Type
SUN	Los Angeles	7:30 AM	1636	A.T. Center	1773 Griffith Park Blvd. Los Angeles 90026	John McK. (323) 666-4325	Speaker-Discussion
SUN	Hollywood	10:00 AM	125	Hollywood Recreation Center	1122 Cole Ave. Hollywood 90038	Bonnie (818) 693-6519 Janice R. (323) 788-5235	Speaker-Discussion
MON	Santa Monica	6:45 PM	1852	NEW MEETING! Member's Home	1140 Chelsea Ave. , #A Santa Monica 90403	Esther M. (310) 829-4462	Meditation
TUES	Hollywood	10:00 AM	1076	Hope Lutheran Church	6720 Melrose Ave Hollywood 90038	Deborah (213) 944-1242	Step Study
TUES	Palmdale	10:30 AM	1047	Palmdale Cultural Center	704 E. Palmdale Blvd. Palmdale 93550	Sheila A. (661) 722-5287 Karen N. (661) 723-9331	Meditation
TUES	Playa Del Rey	6:30 PM	1390	Member's Home	(call for directions) Playa Del Rey 90293	Lesley (310) 489-7321	Speaker-Discussion
TUES	W. Hollywood	6:30 PM	8	Fairfax Senior Citizen Center	7929 Melrose Ave. West Hollywood 90046	Valerie (213) 944-1242	Speaker-Discussion
WED	W. Hollywood	6:30 PM	47	Fairfax Senior Citizen Center	7929 Melrose Ave. West Hollywood 90046	Vincent (323) 937-9305	12 and 12 Study
last WED of month	Hawthorne	8:30 AM	1637	Member's Home last Wed of month "child-friendly"	(call for directions) Hawthorne 90250	Tricia (310) 245-5555	Literature & Writing
WED	Palmdale	5:30 PM	852	Palmdale Cultural Center	704 E. Palmdale Blvd. Palmdale 93550	Karen N. (661) 723-9331 Sheila A. (661) 722-5287	Reading & Writing
THURS	Los Angeles	6:00 PM	947	A.T. Center – downstairs in the Terrace Room (small room)	1773 Griffith Park Blvd. Los Angeles 90026	Kayla (323) 644-9090	Speaker-Discussion
THURS	Culver City	6:30 PM	1872	SHARE! Building	6666 Green Valley Circle #300 Culver City 90230	Adele B. (310) 227-7718	Pitch
FRI	W. Hollywood	6:30 PM	868	Fairfax Senior Citizen Center	7929 Melrose Ave. West Hollywood 90046	Robert M. (323) 936-1464	Big Book Study
SAT	W. Hollywood	9:30 AM	31	West Hollywood Recovery Center	626 N. Robertson Blvd. West Hollywood 90069	Cheryl F. (310) 837-4031	Speaker-Discussion

**For changes and corrections to this meeting list, contact Cara G. at (310) 254-8808
or e-mail: contact@lahow.org**

L.A. Intergroup Information (#90139)	
Telephone:	Listen to meeting schedules or leave a message at (323) 549-5331.
E-mail address:	contact@lahow.org
Mailing Address:	7336 Santa Monica Blvd #241, Los Angeles CA 90046
Intergroup Meetings:	2nd Sunday of the month at 11:45 AM (after the Cole Ave Mtg) Hollywood Recreation Center, 1122 Cole Ave., Hollywood 90038
Literature Orders:	call David M. (323) 898-8236 or e-mail: laceahowliterature@gmail.com