



April 2023

GAMBLERS ANONYMOUS LIFE-LINE YEARLY BULLETIN SUBSCRIPTION FORM

Mail to: **GAMBLERS ANONYMOUS
INTERNATIONAL SERVICE OFFICE
1306 MONTE VISTA AVE., STE 5
UPLAND, CALIFORNIA 91786
(909) 931-9056**

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DISCLAIMER

The Life-Line Bulletin, published monthly by the International Service Office of Gamblers Anonymous, 1306 Monte Vista Ave., Ste. 5, Upland, California 91786, is a newsletter for and about members of Gamblers Anonymous. Opinions expressed herein are not to be attributed to Gamblers Anonymous as a whole nor does the publication of any article imply any endorsement by Gamblers Anonymous as a whole. Any manuscript or other material submitted to Gamblers Anonymous for consideration to be published in the Life-Line Bulletin cannot be returned. No portion of any Life-Line Bulletin may be used or reprinted without the express written permission of our International Service Office.

GAMBLING, for the compulsive gambler is defined as follows: any betting or wagering, for self or others, whether for money or not, no matter how slight or insignificant, where the outcome is uncertain or depends upon chance or "skill" constitutes gambling.

BOARD OF REGENTS MEETING MINUTES OF MARCH 18, 2023

Call to order: The Chair, Val D., called the meeting to order at 9:30 A.M.

The Chair reminded everyone that recording of this meeting is not permitted.

Roll call was taken by the secretary, Guy H.

Present: Cathy F., Guy H., John C., Valerie D., Zach M., Israel A.,
Office Manager

Present by phone: Andre G., Arnie B., Gary M., Jo K., and KC B., International
Executive Secretary

A. Minutes for February 18, 2023:

A motion was made to approve the minutes as written:

**MOTION SECONDED AND PASSED
FOR – 9 AGAINST – 0 ABSTAINED – 0**

B. Operating Statement for February 2023:

A motion was made to approve the February 2023 Operating
Statement as written.

**MOTION SECONDED AND PASSED
FOR – 9 AGAINST – 0 ABSTAINED – 0**

OLD BUSINESS

A. Office Manager Report – Israel A.

- Lifeliners – three, CA-1 / FL-1 / IL-1
- New Cans – none
- Group Information requests forms received – none
- Group Information request forms received prior to sending out starter kits – one, Starter Kit was sent out to: Central Point, OR
- Prison starter kits – none

- Venmo and Zelle donations were \$1,851.66: Groups \$927.67, 1x Donations \$408.99, Life-Liner Donations \$285.00, I.S.O. Can Donations \$53.00, Intergroups Donation \$50.00, Gratitude Week \$127.00.
- Update on online ordering issue – It was reported that some orders are coming through but there is a small percentage being held up. The Chair asked if people with unsuccessful orders are being contacted and it was reported that the I.S.O. is calling these individuals to do manual orders.

B. International Executive Secretary Report – KC B.

- February 2023 bulletin completed and sent to printer.
- Working on the March bulletin which should be finished sometime next week after proofing donation information with I.S.O.
- Assembling items for Spring 2023 B.O.T. Cleveland meeting including attendance sheet, motion sheets, and Life-Liner statistics for 12-month period.
- Regarding the Group Handbook revision approved at the Fall 2022 B.O.T. Cancun meeting, it was brought to the attention of the I.E.S. that it had stalled, so she has developed a step-by-step procedure so that it does not happen again.

C. By-Laws Committee Report – Jo K.

- The Committee met and work is continuing to distinguish between essential By-Laws elements and items deemed to be office procedures.

D. Finance Committee – John C.

- The Committee had a meeting on March 14, 2023. Topics discussed included:
- First 6 months of Fiscal year 2022-2023 Excel comparison of actual vs budgeted totals.
- Fundraising ideas such as a Spring event titled “Unity Week” similar to “Gratitude Week”.

NEW BUSINESS

A. DISCUSS LIABILITY INSURANCE FOR SPRING BOARD OF TRUSTEES MEETING – John C.

- A quote was obtained from R.V. Nuccio & Associates, Inc. for liability insurance for the Spring 2023 B.O.T. meeting in the amount of \$271.83 for \$1 million coverage for 3 days.

A motion was made to purchase the liability insurance coverage for the Spring 2023 B.O.T. Meeting.

**MOTION SECONDED AND PASSED
FOR – 9 AGAINST – 0 ABSTAINED – 0**

B. APPROVE CHAIR EXPENSES FOR SPRING CONFERENCE 2023 – Val D.

A motion was made to approve the Chair expenses for the Spring 2023 B.O.T. Meeting.

**MOTION SECONDED AND PASSED
FOR – 9 AGAINST – 0 ABSTAINED – 0**

Number of people who called in to listen to the meeting: none

Collected:\$65.00

The meeting ended with the Serenity Prayer at 10:16 A.M. Next meeting will be April 15, 2023.

Respectfully submitted by Guy H., Secretary

HELP IS AVAILABLE!

On page 17, item #7 it says: “We encourage every Gamblers Anonymous member to have a Pressure Relief Group Meeting, as it offers guidance toward a normal way of thinking and living.”

Any member desiring individual assistance with his/her Pressure Relief, please contact Bruce W. at brucelaw8@mac.com. He will reply by email or phone if you provide your number.

RECOVERY PROGRAM

As I go through the Recovery Steps this year, I'll be using several different pieces of our literature for these steps. I'm using the Gamblers Anonymous Working the Steps pamphlet, as well as the Gamblers Anonymous Writing the Steps booklet. These are both available in the online store on our website at www.gamblersanonymous.org.

I hope you find these helpful and they help you in your journey in some way.

Step 4 – Made a searching and fearless moral and financial inventory of ourselves.

Trust your Higher Power and clean house.

The first three steps have laid the groundwork for Step Four; surrender to a powerlessness to gambler and an inability to manage the problems of one's life. Then, let your sponsor guide and accompany you through the work of the remaining steps. Together all can accomplish so much which cannot be done alone.

Step four – now you are into the “Cleaning House” area of your life. Now begin an intensive inner search to locate as much guilt, and good, as you can uncover. This search is healthy and practical because dormant, accumulating guilt has long been an enemy. Most compulsive gamblers covered this guilt with a clever façade called rationalization. In the past, rationalization tricked us into making very bad actions seem not so bad or even good. Honesty and only honesty can break down this tricky façade. Then you can see yourself exactly as you are for perhaps the first time in your life. Face squarely the financial and emotional wrongs that have been done in order to then forgive yourself.

While doing Step Four, how do you uncover all the guilt: A thorough reading of “A Guide to Fourth Step Inventory” available through your group or from the International Service Office can be of great assistance. Then, an autobiographical approach starting with your first bet or even earlier and moving forward to the present seems indicated. As one moves along many areas of guilt long forgotten will come to mind. Perhaps you will see some of the following – over-indulgence, greed, lying, dishonesty, failure to accept responsibility, self-destruction, destruction of others, excessive waste of time, arrogance, resentment, jealousy, and many others. Guilt is personal, therefore one must seek it out by oneself.

Your mind will probably turn to loved ones and the harm laid on them, The dishing out of insecurity so generously. This guilt must be fully realized so we will not be tempted to deal with it later by further gambling. In taking inventory honestly, examine each incident that you can recall from your gambling days. This includes the things you did and those you failed to do: the physical abuse

and the verbal abuse which left a lifetime impression. There is much manipulation of people which took from them their right to lead their own lives.

No two gamblers are alike, yet none is unique. Each of us has our own collection of guilt which must be unearthed. After discovering and digging up this guilt, one will find it necessary to rid oneself of it. The steps that follow will show how to do this. By practicing these steps, you can attain a better way of life based on solid healing principles.

With the help of your Higher Power, you can acknowledge guilt as you work the fourth step. Our Higher Power, as we understand Him, can do for us what we could not do for ourselves.

After completing Step Four and having accumulated your personal barrel of guilt you can rid of it in Step Five and find that you are an O.K. person. Then the good life can be maintained one day at a time.

Step Four tells us that our instincts are God given, yet misdirected instincts lead to serious emotional problems.

1. The need for security, which is instinctive, drives one to become power mad and selfish.
2. Greed, lust, envy, and pride are destructive habits.

DISCUSS:

- A. What obsessions and excesses in our lives became a problem?
- B. Are we prone to tolerate bad habits rather than change them?

Willingness to look at our misdirected instincts (defects) is pride in reverse.

1. It is a step toward humility.
2. It is a lessening of our "big shot ego."

DISCUSS:

- A. Persistence to gamble after we discovered we may be destroying ourselves.
- B. What experience brought us to GA or finally started our belief in GA?

Many members feel that gambling is their only defect.

1. But we identify with other members who claim many defects.
2. We learn that a drastic change in many areas of our lives will be required to maintain the desire to stop gambling.

DISCUSS:

A. Were we prone to blame others for:

1. Our failings?
2. Gambling defeat/losses?
3. Gambling?
4. Name other reasons

B. What does taking “others inventory” symbolize?

Step Four warns that we must be fearless when taking our moral and financial inventories.

1. Our egos have created many road blocks.
2. Taking 1st, 2nd, and 3rd inventories will give us a clear perspective of ourselves.

DISCUSS:

A. Methods for taking inventory.

1. Written
2. How often/when
3. Use of “A Guide to Fourth Step Inventory.”

B. Pick your special defect and discuss:

Greed	Lust	Selfishness	Blaming
Anger	Envy	Rationalizing	Bad listener
Pride	Talk too Much	Impatience	Other_____

From the desk of your International Executive Secretary.

As we finish up the April edition of the Lifeline Bulletin, I would like to send out a thank you to all the members, groups, intergroups, and R.S.O.'s who sent in donations to the International Service Office. These donations help your I.S.O. run as efficiently as possible. We appreciate all of you.

As I typed up the Step Four information for this month, I couldn't help but remember the first time I worked on Step Four. How scared I was and how much better I felt afterward. It was like peeling the layers of an onion. I cried the entire way, and sometimes raged, as I wrote my life's story and started to take my own inventory instead of taking the inventory of others.

My sponsor at the time reminded me that Step Four didn't just create a list of my defects of character, but it would also make a list of my good characteristics. By the end of Step Four, I saw myself from a different perspective. It was eye opening and created a level of self-awareness I had never known.

Did you know we're having an International Conference this year? We are having one in November. If you want or need more information, there is a flier near the back of this bulletin and there is also information under Announcements. I am really looking forward to getting back to an in-person international conference! If you've never been, it is something you could really benefit from attending! I hope to see you there!

Yours in recovery and gratitude, KC B.

GROUP NEWS

Note From I.S.O.: Thank you to all our members who send in letters, donations, and kind words each month. Please keep writing and sharing your experience, strength, and hope with everyone.

Hello I.S.O.,

Enclosed please find our donation as a thank you for all your efforts on our behalf. Thankfully, we have a strong meeting group with years of recovery. We are very aware that any progress we make is due to the program and unity.

Thank you, Jack G., Hamburg, New York

Dear I.S.O.,

Enclosed is the March donation from the Wednesday NE Philadelphia group. Thank you for all that you do.

In Unity, Scott S., Philadelphia, Pennsylvania

Dear I.S.O.,

Please accept this donation from the Thursday night virtual Rutgers meeting.

Respectfully, Mike D., Rutgers, New Jersey

Hello I.S.O.,

Please accept this donation on behalf of the Tuesday Night 12-Step Room. We are a small room with a strong devotion to our recovery.

Thank you for all the hard work involved with keeping the Fellowship informed and supplied.

Neal G., Ft. Lauderdale, Florida

Hello I.S.O.,

I hope this finds you well. Please accept this donation in memory of Helen H., of Sherwood, Oregon, who had 20 years.

I appreciate all you do for the fellowship and myself.

Thanks, Anonymous, Oregon

Dear I.S.O.,

Enclosed is a donation from the French Quebec Regional Service Office.

Thank you for all you do for the fellowship.

Sincerely, French Quebec R.S.O., Canada

Dear I.S.O.,

Thank you for your faithful support of all of us in need to quit gambling and helping those in need of support.

Sincerely, Helene M., Stevens Pointe, Wisconsin

Dear I.S.O.,

It is with great sadness that the Lindell Club meeting in St. Louis, MO has closed it's doors. This meeting has been around for more than 25 years. Many memories were made and lives saved at this meeting. There were tears shed, friendships built, laughter, joy, sadness, support, and most importantly recovery.

Throughout the pandemic, we held virtual meetings until we could have physical meetings again. When we started back to physical meetings, our numbers were much lower and there were no new members coming to our meeting.

We had a group conscious decision to close our doors, find other meetings to attend, and donate our treasury to the I.S.O. While we have found our way to another meeting, we will never forget our "special home meeting" that supported so many of us for many years.

We will continue to take our recovery one day at a time.

Sincerely, Jo K., St. Louis, Missouri

Dear I.S.O.,

It was 28 years ago that I came to my first meeting. With the help and support at meetings, social events, conferences, working the steps, and taking it one day at a time, I have 12 years and 4 days. With the help of my Higher Power, may I continue not to gamble.

Enclosed is a small donation acknowledging my 12 years.

Thanks, Martha B., Minnesota

Hello I.S.O.,

The San Jose Monday night room is finally back in person.

Thank you for all that you do.

Don Y., San Jose, California

ANNOUNCEMENT OF UPCOMING EVENTS

Happy, Joyous, and Free in 2023

GASN Mini-Convention

Saturday, April 29, 2023

Christ the King Catholic Church

4925 S. Torrey Pines Drive, Las Vegas, NV 89118

For more information, email me at ies@gamblersanonymous.org and I'll get you in touch with one of the committee members.

2023 Summerfest

22nd Annual Summerfest Retreat

June 8 to 11, 2023

St. Benedict's Lodge

56630 North Bank Rd.

McKenzie Bridge, OR 97413

For more information, please email summerfest@gaoregon.org

2023 and Beyond – Area 18A

42nd National Conference

August 25 – 27, 2023

Mantra Tullamarine Hotel

2 Trade Park Drive

Tullamarine, VIC Australia 3043

For more information, email gaconference18a@gmail.com or visit gaaustralia.org.au

Abstinence vs. Recovery

Gamblers Anonymous Area 10 Mini Conference

September 8 – 10, 2023

Doubletree by Hilton Hotel

6200 Quarry Lane

Independence, OH 44131

For more information, email GA.Area10@yahoo.com.

2023 Chicagoland Intergroup

Fall 2023 International Conference

November 17 – 19, 2023

Hilton Oak Brook Hills Resort & Conference Center

3500 Midwest Road, Oak Brook, IL 60523

For more information, visit their website at

www.internationalconference2023.org

INDIVIDUAL LIFELINER DONATIONS RECEIVED IN THE MONTH OF MARCH 2023

ARIZONA

L221	Janat G.
L267	Penny V.
L287	James S.
L546	Mo M.
L692	Doug G.
L964	Gregory B.

CALIFORNIA

L1	Bob W.
L4	Tom M.
L6	Bill S.
L8	Dan B.
L9	Mike M.
L18	Chris G.
L19	Wendy.
L21	Ed E.
L31	Russell H.
L73	Karen H.
L87	Mike S.
L88	Valerie D.
L100	Mazi S.
L117	Steve F.
L120	Phil C.
L158	Gagik G.
L209	Jose C.
L219	Leonard K.
L246	Patrick S.
L273	Victor S.
L298	Cathy F.
L301	Steve K.
L314	Alan S.
L367	Jerry L.
L384	Alvin F.
L390	Jack R.
L408	Ira B.
L419	Rufus B.
L432	Patrick P.
L453	Bennett S.
L480	Ezra B.
L496	Guy H.
L580	Curtis G.
L593	Grant M.
L601	David L.
L609	Kathie S.
L617	Mike Z.

L623	Lucille T.
L648	Edward K.
L678	Lynell B.
L701	David L.
L772	Ara H.
L834	Candice B.
L836	Albert Y.
L871	Greg D.
L907	Joseph G.
L908	Jordan K.
L963	Eric F.
L965	Brandon S.
L968	Ralph G.
L991	Jose R.

COLORADO

L147	Lou W.
L950	Ron G.

CONNECTICUT

L581	Paul S.
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FLORIDA

L2	Bill B.
L54	Ray T.
L81	Paulette T.
L97	Chuck R.
L143	Neal G.
L160	Jim C.
L175	Lloyd A.
L205	Steve P.
L225	Kevin K.
L233	Robert M.
L251	Frank G.
L261	Stephen S.
L313	Herman G.
L351	Russell H.
L420	Mark S.
L423	Kathleen H.
L450	Neil S.
L483	Victor C.
L511	Chris N.
L549	Patricia P.
L574	Hugh H.
L607	Debbie M.
L627	Pauline F.
L695	Ronald B.
L746	James H.

FLORIDA (cont)

L815 Linda S.
 L835 Howard M. x2
 L843 Neal V.
 L844 Arnie B.
 L904 Marlon D.
 L944 Brent S.
 L945 Eugene K.
 L956 Thomas C.
 L993 Carlos M.
 L995 Charles S.

GEORGIA

L672 Tony L.

HAWAII

L284 Kevin H.
 L553 David C.

ILLINOIS

L114 Ellen Z.
 L344 Eileen Z.
 L823 Luke W.
 L962 Cynthia M.

INDIANA

L880 Fred B.

KENTUCKY

L115 Laura S.
 L195 Steve B.

LOUISIANA

L27 Betty S.
 L354 Kathy S.

MASSACHUSETTS

L318 Jeff H.
 L598 Vinny S.

MARYLAND

L162 Jim D.

MICHIGAN

L272 Joann D.

MINNESOTA

L803 Renee G.

NEVADA

L75 K.C. B.
 L150 Rollo V.
 L317 Pat M.
 L325 Terry D.
 L410 Joanne F.
 L439 Ira K.
 L486 Zeny K.
 L507 Mark S.
 L561 Pilar L.
 L599 Igor K.
 L612 Dan M.
 L690 Lenore D.

L837

L846

L974

L982

NEW JERSEY

L174

L179

L183

L212

L223

L311

L349

L429

L433

L438

L482

L497

L547

L589

L651

L699

L818

L856

NEW MEXICO

L572

L662

L847

L906

NEW YORK

L278

L308

L516

L845

L852

L882

L887

L951

NORTH CAROLINA

L493

L494

L495

L498

L499

L500

L503

L504

L506

L510

L513

L515

L518

Harriet K.

Bobby B.

Mark G.

Rex W.

Mike D.

Chris N.

Robin D.

Marshall R.

Fred D.

Andrew D.

George L.

Dennis S.

Joseph F.

Matthew C.

Ann K.

Dave S.

John P.

Ronald W.

Lewis H.

Craig H.

Michael D.

Scott B.

Liane M.

Joel K.

Catherine B.

Mary F.

Harlan S.

Jordan P.

Susan W.

Dianne D.

Norberto B.

Joe B.

Pierre J.

Brad B.

Gary G. x2

Mary D. x2

Garnet P. x2

Suzanne R. x2

Mike S. x2

Sammy D. x2

John J. x2

Vivian W. x2

Chuck T. x2

Eric S. x2

John B. x2

Donna M. x2

Toby G. x2

OHIO

L330	Dennis B.
L948	Edward G.

OREGON

L584	Curt P.
L881	Pam B.
L912	David U.

PENNSYLVANIA

L40	Dan M.
L71	Marla J.
L345	John B.
L533	Debbie D.
L820	Josh S.
L923	Mary M.

SOUTH CAROLINA

L460	Louis M.
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TEXAS

L245	Alan S.
------	---------

WASHINGTON

L425	Terry D.
L659	Connie M.

WISCONSIN

L443	Constance T.
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CANADA

L771	Esther J.
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PUERTO RICO

L192	Dora E.
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INDIVIDUAL LIFELINER DONATIONS MARCH 2023

ARIZONA (6)	100.00	NEVADA (16)	490.00
CALIFORNIA (51)	2,469.00	NEW JERSEY (18)	461.00
COLORADO (2)	45.00	NEW MEXICO (4)	70.00
CONNECTICUT (1)	20.00	NEW YORK (8)	196.00
FLORIDA (35)	1,330.00	NORTH CAROLINA (13)	170.00
GEORGIA (1)	80.00	OHIO (2)	44.00
HAWAII (2)	77.00	OREGON (3)	70.00
ILLINOIS (4)	45.00	PENNSYLVANIA (6)	125.00
INDIANA (1)	30.00	SOUTH CAROLINA (1)	20.00
KENTUCKY (2)	60.00	TEXAS (1)	50.00
LOUISIANA (2)	20.00	WASHINGTON (2)	20.00
MASSACHUSETTS (2)	71.00	WISCONSIN (1)	15.00
MARYLAND (1)	15.00	CANADA (1)	100.00
MICHIGAN (1)	5.00	PUERTO RICO (1)	20.00
MINNESOTA (1)	10.00	TOTAL (189)	\$6,228.00

ANNIVERSARIES

55 YEARS	MARTY B.	12/9	Boca Raton, FL
	ARNIE W.	4/10	Boynton Beach, FL
43 YEARS	MARK B.	4/20	Wantagh, NY
42 YEARS	JACK W.	4/7	Laurel, MD
41 YEARS	NICK C.	4/27	Oceanside, NY
40 YEARS	BOB W.	4/1	Rancho Cucamonga, CA
	BRAD T.	4/25	Baldwin, NY
36 YEARS	ANDY K.	4/13	Taunton, MA
32 YEARS	PAUL M.	4/22	Scottsdale, AZ
31 YEARS	JOHN M.	1/30	Boca Raton, FL
	CONCETTA B.	4/12	Laurel, MD

28 YEARS	STU P.	2/26	Buffalo Grove, IL
27 YEARS	TONY D.	4/22	East Northport, NY
26 YEARS	ELLA W.	2/2	Cherry Valley, IL
	GARY S.	4/1	Edison, NJ
	JOHN	4/3	Reno/Sparks, NV
25 YEARS	ANN K.	3/10	Nanaimo, BC
23 YEARS	ALLAN G.	1/1	Wheeler's Hill, VIC
22 YEARS	RALPH V.	4/19	Mesa, AZ
	SUE V.	4/19	Mesa, AZ
	SUE A.	4/22	Scottsdale, AZ
21 YEARS	BURT F.	12/6	Boca Raton, FL
	ANDREW G.	4/2	5 Towns, NY
	SHELDON A.	4/11	Voorhees, NJ
20 YEARS	PAM K.	4/1	Tempe, AZ
	RICH A.	4/1	Newton, MA
	EDDIE D.	4/11	Metuchen, NJ
	FRANCES E.	4/18	Voorhees, NJ
	DAVE A.	4/22	Scottsdale, AZ
	BECKY M.	4/30	Phoenix, AZ
19 YEARS	CATHY F.	4/6	Simi Valley, CA
	ALVIN F.	4/10	Burbank, CA
18 YEARS	TOM P.	4/13	San Diego, CA
	ELLIOT J.	4/15	Natick, MA
	PAUL S.	4/26	West Bridgewater, MA
17 YEARS	RAY T.	12/30	Pompano Beach, FL
	KEVIN K.	4/2	Tempe, AZ
	LYNN W.	4/2	Tempe, AZ
	ALAN H.	4/11	Woodbury, NY
	JEFF O.	4/28	San Diego, CA
16 YEARS	MO M.	4/1	Prescott, AZ
	CHRIS M.	4/13	Oceanside, NY
	RAUL F.	4/18	San Diego, CA
	KATHY M.	4/20	Reno/Sparks, NV
	DENISE R.	4/30	Santa Monica Beach, CA
15 YEARS	TONY C.	1/3	Park Ridge, IL
	LARRY J.	2/3	Palatine, IL
	MIKE T.	4/3	Natick, MA
	HARVEY G.	4/8	Ft. Worth Online, TX
	NANCY K.	4/13	Bowmansville, NY
	JOHN F.	4/15	Reno/Sparks, NV
	DAVE R.	4/24	Reno/Sparks, NV
14 YEARS	DEBBIE F.	1/15	Plantation, FL
	GLENN M.	3/5	Nanaimo, BC
	COLETTE A.	4/10	Burbank, CA
13 YEARS	PATRICK P.	4/3	San Diego, CA
	IVKA S.	4/8	San Diego, CA
	VERONICA W.	4/8	San Diego, CA
	BOB A.	4/14	Lynn, MA
	LEW S.	4/29	Hanson, MA
12 YEARS	CAROL S.	4/4	Laurel, MD
	NAESON K.	4/21	Seoul, KOR

12 YEARS	(cont)	GASU P.	4/25	Suwon, KOR
11 YEARS		NORMA G.	3/7	New Westminster, BC
		HUGO V.	4/1	San Diego, CA
		DOREEN N.	4/2	Frederick, MD
		MARY K.	4/22	Scottsdale, AZ
		CHRIS M.	4/23	Portland, OR
10 YEARS		LIZZY Z.	4/1	Phoenix, AZ
		ARAM V.	4/11	Plainville, MA
		KEVIN K.	4/20	Oceanside, NY
		CRAIG F.	4/25	Voorhees, NJ
		NORM G.	4/27	Simi Valley, CA
		JANELL S.	4/30	Reno/Sparks, NV
9 YEARS		ADAM W.	2/18	Oakleigh, VIC
		CHERYL H.	3/19	Crescent Beach, BC
		SEAN N.	3/27	Maple Ridge, BC
		TRISH P.	4/8	San Diego, CA
		DAVE M.	4/10	Burbank, CA
		MIKE W.	4/14	Hillsboro, OR
		SUSAN S.	4/22	Eugene, OR
		KELLY R.	4/26	Reno/Sparks, NV
8 YEARS		HOWARD R.	4/18	San Diego, CA
		ROB H.	4/30	Tempe, AZ
7 YEARS		ALLISON S.	1/4	Plantation Zoom, FL
		REBA L.	1/12	Elmhurst, IL
		DON S.	3/3	White Rock, BC
		GERALD K.	4/1	Los Angeles/Hollywood, CA
		BERNADETTE R.	4/1	Windsor, ON
		ERIC L.	4/3	Burbank, CA
		RON G.	4/3	Windsor, ON
		DAVID K.	4/9	San Diego, CA
		WILL H.	4/10	Laurel, MD
		THERESE P.	4/11	North Andover, MA
		JEFF W.	4/12	San Diego, CA
		JUDY B.	4/16	Scottsdale, AZ
		ROCHELLE	4/17	Reno/Sparks, NV
		JASON R.	4/20	Phoenix, AZ
		FRANK C.	4/24	Oceanside, NY
		FRANCISCO U.	4/27	Wantagh, NY
6 YEARS		PAULINE F.	1/11	Plantation Zoom, FL
		SANDRA M.	3/25	Downey, CA
		MIKE O.	3/28	Palatine, IL
		BARRY G.	4/1	West Bridgewater, MA
		JOHN V.	4/1	Windsor, ON
		ERIC R.	4/8	Eugene, OR
		DENISE C.	4/20	Reno/Sparks, NV
		DAVE T.	4/22	Reno/Sparks, NV
		PABLO O.	4/25	Metuchen, NJ
		SUE D.	4/26	Salem, OR
5 YEARS		CHRISTEN D.	3/19	Joliet, IL
		NICK M.	4/6	Bohemia, NY

5 YEARS (cont)	AUSTIN L.	4/7	Tempe, AZ
	GEORGE F.	4/12	Patchogue, NY
	CHRIS W.	4/13	Phoenix, AZ
	DAVE M.	4/15	San Diego, CA
	BILL N.	4/16	Hanson, MA
	JOHN S.	4/19	Massapequa Park, NY
4 YEARS	GREG G.	4/26	Gaithersburg, MD
	CHRISTOPHER	1/1	Box Hill, VIC
	GARY B.	1/26	Cherry Valley, IL
	JOE M.	2/14	Caulfield, VIC
	ERIC C.	3/25	Cherry Valley, IL
	GLENDA H.	3/25	Surrey, BC
	JORDAN K.	4/1	Los Angeles/Hollywood, CA
	ISABEL N.	4/3	San Diego, CA
	JOHN K. (2)	4/4	San Diego, CA
	JEANNE S.	4/4	Voorhees, NJ
	PAT C.	4/6	Oceanside, NY
	ALYSSA C.	4/8	Los Angeles/Griffith Park, CA
	SEBASTIAN M.	4/8	Los Angeles/Griffith Park, CA
	ZACH L.	4/8	Bethesda, MD
	JANGDAE G.	4/10	Daejeon, KOR
	BOB G.	4/15	Edison, NJ
	WAYNE K.	4/22	Reno/Sparks, NV
	SUSAN T.	4/24	San Diego, CA
	SUE R.	4/25	Taunton, MA
	SHERRI P.	4/26	Wausau, WI
	RAY C.	4/30	San Diego, CA
	ANDY W.	4/30	Columbia, MD
3 YEARS	DAVID S.	3/26	Richmond, BC
	MILES T.	4/15	San Diego, CA
	LARRY E.	4/19	Rockville Centre, NY
2 YEARS	MAX H.	12/1	Delray Beach, FL
	JUSTIN N.	12/2	Plantation, FL
	SHANE C.	2/1	Oakleigh, VIC
	CORY K.	3/30	Ventura Zoom, CA
	JOE M.	4/8	East Northport, NY
	WIRYE C.	4/10	Seoul, KOR
	BARB T.	4/12	Mesa, AZ
	JACKIE J.	4/20	Phoenix, AZ
	DONALD G.	4/21	York, ME
	TOM C.	4/25	Wantagh, NY
	EDDIE M.	4/26	Rockville Centre, NY
	AMANDA A.	4/27	Lexington Park, MD
	JOANNE O.	4/27	Laurel, MD
	JORDAN F.	4/27	Laurel, MD
1 YEAR	LORRAINE B.	12/21	Plantation, FL
	BRETT C.	1/1	Oakleigh, VIC
	MIKE H.	1/11	Plantation, FL
	PETER P.	1/17	Plantation, FL
	KRISTIAN M.	1/27	Plantation, FL
	TIM S.	1/28	Box Hill, VIC

1 YEAR (cont)	GEORGINA	2/1	Epping, VIC
	DOV G.	2/11	Caulfield, VIC
	KERRY Y.	3/10	Burnaby, BC
	ERNEST W.	3/22	New Westminster, BC
	DIMITRI	3/23	White Rock, BC
	PAUL H.	3/25	Los Angeles/Hollywood, CA
	BRIAN	4/3	Gold Hill, OR
	RAYMOND	4/4	Phoenix, AZ
	ROBERT	4/6	Plantation, FL
	GAJANG L.	4/10	Daejeon, KOR
	DAN N.	4/12	Plantation, FL
	ALEC T.	4/12	Laurel, MD
	NICK S.	4/12	Massapequa Park, NY
	JOE B.	4/13	San Diego, CA
	RYAN C.	4/13	Reseda Zoom, CA
	JEREMY R.	4/14	Columbia, MD
	PUNGMU O.	4/14	Ilsan, KOR
	PYEONGCHON K.	4/21	Seoul, KOR
	CHUNCHEON C.	4/25	Seoul, KOR
	NARESH D.	4/26	Phoenix, AZ
	ELLIOT D.	4/26	Patchogue, NY
	IKSAN C.	4/26	Ilsan, KOR

I.S.O. CAN CONTRIBUTIONS MARCH 2023

CALIFORNIA

C4	Anaheim Wednesday	116.00	C765	Fair Oaks Thursday AM	29.00
C16	Anaheim Monday PM	19.00	C863	Rancho Cucamonga	
C28	Anaheim Sunday PM	107.00		Thursday PM	51.00
C29	Anaheim Tuesday Noon	10.00	C949	Mission Viejo Friday	25.00
C46	Anaheim Saturday		C1012	Irvine Thursday	80.00
	Women AM	82.00	C1014	Irvine Thursday Step PM	12.86
C48	Rancho Cucamonga		C1050	Yuba City Tuesday	33.00
	Tuesday Zoom	20.00	C1105	Sacramento Stop & Grow	
C77	San Diego Intergroup	431.50		Saturday AM	10.00
C82	Anaheim Thursday PM	32.95	C1285	Rancho Cucamonga	
C92	Mission Viejo			Saturday PM	46.00
	Tuesday PM	51.00	C1352	Dana Point Saturday AM	80.00
C161	Dana Point Saturday Step	11.00	C1403	Rancho Cucamonga	
C180	Stockton Tuesday	10.00		Wednesday PM	18.00
C184	Sacramento Tuesday AM	71.00	C1411	Rancho Cucamonga	
C187	Sacramento/Fair Oaks			Monday Noon	99.00
	Saturday PM	30.20	C1417	Rancho Cucamonga	
C194	Orangevale Friday PM	66.00		Friday	32.00
C413	Rancho Cucamonga		C1538	Anaheim Tuesday PM	29.00
	Monday	11.00	C1694	Auburn Wednesday	35.00
C755	Anaheim Friday AM	1.00	C1724	Inland Empire Intergroup	21.00

COLORADO

C546 Beating the Odds-Longmont 109.00

CONNECTICUT

C51 Coventry Wednesday 33.00

FLORIDA

C251	Clearwater/Windmoor Thursday	25.00	C262	Plantation Friday PM	32.00
			C263	Plantation Wednesday PM	26.00

GEORGIA

C1539 Norcross Sunday 10.00

ILLINOIS

C61	Joliet Monday	30.00	C423	Naperville	31.00
C65	Willa Rawls Manor	20.00	C424	Schaumburg/Palatine	25.00
C72	Edison Park Tuesday	20.00	C425	Elk Grove Village	
C83	Arlington Heights	25.00		Thursday	50.00
C85	Kankakee	40.00	C528	Bolingbrook	200.00
C100	Oaklawn Monday		C659	Aurora Provena Monday	83.00
	St. Linus	60.00	C799	St. Charles-Hosanna	
C136	Burbank Wednesday-Our Saviors	37.50		Lutheran Thursday	19.00
C146	Elgin Sherman Oaks Hospital Sunday	32.00	C991	Orlando Park Thursday	44.00
			C1207	Lisle Women Monday	41.00
			C1511	Downers Grove Thursday	75.00

LOUISIANA

C849 Slidell Sunday 25.00

MASSACHUSETTS

C792 Hanson Thursday PM 31.00

NEW JERSEY

C1457 Marlton Thursday 35.00

NEVADA

C42 G.A. of Southern Nevada 798.71

OHIO

C1271 Bexley Tuesday PM 30.00

OREGON

C1480 Oregon City Friday 19.00

PENNSYLVANIA

C208 South Hills Tuesday 26.00

TEXAS

C1587 Ft. Worth Tuesday 29.00

GROUP CONTRIBUTIONS MARCH 2023

ARIZONA

Glendale Tuesday	50.00
Phoenix Tuesday Inspire	
Couns	25.00
Prescott Friday	75.00

CALIFORNIA

Burbank Monday PM	71.00
Burlingame Monday	125.00
Downey Saturday	59.00
Los Angeles Griffith Park	
Sunday	36.00
Lincoln Wednesday	18.00
Lincoln Friday AM	16.00
Lincoln Sunday	26.00
Oakland Friday Zoom	5.00
Palm Springs Sunday AM	70.00
Reseda Saturday Zoom	650.00
San Jose Monday Beginners	110.00
San Pablo Wednesday	120.00
Santa Monica Wednesday PM	84.00
Sierra Madre Tuesday	150.00
Simi Valley Thursday	44.00
Ventura Sunday	15.00
Ventura Thursday Zoom	15.00

COLORADO

Denver Wednesday PM	30.00
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CONNECTICUT

Milford	63.00
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DELAWARE

Wilmington Wednesday PM	51.00
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FLORIDA

Boca Raton Monday Women	
Helping Women	20.00
Boynton Beach Tuesday	20.00
Boynton Beach Thursday PM	100.00
Delray Beach Thursday	
Crossroads	75.00
Delray Beach Saturday	
Crossroads	75.00
Delray Beach Sunday	
Crossroads	75.00
Fort Myers Thursday	50.00
Fort Lauderdale 12 Step House	20.00
Maitland Sunday AM	41.00
Plantation Tuesday	104.00
Pompano Beach Wednesday	75.00
Port St. Lucie Wednesday	10.00
Sarasota	50.00

GEORGIA

Gwinnet Monday Spanish	60.00
Norcross Sunday Korean	10.00

ILLINOIS

Springfield Sunday PM	50.00
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LOUISIANA

Lafayette Wednesday	100.00
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MASSACHUSETTS

Holliston Sunday	48.00
Newton Upper Falls Monday	57.00
North Andover Tuesday	124.00
Watertown Friday	110.00

NEW JERSEY

Basking Ridge Saturday	50.00
Edison Saturday AM	100.00
Freehold Friday	50.00
Hamilton/Mercerville	
Thursday	50.00
Hasbrouck Heights Saturday	25.00
Metuchen Tuesday	50.00
Ocean Monday	150.00
Old Bridge	10.00
Ridgewood Wednesday	50.00
Rutgers Thursday PM	141.15
Sayrewoods	50.00
Toms River Saturday	25.00
Toms River Sunday	25.00
Voorhees Saturday	50.00
Westwood Monday	25.00

NEW MEXICO

Santa Fe Tuesday	26.00
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NEW YORK

Bowmansville Monday	50.00
Eastside	200.00
Hamburg Wednesday AM	40.00
Pomona Tuesday	100.00
Rochester Monday	25.00
Staten Island St. Patrick's	
Thursday	60.00
Syracuse Sunshine Saturday	
AM	30.00
Woodbury Monday	50.00
Yonkers Saturday AM	75.00

OHIO

Dublin	60.00
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PENNSYLVANIA

Bala Cynwynd Monday	20.00
Bethlehem Saturday	50.00

PENNSYLVANIA (cont)

Broomall	40.00
Doylestown Monday	100.00
Harrisburg Monday	20.00
Longhorn	75.00
NE Philadelphia Wednesday	25.00
Roxboro	20.00
Willow Grove Wednesday	40.00

TEXAS

Dallas Pathways Sunday	45.00
You Are Fort Worth It Online	136.00

WASHINGTON

Edgewood	15.00
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Issaquah Wednesday	10.00
Lynwood Monday PM	75.00
Mount Vernon Tuesday	25.00
Snohomish Wednesday	10.00
Spokane @Country Homes	25.00
West Seattle Thursday	25.00

CANADA**Alberta**

Serenity Alberta Zoom	104.79
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KOREA

Seoul, Korea	50.00
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INTERGROUP CONTRIBUTIONS MARCH 2023

Chicagoland	93.00	New Jersey	450.00
Colorado	180.00	Northern California	50.00
Delaware Valley	150.00	Orange County	111.29
Detroit Toledo	5.60	Pittsburgh/Wheeling	100.00
Greater Sacramento	30.00	Shreveport Bossier	27.00
Houston/Gulf Coast	50.00	South Florida	200.00
Inland Empire	100.00	Western Washington	20.00
L.A. Intergroup	150.00		

NATIONAL HOTLINE DONATIONS MARCH 2023

Area 1	L.A. Intergroup	14.00
Area 1B	Inland Empire Intergroup	50.00
Area 6	South Florida Intergroup	40.00

BULLETIN SUBSCRIPTIONS MARCH 2023

Three Bulletin Subscriptions for a total of \$144.00

ONE TIME DONATIONS MARCH 2023

One-Time Donation – Donald A., Santee, California

One-Time Donation in memory of Eunice S., James M.,
and all other brothers and sisters who made their transitions
this past year. Gone from our presence, but never from our hearts.
Dennis B., Toledo, Ohio

One-Time Donation – Helene M., Stevens Point, Wisconsin

One-Time Donation acknowledging my 12 years in G.A.
Martha B., Minnesota

One-Time Donation from the Sunday Morning phone meeting.
Miscellaneous Areas

One-Time Donation – Lindell Club, St. Louis, Missouri

One-Time Donation – David N., Delray Beach, Florida

One-Time Donation – Penny V., Phoenix, Arizona

One-Time Donation in memory of Helen H. of Sherwood, Oregon,
on her 20 years.
Curt P., Eugene, Oregon

One-Time Donation – Mary M., Warrenton, Oregon

March Meeting Donation – Board of Regents, California

One-Time Donation in memory of Dennis M.,
our brother in recovery for over 12 years – one day at a time.
Gamblers Anonymous of Southern Nevada

One-Time Donation in memory of Priscilla G.,
who filled our lives with hope, love, and blessings.
Gamblers Anonymous of Southern Nevada

One-Time Donation from Monday Surrey Noon
Greater Vancouver Area Intergroup

One-Time Donation from Saturday New Westminster
Greater Vancouver Area Intergroup

One-Time Donation from Sunday Surrey
Greater Vancouver Area Intergroup

One-Time Donation from Anonymous
Greater Vancouver Area Intergroup

GAMBLERS ANONYMOUS **INTERNATIONAL SERVICE OFFICE** **OPERATING STATEMENT** **MARCH 2023**

CASH IN OPERATING ACCOUNT MARCH 1, 2023		\$ 62,050.22
INCOME FOR MARCH 2023		
Group Contributions	5,659.94	
Lifeliners	6,228.00	
I.S.O. Can Contributions	3,726.72	
Intergroup Contributions	1,716.89	
National Hotline Donations	104.00	
One-Time Donations	1,669.63	
R.S.O. Donations	712.00	
Bulletin Subscriptions	144.00	
Ohio Trustees Mtg. Registration	650.00	
Sale of Literature	29,596.73	
Literature Shipping	4,983.50	
Sales Tax Collected	226.47	
E-Readers	10.43	
Merchant Services Cash Reward	21.80	
Interest From Checking Account61	
PayPal Literature Processing Fees	780.23	
Payroll Tax Refund	147.00	
TOTAL	\$ 56,377.95	
CASH AVAILABLE FOR MARCH		\$118,428.17
EXPENSES FOR MARCH		
Rent & Cam Fees	4,315.20	
Payroll	17,173.78	
Payroll Taxes (Federal & State)	1,380.06	
Payroll Processing Fees	206.91	
Office Expenses	473.63	
Health Insurance	1,617.08	
Telephone	469.36	
Electric Bill	21.82	
Computer/Internet	60.00	
Gas Bill	183.41	
Maintenance/Monitoring ADT Alarm	42.55	
Monthly Air Conditioning/Heater Maintenance	30.00	
Match For Employees Simple IRA	448.98	
National Hotline Yearly Payment	661.89	
Visa/MC Service Fee	768.24	
Literature	8,189.51	
PayPal Literature Processing Fees	780.23	
Postage	3,500.00	
Lifeline Bulletins	713.50	
Bank Adjustment	45.21	
TOTAL EXPENSES	\$ 41,081.36	
MONTHLY NET INCOME (NET LOSS)	\$ 15,296.59	
CASH IN OPERATING ACCOUNT AS OF MARCH 31, 2023		\$ 77,346.81
FISCAL YEAR STARTING JULY 1ST TO DATE NET INCOME		
(NET LOSS)	-(8,655.30)	

Literature Sale!

**Effective January 1, 2023, prices on items shown
below have been reduced while stock lasts.**

Reduced Price

- 0.25 Suggestions for a Successful 90-Day Room
- 1.00 Handbook for Judiciary, Lawyers, Counselors, etc
- 1.00 Towards Recovery in Prison
- 0.25 Have I Quit the Fellowship?
- 5.00 Sharing Recovery Through Gamblers Anonymous (Blue Book) revised/printed 12/07
- 1.50 Spanish Working the Steps Pamphlet
- 0.75 Spanish Beyond 90 Days Booklet
- 0.50 Spanish Let it Stay Here - Card
- 0.25 **Spanish** G.A. Coins
- 2.50 Spanish Slogans of the Program - Cards
- 0.50 Spanish Coping With Urges
- 0.50 Spanish Your First Meeting
- 0.50 Spanish New Member Retention
- 0.25 GA Treasury Guideline Example
- 1.75 Group Study Book on Unity Steps
- 1.50 G.A. Intergroup Handbook
- 0.75 G.A. Suggestions for New Member Retention
- 2.00 Beyond 90 Days on CD
- \$ 2.00 Towards 90 Days on CD
- \$ 3.00 Big Steve DVD
- \$ 3.00 Even Up The Odds DVD

2023 Fall International Conference

Chicago • November 17 - 19, 2023

Hilton Oak Brook Hills Resort and Conference Center

3500 Midwest Road, Oak Brook, IL 60523

Plan	Package	Conference and Meals
A	Registration and 2 Dinners	\$225.00
B	Registration Only (Includes Lunch Voucher)	\$75.00
C	1 Friday Dinner Only	\$75.00
D	1 Saturday Dinner Only	\$75.00

Room Rates of \$120.00 per night are guaranteed for 3 days prior and 3 days following the conference. Hotel reservations are to be made directly with the Hilton Oak Brook Hills Resort & Conference Center by calling (630) 850-5555 or Toll Free at 1-800-HILTON. When booking your room, use the group code: CHIIIC and mention "2023 Fall Conference" to receive the discounted rates. Or use the following link:

<https://www.hilton.com/en/attend-my-event/chibhhh-chiic-a9091837-ff8b-43cb-8b84-78c58c75bc0b/>

For additional info, visit our website: www.internationalconference2023.org

RESERVATIONS MUST BE MADE BY OCTOBER 16, 2023

TO RECEIVE THE CONFERENCE RATE

These room rates do not include taxes. We recommend that you fly into one of the following Chicago Airports: CHICAGO O'HARE INTERNATIONAL (Airport Code ORD) or CHICAGO MIDWAY INTERNATIONAL (Airport Code MDW)

– 2023 International Conference Registration Form –

Registrant #1

Full name: (Required) _____

Plan(s) Selected: _____ Name on Badge _____

Check (X) One: GA _____ GAM-ANON _____ NON-AFFILIATED _____

Phone Number: _____ Email: _____

Street Address: _____

City: _____ State/Province: _____ Country _____

Registrant #2

Full name: (Required) _____

Plan(s) Selected: _____ Name on Badge _____

Check (X) One: GA _____ GAM-ANON _____ NON-AFFILIATED _____

Phone Number: _____ Email: _____

Street Address: _____

City: _____ State/Province: _____ Country _____

Amount Enclosed: _____ (\$100 Minimum Deposit. Balance due by 11/1/2023)

*Checks or money orders payable to **Chicago International Conference** can be mailed with complete Registration Form to:*

Chicagoland Intergroup, P.O. Box 3649, Lisle, IL 60532

For additional payment information and more details, please see online instructions.

G.A. APPROVED TELEPHONE CONFERENCE CALL MEETING INFORMATION - JUNE 27, 2022

ENGLISH-BASED MEETINGS FROM THE US

Below are the details to call in for all the meetings. All US-based Telephone Conference Call meetings are based on Eastern Time Zone times.

Day and Time

Eastern Time	Call-In Number	Meeting Code	Email for Information
Wednesday 9PM	267-807-9601	9131957 #	weeklycallhelp@gmail.com
Friday 3PM	267-807-9601	9131957 #	weeklycallhelp@gmail.com

US callers who are trying to call the US numbers and have difficulty getting connected should scroll to the bottom for additional directions.

The telephone conference call platform we are using has local access telephone numbers for 74 different countries. If you are going to call from a foreign country, please use the appropriate email address to request the local calling numbers.

ENGLISH-BASED MEETINGS FROM VANCOUVER, BRITISH COLUMBIA – There are numerous local direct dial numbers throughout Canada and the US. To get a list, use the email below.

Day and Time

Pacific Time	Call-In Number	Meeting Code	Email for Information
Tuesday 7PM	604-259-2561	890 477 4319 #	friend@gabc.ca
Friday 7PM	604-259-2561	890 477 4319 #	friend@gabc.ca
Sunday 7PM	604-259-2561	890 477 4319 #	friend@gabc.ca

FOR U.S. CALLERS HAVING DIFFICULTY CONNECTING TO A CONFERENCE CALL

If you can't get through to the conference call number, first recheck that you are using the proper dial-in number and meeting code. If you still have problems, you may text for help.

First choice: Text the word **HELP** to the conference call-in number. You will be texted an alternate call-in number.

Second choice: Text the words **CALL ME** to the conference call-in number. The system will call you back and connect you directly.

This information is available at trusteewebsite.com/telephone-conference-call

Where would you be today without G.A.? Become a Lifeliner Today!

A Lifeliner is a member of the G.A. fellowship who cares enough about the financial well being of G.A. to make a monthly donation. This donation helps to insure that G.A. will always be there for the compulsive gambler who still suffers.

You will benefit by becoming a Lifeliner because...

- ... it offers you a way to give back to the program that has given you so much.
- ... it allows you to make a commitment to the program in a more direct way.
- ... it helps the International Service Office to spread the message to those who haven't yet been blessed as you have.
- ... it makes you one of a special group of people who do a little extra for the program that saved their lives.
- ... it gives you a sense of responsibility.
- ... it helps you remember that Gamblers Anonymous needs you as much as you need Gamblers Anonymous.

We are self supporting through our own contributions.

How often have you thought or heard: "Gamblers Anonymous saved my life. I can't do enough to repay the program for what it has done for me."

One of the ways you can give is by becoming a Lifeliner. Simply fill out the bottom of this flyer and send it to I.S.O. with your personal monthly tax deductible contribution and you will receive a receipt by return mail along with an envelope for your next month's contribution. It's that easy!!

Do it today – it's the right thing to do!

I PLEDGE A MONTHLY CONTRIBUTION AMOUNT OF: _____

NAME _____

ADDRESS: _____

CITY & STATE: _____ ZIP: _____

Please mail this with your initial contribution to:

GAMBLERS ANONYMOUS I.S.O.

1306 MONTE VISTA AVE., STE. 5, UPLAND, CA 91786

Thank you for your support!!