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.
Call to order: The Chair, Bob W., 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, Valerie D.

Present: Bob W., Laura M., Valerie D., Zach M., Israel A., Office Manager.


A. Minutes for November 11, 2023.

A motion was made to approve the minutes as written.

MOTION SECONDED AND PASSED
FOR-9 AGAINST-0 ABSTAINED-0


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

MOTION SECONDED AND PASSED
FOR-9 AGAINST-0 ABSTAINED-0

OLD BUSINESS

A. Office Manager Report – ISRAEL A.

- NEW LIFELINERS (State) – 8
  AZ-1 FL – 1 LA-1 Venmo/Zelle-1
  (From Chicago Conf: AZ-1, CA-1, MA-1, NJ-1)

- CANS (State) – None

- GROUP INFORMATION REQUEST FORMS RECEIVED: 1
  Cincinnati, OH ((REGISTRATION ONLY))
• GROUP INFORMATION REQUEST FORMS RECEIVED PRIOR TO SENDING STARTER KITS - 6
   Six Starter Kits were sent out as follows after receiving the Group Information Request Forms for the month of November:
   Rome, GA.  Mt. Prospect, IL.  Chisolm, MN
   St. Mary’s, PA  Coupeville, WA.  Des Moines, WA

• Prison Starter Kits Sent: 0

• Venmo & Zelle donations were $1,494.33: Groups $574.00, 1X donations $18.00, Lifeliner donations $687.00, I.S.O. Can donations $215.33.

• Annual Audit has been completed and presented to B.O.R.

C. International Executive Secretary Report – KC B.

• Attended Chicago BOT and Conference.

• Also done proofing the BOT minutes and should have them out no later than 12/19.

• The workshop went well, thanks to the assistance of Val, Jo and Bob.

• Done with the November bulletin.

• Working on December bulletin.

• Reserved hotel for Pleasanton.

D. DISCUSS UPDATE ON B.O.R. MEETING GOING TO THE ZOOM FORMAT.

• We will have zoom set up by next month’s BOR.

E. UPDATE ON WEBSITE INFORMATION.

• Developers have continued to update us.

• They are having lots of progress with mapping and have designed most of the pages.

• There will be a link available soon and committee will review the website.
NEW BUSINESS

A. Chairman Bob W. will be stepping down.

- Chair Bob W. has decided to step down for personal reasons and Ara as Co-Chairman will now be Chairman.

- Nomination accepted and motion was made for Bob W. to be Co-Chair.

  MOTION SECONDED AND PASSED
  FOR-9    AGAINST-0    ABSTAINED-0

B. DISCUSS NEW EVENT IN THE SPRING “UNITY WEEK”

- More review and information is needed before proceeding.

- Upon further review, this Item has not be presented to BOT.

C. APPROVAL OF B.O.R EXPENSES FOR CHICAGO FALL CONFERENCE

- The Chair submitted an itemized list of expenses requesting reimbursement which totaled $1,321.28.

  Motion was made to accept the B.O.R. Chair expenses and to reimburse Chairman for Chicago B.O.T. Meeting in November.

  MOTION SECONDED AND PASSED
  FOR-9    AGAINST-0    ABSTAINED-0

D. DISCUSS CITIBANK CD MATURING ON JANUARY 26, 2024.

  Motion to table this item until January 2024.

  MOTION SECONDED AND PASSED
  FOR-9    AGAINST-0    ABSTAINED-0

Number of people who called in to listen to the meeting: 5

Collected: $ 58.00

Meeting ended with the Serenity Prayer at 10:06 A.M.
Next meeting will be January 20, 2024.

Respectfully submitted by Valerie D., 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.

UNITY PROGRAM

Did you know that the I.S.O. sells a booklet on how to study the Unity Steps? We do! It’s called “Gamblers Anonymous Group Study Book on the Unity Steps.” Each month of 2024, I’ll discuss the Unity Program and the corresponding step with each month.

When I first came to Gamblers Anonymous in July of 2001, at the Unity Club in Las Vegas, my brain was focused on one thing – to stop gambling. It’s all I cared about for the first few months I was attending meetings. I had no idea what the Unity Program was or why it existed.

As my mind cleared up and I started to understand my surroundings, the Unity Program became less and less confusing for me. I’d like to think it’s the same way for all of us, however, I can only speak of my experience.

It taught me that while I needed to focus on MY recovery, I also needed to respect the group as a whole and be one with them as we move forward on this journey of self-discovery and recovery.

I knew that whether I relapsed or not, the Group would still be there when I came back. So when I’d see a person had relapsed, I’d welcome them back to the Group and continue forward.

*Step 1 – Our common welfare should come first; personal recovery depends upon group unity.*

Our red book, A New Beginning starts discussion of our Unity Program in Chapter 5 and says:
Our common welfare is based upon the desire to stop gambling and to solve our common problem. Personal recovery depends upon this common goal. When one maintains abstinence from gambling, we improve our quality of life. We then see that our common good is primary as we recover individually in unity with each other. A group that is troubled due to personality conflicts, indifference to others, individual ambitions, super egos, compulsive talkers, disruptive members, and others who openly indicate that group unity is not essential, will certainly be unable to carry our message, and in time the group will cease effectively to exist.

Gambling can shatter and perhaps destroy the gambler but an individual who gambles cannot destroy the Group. In the early days, we wondered if the Group could survive the many individual relapses. Today, we know the Group will survive.

a. Define/discuss the following phrase: Our common welfare should come first, personal recovery depends upon group unity.

b. What is our common welfare?

c. What is unity? What is group unity?

d. We often hear in our program – “don’t take others inventory.” What does this mean? How does this affect the group when someone takes another’s inventory?

e. As we read the combo book, some groups read together aloud, “principles before personalities.” Discuss how this phrase relates to Unity Step 1.

f. How do we put the common welfare in Gamblers Anonymous first?

g. How can the lack of unity affect my personal recovery?

h. How will the unity of Gamblers Anonymous affect my personal recovery?

i. Have I ever contributed to disunity among the fellowship? What could I have done instead?

j. How can I, as an individual member, support the unity within Gamblers Anonymous?

k. One of the keywords to our recovery is open-mindedness. Why is open-mindedness needed for our common welfare?

l. What are some of the ways to strengthen the unity of our groups?

m. Elaborate on the following principles as they relate to Unity Step 1: unity, common welfare, anonymity, and other principles for Unity Step 1.
From the desk of your International Executive Secretary.

As we finish the December bulletin, I would like to thank all the members, groups, intergroups, and RSOs who consistently contribute to your International Service Office to enable us to keep the doors open and help the compulsive gambler who still suffers. We could not do this without you. If you aren’t already, please consider signing up as a LifeLiner and contribute monthly so that the I.S.O. can continue its amazing work of getting literature out and helping people find meetings all over the world.

As the New Year rolls through, have you made any resolutions? I tend to call mine intentions instead of resolutions. I have found over the years that when I make a “resolution” I am more apt to break it than if I were to make an intention.

I am hopeful for a better year than last year. Even though last year wasn’t that bad of a year, I am always hopeful when the new year comes around. Fresh starts; new opportunities; new friends; connections with old friends.

Don’t forget the trustee elections are coming up this spring. I’ll need all of the new trustee information before June 1 so that I can prepare the list for the July bulletin. Please have all trustees (whether re-elected or newly elected) fill out the form on the Trustee Website so that the information gets to me. Your current and past trustees should have gotten the list of allotments for your area. If you haven’t served as a trustee of your area, I believe it would be a good opportunity to give service.

Did you know that the Combo Book is available as a digital download? You’ll find instructions on how to get it (if you don’t already have it!) just below this letter.

Something else I thought you would be interested in; Korea GA is turning 40 years old this year in June. How amazing is that!

Yours in recovery and gratitude, KC B.

The Combo Book is available for purchase as an e-book.

Instructions for Kindle purchase:

Note: if you already have an Amazon account go to step 2.

1. To create an Amazon account, log on to Amazon.com and follow instructions.
2. Download a Kindle app for iPhone, Android, iPad, tablet, PC or Mac computer.

3. Log on to Amazon.com
   a. Scroll down and tap or left click on Barnes & Noble. In the column to the right, tap or left click on Kindle Books. In the search box enter Combo Book.
   b. Scroll down to locate the book and tap or left click on Combo Book.
   c. Tap or left click on Purchase. The book will automatically download to your device in the Kindle App.
   d. Tap or left click on Kindle App to locate Combo Book.

LITERATURE – SUGGESTIONS

If you just started your recovery with Gamblers Anonymous:
- Combo Book (small or large print).
- Suggestions for coping with Urges to gamble.
- Towards 90 days booklet (small or large print).
- Red Book - A New Beginning.
- Pressure relief Group meeting flyer.
- 20 Questions booklet.
- Your First meeting.
- Questions and Answers about Gambling.
- A Newcomer asks?
- Stop and Think card.
- Young gamblers in recovery.

If you have joined a little while ago:
- Beyond 90 Days booklet (small or large print).
- Sponsorship booklet.
- Sponsor/Sponsee relationship – HOW it works.
- Pressure relief Group Meeting Handbook.
- Pressure relief workbook.
- Information packet.
- A Day at a Time meditation book.
- Big Book – Sharing Recovery through GA.
- Have I quit the Fellowship?

If you are working the Steps:
- Working the Steps booklet.
- Step meeting handbook, Booklet.
- Daily inventory of my behavior (sheet).
- Fourth Step Inventory Moral Book.
• Step One recovery Workbook.
• Writing the Steps.
• 12 Steps Unity booklet.
• Group study book on the Unity Steps.

If you are interested to know more about GA, its structure, and its groups:
• Group Handbook Guide booklet.
• Guidance Code (trusteewebsite.com).
• Short term Group sponsorship.
• Suggestions for a Successful 90-day room.
• Suggestions for New Member Retention.
• Treasury Guideline Example.
• A Guide to Regional Service Offices.
• Intergroup Handbook.
• Public Relations flyer.
• Towards Recovery in Prison.
• Handbook for Judiciary, Lawyers, Counselors etc.
• The Stock market, Retirement accounts and Gamblers Anonymous.
• The First 40 years.
• Let’s Host a Mini-Conference pamphlet.
• Hosting an International Conference pamphlet.

Need help? Ask a Trusted Servant to guide you further.

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.

Dear I.S.O.,

Thank you for all you do for Gamblers Anonymous. Wishing you all a happy, healthy, and safe New Year.

Thanks, Frank M.

Dear I.S.O.,

Thank you for all that you do. Sending wishes for a great year ahead.

Yours in recovery, Esther J., Surrey, British Columbia
Dear I.S.O.,

Thank you for all your service!

Happy Holidays, Metuchen Tuesday, New Jersey

Dear I.S.O.,

Enclosed is the December donation from the Sunday Chester, PA group.

Thanks for all the good work you do.

In Unity, Scott S., Philadelphia, Pennsylvania

Dear I.S.O.,

I am a compulsive gambler from the Tuesday night live meeting in Seattle, Washington, Area 2H. Through the Grace of God and the help of the GA fellowship, I will be celebrating 30 years in February.

It has been a long and windy road from where I started attending my first meeting in San Bruno, CA where the guy who answered the phone greeted me at the door with a smile and made me feel welcome. I was in and out after that until I finally surrendered on February 12, 1994 and haven’t found it necessary to place a bet since then, no matter who came and went.

I am the secretary of the Tuesday night live GA meeting at Denny Lutheran Church where we have been holding a live meeting since March of 2023. Sometimes, there has only been two or three of us, but newcomers have been showing up for the past three months or so, which confirms what we set out to do in order to carry the message to the still suffering compulsive gambler.

I hope to celebrate the 30 years I have been granted at my homegroup on February 12.

Thank you for your service.

In gratitude, Jeff E., Seattle, Washington
ANNOUNCEMENT OF UPCOMING EVENTS

2024 Delaware Valley Intergroup
Delaware Valley & Unity Mini-Conference
February 3 – 4, 2024
Sheraton Bucks County Langhorne
400 Oxford Valley Road, Langhorne, PA 19047
For more information, email ies@gamblersanonymous.org and I’ll get you in touch with their contact.

Recover More in 2024
Florida West Coast Mini-Conference
February 24, 2024
Christ United Methodist Church
1475 Center Road, Venice, FL 34292
For more information, email ies@gamblersanonymous.org and I’ll get you in touch with their contact.

Back Together Again
South Florida Intergroup Mini-Conference
March 10, 2024
Holiday Inn
1301 Belvedere Road, West Palm Beach, FL
For more information, email ies@gamblersanonymous.org and I’ll get you in touch with one of their committee members.

Signs of Recovery
2024 GASN & Gam-Anon Mini-Conference
April 20, 2024
Christ the King Catholic Church Activity Center
4925 S Torrey Pines Drive, Las Vegas, NV 89104
For more information, email ies@gamblersanonymous.org and I’ll get you in touch with one of their committee members.

GA/Gam-Anon 43rd Australian National Conference
It Starts with Me
August 23 – 25, 2024
Sydney, New South Wales, Australia
For more information, email ganswconference@gmail.com or you can email me at ies@gamblersanonymous.org and I will email you a registration form.
INDIVIDUAL LIFELINER DONATIONS
RECEIVED IN THE MONTH OF
DECEMBER 2023

ARIZONA
L36 Marc L. L496 Guy H.
L221 Janat G. L563 Zach M. X2
L287 James S. L593 Grant M.
L396 Pam K. L601 David L.
L546 Mo M. L609 Kathie S.
L692 Doug G. L617 Mike Z.
L965 Brandon S. L623 Lucille T.
L1005 Patricia B. L648 Ed K.
L701 David L.
L734 Joseph C.
L772 Ara H.
L832 Gene T.
L834 Candice B.
L836 Albert Y.
L871 Greg D.
L907 Joseph G.
L908 Jordan K.
L920 Jane J.
L946 Estela M.
L968 Butch G.
L1000 Willie F.
L1001 Ray J.
L1003 Sean N.
L1013 Bruce W.
L1015 Dexter/Horoko E.

CALIFORNIA
L4 Tom M. L147 Lou W.
L6 Bill/ Kathy S. L581 Paul S.
L8 Dan B. L609 Mike S.
L9 Mike M. L87 Mike M.
L18 Chris G. X2 L968 Butch G.
L19 Wendy B. X2 L1000 Willie F.
L21 Ed E. L1001 Ray J.
L31 Russell H. L1003 Sean N.
L70 Keith B. L1013 Bruce W.
L73 Karen H. L1015 Dexter/Horoko E.
L87 Mike S. L1000 Mike S.
L88 Valerie D. L968 Butch G.
L100 Mazi S. L1001 Ray J.
L116 Rob D. L1003 Sean N.
L117 Steve F. L1013 Bruce W.
L120 Phil C. L1015 Dexter/Horoko E.
L151 Murray F. X2
L158 Gagik G.
L209 Jose C. L1000 Mike S.
L219 Leonard K. X2 L968 Butch G.
L273 Victor S. L1015 Dexter/Horoko E.
L290 Fred S. L1000 Mike S.
L298 Cathy F. L968 Butch G.
L314 Alan S. L1000 Mike S.
L367 Jerry L. X2 L968 Butch G.
L384 Alvin F. L1000 Mike S.
L390 Jack R. L1000 Mike S.
L408 Ira B. L968 Butch G.
L419 Rufus B. L1000 Mike S.
L432 Patrick P. L1000 Mike S.
L453 Bennett S. L968 Butch G.
L476 Garret C. L968 Butch G.

COLORADO
L147 Lou W.

CONNECTICUT
L581 Paul S.

FLORIDA
L2 Bill B.
L81 Paulette T.
L97 Chuck R.
L143 Neal G.
L160 Jim C.
L175 Lloyd A. X2
L205 Steve P.
L225 Kevin K.
L233 Robert M.
L251 Frank G.
L261 Stephen S.
FLORIDA (cont)
L351 Russell H.
L420 Mark S.
L423 Kathleen H. X2
L429 Dennis S.
L450 Neil S.
L483 Victor C.
L511 Chris N.
L549 Patricia P.
L590 Dennis A.
L607 Debbie M.
L695 Ronald B.
L815 Linda S.
L835 Howard M.
L840 Janice M.
L843 Neal V.
L844 Arnie B.
L904 Marlon D.
L944 Brent S.
L945 Eugene K.
L956 Thomas C.
L958 Stephen B.
L979 Rebecca P.
L989 Lois H.
L993 Carlos M.
L1002 Jim O.
L1010 James T.
L1014 James H.
L1017 Marc B.

LOUISIANA
L195 Steve B.
L27 Betty S.
L354 Kathy S.

MASSACHUSETTS
L598 Vinny S.
L998 Jonathan R.

MICHIGAN
L272 Joann D.

MINNESOTA
L803 Renee G.

NEVADA
L75 KC B.
L325 Terry D.
L410 Joanne F.
L439 Ira K.
L486 Zeny K.
L612 Dan Mc.
L669 Terri R.
L690 Lenore D.
L837 Harriet K.
L846 Bobby B.
L975 Larry S. X2
L982 Rex W.

NEW JERSEY
L174 Mike D.
L183 Robin D.
L197 Vincent B.
L213 Michael R.
L223 Fred D.
L266 Kivey G.

HAWAII
L284 Kevin H.
L553 David C.

ILLINOIS
L114 Ellen Z.
L344 Eileen Z.
L823 Luke W.
L962 Cynthia M.
L977 Donna M.

INDIANA
L880 Fred B.

KANSAS
L918 Nancy W.

NEW MEXICO
L662 Joel K.

KENTUCKY
L115 Laura S.
L906 Mary F.
INDIVIDUAL LIFELINER DONATIONS
DECEMBER 2023

ARIZONA (8) 147.00 NEW JERSEY (18) 727.00
CALIFORNIA (58) 7,393.00 NEW MEXICO (2) 25.00
COLORADO (1) 25.00 NEW YORK (4) 100.00
CONNECTICUT (1) 20.00 NORTH CAROLINA (14) 170.00
FLORIDA (40) 1,551.00 OHIO (2) 70.00
GEORGIA (1) 80.00 OREGON (2) 45.00
HAWAII (2) 78.00 PENNSYLVANIA (6) 156.00
ILLINOIS (5) 50.00 PUERTO RICO (1) 20.00
INDIANA (1) 15.00 SOUTH DAKOTA (1) 10.00
KANSAS (1) 100.00 TEXAS (1) 50.00
KENTUCKY (2) 60.00 WASHINGTON (2) 35.00
LOUISIANA (2) 20.00 WISCONSIN (3) 390.00
MASSACHUSETTS (2) 46.00 CANADA (1) 50.00
MICHIGAN (1) 5.00 VENMO/ZELLE (1) 50.00
MINNESOTA (1) 10.00
NEVADA (12) 215.00 TOTAL (196) $11,713.00
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<td>Voorhees, NJ</td>
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5 YEARS (cont) ............ STEVE J. 1/29 
Worcester, MA

4 YEARS .................. DAVE Y. 1/10 
Ephrata, PA
CHUCK P. 1/11 
Marlton, NJ
DAPHNE W. 1/11 
Henderson, NV
FRANKI K. 1/14 
Settlement House/SFX, NY
ANGELIC J. 1/15 
Bala Cynwyd, PA
RAJ P. 1/18 
Marlton, NJ
PATRICK A. 1/19 
Pawtucket, RI
JANET D. 1/20 
East Northport, NY
LEILA H. 1/20 
Las Vegas, NV
TYLER E. 1/21 
Taunton, MA
JIM P. 1/30 
Taunton, MA
JOHN L. 1/30 
Westlake Village, CA

3 YEARS ................... TOBY 12/22 
Winston, NC
ERIC C. 1/14 
Las Vegas, NV
CARMINE V. 1/27 
East Northport, NY
JASON I. 1/27 
Wilmington, DE

2 YEARS ................... BOB C. 12/29 
Canton, MA
LOUISE K. 1/2 
Lancaster, PA
SHARON S. 1/2 
Voorhees, NJ
JASON L. 1/3 
Media, PA
SYLVIA G. 1/6 
Winston-Salem, NC
VINNY F. 1/6 
Dayton, OH
MAX M. 1/9 
East 31st Street, NY
NICOLAS RF. 1/9 
St-Hubert, QC
SHARI B. 1/9 
Livengrin, PA
DONNY T. 1/10 
Charlotte, NC
LOUIS A. 1/13 
Church on the Hill, NY
BOB Y. 1/22 
West Hartford, CT
JEFF L. 1/22 
Burbank, CA
SINGIL Y. 1/24 
Incheon, KOR
TOMMY C. 1/25 
Las Vegas, NV
VINCE M. 1/26 
Pawtucket, RI
JAKE Z. 1/29 
Wilmington, DE
DEE LORES S. 1/31 
Gardena, CA

1 YEAR ................... RHONDA H. 10/8 
Bolingbrook, IL
NICK D. 12/1 
Naperville, IL
GEORGE H. 1/1 
Woodbury, NY
LARRY R. 1/2 
Westlake Village, CA
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# I.S.O. CAN CONTRIBUTIONS
## DECEMBER 2023
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<td></td>
<td></td>
<td>Grow</td>
<td>Grow</td>
<td></td>
</tr>
<tr>
<td>C82</td>
<td>Anaheim</td>
<td>Thursday PM</td>
<td>38.00</td>
<td>C1352</td>
<td>Dana Point</td>
<td>Saturday AM</td>
<td>51.00</td>
</tr>
<tr>
<td>C184</td>
<td>Sacramento</td>
<td>Tuesday AM</td>
<td>78.00</td>
<td>C1442</td>
<td>Burbank</td>
<td>Tuesday</td>
<td>20.00</td>
</tr>
<tr>
<td>C185</td>
<td>Sacramento</td>
<td>Thursday</td>
<td>32.00</td>
<td>C1496</td>
<td>Burbank</td>
<td>Wednesday PM</td>
<td>42.00</td>
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<tr>
<td>C194</td>
<td>Orangevale</td>
<td>Friday PM</td>
<td>38.00</td>
<td>C1694</td>
<td>Auburn</td>
<td>Wednesday</td>
<td>15.00</td>
</tr>
<tr>
<td>C464</td>
<td>Stockton</td>
<td>Thursday</td>
<td>10.00</td>
<td></td>
<td></td>
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</table>

### FLORIDA
<table>
<thead>
<tr>
<th>Code</th>
<th>City</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>C262</td>
<td>Plantation</td>
<td>Friday PM</td>
<td>12.00</td>
</tr>
<tr>
<td>C263</td>
<td>Plantation</td>
<td>Wednesday PM</td>
<td>24.00</td>
</tr>
</tbody>
</table>

### DELAWARE
<table>
<thead>
<tr>
<th>Code</th>
<th>City</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>C128</td>
<td>St. Mark’s</td>
<td>Wednesday</td>
<td>65.00</td>
</tr>
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</table>

### ILLINOIS
<table>
<thead>
<tr>
<th>Code</th>
<th>City</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>C72</td>
<td>Edison Park</td>
<td>Tuesday</td>
<td>24.00</td>
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<tr>
<td>C76</td>
<td>Lisle</td>
<td></td>
<td>31.00</td>
</tr>
<tr>
<td>C85</td>
<td>Kankakee</td>
<td></td>
<td>20.00</td>
</tr>
<tr>
<td>C146</td>
<td>Elgin Sherman</td>
<td>Hospital</td>
<td>10.00</td>
</tr>
<tr>
<td>C423</td>
<td>Naperville</td>
<td></td>
<td>73.00</td>
</tr>
</tbody>
</table>

### GEORGIA
<table>
<thead>
<tr>
<th>Code</th>
<th>City</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>C1539</td>
<td>Norcross</td>
<td>Sunday</td>
<td>10.00</td>
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</table>

### LOUISIANA
<table>
<thead>
<tr>
<th>Code</th>
<th>City</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>C849</td>
<td>Slidell</td>
<td>Sunday</td>
<td>40.00</td>
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</tbody>
</table>

### MASSACHUSETTS
<table>
<thead>
<tr>
<th>Code</th>
<th>City</th>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>C792</td>
<td>Hanson</td>
<td>Thursday PM</td>
<td>30.00</td>
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<tr>
<td>C1600</td>
<td>Canton</td>
<td>Tuesday</td>
<td>65.00</td>
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</tbody>
</table>

### NEW JERSEY
<table>
<thead>
<tr>
<th>Code</th>
<th>City</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>C1457</td>
<td>Marlton</td>
<td>Thursday</td>
<td>25.00</td>
</tr>
</tbody>
</table>

### OREGON
<table>
<thead>
<tr>
<th>Code</th>
<th>City</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>C1480</td>
<td>Oregon City</td>
<td>Friday</td>
<td>31.00</td>
</tr>
</tbody>
</table>
PENNSYLVANIA
C208  South Hills Tuesday 37.00  C215  Beaver/Vanport Monday 50.00

WASHINGTON
C383  Spokane Valley 7.00

I.S.O. CAN CONTRIBUTIONS FROM GRATITUDE WEEK DECEMBER 2023

NEW JERSEY
C1457  Marlton Thursday 80.00

GROUP CONTRIBUTIONS DECEMBER 2023

ARIZONA
Tempe Sunday 30.00  Fort Myers Thursday 25.00

CALIFORNIA
Burlingame Monday 150.00  Holiday Monday 40.00
Hesperia Tuesday 40.00  Orlando Tuesday 50.00
Hollywood Saturday 20.00  Plantation Tuesday 29.00
L.A. Griffith Park Saturday 62.00  Port St. Lucie Wednesday 10.00
Lincoln Wednesday 11.00  Venice 20.00
Lincoln Friday AM 15.00  Windmoor Wednesday 65.00
Lincoln Sunday 26.00
Palm Springs Sunday AM 50.00
Sierra Madre Tuesday 133.33
Westlake Tuesday 50.00

COLORADO
Denver Wednesday PM 30.00  Basking Ridge Saturday 50.00
Littleton Sunday 25.00  Freehold Friday 25.00

CONNECTICUT
Milford 75.00  Hamilton Square Sunday 50.00

DELWARE
Wilmington Saturday AM 25.00  Hasbrouck Heights Saturday 25.00

FLORIDA
Boynton Beach Tuesday 20.00  Metuchen Tuesday 50.00
Daytona Beach Tuesday 37.50  Old Bridge 10.00
Daytona Beach Thursday 37.50  Sayrewoods 50.00
Delray Beach Thursday-Crossroads 100.00  Voorhees Tuesday Nooners 80.00

GEORGIA
Norcross Sunday Korean 10.00

ILLINOIS
Springfield 25.00

MASSACHUSETTS
Holbrook Wednesday 50.00

NEW JERSEY
Basking Ridge Saturday 50.00
Freehold Friday 25.00
Hamilton Square Sunday 50.00
Hasbrouck Heights Saturday 25.00
Metuchen Tuesday 50.00
Old Bridge 10.00
Sayrewoods 50.00
Voorhees Tuesday Nooners 80.00
Voorhees Saturday 80.00
Westwood Monday 25.00

NEW MEXICO
Santa Fe Monday PM 60.00
### INTERGROUP CONTRIBUTIONS
#### DECEMBER 2023

**NEW YORK**
- Staten Island St. Patrick’s Thursday 10.00

**OHIO**
- Geneva Wednesday 28.00

**OKLAHOMA**
- Oklahoma City 100.00

**OREGON**
- Eugene Springfield 100.00
- Tigard Tuesday 200.00

**PENNSYLVANIA**
- Bala Cynwyd Monday 30.00
- Chester Sunday 30.00
- Harrisburg Monday 20.00
- NE Philadelphia Wednesday 25.00
- Roxborough Tuesday 25.00
- Willow grove Wednesday 60.00

**RHODE ISLAND**
- Tiverton 10.00

**TEXAS**
- Dallas Pathways Sunday 45.00
- Fort Worth Monday 35.00
- You are Fort Worth It Online 100.00

**WASHINGTON**
- Arlington/Smokey Point Monday PM 30.00
- Bellevue Wednesday 10.00
- Bellevue Saturday AM 25.00
- Bellevue Sunday PM - Freedom 100.00
- Edgewood/Milton Saturday 20.00
- Mount Vernon Tuesday 40.00
- Snohomish Friday PM 10.00
- Tacoma Monday 35.00
- Tacoma Thursday 40.00
- West Seattle Thursday 20.00

**KOREA**
- Seoul, Korea 60.00

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### INTERGROUP CONTRIBUTION FROM GRATITUDE WEEK
#### DECEMBER 2023

- Netherlands Intergroup 200.00
NATIONAL HOTLINE DONATIONS
DECEMBER 2023

Area 1 L.A. Intergroup 14.00

______________________________

BULLETIN SUBSCRIPTIONS
DECEMBER 2023

One Bulletin Subscription for a total of $ 48.00

______________________________

FALL 2023 CHICAGO CONFERENCE WALKATHON

Greater Vancouver Intergroup 23.95

______________________________

ONE TIME DONATIONS
DECEMBER 2023

One-Time Donation in honor of my sponsor Kenneth M.
Drew J., Fort Worth, Texas

One-Time Donation from our annual
GA/GamAnon marathon day.
Greater Vancouver Intergroup, British Columbia

One-Time Donation
Debbie M., Ft. Myers, Florida

One-Time Donation from the Surrey Monday
noon step meeting and a member.
Greater Vancouver Intergroup, British Columbia

One-Time Donation in memory of Valerie D.’s mom.
John C., Fountain Valley, California

One-Time Donation in honor of Gamblers Anonymous
and all we do to reach the suffering.
Tijuana MT, Bowie, Maryland
One-Time Donation
Steven F., Boca Raton, Florida

One-Time Donation in memory of Vince V.
Ray G., Huntington Beach, California

One-Time Donation
Sunday morning phone meeting, Miscellaneous Areas

One-Time Donation congratulating
Paul S., 48 years, Mahopac, NY;
Karen H., 44 years, Rancho Cucamonga, CA;
Mia W., 15 years, Tigard, OR;
and Deb M., 14 years, Minneapolis, MN.
Anonymous, Oregon

One-Time Donation in honor of my 36th anniversary.
Michael DR., Mountainside, New Jersey

Monthly meeting donation
Board of Regents

One-Time Donation
Nancy W., Prairie Village, Kansas

One-Time Donation in memory of my father Jim S., of Nebraska.
James S., Tempe, Arizona

One-Time Donation
Stephen H., El Segunda, California
# GAMBLERS ANONYMOUS
## INTERNATIONAL SERVICE OFFICE
### OPERATING STATEMENT
#### DECEMBER 2023

<table>
<thead>
<tr>
<th>CASH IN OPERATING ACCOUNT DECEMBER 1, 2023</th>
<th>$103,612.73</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>INCOME FOR DECEMBER 2023</strong></td>
<td></td>
</tr>
<tr>
<td>Group Contributions</td>
<td>2,974.33</td>
</tr>
<tr>
<td>Intergroup Contributions</td>
<td>1,580.90</td>
</tr>
<tr>
<td>ISO Can Contributions</td>
<td>1,905.73</td>
</tr>
<tr>
<td>Lifeliners Contributions</td>
<td>11,713.00</td>
</tr>
<tr>
<td>National Hotline Donations</td>
<td>14.00</td>
</tr>
<tr>
<td>Gratitude Week</td>
<td>280.00</td>
</tr>
<tr>
<td>Bulletin Subscriptions</td>
<td>48.00</td>
</tr>
<tr>
<td>One-Time Donation</td>
<td>9,249.33</td>
</tr>
<tr>
<td>E-Reader</td>
<td>23.80</td>
</tr>
<tr>
<td>Literature Shipping</td>
<td>3,546.00</td>
</tr>
<tr>
<td>Sale of Literature</td>
<td>17,055.00</td>
</tr>
<tr>
<td>Sales Tax Collected</td>
<td>0.82</td>
</tr>
<tr>
<td>Interest from Checking Account</td>
<td>1.08</td>
</tr>
<tr>
<td>Merchant Svns Cash Reward</td>
<td>753.75</td>
</tr>
<tr>
<td>2023 Fall Conference Walk-a-thon</td>
<td>23.95</td>
</tr>
<tr>
<td>Seed Money Returned</td>
<td>3,000.00</td>
</tr>
<tr>
<td>Business Owners Insurance Refund</td>
<td>8.00</td>
</tr>
<tr>
<td>Workers Comp Insurance Refund</td>
<td>325.00</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td>$52,556.68</td>
</tr>
<tr>
<td><strong>CASH AVAILABLE FOR DECEMBER</strong></td>
<td>$156,169.41</td>
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<tr>
<td><strong>EXPENSES FOR DECEMBER 2023</strong></td>
<td></td>
</tr>
<tr>
<td>Rent &amp; Cam Fees</td>
<td>4,493.76</td>
</tr>
<tr>
<td>Payroll</td>
<td>15,430.71</td>
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<tr>
<td>Payroll Taxes (Federal &amp; State)</td>
<td>5,640.88</td>
</tr>
<tr>
<td>Payroll Processing Fee</td>
<td>216.81</td>
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<tr>
<td>Office Expenses</td>
<td>373.77</td>
</tr>
<tr>
<td>Health Insurance</td>
<td>1,114.04</td>
</tr>
<tr>
<td>Telephone/Internet Bill</td>
<td>480.73</td>
</tr>
<tr>
<td>Electric Bill</td>
<td>136.26</td>
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<tr>
<td>Gas Bill</td>
<td>67.15</td>
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<tr>
<td>Computer/Internet/App Exp</td>
<td>349.89</td>
</tr>
<tr>
<td>Maintenance/Monitoring ADT Alarm</td>
<td>42.55</td>
</tr>
<tr>
<td>Monthly Air Conditioning/Heater Maintenance</td>
<td>30.00</td>
</tr>
<tr>
<td>Match for Employees Simple IRA</td>
<td>399.36</td>
</tr>
<tr>
<td>Secretary of State Filing Fees/Charit. Trusts</td>
<td>100.00</td>
</tr>
<tr>
<td>Fall 2023 Chair B.O.T. Mtg. Expense</td>
<td>1,609.69</td>
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<tr>
<td>Fall 2023 Co-Chair B.O.T. Mtg. Expense</td>
<td>1,796.11</td>
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<tr>
<td>Fall 2023 Co-Chair B.O.T. Mtg. Expense</td>
<td>1,564.71</td>
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<tr>
<td>Visa/MC Service Fee</td>
<td>67.77</td>
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<tr>
<td>Literature</td>
<td>14,453.56</td>
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<tr>
<td>Pay Pal Literature Processing Fees</td>
<td>753.75</td>
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<tr>
<td>Postage</td>
<td>3,000.00</td>
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<tr>
<td>Lease Postage Meter Scale</td>
<td>449.27</td>
</tr>
<tr>
<td>Lifeline Bulletins</td>
<td>513.56</td>
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<tr>
<td>Returned Cks Charge</td>
<td>25.00</td>
</tr>
<tr>
<td><strong>TOTAL EXPENSES</strong></td>
<td>$53,109.33</td>
</tr>
<tr>
<td><strong>MONTHLY NET INCOME (NET LOSS)</strong></td>
<td>($552.65)</td>
</tr>
<tr>
<td><strong>CASH IN OPERATING ACCOUNT AS OF DECEMBER 31, 2023</strong></td>
<td>$103,060.08</td>
</tr>
<tr>
<td><strong>FISCAL YEAR STARTING JULY 1ST TO DATE NET INCOME (NET LOSS)</strong></td>
<td>$23,735.58</td>
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</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>Day and Time</th>
<th>Call-In Number</th>
<th>Meeting Code</th>
<th>Email for Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 9PM</td>
<td>267-807-9601</td>
<td>9131957 #</td>
<td><a href="mailto:weeklycallhelp@gmail.com">weeklycallhelp@gmail.com</a></td>
</tr>
<tr>
<td>Friday 3PM</td>
<td>267-807-9601</td>
<td>9131957 #</td>
<td><a href="mailto:weeklycallhelp@gmail.com">weeklycallhelp@gmail.com</a></td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Day and Time</th>
<th>Call-In Number</th>
<th>Meeting Code</th>
<th>Email for Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 7PM</td>
<td>604-259-2561</td>
<td>890 477 4319 #</td>
<td><a href="mailto:friend@gabc.ca">friend@gabc.ca</a></td>
</tr>
<tr>
<td>Friday 7PM</td>
<td>604-259-2561</td>
<td>890 477 4319 #</td>
<td><a href="mailto:friend@gabc.ca">friend@gabc.ca</a></td>
</tr>
<tr>
<td>Sunday 7PM</td>
<td>604-259-2561</td>
<td>890 477 4319 #</td>
<td><a href="mailto:friend@gabc.ca">friend@gabc.ca</a></td>
</tr>
</tbody>
</table>

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 trustewebsite.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!!