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.
Call to order: The Chair, Valerie 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: 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 March 18, 2023:

A motion was made to approve the minutes as written:

MOTION SECONDED AND PASSED
FOR – 8   AGAINST – 0   ABSTAINED – 0

B. Operating Statement for March 2023:

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

MOTION SECONDED AND PASSED
FOR – 8   AGAINST – 0   ABSTAINED – 0

OLD BUSINESS

A. Office Manager Report – Israel A.

• Lifeliners – two, CA-2

• New Cans – none

• Group Information requests forms received – one, Seattle, WA (registration only)

• Group information request forms received prior to sending starter kits - five.

• Five Starter Kits were sent out as follows after receiving the Group Information Forms for the month of March: Burbank, CA, Plymouth, MA, Trenton, NJ, Oregon, OH, and Ajax, ONT
• Prison starter kits – none

• Venmo and Zelle donations were $1,738.88: Groups $1,090.00, 1x Donations $237.88, Life-Liner Donations $210.00, I.S.O. Can Donations $101.00, Intergroups Donation $50.00, Ohio B.O.T. Reg. $50.00.

• Issues with the online ordering system on the website appear to be resolved. There have been no calls regarding issues or errors in the last two weeks.

• The new Blue Book has been ordered and should be shipped after May.

• A question was raised as to the unit cost, and it was determined that the B.O.R. will vote on the price of the updated version after the books are received.

• It was reported that there are 830 in stock of the “old” books, which is about an 8-month supply. The prior version will not be sold after the updated version is published.

B. International Executive Secretary Report – KC B.

• March bulletin completed and sent to printer.

• Working on April bulletin.

• Still preparing items for Cleveland including attendance sheets, motion sheets, and Lifeliner statistics for a 12-month period.

• Received registrations for Spring B.O.T. meeting. As of 4/14/2023, there were 27 Trustees pre-registered.

• B.O.T. Literature Committee member currently proofreading the new Group Handbook. This may be completed and sent to the I.S.O. before the Cleveland B.O.T. meeting.

• Assisted John C. with Lifeliner numbers and totals.

C. By-Laws Committee Report – Jo K.

• Although research is continuing, the Committee did not meet this past month because we want to wait for the results of the B.O.T. agenda item #27 regarding the proposed change of the By-Laws from approved literature to appropriate literature.
• Jo K. reported that she is going to the B.O.T. meeting and will speak to Trustees regarding the item.

D. Finance Committee – John C.

• The Committee had a meeting on April 4, 2023. Topics discussed included:
  
  • A fundraiser for March of 2024.
  
  • A flyer to raise awareness of the importance of becoming a Lifeliner.

NEW BUSINESS

A. DISCUSS NEW EVENT IN THE SPRING “UNITY WEEK.” – Andre G.

A motion was made to table the discussion.

MOTION SECONDED AND PASSED
FOR – 8 AGAINST – 0 ABSTAINED – 0

B. REVIEW B.O.T, AGENDA ITEMS FOR THE MAY 2023 MEETING. – Val D.

• The B.O.R. went through items on the agenda that affect the I.S.O. and members expressed their opinions to the Chair.

C. DISCUSS FINDING BACKEND ASSISTANCE WITH WEBSITE. – Val D.

• The Chair has done a lot of work discussing the website with the I.S.O. staff and researching vendors for website updates for improved functionality and accessibility.

• There are several vendors that have provided information on potential costs. Total ranging from $3,000 to $15,800 depending on services provided.

• It was suggested that we should have at least 3 written quotes from different providers, but it was noted that this process can be extremely pricey.
D. DISCUSS LIFELINER FLYER. – John C.

- It was reported that there were 391 Lifeliners who donated in the last year.

- A flyer has been produced to be distributed to every member of the fellowship.

- A question was raised as to if the B.O.R. needs permission to distribute the flyer to the Trustees at the B.O.T. meeting and it was reported that the Chair of the B.O.T. could approve it.

- There was a discussion about the receipt options offered on the flyer.

- A motion was made to modify the flyer receipt options section to “Email Receipt Requested” with checkboxes Yes/No and a line for the donor’s email address.

  MOTION SECONDED AND PASSED
  FOR – 5     AGAINST – 2     ABSTAINED – 1

  Roll Call vote follows:
  Andre G. – yes
  Arnie F. – yes
  Gary M. – yes
  Guy H. – no
  Jo K. – yes
  John C. – yes
  Val D. – abstained
  Zach M. – no

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

Collected: $41.00

Meeting ended with the Serenity Prayer at 12:14 P.M.

Next meeting will be May 20, 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 Five – Admitted to ourselves and to another human being the exact nature of our wrongs.*

It is suggested that this step be done shortly after completing Step Four, while the facts revealed in step Four are still fresh in one’s mind. In Step Four, one can dig inside oneself, as most compulsive gamblers accumulated loads of guilt. In Step Five one can dispose of this guilt and cope with everyday problems. One can always look back, and must, in making amends, but no longer do you have to live with your personal guilt bag.

Selecting someone to help you with the fifth step is the next chore. The person should fill two needs; one, they should have the experience and wisdom to help see the situation more clearly and be a person who will keep the conversation completely confidential. Perhaps your sponsor will be the logical choice, your clergyman, or a good friend – you must make the choice. Reread the fourth step and use your notes as an agenda. Honesty, open-mindedness, and sincerity will make the whole thing go more smoothly. Your ego, which won’t like the idea of displaying former misdeeds to another human being, will quickly accept the healthy atmosphere. You will see yourself more clearly after Step Four and this insight will remain. Self-knowledge has no bounds. Your newfound serenity will enable you to calmly listen and learn. Your awareness will really accelerate. Your relief at having disposed of this guilt will be tremendous.
Humility is a very elusive trait which seems to fly away from one who seems to feel they possess it. If this be so, you must seek to become a well-adjusted person and in so doing, gain humility which one does not realize one has. Do not take this step lightly or minimize its importance. Those who have done this step feel that guilt must be disposed of, and action through this step is the proper way to do it.

Guilt disposed of as suggested, will aid you in so many ways. Self-honesty is accelerated as you clearly see your guilt. No longer will you feel unique. Rather, you will join the human race knowing that you are not alone. What program teaches comes true. You will realize no two gamblers are alike, yet none is an original. Upon entering the program, one now feels a sense of being understood. No longer will you be alone, knowledge of this is exhilarating. As conflicts arise, however, one tends to pull away from this beautiful union. Now, the fifth step helps resolve these conflicts and you can say to all the world: “I am a human being.”

*Step Five is ego deflating and necessary.*
1. We must talk about our defects to remove our guilt.
2. We must see what we were, to see what we can become.

**DISCUSS:**
A. Habit of lying and hiding from problems. What was the outcome?
B. Is identifying our defects (problems) 90% of the solution?
C. Evidence of our immaturity – past and present.

*Many feel it is not necessary to share humiliating experiences.*
1. We are prone to carry burdens alone.
2. Dramatic descriptions of our gambling behavior are only offered.

**DISCUSS:**
A. Has honesty with self and others improved since coming to GA? Explain.
B. Has our therapy changed direction? Tone?
C. How long can we carry resentments and anger? What happens?

*Humility is born in Step Five. Our burden is lightened by admitting our defects to another human being.*
1. We become forgiving by seeking forgiveness.
2. Many members feel closer to their Higher Power and man after working Step Five.

**DISCUSS:**
A. How peace of mind is achieved by removing guilt and/or ending a lie.
B. Describe the feeling of admitting to other GA members, at our first meeting, that we have a gambling problem.
C. To whom should we seek to make our admissions? Sponsor? Friend? Spouse? Others?
“Big Shotism” often hides our true motives or painful experiences.

DISCUSS:
A. What types of people do we tend to respect?
B. What types of persons do we tend to avoid?
C. Who do we trust?
D. Disasters caused by wanting too much or living beyond our means.

From the desk of your International Executive Secretary.

As we finish up the May edition of the Lifeliner Bulletin, I’d like to say thank you to everyone who has donated to your International Service Office. You help us keep the doors open and continue to spread our message and help other compulsive gamblers who need help!

I’m in shock that summer is almost here already! It seems these years just fly by faster and faster each one! I recently got home from Cleveland, where we had the Spring 2023 Board of Trustees meeting. A lot of business was conducted during the meetings. Be sure to keep an eye out for those minutes coming up in a future bulletin.

When you worked Step 5, did you do it with a sponsor or someone else? For me, I did my Step 5 with my sponsor at that time. I chose my sponsor simply because I felt it would be weird for me to go to someone else who either didn’t know me or who knew the old me and would judge me for my past transgressions. I found Step 5 helped me get rid of my big shotism that I walked into the rooms with. Working Step 5 also helped me find peace of mind and helped me start moving forward towards being happy, joyous, and free. I would love to hear about your experience with Step 5!

Be on the look out for Gratitude Week information. This year, Gratitude Week will be Sunday September 10 through Saturday September 16, 2023. There will be a flier/letter sent out soon to your Intergroup and/or RSO, as well as your trustees.

Yours in recovery and gratitude, KC B.
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.

Hi Gang!

Enclosed is my Lifeliner contribution and an additional contribution in honor of Bob W.’s 40 years and acknowledgement of all the people he has helped.

Thanks, Tom M., California

Dear I.S.O.,

Thank you for your service to all of us.

Sincerely, Judy M., Windmoor, Florida

Dear I.S.O.,

Enclosed is the regular monthly contribution from our Friday Nazareth Hospital, Philadelphia group. Thank you for all you do and keep up the great work!

Your friend in recovery, John B., Philadelphia, Pennsylvania

Dear I.S.O.,

I just wanted to share what a wonderful picnic the North Palm Beach and Palm Beach Gardens rooms put on this year on April 2nd. We would like to commemorate this event with a donation to the I.S.O. It was certainly the GPOAT (greatest picnic of all time).

Thanks to all the brothers and sisters of North Palm Beach and Palm Beach Gardens with a special thanks to Abe T. for the invite.

Neal G., Plantation, Florida
Dear I.S.O.,

Thank you for your service.

Thank you, Drew J., Fort Worth, Texas

Dear I.S.O.,

Hope you are all well and safe. Congratulations to Stan F., 23 years, Grants Pass, Oregon; Beth N., 2 years, Roseburg, Oregon; Jason T., 7 years; Jeannine K., 3 years; and Doug S., 1 year, all from Eugene/Springfield, Oregon.

Thanks for all you do, Anonymous, Oregon

Dear I.S.O.,

Greetings from South Florida again. Please accept this donation from Plantation Friday night. Our room is blessed with the ability to give back and it feels so good.

Thank you, Neal G., Plantation, Florida

In Loving Memory

Dear I.S.O.,

The Piedmont Triad Meetings of GA in North Carolina are sad to announce the passing of our brother and trusted servant, Garnett P.

Garnett was one of the founding members of the Greensboro and Winston-Salem rooms. Everyone looked to GP as a sponsor and for support through tough times. He was a LifeLiner and would have had 24 years clean in August. He and his wife, Joyce, had been married for 60 years and were a huge part of the success of our groups in this area.

Everyone loves and will miss his guidance. RIP dear friend.

Please accept this donation in his memory.

Thank you for all you do, Gary G., Greensboro/Winston-Salem, North Carolina
ANNUCETEMENT OF UPCOMING EVENTS

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.

Live for Today
San Diego 2023
September 8 – 9, 2023
Doubletree by Hilton San Diego Mission Valley
7450 Hazard Center Drive
San Diego, CA 92108
For more information email sdgaconference@gmail.com

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 APRIL 2023

## ARIZONA
- L211 Jim L.
- L221 Janat G.
- L287 James S.
- L396 Pam K.
- L546 Mo M.
- L692 Doug G.
- L964 Gregory B.

## CALIFORNIA
- L1 Bob W.
- L4 Tom M.
- L6 Bill S.
- L8 Dan B.
- L18 Chris G.
- L19 Wendy B.
- L21 Ed E.
- L31 Russell H.
- L70 Keith B. x2
- L73 Karen H.
- L87 Mike S.
- L88 Valerie D.
- L100 Mazi S.
- L116 Rob D.
- L117 Steve F.
- L120 Phil C.
- L151 Murray F.
- L158 Gagik G.
- L209 Jose C.
- L219 Leonard K.
- L246 Patrick S. x2
- L273 Victor S.
- L298 Cathy F.
- L301 Steve K.
- L314 Alan S.
- L367 Jerry L.
- L390 Jack R.
- L408 Ira B.
- L419 Rufus B.
- L432 Patrick P.
- L453 Bennett S.
- L461 Lisa W.
- L476 Garrett C.
- L480 Ezra B.
- L496 Guy H.
- L563 Zach M.
- L580 Curtis G.
- L593 Grant M.
- L601 David L.
- L609 Kathie S.
- L617 Mike Z.
- L623 Lucille T.
- L636 Bob C. x2
- L648 Edward K.
- L678 Lynell B.
- L701 David L.
- L716 James B.
- L772 Ara H.
- L834 Candice B.
- L836 Albert Y.
- L871 Greg D.
- L907 Joseph G.
- L908 Jordan K.
- L920 Jane J.
- L946 Estella M.
- L965 Brandon S.
- L991 Jose R.

## COLORADO
- L147 Lou W.
- L950 Ron G.

## CONNECTICUT
- L581 Paul S.

## FLORIDA
- L2 Bill B.
- L81 Paulette T.
- L97 Chuck R.
- L106 Ray H.
- L143 Neal G.
- L160 Jim C.
- L175 Lloyd A.
- L205 Steve P.
- L225 Kevin K.
- L233 Robert M.
- L251 Frank G. x2
- L261 Stephen S.
- L313 Herman G.
- L351 Russell H.
- L420 Mark S.
- L423 Kathleen H.
- L450 Neil S.
- L483 Victor C.
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INDIVIDUAL LIFELINER DONATIONS
APRIL 2023

ARIZONA (7) 125.00 MINNESOTA (1) 10.00
CALIFORNIA (57) 3,799.00 NEVADA (14) 415.00
COLORADO (2) 45.00 NEW HAMPSHIRE (1) 150.00
CONNECTICUT (1) 20.00 NEW JERSEY (21) 494.00
FLORIDA (33) 1,330.00 NEW MEXICO (4) 70.00
GEORGIA (1) 80.00 NEW YORK (8) 344.00
HAWAII (2) 77.00 OHIO (1) 20.00
ILLINOIS (5) 55.00 OREGON (3) 70.00
INDIANA (1) 30.00 PENNSYLVANIA (7) 178.00
KANSAS (1) 200.00 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
MICHIGAN (1) 5.00 TOTAL (183) $7,788.00

ANNIVERSARIES

48 YEARS ................. STEVE B. 5/15 Staten Island, NY
47 YEARS ................. RONNIE D. 5/5 Hicksville, NY
45 YEARS ................. AL O. 5/22 Lindenhurst, NY
44 YEARS ................. WALT D. 5/4 Paramount/Lakewood, CA
42 YEARS ................. MITCH P. 5/18 Wantagh, NY
40 YEARS ................. CHARLIE M. 5/23 Pomona, NY
39 YEARS ................. MAURY C. 5/1 Woodbury, NY
36 YEARS ................. HARRY H. 4/7 Media, PA
BOB D. 4/8 Las Vegas, NV
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<td>5/12</td>
<td>Reno/Sparks, NV</td>
</tr>
<tr>
<td></td>
<td>TODD S.</td>
<td>5/14</td>
<td>Hamilton Square, NJ</td>
</tr>
<tr>
<td></td>
<td>SPIKE B.</td>
<td>5/17</td>
<td>Bensonhurst Recovery, NY</td>
</tr>
<tr>
<td></td>
<td>CAROLINA F.</td>
<td>5/19</td>
<td>San Diego, CA</td>
</tr>
<tr>
<td></td>
<td>CHRIS N.</td>
<td>5/22</td>
<td>Burbank, CA</td>
</tr>
<tr>
<td></td>
<td>ALICE F.</td>
<td>5/24</td>
<td>Yonkers, NY</td>
</tr>
<tr>
<td></td>
<td>ANGELA A.</td>
<td>5/24</td>
<td>Greensboro, NC</td>
</tr>
<tr>
<td>4 YEARS</td>
<td>PETER</td>
<td>4/14</td>
<td>Calgary, AB</td>
</tr>
<tr>
<td></td>
<td>MADELINE M.</td>
<td>4/24</td>
<td>Langhorne, PA</td>
</tr>
</tbody>
</table>
4 YEARS (cont) ......... VIVIAN W. 4/25 Winston/Salem, NC
SAM P. 5/4 Forest Hills, NY
JANGDAGE G. 5/8 Daegu, KOR
RYAN H. 5/11 Wantagh, NY
CHEONGDUCK S. 5/15 Seoul, KOR
RACHEL R. 5/18 Jeonju, KOR
INHU K. 5/18 Jeonju, KOR
CALVIN 5/20 Calgary, AB
MIKE G. 5/23 East 31st St., NY
WAYNE L. 5/30 Windsor, ON
SPENESS V. 5/31 YMCA Townhouse, NY

3 YEARS ............... ANTHONY L. 5/10 Turnersville, NJ
MATT M. 5/10 Rockville Centre, NY
JAMIE U. 5/27 San Diego, CA
ZACH G. 5/30 East 31st St., NY

2 YEARS ................. JIM M. 3/22 Albert Park, VIC
ALEX S. 4/18 NE Philadelphia, PA
MIKE H. 4/19 NE Philadelphia, PA
MIKE M. 5/4 Windsor, ON
CLAUDINE S. 5/7 St. Francis/Bowery, NY
MARTY G. 5/10 Yonkers, NY
KEVIN Pa 5/10 Las Vegas, NV
LARRY 5/23 Wausau, WI
RON V. 5/24 Greensboro, NC
HORMOZ M. 5/28 Bowmansville, NY

1 YEARS ................. TONYA K. 2/6 Dayton Zoom, OH
ALEX T. 3/14 Caulfield, VIC
ALICE LP 4/2 Las Vegas, NV
DAVID H. 4/6 Doylestown, PA
STEVE 4/8 Hamburg, NY
MIKE K. 4/14 Las Vegas, NV
TRAVIS K. 4/22 Auburn, CA
LIVE W. 4/24 Bala Cynwyd, PA
BRIAN Y. 4/25 Plymouth Meeting, PA
CECILIA M. 4/27 Las Vegas, NV
DEBBIE S. 5/1 Oceanside, NY
JAY Y. 5/3 Reno/Sparks, NV
NICK B. 5/4 Linwood, NJ
PATTIE F. 5/6 Los Angeles/Hollywood, CA
DAVE F. 5/7 Henderson, NV
SELA L. 5/9 Voorhees, NJ
DAMIEN H. 5/16 East 31st St. Zoom, NY
GAEPO P. 5/19 Seoul, KOR
JJ J. 5/23 Las Vegas, NV
GAVIN J. 5/25 Reseda Zoom, CA
BERTHA O. 5/26 48th St., NY
GLADYS M. 5/26 48th St., NY
DAN B. 5/30 East 31st St., NY
I.S.O. CAN CONTRIBUTIONS
APRIL 2023

CALIFORNIA

C4   Anaheim Wednesday       32.00 C755   Anaheim Friday AM   2.00
C16  Anaheim Monday PM       12.00 C765   Fair Oaks Thursday AM 45.30
C28  Anaheim Sunday PM       38.00 C949   Mission Viejo Friday  6.00
C29  Anaheim Tuesday Noon    5.00  C1012  Irvine Thursday       98.00
C46  Anaheim Saturday        45.00 C1014  Irvine Thursday Step PM 10.00
      Women’s AM              45.00 C1017  Simi Valley Thursday 92.00
C82  Anaheim Thursday PM     4.00  C1105  Sacramento Stop & Grow
C161 Dana Point Saturday Step 15.00 C1352 Dana Point Saturday AM 23.00
C184 Sacramento Tuesday AM   76.00 C1302 Roseville Friday         44.00
C185 Sacramento Thursday     27.00 C1538 Anaheim Tuesday PM     81.00
C187 Sacramento/Fair Oaks    23.00 C1694 Auburn Wednesday       22.00
      Saturday PM            70.00
C194 Orangevale Friday PM    15.00 C1105 Sacramento Stop & Grow

CONNECTICUT

C408 Branford Monday         150.00 C415 West Hartford Monday 56.00

FLORIDA

C123 Singer Island           50.00 C263 Plantation Wednesday PM 24.00
C262 Plantation Friday PM    34.00 C1061 Spring Hill Friday   27.00

GEORGIA

C1539 Norcross Sunday        10.00

ILLINOIS

C65  Willa Rawls Manor       100.00 C528 Bolingbrook        60.00
C85  Kankakee               20.00  C659 Aurora Provena Monday 31.00
C146 Elgin Sherman Oaks     17.00  C991 Orlando Park Thursday 25.00
      Hospital Sunday       17.00  C1207 Lisle Women’s Monday 12.00
C425 Elk Grove Village       50.00  C1512 ST. Gertrude-Chicago 20.00
      Thursday             50.00  ST. Gertrude-Chicago Sunday 20.00

LOUISIANA

C849 Slidell Sunday          22.00

MASSACHUSETTS

C398 Plainville Thursday     61.00  C830 West Bridgewater
C748 Quincy Saturday AM      122.00 C1007 Quincy Saturday 10.00
C792 Hanson Thursday PM      48.00  C1060 Quincy Saturday 10.00

NEW JERSEY

C1457 Marlton Thursday       40.00
OREGON
C1480 Oregon City Friday 26.00

PENNSYLVANIA
C208 South Hills Tuesday 25.00

GROUP CONTRIBUTIONS
APRIL 2023

ARIZONA
Scottsdale Saturday AM 100.00

CALIFORNIA
Burbank Monday PM 88.00
Burbank/North Hollywood Zoom 120.00
Downey Saturday 80.00
Hollywood Saturday 22.00
Los Angeles Griffith Park Saturday 68.00
Los Angeles Griffith Park Sunday 35.00
Lincoln Wednesday 23.75
Lincoln Friday AM 21.25
Lincoln Sunday 21.25
Palm Desert Tuesday PM 79.00
San Francisco 100.00
Santa Monica Wednesday PM 34.00
Sierra Madre Tuesday 54.00
Walnut Creek Tuesday 25.00

COLORADO
Denver Women’s Monday PM 50.00
Denver Thursday 50.00

CONNECTICUT
Milford 80.00
Pawcatuck Tuesday 10.00

DELAWARE
Wilmington Tuesday AM 10.00
Wilmington Saturday AM 50.00

FLORIDA
Boca Raton Monday Women Helping Women 20.00
Boca Raton Friday PM 75.00
Boynton Beach Tuesday 20.00
Daytona Beach Tuesday 45.00
Daytona Beach Thursday 45.00
Delray Beach Thursday Crossroads 100.00
Delray Beach Saturday Crossroads 75.00
Delray Beach Sunday Crossroads 100.00
Gainesville Monday 15.00
Gainesville Thursday 15.00
Holiday Monday 75.00
Lady Lake 15.00
Lakeland Tuesday 50.00
Naples Monday 70.00
North Palm Beach Monday 50.00
Plantation Tuesday 112.00
Plantation Friday PM 50.00
Pompano Beach Wednesday 50.00
Port St. Lucie Wednesday 10.00
Tampa Saturday Temple Terrace 50.00
GEORGIA
Norcross Sunday Korean 10.00

ILLINOIS
Aurora Wednesday Zoom 2.00
Deerfield Wednesday 20.00
Springfield Sunday PM 25.00
St. Charles Thursday 1.00

LOUISIANA
Baton Rouge Tuesday 25.00

MINNESOTA
Minneapolis Wednesday 80.00

NEW JERSEY
Basking Ridge Saturday 50.00
Carlstadt Wednesday 50.00
Hasbrouck Heights Saturday 25.00
Linwood Thursday 50.00
Metuchen Tuesday 50.00
Old Bridge 10.00
Pompton Plains Tuesday 100.00
Ridgewood Wednesday 50.00
Sayrewoods 50.00
Toms Rivers Saturday 25.00
Toms River Sunday 25.00
Westwood Monday 25.00
NEVADA
Grupo Nuevo Amanecer  50.00
NEVADA
Santa Fe Tuesday  38.00
NEW YORK
Bronx- Monday PM Our
Savior  50.00
Staten Island Thursday-Holy
Rosary  10.00
Woodbury Monday  150.00
OHIO
Dayton Sunday  75.00
Grandview Thursday  45.00
Holland Friday AM  300.00
PENNSYLVANIA
Collegeville/Trappe Thursday  50.00
Doylestown Monday  50.00
Harrisburg Monday  20.00
Havertown Monday  50.00
Media Wednesday  50.00
NE Philadelphia Wednesday  25.00
NE Philadelphia Friday
Nazareth  30.00
Philadelphia Saturday-Hunting
Park  20.00
SOUTH CAROLINA
North Myrtle Beach  100.00
TEXAS
Dallas Pathways Sunday  45.00
Fort Worth Tuesday Online  30.00
You Are Fort Worth It Online  125.00
WASHINGTON
Edgewood  100.00
Issaquah Wednesday  10.00
Snohomish Friday  10.00
Spokane @Country Homes  25.00
Sumner Thursday  50.00
Tacoma Monday  210.00
Tacoma Women’s Thursday  120.00
KOREA
Seoul, Korea  50.00

NEVADA
Grupo Nuevo Amanecer  50.00
NEW MEXICO
Santa Fe Tuesday  38.00
NEW YORK
Bronx- Monday PM Our
Savior  50.00
Staten Island Thursday-Holy
Rosary  10.00
Woodbury Monday  150.00
OHIO
Dayton Sunday  75.00
Grandview Thursday  45.00
Holland Friday AM  300.00
PENNSYLVANIA
Collegeville/Trappe Thursday  50.00
Doylestown Monday  50.00
Harrisburg Monday  20.00
Havertown Monday  50.00
Media Wednesday  50.00
NE Philadelphia Wednesday  25.00
NE Philadelphia Friday
Nazareth  30.00
Philadelphia Saturday-Hunting
Park  20.00
SOUTH CAROLINA
North Myrtle Beach  100.00
TEXAS
Dallas Pathways Sunday  45.00
Fort Worth Tuesday Online  30.00
You Are Fort Worth It Online  125.00
WASHINGTON
Edgewood  100.00
Issaquah Wednesday  10.00
Snohomish Friday  10.00
Spokane @Country Homes  25.00
Sumner Thursday  50.00
Tacoma Monday  210.00
Tacoma Women’s Thursday  120.00
KOREA
Seoul, Korea  50.00

INTERGROUP CONTRIBUTIONS
APRIL 2023

Delaware Valley .................. 150.00  New England .................. 104.90
Detroit Toledo ................... 33.50  Northern California ............ 50.00
Florida West Coast ............... 56.00  Northern Nevada ............... 718.00
Greater Sacramento ............... 30.00  Orange County .................. 80.25
Houston/Gulf Coast ............... 50.00  San Diego ....................... 186.95
L.A. Intergroup ................... 150.00  Upstate New York ............... 25.00
Long Island ....................... 300.00  Western Washington ............ 20.00

NATIONAL HOTLINE DONATIONS
APRIL 2023

Area 1  L.A. Intergroup  14.00

BULLETIN SUBSCRIPTIONS
APRIL 2023

Three Bulletin Subscriptions for a total of $144.00
ONE TIME DONATIONS
APRIL 2023

One-Time Donation in honor of Bob W.’s 40 years.
Tom M., Millbrae, California

One-Time Donation – Sunday morning phone meeting.
Miscellaneous Areas

One-Time Donation in congratulations to Stan F. of Grants Pass on 23 years.
Anonymous, Oregon

One-Time Donation in congratulations to Beth N., of Roseburg, on 2 years.
Anonymous, Oregon

One-Time Donation in congratulations to Jason T., on 7 years, Jeannine K., on 3 years, and Doug S., on 1 year – all from Eugene/Springfield.
Anonymous, Oregon

One-Time Donation
John M., Coconut Creek, Florida

One-Time Donation
Rutgers Thursday, New Jersey

One-Time Donation in congratulations to Arnie W., on 55 years.
Bill B., Delray Beach, Florida

One-Time Donation in memory of Milton L., father of Marc L.
of Prescott, Arizona
Bill B., Delray Beach, Florida

One-Time Donation in memory of Mike I. of Las Vegas.
KC B., Las Vegas, Nevada

April Meeting Donation
Board of Regents, California

One-Time Donation in memory of Fred S. who recently passed away.
Pittsburg Intergroup, Pennsylvania

One-Time Donation in memory of Garnett P.
from Greensboro/Winston-Salem, North Carolina.
Greensboro/Winston-Salem Meetings, North Carolina

One-Time Donation – Arlene E., Owasson, Oklahoma
GAMBLERS ANONYMOUS
INTERNATIONAL SERVICE OFFICE
OPERATING STATEMENT
APRIL 2023

CASH IN OPERATING ACCOUNT APRIL 1, 2023 .................. $ 77,346.81

INCOME FOR APRIL 2023
Group Contributions ........................................ 4,724.25
Lifeliners ................................................. 7,788.00
I.S.O. Can Contributions ................................... 1,979.30
Intergroup Contributions .................................. 1,954.60
National Hotline Donations ................................. 14.00
One-Time Donations ...................................... 682.57
Bulletin Subscriptions .................................... 144.00
Sale of Literature ......................................... 20,769.23
Literature Shipping ....................................... 3,708.75
Sales Tax Collected .................................... 245.76
Merchant Services Cash Reward ........................... 17.67
Interest From Checking Account .......................... .58
PayPal Literature Processing Fees ......................... 798.77
TOTAL ................................................................. $ 42,827.48

CASH AVAILABLE FOR APRIL ................................. $120,174.29

EXPENSES FOR APRIL
Rent & Cam Fees ......................................... 4,315.20
Payroll ..................................................... 17,173.78
Payroll Taxes (Federal & State) ......................... 1,380.06
Quarterly State Sales Tax ................................. 504.00
Payroll Processing Fees ................................ 206.91
Office Expenses .......................................... 2,318.07
Health Insurance .......................................... 1,617.08
Telephone .................................................. 455.25
Electric Bill ................................................ 158.81
Computer/Internet ........................................ 372.00
Conference Liability Insurance ........................... 268.52
Gas Bill .................................................... 104.66
Lease/Maintenance Postage Meter Scale ................. 449.27
Maintenance/Monitoring ADT Alarm ....................... 42.55
Monthly Air Conditioning/Heater Maintenance .......... 30.00
Match For Employees Simple IRA ....................... 448.98
Visa/MC Service Fee .................................... 687.35
Literature .................................................. 5,440.27
PayPal Literature Processing Fees ......................... 798.77
Postage ..................................................... 4,000.00
Lifeline Bulletins ......................................... 513.56
TOTAL EXPENSES ............................................. $ 41,285.09

MONTHLY NET INCOME (NET LOSS) ......................... $ 1,542.39
VOIDED CHECK AS OF MARCH 31, 2023 .................. $ 4,685.21
CASH IN OPERATING ACCOUNT AS OF APRIL 30, 2023 .... $ 83,574.41

FISCAL YEAR STARTING JULY 1ST TO DATE NET INCOME
(NET LOSS) .................................................. - $ (7,112.91)
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 G.A. 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

<table>
<thead>
<tr>
<th>Plan</th>
<th>Package</th>
<th>Conference and Meals</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Registration and 2 Dinners</td>
<td>$225.00</td>
</tr>
<tr>
<td>B</td>
<td>Registration Only (Includes Lunch Voucher)</td>
<td>$75.00</td>
</tr>
<tr>
<td>C</td>
<td>1 Friday Dinner Only</td>
<td>$75.00</td>
</tr>
<tr>
<td>D</td>
<td>1 Saturday Dinner Only</td>
<td>$75.00</td>
</tr>
</tbody>
</table>

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/chibhh-chiiic-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.

<table>
<thead>
<tr>
<th>Day and Time Eastern 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 Pacific 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 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!!*