



November 2022

**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 OCTOBER 15, 2022**

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

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

Minutes for September 17, 2022:

A correction was noted that the September 2022 minutes statement that "...there is a financial services company" in Section E. DISCUSS US BANK CD MATURING IN OCTOBER under New Business needed to be changed to "Edward Jones". It was also suggested to mention that some members objected to this proposal in the discussion.

A motion was made to approve the amended minutes as written:

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

Operating Statement for September 2022:

A motion was made to approve the September 2022 Operating Statement as written.

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

OLD BUSINESS

A. Office Manager Report – Israel A.

- Lifeliners – one, CA-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: Janesville, WI

- Prison starter kits – none
- Venmo and Zelle donations were \$2,439.32: Groups \$645.25, 1x Donations, \$685.57, LL Donations \$205.00, I.S.O. Cans Contributions \$311.00, Gratitude Week \$592.50.
- Annual Audit Update – The audit was conducted, and the report should be completed by late October or early November.
- Gratitude Week – Donations are over \$5k so far.

B. International Executive Secretary Report – KC B.

- September bulletin completed.
- October bulletin started.
- Started receiving copies of Trustee registration forms for Cancun – The I.S.O. has already issued receipts so these attendees will be marked as registered before the meeting and the I.E.S. will not have to collect money or write out receipts.
- The deadline was 10/10/2022 so the I.E.S. should have copies of all registrations before travel. 22 have been received so far.
- Preparing everything for Cancun including attendance sheets, recorder, motion sheets, Lifeliners 12-month comparison report, extra copies of registration forms for those who didn't fill one out yet, and receipt books; one for registrations only and one for everything else.

C. By-Laws Committee Report – Jo K.

- The committee did not meet this past month and has nothing to report.

D. Standing Rules Committee Report – John C.

- It was reported that the B.O.R. approved a motion in September 2022 regarding a change to the Standing Rules.
- The updated Standing Rules will be sent to the B.O.R.
- The Committee has no further action items at this point.

- The Chairman noted that this will not be an ongoing committee until we have a new item to discuss, and that the committee is suspended.

E. ERC (Employee Retention Credit) Follow-Up – Israel A.

- It was reported that our accountants are completing the I.S.O. taxes.
- The Office Manager could try to complete the paperwork and a B.O.R. member volunteered to assist.
- Further analysis will be done.

F. Finance Committee – John C.

- The Finance Committee continues to meet every two weeks.
- Literature pricing has been discussed and there is an agenda item under New Business for the B.O.R. on this month’s agenda.
- The committee discussed the US Bank CD that matures in October.
- The committee has also had discussions regarding literature shipping costs and Bulletin costs.

NEW BUSINESS

A. APPROVE B.O.R. CHAIR EXPENSE FOR CANCUN OCTOBER 28-30.

- A proposed expenses list was submitted to the B.O.R. by the Chair for the upcoming B.O.T. meeting in Cancun Mexico.
- The estimated total was \$1,125.27.

A motion was made to pre-approve the B.O.R. Chair expenses up to \$1,200.00 for the Cancun B.O.T. Meeting in October 2022.

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

B. DISCUSS LIABILITY INSURANCE FOR THE B.O.T. MEETING IN CANCUN.

- Liability insurance quotes for Cancun have been researched extensively. One quote from a company for 2 days was \$1,025.00.
- A question was raised if a hotel contract includes protection, and the answer is that a hotel contract does not include liability insurance for the hosts of an event.
- A suggestion was made about adding a Hold Harmless clause on conference or B.O.T. Meeting registration forms. One member is going to try to draft some language. The I.E.S. could make this suggestion to the Chair of the B.O.T.
- This was a discussion only and no motion made.

C. DISCUSS LITERATURE PRICING.

- **(A correction was noted that the September 2022 minutes stated, under this point, “Literature prices have not been raised in over 4 years” was incorrect. There were some items that were raised and some that were lowered in 2021).**
- Potential literature price increases have been reviewed over the last three Finance Committee meetings. Calculations and analysis spreadsheets have been prepared comparing 10%, 15%, and 20% increases.
- Pros and cons were discussed regarding raising literature pricing. More detailed analysis is needed item by item.
- The I.S.O. has been trying to reduce purchase quantities to control inventory.
- The Chair feels that the Finance Committee is doing a great job. More information will be brought back to the next B.O.R. meeting in November.

D. DISCUSS US BANK CD MATURING IN OCTOBER 2022.

- The US bank CD rollover rate is .05% over the next 3 months.
- Edward Jones rate is 3+%.
- The B.O.R. was reminded that part of our mission is to see that the I.S.O. is operated effectively and efficiently.

- A comment was made that the membership should understand that this is not a stock investment but is a CD like with a bank.
 - It was suggested that we keep looking for alternative options.
- E. REVIEW B.O.T. AGENDA ITEMS FOR OCTOBER 2022 MEETING.
- B.O.T. agenda items that have a potential impact on the I.S.O. were reviewed.

Meeting collection donations: \$65.00

Number of people who called in to listen to the meeting: 0

Meeting ended with the Serenity Prayer at 12:01 P.M.

Next meeting will be November 19, 2022.

Respectfully submitted by Guy H., Secretary

HELP IS AVAILABLE!

On page 17, item #7: “We encourage everyone in Gamblers Anonymous to have a Pressure Relief Group Meeting ...”

Any member desiring individual assistance with his/her Pressure Relief, please contact Alan J. at alanj5994@gmail.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 2022, I’ll be listing the Unity Program corresponding step with each month. I’ll be taking information from both this booklet and our red book, A New Beginning. Both of these are available on the Gamblers Anonymous website or order form.

As I entered my first meeting on July 30, 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.

Unity Step 11 – Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and Internet.

Gamblers Anonymous does not compare itself to any other group, nor does it boast of its accomplishments and abilities to the public. However, Gamblers Anonymous does make itself available to anyone interested in the Fellowship or in the gambling problem.

In order to make the Fellowship visible, Gamblers Anonymous informs and educates the public about the problem of compulsive gambling and about the Fellowship itself. Personal stories of members in newspapers, magazines, on radio and television, as well as spot announcements, all help to spread an awareness of Gamblers Anonymous. The Fellowship does not glorify the name of Gamblers Anonymous or its merits as a group – rather, it works to encourage compulsive gamblers to attend meetings.

Personal publicity is always shunned, and anonymity is carefully preserved because the Fellowship of Gamblers Anonymous is more important than any one member. By maintaining this policy, any problems that accrue to an individual member cannot harm the Fellowship. Similarly, any achievements attained by individuals working in the program benefit the group as a whole. This step is a constant and practical reminder that personal ambition has no place within the Fellowship's public relations program.

There is a need to present to the public an insight to the problem of compulsive gambling, its effects and the program of recovery offered by the Gamblers Anonymous Fellowship. This can be accomplished with respect and dignity. In the meaning of this Unity Step, it is not breaking anonymous if we choose to relate to family, friends, neighbors, co-workers, etc. that we are members of Gamblers Anonymous.

The fellowship does not boast about our accomplishments or beat the drum for new members. We do not promote the name of Gamblers Anonymous.

- a) Define/discuss: public relations, attraction, promotion, personal anonymity.
- b) What is public relations? What is our public relations policy?

- c) Discuss: How does my home group make its meeting location and time known to compulsive gamblers who might want to attend?
- d) How do we inform the public about the Gamblers Anonymous program?
- e) Are we attractive when new members come in for the first time?
- f) Do we talk about Gamblers Anonymous negatively in our shares/therapy or outside of the meetings, such as at a public event? Do we make it unattractive to people in our lives?
- g) When we are on the Internet/social media, are we careful about our own and others anonymity?
- h) How do we break anonymity? How do we maintain personal anonymity?
- i) Why do we have a public relations policy?
- j) May we contact a university or local school to speak to psychology classes? Why or why not?
- k) How do we keep our anonymity if we are asked to speak in public setting, or if a TV news station asks us to talk about our recovery in Gamblers Anonymous?
- l) How does Gamblers Anonymous attract members?
- m) Where can I find Gamblers Anonymous approved literature that will provide me information about public relations?
- n) Can a news station visit our meeting? If yes, how do we maintain our personal anonymity?
- o) Can anyone be involved in public relations? What can this person do or not do?
- p) “I am responsible...” When anyone, anywhere, reaches out for help, I want the hand of Gamblers Anonymous to always be there. And for that I am responsible. How does this apply to Unity Step 11? Elaborate.
- q) What is the difference between attraction and promotion?
- r) There are several principles that may apply to this step. Elaborate on how each of the following applies to Unity Step 11: anonymity, responsibility, integrity.

ANYONE INTERESTED IN RUNNING FOR THE BOARD OF REGENTS

Dear G.A. Members,

It is that time again, when the International Service Office is looking for members to run for the upcoming Board of Regents, which consists of nine (9) members. The sole purpose of the Board of Regents (B.O.R.) is to supervise the operation of the International Service Office (I.S.O.) and to see that it is run actively and efficiently. In order to be eligible to serve on the Board of Regents for the upcoming term (July 1, 2023 through June 30, 2025) you must be a member of Gamblers Anonymous that has abstained from gambling for at least two (2) years as of March 1, 2023 and has attended Gamblers Anonymous meetings regularly.

The Board of Regents meets on the 3rd Saturday of each month at 9:30 AM (Pacific) at the International Service Office in Upland, California and the members who live outside the 200-mile area will attend the meeting via a conference call prior to the start of the Board meeting.

Five (5) members of the Board of Regents shall constitute a quorum. The Board of Regents does not acknowledge proxies in any form. If a Board member resides within 200 miles from the ISO, physical attendance constitutes presence. For Board members residing within 200 miles, telephonic or video conferencing will constitute presence, **under special circumstances** if approved by a majority of the Board members in physical attendance.

For those residing outside of 200 miles, a physical, telephonic, or video conferencing attendance constitutes presence. A maximum of four (4) Regents residing outside of 200 miles of the International Service Office can be seated at one time.

Some members of the current Board of Regents have served two consecutive terms, therefore will not be able to run for the upcoming term. We definitely need your help. If you, or someone you know is interested in running for the Board of Regents, please submit the following information: Name, previous service as Regent or Trustee of Gamblers Anonymous, total abstinence from gambling and home group, along with a biography – not to exceed 400 words, and phone number (both optional) no later than **February 1, 2023** to KC B., at ies@gamblersanonymous.org or mail it to:

G.A. I.S.O.
1306 Monte Vista Ave
Ste. #5
Upland, CA 91786
ATTN: B.O.R. APPLICANTS

The ballots will be going out to all area trustees to be voted by their respective areas on or before March 1, 2023.

If you have any questions regarding the above, please contact KC B., or Valerie D., Chair, Board of Regents.

From the desk of your International Executive Secretary.

As we finish up the November bulletin, I can't help but remain thankful of this program and fellowship and all that it offers me. Thank you to all the individual members, groups, Intergroups, and RSOs who continue to give generously. Your International Service Office would not be able to run at the efficient levels that it does without you.

As most of you know, the Board of Trustees recently met in Cancun, Mexico for the fall 2022 Board of Trustees Meeting. A lot of things are discussed at these meetings, and every one of the trustees put the fellowship first when making their decisions. If you've never experienced one of these meetings, I would suggest experiencing at least one. It's a great place to learn more about the program and how it runs. It's also a great way to see the thought processes behind the changes that are made. The minutes to that meeting will be in the December or January bulletin for your viewing pleasure!

Thank you for being on this journey with me. I could not do any of this without all of you. I am grateful for that and you. And remember to get those Board of Regents biographies to the I.S.O. no later than **February 1, 2023!**

Yours in recovery and gratitude, KC B.

GRATITUDE WEEK LETTERS

Note from I.S.O.: Once again, thank you for all your generous donations in honor of Gratitude Week in the month of October.

Greetings,

As part of the celebration for Gratitude Month, the members of the Hamburg, New York Wednesday A.M. meeting had a special collection for I.S.O. Please find the enclosed donation as our appreciation for all the good works you are doing. We are sure that the continued recovery we are enjoying is due to the guidance and unity our program offers because of your leadership.

Thank you, I.S.O., Jack G., Derby, New York

Dear I.S.O.,

Thank for all you do to maintain the program. Several groups in the Greater Vancouver Area have donated in honor of Gratitude Week. These donations are from individual members or groups who contributed to our Intergroup with the request to send them on to the I.S.O.

Yours in Recovery, Esther J., Greater Vancouver Area,

Dear I.S.O.,

Please accept this donation in honor of G.A.'s Gratitude Week. We appreciate all you do for us!

Sunday Shoreline, Washington

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 G.A.,

Thanks for your support of our weekly meetings. Thank you for answering questions when I call.

Sincerely, Helen M., Stevens Point, Wisconsin

Dear I.S.O.,

Thanks for changing our West Hartford meetings. We appreciate the hard work and dedication.

Best Regards, Michele C., and Ronny W., Area 17

Dear I.S.O.,

We appreciate all you do for us compulsive gamblers. Please take this donation on behalf of the Wednesday G.A. meeting at the Washtenaw Alano Club.

Sincerely, Steve C., Ann Arbor, Michigan

Dear I.S.O.,

Thank you for doing an effective service when I place an order. Thank you for responding promptly when I email a meeting change, anniversary update or have a question.

Regards, Drew J., Fort Worth, Texas

Dear I.S.O.,

Enclosed please find a donation that represents the yearly contribution from the Ft. Wayne, Indiana chapter of Gamblers Anonymous. We appreciate the I.S.O. as a source of materials and hope in our ongoing struggle.

Sincerely, Roger S., Ft. Wayne, Indiana

Hello California Friends,

Enclosed is the regular monthly contribution from our Wednesday NE Philadelphia, PA group. Thanks for all you do and keep up the great work.

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

Dear I.S.O.,

This contribution is from the Palm Beach Gardens Thursday group and is made in honor of our longtime member Bill B., who passed away in early October with 26 years abstinence. Bill was a sponsor to many and was involved with the hotline and Intergroup. He would always call a new member or a member having difficulty in the GA program or issues of daily life. He will be missed.

In unity, Frank G., Thursday Palm Beach Gardens, Florida

ANNOUNCEMENT OF UPCOMING EVENTS

2023 Delaware Valley

Intergroup And Unity Mini-Conference

February 4 – 5, 2023

Sheraton Bucks County

400 Oxford Valley Rd, Langhorne, PA 19047

For more information, please contact bigupsman99@comcast.net

INDIVIDUAL LIFELINER DONATIONS RECEIVED IN THE MONTH OF OCTOBER 2022

ARIZONA

L211 Jim L.
L221 Janat G.
L287 James S.
L396 Pam K.
L546 Mo M.
L692 Doug G.

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.
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.
L384 Alvin F.
L390 Jack R.
L408 Ira B.
L419 Rufus B.
L432 Patrick P.
L453 Bennett S.
L461 Lisa W.
L480 Ezra B.
L496 Guy H.
L563 Zach Mc.
L580 Curtis G.
L593 Grant M.
L609 Kathie S.
L617 Mike Z.

L618 Hugh G.
L623 Lucille T.
L636 Bob C.
L648 Edward K.
L678 Lynn B.
L701 David L.
L751 Derek P.
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.
L963 Eric F. x2
L965 Brandon S. x2

COLORADO

L147 Lou W.
L950 Ron G.

CONNECTICUT

L581 Paul S.

FLORIDA

L2 Bill B.
L44 Jo Ann B.
L48 Janet S.
L81 Paulette T.
L97 Chuck R.
L106 Raymond H.
L143 Neal G.
L160 Jim C.
L175 Lloyd A.
L189 Norman O.
L205 Steve P.
L225 Kevin K. x2
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. x2

FLORIDA (cont)

L590 Dennis A.
 L607 Debbie M.
 L627 Pauline F.
 L695 Ronald B.
 L780 Karlene G.
 L805 Don H.
 L809 John M.
 L815 Linda S.
 L835 Howard M.
 L843 Neal V.
 L844 Arnie B.
 L904 Marlon D.
 L944 Brent S.
 L945 Eugene K.
 L958 Stephen B.
 L993 Carlos M.

GEORGIA

L672 Tony L.
 L857 Hal P.

HAWAII

L284 Kevin H.
 L553 David C.

ILLINOIS

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

INDIANA

L880 Fred B.

KANSAS

L194 Michelle J.

KENTUCKY

L115 Laura S.
 L195 Steve B.

LOUISIANA

L27 Betty S.
 L354 Kathy S.
 L466 Ray M.

MASSACHUSETTS

L318 Jeff H.
 L598 Vinny S.

MARYLAND

L162 Jim D.

MICHIGAN

L272 Joann D.

MINNESOTA

L715 Debra M.
 L803 Renee G.

NEW HAMPSHIRE

L277 Roy W.

NEVADA

L75 KC B.
 L150 Rollo V.
 L325 Terry D.
 L410 Joanne F.
 L439 Ira K.
 L486 Zeny K.
 L507 Mark S.
 L561 Pilar L.
 L599 Igor K.
 L602 Trey D.
 L612 Dan Mc.
 L665 Richard S. x2
 L690 Lenore D.
 L837 Harriet K.
 L846 Bobby B.
 L973 Rick O.
 L974 Mark G. x2
 L982 Rex W.

NEW JERSEY

L174 Mike D.
 L179 Chris N.
 L183 Robin D.
 L212 Marshall R.
 L213 Michael D.
 L223 Fred D.
 L266 Kivey G.
 L311 Andrew D. x2
 L349 George L.
 L350 John D.
 L429 Dennis S.
 L433 Joseph F.
 L438 Matthew C.
 L482 Ann K.
 L497 Dave S.
 L524 Richard T. x2
 L547 John P.
 L699 Craig H.
 L818 Michael D.
 L856 Scott B.
 L863 Kathleen P.

NEW MEXICO

L662 Joel K.
 L847 Catherine B.
 L906 Mary F.

NEW YORK

L278 Harlan S.

NEW YORK (cont)

L308 Jordan P.
 L465 Mohammed M.
 L516 Susan W.
 L554 Dan L. x2
 L852 Norberto B.
 L882 Joe B.
 L887 Pierre J. x2
 L951 Brad B.

OHIO

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 Lou M.

TEXAS

L245 Alan S.

WASHINGTON

L425 Terry D.
 L659 Connie M.

WISCONSIN

L443 Constance T.

ANNIVERSARIES

50 YEARS	KIVEY G.	11/2	Ridgewood, NJ
48 YEARS	PAUL S.	11/22	Mahopac, NY
	JAY G.	11/30	Yonkers, NY
45 YEARS	DANNY V.	11/22	Baldwin, NY
42 YEARS	PAUL K.	11/26	Quincy, MA
40 YEARS	HOWIE G.	11/27	5 Towns, NY
38 YEARS	STU L.	11/16	Sayrewoods, NJ
	JOE B.	11/28	Summit, NJ
37 YEARS	DOT C.	11/17	Las Vegas, NV
36 YEARS	TED S.	11/3	Bloomfield, NJ
35 YEARS	IKE D.	11/6	Ocean Parkway, NY
33 YEARS	JOE C.	11/18	Worcester, MA
32 YEARS	IRENE K.	11/25	Las Vegas, NV
31 YEARS	JOYCE M.	10/21	Auburn, CA
30 YEARS	BOB C.	10/23	Courtney, BC
	DENNIS M.	11/10	Wantagh, NY
	FRANK M.	11/28	Ocean, NJ
29 YEARS	TONY C.	11/15	East 31 st St., NY
27 YEARS	FLOYD G.	11/1	East 31 st St. Zoom, NY
26 YEARS	TONY D.	11/4	San Diego, CA
25 YEARS	JOHN C.	11/7	Staten Island, NY
	ANDY G. #2	11/8	Voorhees, NJ
	BOBBY G.	11/29	East 31 st St. Zoom, NY

24 YEARS	MIKE H.	11/2	East 79 th St., NY
	JOHN R.	11/18	Quincy, MA
23 YEARS	DON A.	11/5	San Diego, CA
	GARY D.	11/13	Ventnor, NJ
22 YEARS	PAUL N.	10/18	Surrey, BC
21 YEARS	LARRY J.	11/20	Settlement House/St. Xavier, NY
	DAN O.	11/30	North Andover, MA
	TERRI K.	11/30	Las Vegas, NV
20 YEARS	JOHN T.	11/4	San Diego, CA
	BYRON Y.	11/15	East 31 st St. Zoom, NY
	JEFF S.	11/28	Clark, NJ
19 YEARS	JOHN H.	10/17	White Rock, BC
	PAM G.	11/4	Forest Hills, NY
	JIM C.	11/21	Clark, NJ
18 YEARS	PETE K.	11/6	Willingboro, NJ
17 YEARS	ERIC P.	11/13	Settlement House/St. Xavier, NY
16 YEARS	JEFF L.	11/5	San Diego, CA
	JUDY J.	11/8	Las Vegas, NV
	NICKY C.	11/27	St. Finbars, NY
	HAROLD S.	11/30	Staten Island, NY
15 YEARS	GLENN N.	10/5	Langley, BC
	GREG C.	10/24	York, ME
	CATHERINE F.	11/5	San Diego, CA
	TOM F.	11/7	San Diego, CA
	JEFF W.	11/8	East 31 st St., NY
	DON C.	11/15	Ardsley, NY
14 YEARS	MICHAEL W.	10/24	Penticton, BC
	JOHN V.	11/23	South Orange, NJ
	JOEL K.	11/29	San Diego, CA
13 YEARS	PAUL A.	8/24	Naperville, IL
	JIM K.	11/5	East Northport, NY
	HOWARD S.	11/10	Linwood, NJ
12 YEARS	LEN K.	11/14	Burbank, CA
11 YEARS	KEVIN B.	8/24	Aurora Zoom, IL
10 YEARS	PETER G.	11/1	East 31 st St., NY
	AMELIA E.	11/7	Bronx Our Savior, NY
	KEVEN M.	11/7	West 46 th St., NY
	STEVE S.	11/27	Hanson, MA
9 YEARS	RITA B.	11/25	Rochester, NY
8 YEARS	DAVE C.	10/21	Coquitlam, BC
	PILAR L.	11/7	Las Vegas, NV
	HOWIE M.	11/18	Freehold, NJ

7 YEARS	STEVE H.	11/16	Carlstadt, NJ
	BOB D.	11/17	West Bridgewater, MA
	STEFANIE R.	11/20	Willingboro, NJ
	BOBBY T.	11/21	Ardasley, NY
	ALEX S.	11/22	East 31 st St., NY
	GUWOL K.	11/27	Incheon, Korea
6 YEARS	AARON K.	11/1	Westlake Village, CA
	LIZ L.	11/3	San Diego, CA
	RICK R.	11/4	San Diego, CA
	JENE J.	11/5	Downey, CA
	BOB W.	11/6	Las Vegas, NV
	VICTOR A.	11/22	East 31 st St. Zoom, NY
5 YEARS	BOB C.	10/5	Naperville, IL
	JERRY A.	11/9	East 79 th St., NY
	JESSICA K.	11/10	Paramount/Lakewood, CA
	CARLOS P.	11/11	Forest Hills, NY
	REGINA M.	11/12	San Diego, CA
	BRIAN A.	11/12	Edison, NJ
	DAVE Z.	11/21	Somerdale, NJ
	KERRY M.	11/30	Worcester, MA
4 YEARS	ROB P.	11/1	Voorhees, NJ
	JON G.	11/4	Fort Worth, TX
	JOAQUIN C.	11/6	San Diego, CA
	FERMIN V.	11/14	Bronx Our Savior, NY
	BETH E.	11/16	Yonkers, NY
	JOANNE M.	11/16	East 79 th St., NY
	MIKE Z.	11/21	Smithtown, NY
	TOM E.	11/26	East Northport, NY
	PETER M.	11/30	Carlstadt, NJ
3 YEARS	DENNIS C.	11/7	Summit, NJ
	KYLE L.	11/13	Ventura Zoom, CA
	AARON W.	11/14	Wausau, WI
	GILIO P.	11/17	White Plains, NY
	TOM B.	11/17	Staten Island, NY
	JOE M.	11/23	Yonkers, NY
2 YEARS	LORENZO K.	11/2	Staten Island, NY
	LOUIE D.	11/4	Hicksville, NY
	JASON G.	11/5	Downey, CA
	SARA H.	11/7	Burbank, CA
	PAUL R.	11/7	Ocean, NJ
	DANA O.	11/8	San Diego, CA

2 YEARS (cont)	TOM K.	11/8	Toms River, NJ
	KAYLYNN G.	11/18	San Diego, CA
	DONNA M.	11/19	Fort Worth, TX
	JAKE M.	11/21	Summit, NJ
	NOAH B.	11/22	East 31 st St., NY
	ARIANA P.	11/26	Edison, NJ
1 YEAR	SARAH F.	8/12	Dayton Zoom, OH
	JOANNE M.	8/29	Dayton Zoom, OH
	DARLENE J.	8/31	Dayton Zoom, OH
	JIM A.	10/13	Lisle, IL
	JAMES H.	10/13	Richmond, BC
	ERIKA R.	10/23	Dayton Zoom, OH
	CHARLIE B.	10/27	Plainville, MA
	DALE B.	11/1	Fort Worth, TX
	JASON P.	11/3	Canton, MA
	JAY P.	11/5	Canton, MA
	ZAK B.	11/6	Los Angeles/Griffith Park, CA
	KRYS R.	11/7	Nutley, NJ
	KAY S.	11/7	Appleton, WI
	HENRY L.	11/8	East 31 st St., NY
	GARAK K.	11/8	Seoul, Korea
	HOWARD S.	11/10	White Plains, NY
	JAKE M.	11/14	Fort Worth Online, TX
	BOBBY W.	11/15	San Diego, CA
	ZEV C.	11/16	Bensonhurst Recovery, NY
	MARVIN G.	11/17	Las Vegas, NV
	NICK D.	11/19	Edison, NJ
	PAUL L.	11/22	Pomona, NY
	LISA B.	11/26	Toms River, NJ
	REMY C.	11/26	Basking Ridge, NJ
	KYOKA J.	11/27	Seoul, Korea
	TIM H.	11/28	Nutley, NJ
	HARRIS C.	11/29	East 31 st St. Zoom, NY
	KAT O.	11/29	Pomona, NY
	SAAHIL S.	11/29	East 31 st St., NY
	BRENDA G.	11/29	Dallas, TX
	FRANK P.	11/30	Sayrewoods, NJ
	STEPHEN M.	11/30	Sayrewoods Zoom, NJ

INDIVIDUAL LIFELINER DONATIONS OCTOBER 2022

ARIZONA (6)	85.00	MINNESOTA (2)	60.00
CALIFORNIA (57)	4,098.00	NEVADA (18)	555.00
COLORADO (2)	45.00	NEW JERSEY (21)	474.00
CONNECTICUT (1)	20.00	NEW HAMPSHIRE (1)	150.00
FLORIDA (39)	1,789.00	NEW MEXICO (3)	50.00
GEORGIA (2)	130.00	NEW YORK (9)	258.00
HAWAII (2)	77.00	OHIO (1)	20.00
ILLINOIS (4)	45.00	OREGON (3)	70.00
INDIANA (1)	15.00	PENNSYLVANIA (6)	128.00
KANSAS (1)	100.00	SOUTH CAROLINA (1)	20.00
KENTUCKY (2)	60.00	TEXAS (1)	50.00
LOUISIANA (3)	520.00	WASHINGTON (2)	20.00
MASSACHUSETTS (2)	71.00	WISCONSIN (1)	15.00
MARYLAND (1)	15.00		
MICHIGAN (1)	5.00	TOTAL (193)	\$8,945.00

I.S.O. CAN CONTRIBUTIONS OCTOBER 2022

CALIFORNIA

C23	Ventura Sunday	60.00	C180	Stockton Tuesday	30.00
C49	Orange County Intergroup	589.99	C765	Fair Oaks Thursday AM	84.00
C77	San Diego Intergroup	372.00	C857	Elk Grove Tuesday	22.00
C184	Sacramento Tuesday AM	96.00	C1017	Simi Valley Thursday	41.66
C185	Sacramento Thursday	12.00	C1302	Roseville Friday	37.00
			C1694	Auburn Wednesday	21.00

FLORIDA

C250	Temple Terrace Sunday AM	25.00	C262	Plantation Friday PM	9.00
C251	Clearwater/Windmoor Thursday	25.00	C263	Plantation Wednesday PM	11.00
			C1061	Spring Hill Friday	30.00

GEORGIA

C1539	Norcross Sunday	10.00
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ILLINOIS

C62	Burbank Thursday	100.00	C528	Bolingbrook	215.00
C85	Kankakee	20.00	C659	Aurora Provena Monday	28.00
C100	Oaklawn Monday	50.00	C799	St. Charles-Hosanna Lutheran Thursday	36.00
C418	Schaumburg/Bartlett	22.00	C1207	Lisle Monday Women's	25.00
C425	Elk Grove Village Thursday	125.00			

INDIANA

C429	Indianapolis Saturday AM	25.00			
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LOUISIANA

C849	Slidell Sunday	22.25			
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MASSACHUSETTS

C792	Hanson Thursday PM	30.00	C1007	Quincy Saturday	30.00
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NEVADA

C42	G.A. Of Southern Nevada	768.82			
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OHIO

C1271	Bexley Tuesday PM	30.00			
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OREGON

C1480	Oregon City Friday	38.00			
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PENNSYLVANIA

C208	South Hills Tuesday	33.00			
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TEXAS

C1587	Ft. Worth Tuesday	40.00			
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**ISO CAN CONTRIBUTIONS FROM GRATITUDE WEEK
OCTOBER 2022**

CALIFORNIA

C765	Fair Oaks Thursday AM	14.00	C1302	Roseville Friday	40.00
C1105	Sacramento Stop & Grow Saturday AM	65.00			

FLORIDA

C1059	Windmoor/Clearwater Saturday	63.00	C1061	Spring Hill Friday	35.00
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MASSACHUSETTS

C792 Hanson Thursday PM

90.00

**GROUP CONTRIBUTIONS
OCTOBER 2022****ARIZONA**

Green Valley Saturday-Early
Risers 25.00
Tempe Sunday 40.00

CALIFORNIA

Burbank Monday 187.00
Burbank/North Hollywood
Zoom 30.00
Downey Saturday Zoom 53.00
Elk Grove Tuesday 75.00
Griffith Park Saturday 77.00
Hollywood Saturday 15.00
Los Angeles Griffith Park
Sunday 45.00
Lakewood 48.00
Lincoln Friday AM 21.00
Lincoln Sunday 22.00
Oakland Friday Zoom 20.00
Orangevale Friday 43.30
Redwood City 100.00
Reseda Saturday AM 25.00
Santa Monica Friday PM 150.00
Walnut Creek Tuesday 40.00

COLORADO

Denver Monday Women's 200.00
Fort Collins Thursday PM 50.00

CONNECTICUT

Pawcatuck Tuesday 5.00

FLORIDA

Boca Raton Monday
Women Helping Women 20.00
Boca Raton Friday PM 50.00
Bradenton Friday AM 50.00
Coral Springs Saturday AM 50.00
Daytona Beach Tuesday 20.00
Daytona Beach Thursday 20.00
Delray Beach Thursday
Crossroads 33.00

Delray Beach Saturday
Crossroads 34.00
Delray Beach Sunday
Crossroads 33.00
Gainesville Thursday 15.00
Holiday Monday 40.00
Pompano Beach 25.00
Port ST. Lucie Wednesday 10.00

GEORGIA

Gwinnet Monday Spanish 60.00
Norcross Sunday Korean 10.00

ILLINOIS

Springfield Sunday 25.00

INDIANA

Fort Wayne Saturday 95.00

KENTUCKY

Louisville Monday Night 40.00

LOUISIANA

Baton Rouge 48.75

MASSACHUSETTS

North Andover Tuesday 63.00
West Bridgewater Wednesday 35.00

MICHIGAN

Ann Arbor Wednesday 25.00

MINNESOTA

Brooklyn Center/North
Metro Monday 150.00

NEW JERSEY

Basking Ridge Saturday 50.00
Hasbrouck Heights Saturday 25.00
Metuchen Tuesday 50.00
Old Bridge 15.00
Ridgewood Wednesday 25.00
Sayrewoods 50.00
Toms River Thursday 25.00
Toms Rivers Saturday 25.00
Toms River Sunday 25.00

NEW JERSEY (cont)			
Turnersville/Sewell			
Wednesday	150.00		
Westwood Monday	50.00		
NEW YORK			
48 TH St. Friday	80.00		
Bronx-Our Savior	50.00		
Eastside	200.00		
New York Monday			
West 46 th St.	20.00		
New York Settlement House			
Zoom	50.00		
Staten Island Wednesday	50.00		
Staten Island Saturday AM	25.00		
OHIO			
Columbus Thursday	45.00		
OKLAHOMA			
Tulsa Wednesday/Friday @			
Boston	2.00		
OREGON			
Portland Monday Serenity			
Seekers	30.00		
PENNSYLVANIA			
Bethlehem Thursday	36.00		
Bethlehem Saturday	30.00		
Collegeville/Trappe Thursday	50.00		
Doylestown Monday	50.00		
		Harrisburg Monday	20.00
		NE Philadelphia Wednesday	25.00
		NE Philadelphia Sunday	
		Nazareth	94.00
		Philadelphia Saturday	
		Hunting Park	40.00
		RHODE ISLAND	
		Tiverton	10.00
		SOUTH CAROLINA	
		North Myrtle Beach	50.00
		TEXAS	
		Dallas Pathways Sunday	45.00
		You Are Fort Worth It Online	135.00
		WASHINGTON	
		Spokane @ Country Homes	25.00
		Sumner Thursday	50.00
		Vancouver Monday	300.00
		WISCONSIN	
		Racine Wednesday	80.00
		Stevens Point Monday PM	20.00
		CANADA	
		Alberta	
		Edmonton Wednesday/	
		Sunday PGRN	430.63
		KOREA	
		Seoul, Korea	50.00

GROUP CONTRIBUTIONS FROM GRATITUDE WEEK OCTOBER 2022

CALIFORNIA		NEW YORK	
Lincoln Friday AM	7.00	Hamburg Wednesday AM	70.00
Lincoln Sunday	13.00	Rochester Saturday AM	13.00
Redwood City	100.00	OREGON	
FLORIDA		Eugene Springfield	153.00
Holiday Monday	26.00	Oregon City Friday	75.00
South Florida Area		PENNSYLVANIA	
Members	440.00	Bethlehem Saturday	10.00
MAINE		WASHINGTON	
York	26.00	Shoreline Sunday	50.00
NEVADA		Vancouver Friday	30.00
Northern Nevada Intergroup	412.00		

**INTERGROUP CONTRIBUTIONS
OCTOBER 2022**

Baton Rouge	50.00	Maryland	100.00
Chicagoland	45.00	New England	55.00
Connecticut	150.00	Northern Nevada	476.00
Delaware Valley	150.00	Orange County	518.23
Greater Sacramento	30.00	Pittsburgh/Wheeling	100.00
Houston/Gulf Coast	50.00	South Florida	200.00
L.A. Intergroup	150.00	Western Washington	90.00
Long Island	400.00	Greater Vancouver, BC	301.69

**INTERGROUP CONTRIBUTIONS
FROM GRATITUDE WEEK
OCTOBER 2022**

Delaware Valley	500.00	Orange County	701.00
Florida West Coast	300.00	Upstate New York	65.00
Northern California	120.00	Argentina	230.00

**NATIONAL HOTLINE DONATIONS
OCTOBER 2022**

Area 1	L.A. Intergroup	14.00
Area 6	South Florida Intergroup	40.00
Area 17	Connecticut Intergroup	25.00

**ONE TIME INDIVIDUAL MEMBER DONATION
FROM GRATITUDE WEEK
OCTOBER 2022**

Curt P. Oregon

**ONE TIME DONATIONS
OCTOBER 2022**

One-Time Donation in memory of Marty G.
Bill B., Delray Beach, Florida

One-Time Donation
Saturday Reseda, California

One-Time Donation in honor of anniversaries of Nancy M. and John B.
Monday Rochester, New York

One-Time Donation
Sunday Morning Phone Meeting, Miscellaneous Areas

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

Monthly Meeting Donation
Board of Regents, California

One-Time Donation in memory of Bill B. who passed away
in early October with 26 years abstinence.
Thursday Palm Beach Gardens, Florida

One-Time Donation from G.A. picnic.
Thursday Manahawkin, New Jersey

Happy Holidays!

*To all G.A. members throughout the world,
Gamblers Anonymous International Service Office
wishes you and your loved ones
a very peaceful holiday season.*

With our gratitude and appreciation,

*KC, Israel, Jason, Norma and
The Board of Regents*

**GAMBLERS ANONYMOUS
INTERNATIONAL SERVICE OFFICE
OPERATING STATEMENT
OCTOBER 2022**

CASH IN OPERATING ACCOUNT OCTOBER 1, 2022		\$ 53,340.43
INCOME FOR OCTOBER 2022		
Group Contributions	4,805.68	
Lifeliners	8,945.00	
I.S.O. Can Contributions	3,110.72	
Intergroup Contributions	2,865.92	
National Hotline Donations	79.00	
One-Time Donations	1,294.30	
Cancun B.O.T. Meeting Registration	300.00	
Gratitude Week	3,748.00	
Walk-A-Thon	10.00	
Sale of Literature	18,361.08	
Literature Shipping	3,781.00	
Sales Tax Collected	105.64	
E-Readers	9.80	
Merchant Services Cash Reward60	
Interest From Checking Account42	
Bank Adjustment10	
PayPal Literature Processing Fees	752.42	
TOTAL		<u>\$ 48,169.68</u>
CASH AVAILABLE FOR OCTOBER		<u>\$101,510.11</u>
EXPENSES FOR OCTOBER		
Rent & Cam Fees	4,136.64	
Payroll	17,173.78	
Payroll Taxes (Federal & State)	1,380.06	
Quarterly State Sales Taxes	452.00	
Payroll Processing Fees	197.96	
Office Expenses	438.09	
Health Insurance	1,776.80	
Office Content Insurance	2,453.00	
Telephone	432.96	
Electric Bill	190.31	
Gas Bill	28.60	
Maintenance/Monitoring ADT Alarm	42.55	
Monthly Air Conditioning/Heater Maintenance	30.00	
Computer/Internet/App Expenses	321.41	
Match For Employees Simple IRA	448.98	
Visa/MC Service Fee	59.77	
Conference Seed Money	2,000.00	
Fall 2022 Chair B.O. R. MTG. Expenses	561.27	
Literature	8,034.82	
PayPal Literature Processing Fees	752.42	
Postage	4,000.00	
Lifeline Bulletins	668.50	
TOTAL EXPENSES		<u>\$ 45,579.92</u>
MONTHLY NET INCOME (NET LOSS)		<u>\$ 2,589.76</u>
CASH IN OPERATING ACCOUNT AS OF OCTOBER 31, 2022		<u>\$ 55,930.19</u>
FISCAL YEAR STARTING JULY 1ST TO DATE NET INCOME (NET LOSS)		
		<u>\$ (4,996.91)</u>

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!!