



December 2023

**GAMBLERS ANONYMOUS LIFE-LINE
YEARLY BULLETIN SUBSCRIPTION FORM**

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

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DISCLAIMER

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

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

**BOARD OF REGENTS
MEETING MINUTES OF NOVEMBER 11, 2023**

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., John C., Laura M., Valerie D., Zach M., Israel A.,
Office Manager.

Present by phone: Ara H., Arnie B., Jo K., Lloyd A., KC B., International
Executive Secretary.

A. Minutes for October 21, 2023.

A motion was made to approve the minutes as written.

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

B. Operating Statement for October 2023.

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) – 0
FL – 1 MD – 1 PA – 1
- CANS (State) – 0
- GROUP INFORMATION REQUEST FORMS RECEIVED: 3
Lakewood Tuesday & Friday, CO (REGISTRATION ONLY)
- GROUP INFORMATION REQUEST FORMS RECEIVED
PRIOR TO SENDING STARTER KITS - 8
Eight Starter Kits were sent out as follows after receiving the
Group Information Request Forms for the month of June:

Gretna, LA
Dover, NH
Richmond, VA

Saint Paul, MN
Portland, OR
Abram Village, PEI

Norfolk, NE
Summerville, SC

- Prison Starter Kits Sent: 1 Shakopee, MN
- Venmo & Zelle donations were \$1,810.67: Groups \$366.00, 1X donations \$161.00, Life-liner donations \$742.00, I.S.O. Can donations \$378.67.00.

B. International Executive Secretary Report – KC B.

- October bulletin completed.
- Working on November bulletin.
- Continue to help with formatting the anniversary information for the bulletin.
- Everything is ready for the Chicago Fall Conference.

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

- Zoom account is being addressed.
- All equipment has been purchased.
- All equipment purchased was within budget.

D. UPDATE ON WEBSITE INFORMATION.

- Website development has moved to Phase 2, which is the development phase of the website building process. A flat design was presented to the B.O.R. members, this design is just a platform for developers to work from updates will be provided to Committee and B.O.R.

NEW BUSINESS

A. DISCUSS EMPLOYEE HEALTH INSURANCE.

A motion was made to renew Health Insurance plans as provided by the agent.

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

A motion was also made to add Dental & Life Insurance for full-time employees.

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

B. DISCUSS EMPLOYEE HOLIDAY SCHEDULE.

A motion was made to offer two days off or receive a bonus. Each employee has to decide.

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

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

Collected: \$ 40.00

Meeting ended with the Serenity Prayer at 10:35 A.M.

Next meeting will be December 16, 2023.

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.

RECOVERY PROGRAM

As I go through the Recovery Steps this year, I will be using several different pieces of our literature for these steps. I am 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 somehow help you in your journey in some way.

STEP 12 - Having made an effort to practice these principles in all our affairs, we tried to carry this message to other compulsive gamblers.

This is the most popular step of all; even brand-new members want to give of themselves. The bottom line, however, seems to be that one cannot give away something that one does not have. Saying it another way, you cannot carry the recovery program to another unless you are practicing the Twelve Steps in your life, one day at a time. Then you will have a strong message to carry.

Ask yourself if this is a spiritual program and it is. The chances are that your spiritual bankruptcy was complete. Most of us early in our gambling career abandoned our spiritual values. Now as these values are returning and with gratitude you will want to share them with other members as once they were shared with you. Listening and hearing what the other members are experiencing is probably the first opportunity you will have to help. Sometimes we teach when we should be listening. Listening itself will communicate to others your personal understanding of what they are saying. Let's reflect. Do you remember how low in self-esteem you were when you attended your first Gamblers Anonymous meeting? You had no faith and therefore no hope. As you listened and talked and eventually looked at yourself and the others (who seemed happy around the table) faith and hope slowly returned.

Recall that the first member you met came to the meeting early, arranged the table, put out the combo books and put on water for coffee.

Were they working Step Twelve? Yes, by showing you they cared for you and all the other members. Caring seems a prime and necessary ingredient in order to work this Step. If you don't care, how can you share?

Then this caring member told you that the program was and must be self-help. Then, he/she explained another Gamblers Anonymous paradox. If you give of yourself and try to help another human being, you will gain from the act of giving, even if your effort fails. It is in giving that we receive and so it becomes self-help. Remember two words - effort and tried. Success in this Step is putting forth the effort and trying to carry the message - not how many heard you or followed your advice.

When you left the meeting, you had to return to the wreckage you had created. You gave your phone number and received a phone list. You were probably too shy and ashamed to make a call, but within the next day or so a member called you. It wasn't so much what was said as the fact that someone cared enough to call. This serves to revitalize your faith and hope. Again, caring embodies all the nice elements of spiritual growth.

As you started to come out of the fog, you had a sponsor and hoped they would give you the time, experience and wisdom. This unwritten contract to help another seems the highest degree of working Step Twelve; it is caring at the highest level.

Following are some of the many ways by which one can practice Step Twelve:

- Be an example of quality abstinence.
- Accompany another member on a Twelve Step call.
- Visit sick members.
- Phone members.
- Chat after meetings with new members or those with problems.
- Assume some of the duties, obligations and responsibilities of the Fellowship.
- Explain your disease and how you arrested it to relatives, doctors, and employers.
- Tell your story to help a fellow member.
- Do public relations work.
- Practice the Gamblers Anonymous Program.

Step Twelve offers us the opportunity to use our new knowledge and GA experience. Putting it to work! Success means trying.

1. Helping other compulsive gamblers in and outside the fellowship.
2. "Giving" which demands nothing in return.

DISCUSS:

- A. Are we ready and willing to help others?
- B. What does "ready" mean and can we help others as "newcomers?"
- C. What is 12 Step work? Sponsoring, telephone calls, clean-up, etc.

We find in Step Twelve that we have received a special gift by working the entire recovery program.

1. Life is not a dead end. There is purpose to life.
2. We are now an example of “recovery” through the GA Program.

DISCUSS:

- A. Personal experience with previous 11 Steps.
- B. Is the job finished?
- C. Why do many members say, “I am a grateful compulsive gambler?”

Some members are prone to “two stepping” – working only Steps One and Twelve.

1. Sponsoring other members becomes discouraging.
2. We often give advice where we are not qualified and then feel hurt when we are rejected.

DISCUSS:

- A. Guiding new members – GA suggestions.
- B. Do we tend to over-manage circumstances? Can we be too involved in a member’s recovery?
- C. The need to attempt to work all twelve steps.

We can carry our GA spirit into our daily affairs.

1. Adjusting to all conditions.
2. Our GA efforts provide the tools to overcome wearying problems which plague the unprepared.

DISCUSS:

- A. How we reflect and see our growth in the angry and confused behavior of others while we are calm and confident.
- B. What your personal ABSTENTION from gambling symbolizes.

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.

The New Year is almost upon us! I hope you and your family stay safe and have a wonderful holiday season. I used to dislike the holiday season. It would not only take me away from my gambling, but it would make me have to spend my money on something other than placing that bet. Over the years in recovery, I slowly came to love the holiday season and realized that it's not about money anyway. It's about being there and connecting with others. Whether that's family, friends, or sisters and brothers in recovery. My connection to others has grown exponentially over the last 22 years. I hope and pray to continue this, one day at a time.

If you went to the Chicago conference, I would love to hear your stories about it. Did you meet new people? Did you get to connect with people you've known for years? What was your favorite part? For me, making connections with people I've known for years, and new people was just amazing for me. It was a little overwhelming for me being around so many people at one time. I would do it again tomorrow though, that's for certain.

This month, we are on Step 12 here in our mini step study in the bulletin. How did you work Step 12? Did you want to start working on it as soon as you entered the program? Did you wait a bit to work it at all? When did you start giving service to the fellowship and program? I'd love to hear your stories about how you worked Step 12 – or any step for that matter.

Yours in recovery and gratitude, KC B.

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.,

Enclosed is a donation in honor of Mo M., 31 years; Dick B., 15 years; and Chris S., 2 years in Gamblers Anonymous.

Thank you, Chris S., Lakeland – Syracuse, New York

Dear I.S.O.

Enclosed is a donation from our area. Thank you for all the assistance given to the program.

Sincerely, Arlene E., Tulsa Wednesday, Oklahoma

Dear I.S.O.,

Thank you and bless you for all you do.

Helene M., Stevens Point Monday PM, Wisconsin

Dear I.S.O.,

Enclosed is a donation from the Raleigh, NC meeting.

Best regards, Thursday Raleigh, North Carolina

Dear I.S.O.,

I hope this finds you safe and well. The enclosed donation is in congratulations to Leo B., of New York, on 37 years; Jeanne B., of Minneapolis on 26 years; Kathy B., of Roseburg, Oregon on 25 years; and Candyce L., of Eugene, Oregon on 19 years.

I appreciate all the International Service Office does for myself and the fellowship.

Thanks, Anonymous, Oregon

Dear I.S.O.,

The Greater Vancouver Area GA and Gam-Anon had a wonderful marathon day on Saturday October 28, in Surrey, British Columbia. It was our 21st year of having a marathon day.

We were happy to welcome members from the south of Canada, in Washington and over on Vancouver Island. We had a can for donations for the I.S.O.

Thank you, Esther J., Greater Vancouver Area, British Columbia

Dear I.S.O.,

I hope everyone is doing well. Here is a donation for Gratitude Week, which is a little late getting this to you.

Thank you, Monday and Friday Brandon, Florida

Dear I.S.O.,

We appreciate all you do. Thank you for the years of helping fight the addiction.

Thanks, Springfield, Illinois

Dear I.S.O.,

This is a donation for Gratitude Week from Saturday Speaker Meeting, which is held the first Saturday of each month.

Thank you, Ernie N., Edina, Minnesota

Dear I.S.O.,

Here are some donations from South Florida. One donation is from Zivia G., a member of the Tuesday Night 12-Step House in Ft. Lauderdale and the other is from the same group as a whole.

We don't have much to give but we give what we can, and every little bit helps.

Yours in Fellowship, Neal G., Ft. Lauderdale/Plantation, Florida

Dear I.S.O.,

Enclosed is the November donation from the Wednesday night NE Philadelphia Group.

Thanks for all the good work that you do.

In Unity, Scott S., Philadelphia, Pennsylvania

Dear I.S.O.,

Enclosed is a donation from the Edmonton Area Intergroup, from all groups in Area 2J.

Thank you, Pat D., Edmonton, Alberta

Dear I.S.O.,

On Thanksgiving, November 22, 1962, I had to get outside to walk to a payphone to place a bet on the traditional Thanksgiving game between the Packers and the Lions. I lied and said I was going to buy the morning newspaper when my mom asked me where I was going. She knew I was lying. After a brief but not loving discussion, I went my way.

I do not remember who I bet but after dinner, my mom asked if I was gambling. A rough conversation ensued and she told me that I must move out and be on my own. I said sure, I'll be out by January 1. Mom had her own thoughts and said for me to be out by a week from Sunday. 10 days to find somewhere to live and no money.

I rented a room in a three-story home where the owners were living on the first two floors and two other guys and I were on the third floor.

My closet was in the hall and morning toilet privileges were 20 minutes. It was around \$20 cash a week and bedding and towels were changed Saturday mornings. The wife had a drinking problem and fights, screaming, and broken glasses normal. I was the receiver of tough love from my mom. It was the start of an eight-year decline ending in my joining Gamblers Anonymous on July 26, 1970.

I started out as a two dollar bettor in 1960 and basically ended as a two dollar bettor in 1970. The bets in between grew as fast as I could get more money. After I joined Gamblers Anonymous, mom and I had a conversation and she shared that

asking me to leave was the most difficult decision she ever had to make. She said she cried herself to sleep for six months.

I shared with her that it was the right thing to do. Our relationship blossomed for the next 38 years. I have been blessed that I chose to surrender, become teachable, listen to my peers, and get involved in the program resulting in a better way of life.

After 53 years plus, I continue to believe Gamblers Anonymous is life and gambling is death. A big thanks to Bill W., and Doctor Bob for their union in June 1935.

In service and with serenity, Bill B., Delray Beach, Florida

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.

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
NOVEMBER 2023**

ARIZONA

L36 Marc L.
L60 Sue V.
L61 Ralph V.
L211 Jim L.
L221 Janat G.
L396 Pam K.
L546 Mo M.
L692 Doug G.
L1005 Patricia B.
L1008 Roxanne W.

CALIFORNIA

L1 Bob W.
L4 Tom M.
L6 Bill S./Kathy S.
L8 Dan B.
L21 Ed E.
L31 Russell H.
L70 Keith B.
L73 Karen H.
L87 Mike S.
L88 Valerie D.
L100 Mazi S.
L116 Rob D.
L117 Steve F.
L120 Phil C.
L158 Gagik G.
L209 Jose C.
L273 Victor S.
L298 Cathy F.
L301 Steve K.
L314 Alan S.
L384 Alvin F.
L390 Jack R.
L408 Ira B.
L432 Patrick P.
L453 Bennett S.
L476 Garret C.
L480 Ezra B.
L496 Guy H.
L561 Pilar L.
L563 Zachary Mc.
L580 Curtis G.
L593 Grant M.
L601 David L. X2
L609 Kathie S.

L617 Mike Z.
L623 Lucille T.
L636 Bob C.
L648 Edward K.
L678 Lynnell B.
L701 David L.
L716 James B.
L772 Ara H.
L834 Candice B.
L836 Albert Y.
L871 Greg D.
L907 Joseph G. X2
L908 Jordan K.
L914 Jane J.
L946 Estella M. X2
L963 Eric F.
L965 Brandon S.
L1000 Willie F.
L1001 Ray J.
L1003 Sean N.
L1007 Dean W.

COLORADO

L147 Lou W.
L950 Ron G.

CONNECTICUT

L581 Paul S.
L978 Paul D.

FLORIDA

L2 Bill B.
L81 Paulette T.
L97 Chuck R.
L143 Neal G.
L160 Jim C.
L175 Lloyd A.
L205 Steve P.
L225 Kevin K.
L233 Robert M.
L251 Frank G.
L261 Stephen S.
L313 Herman G.
L323 Richie S.
L351 Russell H.
L420 Mark S.
L429 Dennis S.
L450 Neil S.
L483 Victor C.

FLORIDA (cont)

L511 Chris N.
 L549 Patricia P.
 L573 Steven C.
 L590 Dennis A.
 L607 Debbie M.
 L627 Pauline F.
 L695 Ronald B.
 L815 Linda S.
 L840 Janice M.
 L843 Neal V.
 L844 Arnie B.
 L884 Janet H.
 L904 Marlon D.
 L909 Chin W.
 L944 Brent S.
 L945 Eugene K.
 L956 Thomas C.
 L979 Rebecca P.
 L989 Lois H.
 L993 Carlos M.
 L1002 Jim O.
 L1010 James T.

GEORGIA

L672 Tony L.

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.

KENTUCKY

L115 Laura S.
 L195 Steve B.
 L947 Gary B.

LOUISIANA

L27 Betty S.
 L354 Kathy S.
 L1012 Leanne W.

MARYLAND

L162 Jim D.

MASSACHUSETTS

L598 Vinny S.
 L1006 Jodi P.

MICHIGAN

L272 Joann D.

MINNESOTA

L803 Renee G.

NEVADA

L75 KC B.
 L325 Terry D.
 L410 Joanne F.
 L439 Ira K.
 L486 Zeny K.
 L599 Igor K.
 L612 Dan Mc.
 L669 Terri R.
 L690 Lenore D.
 L837 Harriet K.
 L841 Rob P.
 L846 Bobby B.
 L974 Mark G.
 L976 Steve D.

NEW JERSEY

L94 Tom D.
 L174 Mike D.
 L179 Chris N.
 L183 Robin D.
 L197 Vincent B.
 L212 Marshall R.
 L223 Fred D.
 L266 Kivey G.
 L295 Ted S.
 L311 Andrew D.
 L349 George L.
 L356 Andy R.
 L433 Joseph F.
 L438 Matthew C.
 L497 Dave S.
 L524 Richard T.
 L547 John P.
 L589 Ronald W.
 L699 Craig H.
 L856 Scott B.
 L863 Kathleen P.
 L961 Tom C.
 L985 Tristan D.
 L1009 Andrew R.

NEW MEXICO

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

NEW YORK

L322 Stuart B.
 L465 Mohammed M.
 L516 Susan W.
 L622 Andrew C.

NEW YORK (cont)

L852 Norberto B.
 L882 Joe B.
 L887 Pierre J.
 L951 Brad B.

OHIO

L948 Ed G.
 L986 Anthony K.

OREGON

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

PENNSYLVANIA

L40 Dan M.
 L71 Marla J.
 L345 John B.
 L533 Debbie D.
 L822 David S.

SOUTH DAKOTA

L641 Dale A. X2

TEXAS

L245 Alan S.

WASHINGTON

L425 Terry D.
 L659 Connie M.

WISCONSIN

L443 Constance T.
 L988 Jeffrey R.

CANADA

L236 Steve W.
 L257 Andre G.
 L275 Paul N.

VENMO/ZELLE

L1011 Dylan K.

**INDIVIDUAL LIFELINER DONATIONS
 NOVEMBER 2023**

ARIZONA (10)	295.00	NEVADA (14)	350.00
CALIFORNIA (54)	4,699.67	NEW JERSEY (24)	560.00
COLORADO (2)	35.00	NEW MEXICO (3)	50.00
CONNECTICUT (2)	60.00	NEW YORK (8)	269.00
FLORIDA (37)	1,392.00	OHIO (2)	70.00
GEORGIA (1)	80.00	OREGON (3)	70.00
HAWAII (2)	78.00	PENNSYLVANIA (5)	110.00
ILLINOIS (5)	50.00	SOUTH DAKOTA (1)	20.00
INDIANA (1)	15.00	TEXAS (1)	50.00
KENTUCKY (3)	260.00	WASHINGTON (2)	20.00
LOUISIANA (3)	40.00	WISCONSIN (2)	25.00
MARYLAND (1)	15.00	CANADA (3)	255.00
MASSACHUSETTS (2)	61.00	V&Z (1)	50.00
MICHIGAN (1)	5.00		
MINNESOTA (1)	10.00	TOTAL (194)	\$8,944.67.00

ANNIVERSARIES

55 YEARS	MALCOLM B.	12/6	San Diego, CA
48 YEARS	MARTY D.	12/4	Woodbury, NY
46 YEARS	CAM L.	11/25	Calgary, AB
44 YEARS	KAREN H.	12/9	Rancho Cucamonga, CA
38 YEARS	MIKE G.	12/26	Douglaston, NY
36 YEARS	CHRIS G.	12/9	Rancho Cucamonga, CA
35 YEARS	BRAD B.	12/6	Massapequa Park, NY
	CHARLES B.	12/19	Las Vegas, NV
	SIGI H.	12/19	Douglaston, NY
33 YEARS	JEAN-PHILIPPE L.	12/4	Laval, QB
	TOM D.	12/19	Voorhees, NJ
	TOM S.	12/20	Patchogue, NY
	JOHN C.	12/27	Patchogue, NY
	MIKE H.	12/27	San Diego, CA
30 YEARS	MARK A.	12/9	East Northport, NY
29 YEARS	WOODY H.	12/9	Rancho Cucamonga, CA
27 YEARS	BRUCE H.	12/9	Yonkers, NY
	BARRY B.	12/13	Patchogue, NY
	ED N.	12/31	San Diego, CA
24 YEARS	VICKY M.	12/7	Las Vegas, NV
	ANNE D.	12/11	Verdun, QB
	PAUL R.	12/12	Las Vegas, NV
23 YEARS	CAROL M.	9/6	Plantation Zoom, FL
22 YEARS	ROSS A.	12/6	Rocklin, CA
21 YEARS	LUKE E.	12/10	Settlement House/SFX, NY
	KENNETH M.	12/18	Dallas, TX
19 YEARS	HOWARD M.	11/7	Plantation Zoom, FL
	IRENE D.	12/4	Las Vegas, NV
18 YEARS	HARRIET K.	12/6	Las Vegas, NV
	ANITA R.	12/9	Rancho Cucamonga, CA
	FRANCOIS D.	12/12	Montreal, QB
17 YEARS	BARB L.	10/1	Ft. Lauderdale, FL
	MIKE S.	12/16	Las Vegas, NV
	CYNTHIA H.	12/19	Las Vegas, NV
16 YEARS	LINDA M.	12/21	Las Vegas, NV
	MICHAEL M.	12/21	San Diego, CA
15 YEARS	JEFF K.	12/1	Santa Monica, CA
	JUSTINE C.	12/2	San Diego, CA
	REJEANNE G.	12/4	Verdun, QB
	STEVE C.	12/5	Rawdon, QB
	GARY C.	12/15	Las Vegas, NV
	DAN K. #1	12/21	Staten Island, NY
	ED B.	12/27	Henderson, NV
14 YEARS	JEAN D.	12/1	Santa Monica, CA
	GLENN E.	12/6	East 87th Street, NY
	PETER B.	12/12	New Hyde Park, NY
	PETER B.	12/18	Howard Beach, NY

13 YEARS	OSCAR W.	12/5	Sierra Madre, CA
	LILLIAN S.	12/7	San Diego, CA
	IRA M.	12/9	Reseda Zoom, CA
	ROBERT T.	12/13	San Diego, CA
	SANDY	12/15	Calgary, AB
	JOE B.	12/16	Henderson, NV
12 YEARS	MIKE S.	12/20	Bensonhurst Recovery, NY
	LULU L.	12/2	San Diego, CA
	DARNELL B.	12/4	Lancaster, CA
	NICK S.	12/12	Douglaston Zoom, NY
11 YEARS	BRUCE R.	12/13	East 87th Street, NY
	APRIL S.	12/18	San Diego, CA
	TOM S.	12/1	Gardena Friday Zoom, CA
	ANNETTE S.	12/5	Calgary, AB
10 YEARS	ANDY U.	12/8	Santa Monica, CA
	ROGER C.	12/18	Lindenhurst, NY
	JOE P.	12/6	Toronto, ON
9 YEARS	JOHN J.	12/10	Windsor, ON
	NATHALIE L.	12/17	Montreal, QB
	BILL M.	12/3	San Diego, CA
8 YEARS	PILAR L.	12/3	Griffith Park, CA
	CANDACE S.	12/9	Griffith Park, CA
	BOB R.	12/14	Marlton, NJ
	ZIVIA G.	10/15	Ft. Lauderdale, FL
7 YEARS	ALEX S.	12/12	East 31st Street, NY
	KEN F.	12/19	Calgary, AB
	STEF R.	12/26	Voorhees, NJ
	LISE L.	12/3	Magog, QB
6 YEARS	CHRIS D.	12/6	East 87th Street, NY
	BONNIE P.	12/7	Las Vegas, NV
	HIROKO S.	12/11	San Diego, CA
	VALERIE W.	12/11	San Diego, CA
	KEITH A.	12/16	Yonkers, NY
	LUC M.	12/22	Las Vegas, NV
5 YEARS	JANET H.	9/26	Plantation, FL
	ANDREW D.	12/13	Forest Hills, NY
	ADRIENNE D.	12/23	San Diego, CA
4 YEARS	TAMMY C.	12/1	San Diego, CA
	CHRIS	12/5	Calgary, AB
	MIKE R.	12/12	Voorhees, NJ
	ERIC H.	12/12	San Diego, CA
3 YEARS	DENNIS G.	12/15	San Diego, CA
	EDUARDO P.	10/4	Ft. Lauderdale, FL
	MITCH L.	12/5	Howard Beach, NY
	DEBBY P.	12/8	Santa Monica, CA
	ROB S.	12/11	Woodbury, NY
	NAE B.	12/17	San Diego, CA
2 YEARS	JERRY A.	12/22	San Diego, CA
	JUSTIN W.	12/2	Plantation, FL
	DAN G.	12/3	San Diego, CA
	ROB G.	12/6	Patchogue, NY

3 YEARS (cont)	TOMMY D.	12/6	Staten Island, NY
	ALAN T.	12/9	Rancho Cucamonga, CA
2 YEARS	EUGENE K.	10/24	Plantation, FL
	COREY S.	11/3	Plantation, FL
	PAUL D.	11/14	Plantation, FL
	HARRIS C.	12/5	East 31st Street, NY
	SLAVA S.	12/7	Congers, NY
	BABA A.	12/11	Mount Vernon, NY
	STEVE R.	12/11	Moorestown, NJ
	FELIX P.	12/12	East 31st Street, NY
	LUCAS B.	12/12	Ft. Worth it Online, TX
	CHRIS S.	12/16	San Diego, CA
	SHARLINE S.	12/25	Las Vegas, NV
	MARIA O.	12/31	Las Vegas, NV
1 YEAR	CHRISTINA J.	10/2	Ft. Lauderdale, FL
	RACHAEL P.	10/2	Plantation, FL
	ERIK S.	10/28	Dayton Zoom, OH
	MICHAEL C.	11/20	Ft. Lauderdale, FL
	DAVE C.	12/1	Las Vegas, NV
	LORY P.	12/2	Downey, CA
	ANTHONY Y.	12/3	Plantation, FL
	DEBBIE B.	12/3	Hamilton Square, NJ
	BEN C.	12/5	West Hartford, CT
	BRENDON W.	12/5	Canton, MA
	GIBSON C.	12/5	East 31st Street, NY
	ROBIN R.	12/5	Windsor, ON
	DAN M.	12/7	Hamilton, ON
	JOE M.	12/9	Griffith Park, CA
	LOUIS K.	12/9	Staten Island, NY
	PENNY D.	12/10	Las Vegas, NV
	CLAUDETTE V.	12/11	Verdun, QB
	GRANT G.	12/12	Ft. Worth it Online, TX
	JOEL S.	12/12	Voorhees, NJ
	SEAN C.	12/12	Henderson, NV
	MORRIS S.	12/13	East 87th Street, NY
	JOEL S.	12/14	Salem, NJ
	CHUCK K.	12/15	Santa Monica, CA
	JOE G.	12/18	Woodbury, NY
	SAMIR C.	12/18	Mount Vernon, NY
	JOSH K.	12/19	East 31st Street, NY
	KEVIN L.	12/19	Soquel, CA
	JOE G.	12/20	Staten Island, NY
	JEAN N.	12/24	Henderson, NV
	BARBARA H.	12/28	Wantagh, NY
	ADAM H.	12/29	San Diego, CA

I.S.O. CAN CONTRIBUTIONS NOVEMBER 2023

CALIFORNIA

C16	Anaheim Monday PM	27.00	C1002	Burbank Monday	109.00
C28	Anaheim Sunday PM	24.00	C1012	Irvine Thursday	78.00
C29	Anaheim Tuesday Noon	9.00	C1017	Simi Valley Thursday	55.33
C46	Anaheim Saturday AM Women's	25.00	C1050	Yuba City Tuesday	24.00
C77	San Diego Intergroup	257.00	C1105	Sacramento Stop & Grow Saturday AM	54.00
C82	Anaheim Thursday PM	92.00	C1403	Rancho Cucamonga Wednesday PM	19.00
C184	Sacramento Tuesday AM	100.01	C1411	Rancho Cucamonga Monday Noon	22.00
C185	Sacramento Thursday	22.00	C1442	Burbank Tuesday AM	20.00
C187	Sacramento/Fair Oaks Saturday PM	30.00	C1538	Anaheim Tuesday PM	16.00
C194	Orangevale Friday PM	85.00	C1730	Rancho Cucamonga Wednesday Zoom	10.00
C588	Burbank Friday PM	26.00			
C765	Fair Oaks Thursday AM	38.00			
C949	Mission Viejo Friday	9.00			

CONNECTICUT

C415	West Hartford Monday	70.00
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FLORIDA

C251	Clearwater/Windmoor Thursday	25.00	C262	Plantation Friday PM	7.00
			C263	Plantation Wednesday PM	17.00

GEORGIA

C1539	Norcross Sunday	10.00
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ILLINOIS

C72	Edison Park Tuesday	15.00	C1207	Lisle Women's Monday	40.00
C146	Elgin Sherman Oaks Hospital Sunday	16.00	C1506	St. Elizabeth	25.00
C1104	Downers Grove Saturday	54.00	C1566	Gurnee Thursday	100.00

LOUISIANA

C849	Slidell Sunday	45.00
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MASSACHUSETTS

C792	Hanson Thursday PM	24.00	C830	West Bridgewater Saturday AM	34.00
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NEVADA

C42	G.A. of Southern Nevada	891.75
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NEW JERSEY

C1457	Marlton Thursday	25.00
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OHIO

C1271	Bexley Tuesday PM	45.00
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OREGON

C1480 Oregon City Friday 30.10

RHODE ISLAND

C501 Rumford Tuesday PM 130.00

WASHINGTON

C383 Spokane Valley 100.00

CANADA

C797 Montreal English Groups 604.18

**I.S.O. CAN CONTRIBUTIONS
FOR GRATITUDE WEEK
NOVEMBER 2023**

CALIFORNIA

C194 Orangevale Friday PM 30.00

CANADA

C797 Montreal English Groups 253.86

**GROUP CONTRIBUTIONS
NOVEMBER 2023**

CALIFORNIA

Anaheim Monday Zoom 20.00
 Burbank/North Hollywood
 Zoom 13.00
 Griffith Park Sunday 100.00
 Hollywood Saturday 9.00
 L.A. Griffith Park Saturday 31.00
 Lakewood/Paramount
 Thursday 196.00
 Lincoln Wednesday 16.00
 Lincoln Friday AM 15.00
 Lincoln Sunday 25.00
 Oakland Friday Zoom 10.00
 Oroville Monday PM 71.00
 San Pablo Wednesday 250.00
 Sierra Madre Tuesday 65.00
 Ventura Sunday 29.00
 Walnut Creek Tuesday Zoom 40.00
 Westlake Tuesday 20.00

COLORADO

Littleton Sunday 25.00

FLORIDA

Boca Raton Monday Women
 Helping Women 20.00
 Boynton Beach Tuesday 20.00
 Bradenton/Lakewood Ranch
 Monday 50.00
 Delray Beach Sunday –
 Crossroads 86.00
 Fort Myers Thursday 25.00
 Ft/ Lauderdale 12 Step House 10.00
 North Ft. Myers 50.00
 Plantation Tuesday 44.00
 Pompano Beach Wednesday 50.00
 Port St. Lucie Wednesday 10.00

DELAWARE

Wilmington Tuesday 30.00

GEORGIA

Norcross Sunday Korean 10.00

ILLINOIS

Belleville Monday/Thursday 100.00
 Springfield 25.00

MAINE					
York	10.00			Tulsa Wednesday@ Boston	50.00
MASSACHUSETTS				PENNSYLVANIA	
Indian Orchard	75.00			Bala Cynwyd Monday	30.00
N. Andover Tuesday	59.00			Collegeville/Trappe Thursday	40.00
NEVADA				Harrisburg Monday 20.00	
Las Vegas-Nuevo Comienzo	50.00			Havertown Monday	30.00
NEW JERSEY				Media Wednesday	60.00
Carlstadt Wednesday	50.00			NE Philadelphia Wednesday	25.00
Edison Saturday AM	100.00			TEXAS	
Freehold Friday	50.00			Dallas Pathways Sunday	45.00
Hasbrouck Heights Saturday	75.00			Fort Worth Monday	45.00
Metuchen Tuesday	50.00			You are Fort Worth It Online	130.00
Ocean Monday	100.00			WASHINGTON	
Old Bridge	60.00			Bellevue Saturday AM	50.00
Toms River Saturday	25.00			Edgewood/Milton Saturday	15.00
Westwood Monday	25.00			Issaquah Wednesday	10.00
NEW YORK				Mount Vernon Tuesday	25.00
Baldwinsville Thursday	20.00			Snohomish Friday PM	10.00
Eastside Chapter	200.00			Spokane @ Country Homes	100.00
Staten Island St. Patrick's				Tacoma Monday	30.00
Thursday	10.00			WISCONSIN	
Woodbury Monday	50.00			Steven Point Monday	20.00
Yonkers Saturday AM	75.00			CANADA	
NORTH CAROLINA				Alberta	
Raleigh Thursday	50.00			Calgary Tuesday Algamus	33.60
OHIO				St. Albert Serenity Zoom	207.66
Geneva Wednesday	31.00			KOREA	
OKLAHOMA				Seoul	60.00
South Oklahoma	175.00			MEXICO	
				Primer Paso, Monterey	223.16

GROUP CONTRIBUTIONS FROM GRATITUDE WEEK NOVEMBER 2023

FLORIDA				Calgary Thursday Varsity	143.74
Brandon Monday/Friday	20.00			Calgary Saturday Reflections	71.20
ILLINOIS				MEXICO	
Springfield	66.00			Libertad, Mexicali	55.79
MINNESOTA				Mi Recuperacion, Tijuana	44.63
Edina Saturday Speaker	57.00			Primer Paso, Monterey	44.63
CANADA				Serenidad, Guadalajara	36.26
Alberta				Transcender, Cd. Obregon	111.58
Calgary Monday Southwood	71.20			Un Dia A La Vez, Merida	27.90
Calgary Tuesday McKenzie	36.45			Vuelve A Vivir, Merida	34.20
Calgary Tuesday Algamus	33.60			Colombia	
Calgary Tuesday Zoom	33.60			Area 33 Colombia RSO	100.00
Calgary Wednesday Winston					
Heights	14.95				

**INTERGROUP CONTRIBUTIONS
NOVEMBER 2023**

Baton Rouge	50.00	Maryland	200.00
Greater Sacramento	30.00	New England	99.50
Houston/Gulfcoast	50.00	New Jersey	450.00
Inland Empire	50.00	Northern Nevada	192.00
Inland Empire Intergroup Zoom . . .	11.00	Orange County	50.55
Intergroup of the Carolinas	100.00	Pittsburgh/Wheeling	200.00
L.A. Intergroup	150.00	Western Washington	20.00
Long Island	495.00	Intergroup Edmonton and Area 2J	519.50

**INTERGROUP CONTRIBUTIONS
FROM GRATITUDE WEEK
NOVEMBER 2023**

G.A. of Southern Nevada	1,000.00
British Columbia and Alaska	70.00

**NATIONAL HOTLINE DONATIONS
NOVEMBER 2023**

Area 1	Intergroup L.A.	14.00
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**ONE TIME INDIVIDUAL MEMBER DONATIONS
FROM GRATITUDE WEEK
NOVEMBER 2023**

Shi E., Canada

**BULLETIN SUBSCRIPTIONS
NOVEMBER 2023**

None

**ONE TIME DONATIONS
NOVEMBER 2023**

One-Time Donation
Sunday A.M. phone meeting, Miscellaneous Areas

One-Time Donation (#2)
Sunday A.M. phone meeting, Miscellaneous Areas

One-Time Donation in honor of the following anniversaries –
Mo M., 31 years, Dick B., 15 years, and Chris S., 2 years.
Syracuse, New York

One-Time Donation
Matt P., Jindalee, Queensland

One-Time Donation in honor of 28 years without a bet.
Ara H., Burbank, California

One-Time Donation in memory of Marshall G.
Paul G., Austin, Texas

One-Time Donation from picnic.
Toms River Saturday, New Jersey

One-Time Donation in memory of Dieter M. of Southern Alberta Intergroup,
who passed away at 80 years old
and in memory of Nancy N., wife of Ken N. who passed away at 90 years old
and in memory of Bill B., Bronx, New York
Richard C., Calgary, Alberta

One-Time Donation in congratulations to Lew B., 37 years, New York;
Jeanne B., 26 years, Minneapolis; Kathy B., 25 years, Roseburg, OR;
and Candyce L., 19 years, Eugene, OR.
Anonymous, Oregon

One-Time Donation from the proceeds of the 21st Marathon Day
held on October 28, 2023.
Greater Vancouver Area, British Columbia

One-Time Donation
Donald A., Santee, California

One-Time Donation
Zivia G., Ft. Lauderdale, Florida

One-Time Donation in honor of Paul N.'s 23 years.
Sharlene, Surrey, British Columbia

One-Time Donation in honor of Nancy W.'s 3 year anniversary
from Prairie Village, Kansas.
Bill B., Delray Beach, Florida

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

CASH IN OPERATING ACCOUNT NOVEMBER 1, 2023	\$ 95,577.24
INCOME FOR NOVEMBER 2023	
Group Contributions	4,064.42
Intergroup Contributions	2,667.55
ISO Can Contributions	3,459.37
Lifeliners Contributions	8,994.67
National Hotline Donations	14.00
Gratitude Week	2,367.27
Bulletin Subscriptions	0.00
One-Time Donation	1,548.20
E-Reader	6.14
Literature Shipping	3,788.50
Sale of Literature	23,226.85
Sales Tax Collected	222.79
Interest from Checking Account	0.77
Merchant Svs Cash Reward	1.17
Pay Pal Literature Process Fees	857.30
Chicago B.O.T. Mtg. Donations - Four Sessions	1,087.83
2023 Fall Conference Walk-a-thon	2,004.00
TOTAL	\$ 54,310.83
CASH AVAILABLE FOR OCTOBER	<u>\$149,888.07</u>
EXPENSES FOR NOVEMBER 2023	
Rent & Cam Fees	4,493.76
Payroll	14,375.40
Payroll Taxes (Federal & State)	1,214.17
Payroll Processing Fee	216.81
½ of Accounting Fees-Final Payment	4,750.00
Office Expenses	366.61
Health Insurance	1,174.04
Telephone/Internet Bill	495.20
Electric Bill	176.89
Gas Bill	43.54
Maintenance/Monitoring ADT Alarm	42.55
Monthly Air Conditioning/Heater Maintenance	30.00
Match for Employees Simple IRA	798.72
Fall 2023 Chair B.O.R. Mtg. Expense	1,321.28
Fall 2023 I.E.S. Mtg. Expense	749.75
New Office Equipment	1,332.75
Visa/MC Service Fee	68.46
Literature	10,172.61
Pay Pal Literature Processing Fees	857.30
Postage	3,000.00
Lifeline Bulletins	595.50
TOTAL EXPENSES	<u>\$ 46,275.34</u>
MONTHLY NET INCOME (NET LOSS)	\$ 8,035.49
CASH IN OPERATING ACCOUNT AS OF NOVEMBER 30, 2023 ..	\$103,612.73
FISCAL YEAR STARTING JULY 1ST TO DATE NET INCOME (NET LOSS)	\$ 24,288.23

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!!