



December 2024

**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 16, 2024**

Call to order: The Chair, Ara H., 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: Ara H., Bob W., Joe C., John C., Laura M., Valerie D., Zach M. and Israel A., Office Manager.

Present by Zoom: Arnie B., Jo K. and KC B., International Executive Secretary, Pete K., Chair Board of Trustees

A. Minutes for October 19, 2024.

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 2024.

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

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

OLD BUSINESS

A. Office Manager Report – Israel A.

- Life-Liners – 0
- New Cans – 0
- Group Information Request Forms Received – 0
Group Information Request Forms received prior to sending out Starter Kits:8. Eight Starter Kits were sent out as follows after receiving the Group Information Request Forms for the month of September:
Cottonwood, AZ Delray Beach, FL Lafayette, LA
Granite Falls, MN New York, NY Ruidoso, NM
Columbus, OH Mooresville, SC

- Prison Starter Kits Sent Out – 0
- Venmo and Zelle donations were \$2,637.62; Groups (18) \$1,187.00, 1X Donations (5) \$274.00, Life-Liner donations (16) \$495.00, and I.S.O. Can Contributions (5) \$316.62.
- Audit was completed and signed off by BOR Chair, Ara H.
- Spanish Blue Book was received but cover was misspelled.

A motion was made to destroy the inventory that was received as requested by the printer and to receive a \$1000 compensation for new order that will be placed asap.

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

B. International Executive Secretary Report – KC B.

- Completed October bulletin.
- November bulletin will include IES letter regarding upcoming BOR elections of new members.
- Letters to Intergroups & Trustees will go out first week of December.
- Attended the B.O.T. meeting in Cherry Hill, NJ.
- Beginning to work on minutes that were damaged during transport but audio recording is fine.

C. CHAIR OF BOARD OF TRUSTEES – PETE K.

- Pete K. was welcomed by Chair & B.O.R. members.
- An overview of the Cherry Hill B.O.T. meeting was given.
- Literature sales & dates concern has been addressed and resolved.

D. DISCUSS TRUSTEE AGENDA AND RESULTS THAT AFFECT THE B.O.R./ISO OFFICE.

- Approved By-Laws 2nd vote #15.
- New literature #16 (There is help brochure) passed the 1st vote and Chair reported that literature pricing was given.

E. DISCUSS UPDATE ON WEBSITE.

- The update was given regarding the meeting spreadsheet that's nearing completion.
- Website Committee to meet and review before "Going Live".

A motion was made to table this item till the November meeting.

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

F. DISCUSS UNITY STEP 7.

- Discussion ensued and it was noted that Unity Step 7 is applicable to groups and that the ISO is a corporation therefore receiving charitable and outside contributions should be acceptable as long as there are no strings attached. (In legal terms: No quid pro quo requested.) These will be listed as miscellaneous donations.

A motion was made to accept the donations received and list these as miscellaneous donations.

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

NEW BUSINESS

A. DISCUSS B OF A BANK FLEXIBLE CD MATURING ON NOVEMBER 11, 2024.

A motion was made to allow the CD to roll over at the current interest rate.

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

B. DISCUSS US BANK CD MATURING ON NOVEMBER 16, 2024.

A motion was made to allow CD to roll over at current interest rate.

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

C. DISCUSS EMPLOYEE HEALTH INSURANCE.

A motion was made to approve the rate proposal for 2025 Employee Health Benefits.

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

D. APPROVE THE EXPENSES FOR THE CHAIR OF B.O.R. ATTENDING THE TRUSTEE MEETING IN CHERRY HILL, NJ.

A motion was made to approve expenses for the B.O.R. Chair.

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

E. DISCUSS EMPLOYEE HOLIDAY SCHEDULE.

A motion was made to give all employees December 26 & 27th and January 2 & 3rd off.

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

F. DISCUSS CHANGING THE MAY 2025 B.O.R. MEETING DATE.

A motion was made to move the May B.O.R. meeting to May 10, 2025.

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

Number of people who called in to listen to the meeting: 2

Collected: \$60.00

The meeting ended with the Serenity Prayer at 11:00 A.M.

The next meeting will be December 14, 2024.

Respectfully submitted by Valerie D., Secretary

HELP IS AVAILABLE!

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

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

UNITY PROGRAM

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

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

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

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

Step 12 – Anonymity is the spiritual foundation of the Gamblers Anonymous program, ever reminding us to place principles before personalities.

The most simple expression of humility can be considered our anonymity. As the Twelve Recovery Steps deal with us on an individual basis, the Twelve Steps of Unity help us deal in working with others.

The Twelve Steps of Unity repeatedly asks individuals to give up personal desires for the common good. Thus, the spirit of humility, which is the basis for anonymity, prevails. Members willingly sacrifice personal identity in order to preserve the collective reputation of the Fellowship and the group. The individuals ideas and desires sometimes have to be suppressed in order to preserve group unity. It can be said that it's "what is said" that counts, not who says it.

In Gamblers Anonymous, the principles of the Fellowship are placed before personalities, without exception. With the practice of anonymity, the principle of humility is truly at work, and it is this all-encompassing quality that permeates Gamblers Anonymous life everywhere.

- a. *Define/discuss anonymity, spiritual foundation of the Gamblers Anonymous program, principles before personalities.*
- b. *What is Gamblers Anonymous?*
- c. *What would happen to me if Gamblers Anonymous disappeared?*
- d. *Do I repeat anything personal about another GA member outside the rooms? Is it OK to discuss this with my sponsor?*
- e. *Does my home group value the group conscience or are we swayed by the views of one or more strong-minded members?*
- f. *How does Unity Step 12 maintain my meeting to be safe for all, and welcoming to newcomers?*
- g. *How do I view anonymity in the program and in my own life?*
- h. *What is the Guidance Code of Gamblers Anonymous? Does it apply to everyone in the fellowship?*
- i. *How is there strength in unity?*
- j. *There are several principles that may apply to this step. Elaborate on how each of the following applies to Unity Step 12: spirituality, anonymity, principles before personalities, tolerance, respect.*

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, 2025, through June 30, 2027) you must be a member of Gamblers Anonymous that has abstained from gambling for at least two (2) years as of March 1, 2025, and has attended Gamblers Anonymous meetings regularly.

The Board of Regents meets on the 3rd Saturday of each month at 9:30 AM Pacific Standard Time at the International Service Office in Upland, California. The members who live outside the 100-mile area will attend the meeting via a conference/virtual call for 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 100 miles from the International Service Office, physical attendance constitutes presence. For Board members residing within 100 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 100 miles a physical, telephonic or video conferencing attendance constitutes presence. A maximum of four (4) Regents residing outside of 100 miles of the International Service Office who do not physically attend meetings can be seated at one time.

Several 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 would love to have you serve the fellowship. 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 of this Corporation or as a 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) to Israel A. at israel@gamblersanonymous.org or mail to:

G.A.I.S.O.
1306 Monte Vista Avenue, Suite #5
Upland, CA 91786-8223
ATTN: B.O.R. APPLICANTS

To be received **no later than February 1, 2025.**

The Ballots will be going out to all Area Trustees to be voted by their respective Areas on or before March 1, 2025.

If you have any questions regarding the above, please contact Israel A. or Ara H., Chair, Board of Regents.

From the desk of your International Executive Secretary.

As we complete the December bulletin, I'd like to say thank you to all of you who have continuously contributed to the ISO and its ability to help the compulsive gamblers who still suffer. I appreciate all you do to help the fellowship continue growing. We could not do this without you.

If you've wondered how you can give back, you could become a LifeLiner. If you aren't already, please consider signing up as a LifeLiner and contribute monthly so that the I.S.O. can continue its amazing work of getting literature out and helping people find meetings all over the world.

You'll notice that information about running for election to the Board of Regents is in this bulletin. All instructions are in that letter. If you have any other questions about the process, just reach out and I'll either answer your questions or get you in touch with someone who can. Every two years, in the odd years, we elect nine members of the Board of Regents. These members will have the responsibility and opportunity to make sure the International Service Office is run responsibly and efficiently. The letter to Intergroups will have been mailed by the time you read this bulletin. It will explain how a member needs to put in to be elected to the Board of Regents. The Trustees will vote for the Regents in the spring and the results will be announced during the Spring Board of Trustees meeting that will be held in St. Louis, Missouri in May 2025.

As we roll through the last month of 2024, what are you most grateful for? For me, it's this program, the fellowship and my recovery that I've been blessed with. I work everyday to not take advantage of the life I have today. I strive to put my recovery first above all else, for without my recovery, I would have nothing else. I hope you and your family have a wonderful holiday season.

I am so grateful for this program and the members. You teach me on a daily basis, and I couldn't do it without you. Thank you for being on this journey with me.

Yours in recovery and gratitude, KC B.

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

Instructions for Kindle purchase:

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

1. To create an Amazon account, log on to Amazon.com and follow instructions.
2. Download a Kindle app for iPhone, Android, iPad, tablet, PC or Mac computer.
3. Log on to Amazon.com
 - A. Scroll down and tap or left click on Barnes & Noble. In the column to the right, tap or left click on Kindle Books. In the search box enter Combo Book.
 - B. Scroll down to locate the book and tap or left click on Combo Book.
 - C. Tap or left click on Purchase. The book will automatically download to your device in the Kindle App.
 - D. Tap or left click on Kindle App to locate Combo Book.

LITERATURE – SUGGESTIONS

If you just started your recovery with Gamblers Anonymous:

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

If you have joined a little while ago:

- Beyond 90 Days booklet (small or large print).
- Sponsorship booklet.
- Sponsor/Sponsee relationship – HOW it works.
- Pressure relief Group Meeting Handbook.
- Pressure relief workbook.

- Information packet.
- A Day at a Time meditation book.
- Big Book – Sharing Recovery through GA.
- Have I quit the Fellowship?

If you are working the Steps:

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

If you are interested to know more about GA, its structure, and its groups:

- Group Handbook Guide booklet.
- Guidance Code (trusteeswebsite.com).
- Short term Group sponsorship.
- Suggestions for a Successful 90-day room.
- Suggestions for New Member Retention.
- Treasury Guideline Example.
- A Guide to Regional Service Offices.
- Intergroup Handbook.
- Public Relations flyer.
- Towards Recovery in Prison.
- Handbook for Judiciary, Lawyers, Counselors etc.
- The Stock market, Retirement accounts and Gamblers Anonymous.
- The First 40 years.
- Let's Host a Mini-Conference pamphlet.
- Hosting an International Conference pamphlet.

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

GROUP NEWS

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

Dear I.S.O.,

Thank you for your service.

Judy M., Clearwater, Florida

Dear I.S.O.,

Thank you for all you do at the I.S.O. for Gamblers Anonymous.

Frank M., Delray Beach, Florida

Dear I.S.O.,

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

Thank you for all the good work that you do.

In Unity, Scott S., Philadelphia, Pennsylvania

Dear I.S.O.,

I hope this finds you safe and well.

Thanks again for all you do.

Anonymous, Oregon

Dear I.S.O.,

Enclosed is a donation from Monday Naples, Florida.

Thank you for your service.

Bud W., Naples, Florida

Dear I.S.O.,

Enclosed is a donation from the Columbia-Willamette Intergroup (Area 2G).

Thank you so much for all the work you do for us.

In friendship, Kevin Mc., Columbia-Willamette Intergroup, Oregon

Dear I.S.O.,

Thank you for your service.

GA Metuchen Tuesday, New Jersey

Dear I.S.O.,

You have helped us a lot.

Thank you, Helene M., Stevens Point, Wisconsin

Dear I.S.O.,

Thank you so much for all you do.

Enclosed is a check for Gratitude Week from the Florida West Coast Intergroup (Area 6A).

Kind regards to all, John G., Florida

ANNOUNCEMENT OF UPCOMING EVENTS

If your area has an upcoming mini-conference, or other activity you'd like put here in the Announcement area, please send it to isomain@gamblersanonymous.org or ies@gamblersanonymous.org.

**NEW WORLD RECOVERY
2025 DELAWARE VALLEY INTERGROUP & UNITY MINI
CONFERENCE
FEBRUARY 1-2, 2025
Radisson Hotel Philadelphia Northeast
2400 Old Lincoln Highway
Trevose, PA 19053**

For more information, please email me at ies@gamblersanonymous.org and I'll get you in contact with someone in that area.

**A DAY IN HUMILITY
2025 SJIG GAMBLERS ANONYMOUS/GAM-ANON MINI
CONFERENCE**

SATURDAY, APRIL 26, 2025

Hope Church, 700 Cooper Road

Cherry Hill, NJ 08043

For more information, email me at ies@gamblersanonymous.org and I'll get you in contact with someone in the area and/or send you a copy of the flier.

**RECOVERY & THRIVE 2025
GASN & GAM-ANON MINI-CONVENTION**

SATURDAY, APRIL 26, 2025

Christ the King Catholic Church, 4925 S. Torrey Pines Drive

Las Vegas, NV 89118

For more information, email me at ies@gamblersanonymous.org and I'll get you a copy of the registration form or get you in contact with someone in the area.

RETREAT FOR GA MEN & WOMEN

JUNE 13-15, 2025

Holy Name Passionist Retreat Center

430 Bunker Hill Rd., Houston, TX 77024

For more information, you can reach out to me and I'll get you in touch with someone from that area or you can visit www.holynameretreatcenter.com/12-step-retreats and click on GA Men & Women to register.

**INDIVIDUAL LIFELINER DONATIONS
NOVEMBER 2024**

ARIZONA

L36 Marc L.
L211 Jim L.
L221 Janat G.
L287 James S.
L396 Pam K.
L546 Mo M.
L692 Doug G.
L1005 Patricia B.
L1008 Roxanne W.

CALIFORNIA

L1 Bob W.
L4 Tom M.
L6 Bill/Kathy S.
L8 Dan B.
L18 Chris G.

L19 Wendy B.
L70 Keith B.
L73 Karen H.
L87 Mike S.
L88 Valerie D. X2
L100 Mazi S.
L116 Rob D.
L117 Steve F.
L120 Phil C.
L151 Murray F.
L158 Gagik G.
L209 Jose C.
L219 Leonard K.
L273 Victor S.
L298 Cathy F.
L301 Steve K.

CALIFORNIA (cont)

L314 Alan S.
 L367 Jerry L.
 L384 Alvin F.
 L390 Jack R.
 L408 Ira B.
 L432 Patrick P.
 L453 Bennett S.
 L476 Garrett C.
 L480 Ezra B.
 L496 Guy H.
 L561 Pilar L.
 L563 Zach M.
 L580 Curtis G.
 L593 Grant M.
 L609 Kathie S.
 L617 Mike Z.
 L623 Lucille T.
 L648 Ed K.
 L678 Lynell B.
 L701 David L.
 L734 Joseph C.
 L743 Doug E.
 L772 Ara H.
 L834 Candice B.
 L836 Albert Y.
 L871 Greg D.
 L907 Joseph G.
 L908 Jordan K.
 L920 Jane J.
 L965 Brandon S.
 L1000 Willie F.
 L1007 Dean W.
 L1033 Jeffrey P.
 L1038 Jon-Pierre M.

COLORADO

L147 Lou W.

CONNECTICUT

L581 Paul S.

FLORIDA

L2 Bill B.
 L81 Paulette T.
 L97 Chuck R.
 L143 Neal G.
 L160 Jim C.
 L205 Steve P.

L225

L251

L261

L313

L351

L423

L429

L450

L483

L511

L607

L627

L679

L695

L840

L843

L844

L904

L944

L945

L989

L993

L1002

L1010

L1014

L1016

L1021

GEORGIA

L672

HAWAII

L284

L553

ILLINOIS

L63

L114

L344

L823

L960

L962

L977

L1018

L1024

INDIANA

L880

KENTUCKY

L115

Kevin K.
 Frank G.
 Stephen S.
 Herman G.
 Russell H.
 Kathleen H.
 Dennis S.
 Neil S.
 Victor C.
 Chris N.
 Debbie M.
 Pauline F.
 David T.
 Ronald B.
 Janice M.
 Neal V.
 Arnie B.
 Marlon D.
 Brent S.
 Eugene K
 Lois H.
 Carlos M.
 Jim O.
 James T.
 James H.
 Paul B. X2
 Michael P.

Tony L.

Kevin H.
 David C.

Bob C.
 Ellen Z.
 Eileen Z.
 Luke W.
 Dianna R.
 Cynthia M.
 Donna M.
 Al A.
 Mary W.

Fred B.

Laura S.

KENTUCKY (cont)

L195 Steve B.
 L947 Gary B.
 L1037 Creig E.

LOUISIANA

L27 Betty S.
 L354 Kathy S.
 L1029 Roy Z.

MARYLAND

L997 Tijuanna T.

MASSACHUSETTS

L124 William C.
 L598 Vinny S.

MICHIGAN

L250 Carol K.
 L272 Joann D.

MINNESOTA

L803 Renee G.

NEVADA

L325 Terry D.
 L410 Joanne F.
 L439 Ira K.
 L486 Zeny K.
 L507 Mark S.
 L596 Leslie F.
 L599 Igor K.
 L612 Dan M.
 L669 Terri R.
 L690 Lenore D.
 L830 Jackie C.
 L837 Harriet K.
 L841 Rob P.
 L846 Bobby B.
 L1026 Michael C.

NEW JERSEY

L174 Mike D.
 L183 Robin D.
 L212 Marshall R.
 L223 Fred D.
 L266 Kivey G.
 L295 Ted S.
 L311 Andy D.
 L349 George L.
 L433 Joseph F.
 L438 Matthew C.
 L497 Dave S.

L547 John P.
 L699 Craig H.
 L863 Kathleen P.
 L985 Tristan D.
 L1019 James G.

NEW MEXICO

L572 Liane M.
 L662 Joel K.
 L847 Catherine B.
 L906 Mary F.

NEW YORK

L303 Alan J.
 L308 Jordan P.
 L516 Susan W.
 L882 Joe B.
 L887 Pierre J.
 L1035 Michael S.
 L1036 Rob S.

NORTH CAROLINA

L493 Gary G.
 L494 Mary D.
 L495 Tina V.
 L498 Suzanne R.
 L499 Mike S.
 L500 Sammy D.
 L503 Marc A.
 L504 Vivian W.
 L506 Chuck T.
 L513 Anthony D.
 L514 Silvia G.
 L515 Donna M.
 L518 Toby G.
 L510 Eric S.

OHIO

L986 Anthony K.
 L1032 Davis G.

OKLAHOMA

L543 James G.

OREGON

L584 Curt P.
 L881 Pam B.
 L1028 Stan F.
 L1034 Kevin M.

PENNSYLVANIA

L40 Dan M.
 L71 Marla J.

PENNSYLVANIA (cont)

L345 John B.
 L820 Josh S.
 L822 David S.
 L923 Mary M.

WASHINGTON

L425 Terry D.
 L659 Connie M.

WISCONSIN

L443 Constance T.
 L988 Jeffrey R. X2
 L1031 Charles R.

CANADA

L257 Andre G.
 L1023 Marc C.

INDIVIDUAL LIFELINER DONATIONS NOVEMBER 2024

ARIZONA (9)	170.00	MINNESOTA (1)	10.00
CALIFORNIA (55)	3,879.00	NEVADA (15)	490.00
COLORADO (1)	25.00	NEW JERSEY (16)	379.00
CONNECTICUT (1)	20.00	NEW MEXICO (4)	80.00
FLORIDA (33)	1,050.00	NEW YORK (7)	360.00
GEORGIA (1)	80.00	NORTH CAROLINA (14)	85.00
HAWAII (2)	129.00	OHIO (2)	98.00
ILLINOIS (9)	260.00	OKLAHOMA (1)	15.00
INDIANA (1)	15.00	OREGON (4)	85.00
KENTUCKY (4)	560.00	PENNSYLVANIA (6)	152.00
LOUISIANA (3)	40.00	WASHINGTON (2)	20.00
MARYLAND (1)	10.00	WISCONSIN (3)	75.00
MASSACHUSETTS (2)	51.00	CANADA (2)	90.00
MICHIGAN (2)	245.00	TOTAL (201)	\$8,473.00

ANNIVERSARIES

50 YEARS	PAUL S.	11/22	Boca Raton, FL
49 YEARS	PENNY H.	12/19	Yonkers Zoom, NY
	STAN H.	12/19	Yonkers Zoom, NY
45 YEARS	KAREN H.	12/7	Rancho Cucamonga, CA
40 YEARS	VINNY M.	12/29	North Andover, MA
39 YEARS	RAY G.	12/4	Forest Hills, NY
37 YEARS	CHRIS G.	12/7	Rancho Cucamonga, CA
36 YEARS	SIGI H.	12/3	Douglaston, NY
	MITCH M.	12/7	Church on the Hill, NY

35 YEARS	NICK R.	11/27	Windsor, ON
	BRUCE R.	12/12	Paramount/Lakewood, CA
	STEVE B.	12/12	Paramount/Lakewood, CA
34 YEARS	MIKE H.	12/27	Rancho Bernardo, CA
	TOM D.	12/31	Voorhees, NJ
30 YEARS	WOODIE H.	12/7	Rancho Cucamonga, CA
	WARREN D.	12/8	Boca Raton, FL
	LOU C.	12/10	East 31 st St., NY
29 YEARS	GENE S.	12/24	Voorhees, NJ
28 YEARS	BRUCE H.	12/10	White Plains, NY
	ED N.	12/31	Rancho Bernardo, CA
27 YEARS	GARY M.	10/30	Windsor, ON
	ERIC S.	11/29	Greensboro/Winston-Salem, NC
23 YEARS	DAN O.	11/30	N. Andover, MA
	BURT F.	12/6	Boca Raton, FL
	WOLPYEONG S.	12/9	Daijeon, KOR
22 YEARS	LUKE E.	12/15	Settlement House/SFX, NY
	KENNETH M.	12/18	Dallas, TX
	ED K.	12/29	Ventura, CA
21 YEARS	PATSY C.	11/12	Bowmansville, NY
	PAM G.	12/1	Settlement House/SFX Zoom, NY
	PAUL R.	12/5	Warwick, RI
	CAROL R.	12/10	Voorhees, NJ
20 YEARS	CHUCK T.	12/29	Greensboro/Winston-Salem, NC
	IRENE D.	12/4	Las Vegas, NV
	CARMINE G.	12/30	White Plains, NY
19 YEARS	ANITA R.	12/7	Rancho Cucamonga, CA
18 YEARS	PHIL S.	9/24	Voorhees, NJ
	HAROLD S.	12/1	Staten Island, NY
	MIKE S.	12/16	Las Vegas, NV
	SONGCHEON G.	12/19	Jeonju, KOR
	CHRIS K.	12/21	Halifax, MA
17 YEARS	NANCY RG.	12/16	Las Vegas, NV
	LINDA M.	12/21	Las Vegas, NV
	MICHAEL M.	12/21	San Diego, CA
16 YEARS	JUSTINE C.	12/2	Scripps Ranch, CA
	TANBANG C.	12/11	Daijeon, KOR

16 YEARS (cont)	JEFF K.	12/13	Santa Monica, CA
	GARY C.	12/15	Las Vegas, NV
	DAN K. #1	12/26	Staten Island, NY
	ED B.	12/27	Henderson, NV
15 YEARS	ANGELO R.	11/8	Boca Raton, FL
	MICK H.	11/24	Parksville, BC
	JEAN D.	12/13	Santa Monica, CA
	PETER B.	12/16	Howard Beach, NY
	GLENN E.	12/18	East 89 th St., NY
	DAVE S.	12/29	Wilmington, MA
14 YEARS	LILLIAN S.	12/7	Hemet, CA
	JOE B.	12/10	Las Vegas, NV
	ROBERT T.	12/13	El Cajon, CA
13 YEARS	CARLOS G.	9/20	Wheeler Hill, VIC
	ANNA B.	11/16	Boca Raton, FL
	LULU L.	12/2	San Diego, CA
	DARNELL B.	12/9	Lancaster, CA
	NICK S.	12/10	Douglaston Zoom, NY
	APRIL S.	12/18	Allied Gardens, CA
12 YEARS	STEVE S.	11/27	Halifax, MA
	ANDY U.	12/6	Santa Monica, CA
	WANWOL J.	12/22	Changwon, KOR
11 YEARS	JOHN J.	12/2	Windsor, ON
10 YEARS	JERRY P.	10/1	Wheeler Hill, VIC
	DAVE C.	10/21	Surrey, BC
	WESLEY C.	10/30	Cranbourne, VIC
	CAROL M.	12/1	Nanaimo, BC
	BILL M.	12/3	Rancho Bernardo, CA
	CANDACE S.	12/10	Burbank, CA
9 YEARS	TOM G.	12/8	Las Vegas, NV
	CHEONGJU K.	12/17	Cheongju, KOR
	STEFANIE R.	12/17	Voorhees, NJ
8 YEARS	MARCUS R.	10/14	Oakleigh, VIC
	BONNIE P.	12/8	Las Vegas, NV
	VALERIE W.	12/11	San Diego, CA
	KEITH A.	12/14	Yonkers, NY
	LUC M.	12/22	Las Vegas, NV

7 YEARS	KENNY M.	11/27	Worcester, MA
	ANDREW D.	12/18	Forest Hills, NY
	ADRIENNE D.	12/23	Santee, CA
	BOB T.	12/23	Holbrook, MA
6 YEARS	COLLEEN D.	11/1	Windsor, ON
	TAMMY C.	12/1	La Mesa, CA
	MIKE R.	12/3	Voorhees, NJ
	RAYMOND B.	12/8	Settlement House/SFX, NY
	TODD B.	12/10	Mahopac, NY
	ERIC H.	12/12	Oceanside, CA
5 YEARS	DENNIS G.	12/15	Allied Gardens, CA
	PHIL S.	12/30	Windsor, ON
	MITCH L.	12/2	Howard Beach, NY
	NAE B.	12/17	Santee, CA
	JERRY A.	12/22	Carlsbad, CA
4 YEARS	TAMMI F.	11/17	Slidell, LA
	TOM D.	12/4	Staten Island, NY
	TOBY G.	12/22	Greensboro/Winston-Salem, NC
	KANGDONG S.	12/24	Seoul, KOR
3 YEARS	CHRISTIAN B.	10/4	Windsor, ON
	HARRIS C.	12/3	East 31 st St., NY
	HENRY L.	12/3	East 31 st St., NY
	SEONGDANG L.	12/14	Daegu, KOR
	BABA A.	12/16	Mount Vernon, NY
	SLAVA Z.	12/19	Congers, NY
	MISA J.	12/26	Seoul, KOR
	MARIA O.	12/31	Las Vegas, NV
2 YEARS	ANDY B.	9/19	Geelong, VIC
	SAM A.	10/3	Oakleigh, VIC
	MARC B.	11/21	Bowmansville, NY
	ELI K.	11/27	Windsor, ON
	BRENDAN W.	12/5	Canton, MA
	ANTHONY Y.	12/4	Plantation, FL
	LORI P.	12/5	Paramount/Lakewood, CA
	ROBIN R.	12/5	Windsor, ON
	LOUIS K.	12/7	Staten Island, NY
	BAEKSEOK N.	12/8	Cheonan, KOR

2 YEARS (cont)	PENNY D.	12/10	Las Vegas, NV
	GRANT G.	12/12	Fort Worth it Online, TX
	SAMCHEON K.	12/12	Chuncheon, KOR
	SEAN C.	12/12	Las Vegas, NV
	HEATHER C.	12/15	Las Vegas, NV
	DAN V.	12/17	East 31 st St., NY
	JOSH K.	12/17	East 31 st St., NY
	JOE G.	12/18	Staten Island, NY
	MORRIS S.	12/18	East 89 th St., NY
	CHARISSE M.	12/19	St. Albans, NY
	CHIJEONG H.	12/22	Wonju, KOR
	ADAM H.	12/29	La Mesa, CA
1 YEAR	TREVOR	9/3	Cranbourne, VIC
	SHAHN	10/1	Carlton, VIC
	BRENDA H.	11/6	Windsor, ON
	SANDI R.	11/15	N. Tonawanda, NY
	MIKE S.	11/23	Lynn, MA
	RICHARD Z.	12/4	E. 89 th St., NY
	ROBERT R.	12/8	Santee, CA
	JOSE R.	12/9	Howard Beach, NY
	ALEX F.	12/11	E. 89 th St., NY
	ELLIOTT S.	12/11	Bensonhurst Recovery, NY
	SALLY F.	12/11	Yonkers, NY
	SCHNEUR B.	12/11	Bensonhurst Recovery, NY
	GALSAN K.	12/11	Incheon, KOR
	GALMA J.	12/11	Daijeon, KOR
	JUAN B.	12/11	Incheon, KOR
	SONGDO B.	12/11	Incheon, KOR
	TAYLOR S.	12/13	Santa Monica, CA
	CHOWOL R.	12/14	Seoul, KOR
	DUAM O.	12/16	Kwangju, KOR
	CHAIM P.	12/18	Bensonhurst Recovery, NY
	HILLEL C.	12/18	Bensonhurst Recovery, NY
	MASONG Y.	12/18	Ilsan, KOR
	HWASEONG S.	12/19	Suwon, KOR
	GURI K.	12/21	Seoul, KOR
	JEFF F.	12/21	Carlsbad, CA

1 YEAR (cont)	YEOJU O.	12/22	Wonju, KOR
	SALLY F.	12/23	Ardsley, NY
	BANGHWA L.	12/23	Seoul, KOR
	ANGIE J.	12/27	Las Vegas, NV
	DEJONG M.	12/27	Fort Worth it Online, TX
	JOHN C.	12/31	Boca Raton, FL

**I.S.O. CAN CONTRIBUTIONS
NOVEMBER 2024**

CALIFORNIA

C77	San Diego Intergroup	471.00	C894	Indio Friday	118.94
C184	Sacramento Tuesday AM	100.00	C1017	Simi Valley Thursday	52.33
C185	Sacramento Thursday	23.00	C1105	Sacramento Stop & Grow	
C639	Diamond Springs			Saturday AM	45.00
	Thursday	46.00	C1694	Auburn Wednesday	27.00
C765	Fair Oaks Thursday AM	52.00			

CONNECTICUT

C415	West Hartford Monday	75.00
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FLORIDA

C262	Plantation Friday PM	4.00	C1059	Windmoor/Clearwater	
C263	Plantation Wednesday PM	32.00		Saturday	50.45

GEORGIA

C1539	Norcross Sunday	10.00
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ILLINOIS

C62	Burbank Thursday	179.00	C423	Naperville	35.50
C74	Cherry Valley Saturday		C659	Naperville Monday	65.00
	AM	12.50	C991	Orland Park Thursday	60.00
C85	Kankakee	40.00	C1104	Downers Grove Saturday	79.00
C100	Oaklawn Monday-		C1207	Lisle Women's Monday	11.00
	St. Linus Church	50.00	C1376	Buffalo Grove Friday	70.00
C146	Elgin Sherman Oaks		C1377	Algonquin Tuesday	70.00
	Hospital Sunday	14.00			

INDIANA

C429 Indianapolis Saturday AM 100.00

LOUISIANA

C849 Slidell Sunday 61.00

MASSACHUSETTS

C84 Holbrook Wednesday 50.00 C792 Halifax Thursday PM 99.00

NEVADA

C42 G.A. of Southern Nevada 1,237.50

OREGON

C1480 Oregon City Friday 15.00

**GROUP CONTRIBUTIONS
NOVEMBER 2024**

CALIFORNIA

Burbank 23.00
L.A. Griffith Park Saturday 61.00
L.A. Hollywood Saturday
Zoom 16.00
Lincoln Wednesday 24.00
Lincoln Friday AM 26.00
Lincoln Sunday 28.00
Menlo Park Sunday 20.00
Palm Springs Sunday AM 35.00
San Jose Monday Beginners 100.00
Santa Monica Wednesday 107.00
Sierra Madre Tuesday 41.00
Ventura Sunday 38.00

Boynton Beach Tuesday 20.00
Coral Springs Thursday 100.00
Daytona Beach Tuesday 40.00
Daytona Beach Thursday 40.00
Delray Beach Thursday -
Crossroads 50.00
Delray Beach Sunday-
Crossroads 50.00
Fort Myers Thursday 20.00
Naples Monday 50.00
Pompano Beach Wednesday 75.00
Port St. Lucie Wednesday 10.00
Windmoor Wednesday 50.00

DELAWARE

Wilmington Tuesday 10.00

FLORIDA

Boca Raton Monday 100.00
Boca Raton Monday W.H.W.
Zoom 20.00

GEORGIA

Gwinnet Monday Spanish 100.00
Norcross Sunday Korean 10.00

ILLINOIS

Cherry Valley Saturday AM 25.00
Deerfield Wednesday 20.00
Springfield 25.00

MINNESOTA		Havertown Monday	50.00
Bloomington Monday		Media Wednesday	20.00
Women's	50.00	NE Philadelphia Wednesday	25.00
NEW JERSEY		NE Philadelphia Friday-	
Basking Ridge Saturday	50.00	Nazareth	25.00
Bloomfield Thursday	25.00	NE Philadelphia Sunday-	
Freehold Friday	50.00	Nazareth	50.00
Hasbrouck Heights Saturday	25.00	Plymouth Meeting Monday	50.00
Mercerville Tuesday	25.00	Wilmington Saturday AM	20.00
Metuchen Tuesday	50.00	RHODE ISLAND	
Ocean Monday	100.00	Tiverton Friday	10.00
Old Bridge	65.00	SOUTH CAROLINA	
Pompton Plains Tuesday	100.00	North Myrtle Beach	50.00
Sayrewoods	50.00	TEXAS	
Toms River Saturday	25.00	Dallas Pathways Sunday	40.00
Toms River Sunday	25.00	Fort Worth Monday	100.00
Westfield Wednesday	25.00	You Are Fort Worth It	300.00
NEW MEXICO		WASHINGTON	
Espanola Thursday	16.00	Arlington/ Smokey Point	
Las Cruces Friday PM	25.00	Monday PM	125.00
Santa Fe Monday PM	38.50	Auburn Friday Noon	15.00
NEW YORK		Edgewood/Milton Saturday	45.00
Middle Village	100.00	Everett Saturday PM	20.00
Staten Island Thursday-		Issaquah Wednesday	10.00
St. Patrick's	10.00	Marysville Tulalip	20.00
OHIO		Mount Vernon Tuesday	50.00
Cincinnati @ Cheviot	50.00	Tacoma Monday	50.00
OKLAHOMA		Tacoma Thursday	90.00
Midwest City	150.00	West Seattle Thursday	20.00
OREGON		WISCONSIN	
Tigard Tuesday	50.00	Stevens Point Monday PM	20.00
PENNSYLVANIA		AUSTRALIA	
Bala Cynwyd Monday	25.00	City Sunrise Group, Brisbane	10.00
Broomall	20.00	KOREA	
Harrisburg Monday	20.00	Seoul	60.00

**GROUP CONTRIBUTIONS
FROM GRATITUDE WEEK
NOVEMBER 2024**

ARIZONA

Sun City Wednesday 50.00

OREGON

Eugene/Springfield 150.00

CANADA

G.A. Serenity Zoom, AB 131.20

Vancouver Monday, BC 61.84

Vancouver Thursday, BC 61.83

**INTERGROUP CONTRIBUTIONS
NOVEMBER 2024**

Chicagoland 46.00
Columbia-Williamette 120.00
Delaware Valley 300.00
Detroit/Toledo 95.00
Greater Sacramento 30.00
L.A. Intergroup 150.00
Long Island 245.00
New England 8.00
Northern Nevada 263.00

Pittsburgh/Wheeling 400.00
Shreveport/Bossier 17.00
South Florida 100.00
South Jersey 50.00
Western Washington 40.00
Intergroup Edmonton and
Area 2J 517.88
Intergroup Montreal English. . . . 540.00

**INTERGROUP CONTRIBUTIONS
FROM GRATITUDE WEEK
NOVEMBER 2024**

Delaware Valley 1,239.00
Florida West Coast. 400.00

French Quebec RSO/
Intergroup IBSQ. 2,486.97
Montreal English 66.00

**NATIONAL HOTLINE DONATIONS
NOVEMBER 2024**

L.A. Intergroup	14.00
Rochester Friday PM/Saturday AM	60.00
South Florida Intergroup	20.00

**BULLETIN SUBSCRIPTIONS
NOVEMBER 2024**

One Subscriptions for a Total of \$128.00

**ONE TIME DONATIONS
NOVEMBER 2024**

One-Time Donation
Adrien R., Montreal, Quebec

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

One-Time Donation in memory of Vicki M.
Gamblers Anonymous of Southern Nevada

One-Time Donation in memory of Jerry T.
Gamblers Anonymous of Southern Nevada

One-Time Donation from Area 2B's quarterly potluck.
Intergroup Sacramento, California

One-Time Donation
Sunday AM Phone Meeting, Miscellaneous Areas

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

One-Time Donation
Dinesh M., Lawrenceville, Georgia

One-Time Donation to congratulate Mary H. on 7 years,
Lynne P., on 1 year and Chad M., on 1 year,
all from Eugene, Oregon.
Anonymous, Oregon

One-Time Donation from annual marathon day proceeds.
Intergroup Greater Vancouver, British Columbia

One-Time Donation
Ft. Lauderdale Monday, Florida

One-Time Donation to congratulate Jay on 1 year,
Chris on 3 years, Mike on 3 years, and Mo on 32 years.
Syracuse, New York

November Meeting Donation
Board of Regents, California

One-Time Donation
Arnie B., Florida

ONE-TIME DONATIONS VIA VENMO/ZELLE NOVEMBER 2024

One-Time Donation
Max E.

One-Time Donation in memory of Stan S.
Lakewood/Paramount Thursday, California

One-Time Donation
Dylan K.

One-Time Donation
M. Marshall

One-Time Donation
Jerry P.

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 and
The Board of Regents*

**GAMBLERS ANONYMOUS
INTERNATIONAL SERVICE OFFICE
OPERATING STATEMENT
NOVEMBER 2024**

CASH IN OPERATING ACCOUNT NOVEMBER 1, 2024 \$168,418.91

INCOME FOR NOVEMBER 2024

Bulletin Subscriptions	128.00
Gratitude Week	4,646.84
National Hotline Donations	94.00
Group Contributions	3,778.50
Intergroup Contributions	2,921.88
ISO Can Contributions	3,355.22
Lifeliners Contributions	8,473.00
One-Time Donation	1,220.28
Literature Shipping	4,042.00
Sale of Literature	23,942.46
Sales Tax Collected	95.55
Interest from Checking Account	1.32
E-Reader	8.40
Cherry Hill B.O.T. Mtg. Registrations	2,800.00
Cherry Hill B.O.T. Mtg. Donations	751.00
Pay Pal Literature Process Fees	1,057.09
Fall 2023 Chicago Conference Proceeds	107.20
Business Owners Insurance Refund	8.00

TOTAL \$ 57,430.74

CASH AVAILABLE FOR NOVEMBER 2024 \$225,849.65

EXPENSES FOR NOVEMBER 2024

Rent & Cam Fees	4,672.32
Payroll	15,138.80
Payroll Taxes (Federal & State)	1,266.50
Payroll Processing Fee	336.34
Office Expenses	1,013.97
Health Insurance	2,308.14
Electric Bill	161.07
Telephone/Internet Bill	505.55
Gas Bill	35.85
ADT Alarm	46.19
Monthly Air Conditioning/Heater Maintenance	30.00
Match for Employees Simple IRA	399.36
Literature	8,639.54
Pay Pal Literature Processing Fees	1,057.09
Postage	2,000.00
Lifeline Bulletins	516.53
½ of Accounting Fees-Final	4,750.00
Returned Cks/Bank Fees/Adjustments	910.00
Visa/MC Service Fee	64.04
Workers Comp Insurance	2,410.71
Chairman B.O.R. Trustee Mtg. Expenses	1,102.44
I.E.S. B.O.T. Mtg. Expenses	1,178.78
Conference /Trustee Meeting Expenses	2,234.37

TOTAL EXPENSES \$ 50,777.59

MONTHLY NET INCOME (NET LOSS) \$ 6,653.15

CASH IN OPERATING ACCOUNT AS OF NOVEMBER 30, 2024 .. \$175,072.06

**FISCAL YEAR STARTING JULY 1ST TO DATE NET INCOME
(NET LOSS) \$ 3,312.43**

G.A. APPROVED TELEPHONE CONFERENCE CALL MEETING INFORMATION - JUNE 01, 2024

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

U.S. callers who are trying to call the U.S. 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!!