



January 2021

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

Mail to: **GAMBLERS ANONYMOUS
INTERNATIONAL SERVICE OFFICE
4981 IRWINDALE AVE., #700
IRWINDALE, CALIFORNIA 91706**

Circle one

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Please Enclose Check or Money Order for Payment

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DISCLAIMER

The Life-Line Bulletin, published monthly by the International Service Office of Gamblers Anonymous, 4981 Irwindale Ave., #700, Irwindale, California 91706, 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 OF DECEMBER 19, 2020**

The meeting was called to order at 9:33 A.M. by Tom M., Chair, Board of Regents.

Present: Bob W., Calvin C., Kathie S., Tom M., and Wendy B.

Present by Telephone: Cathy F., Gary M., Mazi S., Richard C. and Karen H., International Executive Secretary.

Tom M. reminded everyone that recording of this meeting is not permitted.

1. A. The minutes of the November 21, 2020 Board of Regents meeting were approved as submitted.
 Motion seconded and passed
 For – 9 Against – 0 Abstained – 0
- B. The operating statement for November 2020 was approved as submitted.
 Motion seconded and passed
 For – 9 Against – 0 Abstained – 0

2. OLD BUSINESS

A. LIFELINERS.

There were 3 new Lifeliners as follows:

GA – 1 MA – 1 NJ – 1

NEW CANS - 0

Group Information Requests forms received: 0 (registration only)

**GROUP INFORMATION REQUEST FORMS RECEIVED
PRIOR TO SENDING STARTER KITS: 3**

Three Starter Kits were sent out as follows, after receiving the Group Information Request Forms for month of November:
Mesa, AZ Dublin, GA Long Prairie, MN

PRISON STARTER KITS SENT: There were 0 Prison Starter Kit sent.

B. DISCUSS VENMO AND ZELLE DONATIONS.

I.S.O received \$1,516.62 for the month of November 2020. Other than Lifeliner donations (which cannot be tracked), if identified in the memo, the money sent can be accounted for by the memo notation, otherwise it is recorded as a one-time donation.

C. GRATITUDE WEEK.

The following amounts have been donated to the I.S.O. for 2020 Gratitude Week:

Sep 20	\$ 6,643.73
Oct 20	\$ 3,410.52
Nov 20	\$ 1,247.94
Dec 20 to date	<u>\$ 356.25</u>
Total	\$11,658.44

D. PAYCHECK PROTECTION PROGRAM (PPP).

I.S.O. has completed all paperwork and is waiting for response from the bank on next steps. Once response is received, I.E.S. will apply for loan forgiveness.

3. NEW BUSINESS

A. VIRTUAL MEETING PAGE.

The I.S.O. is updating the website as they receive the forms. Continue to send your forms per the directions sent out to Intergroups and Trustees. Instructions will be added to the next Bulletin as well.

I.S.O is receiving emails and call with questions about the guidelines. I.E.S. will forward questions to the B.O.T. Chairman and Guideline Committee chair.

The collection in the amount of \$390.00 was taken and the meeting closed with the Serenity Prayer at 9:51 A.M. The next meeting of the Board of Regents will be held January 16, 2021 at 9:30 A.M.

Today's Board of Regents meeting had 4 people call in to listen.

Respectfully submitted by Cathy F., Secretary

From Your International Executive Secretary

As we begin a new year, I am hopeful that this letter finds each of you and your loved ones doing well and staying safe.

I would be remiss if I did not thank each one of you, once again, who have continued with their support of the International Service Office. As I said in last month's issue, none of us knows what the future (immediate or long term) is going to bring, so I am asking for those of you who are able, to *please* continue doing whatever you can, so Gamblers Anonymous International Service Office can continue carrying the message of hope.

“If G.A. saved your life, YOU owe it to G.A. to save theirs”.

With much Appreciation and Love, Karen H.

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 John R. at committee.pressure@trusteewebsite.com. He will reply by email or phone if you provide your number.

Temporary Guidelines for Video Meetings

- Protocol for entering and staying in video meetings using platforms such as Zoom, WebEx, etc. and video meetings in which members can attend either by video or telephone.
- Attendance only by video
 - In order to enter the meeting, members should first be placed in a “waiting room” if the platform has this type of functionality. The purpose of the waiting room is to quickly determine the identity of the attendees and let them into the meeting either one at a time or en masse. When the waiting room feature is utilized, it is recommended that the meeting consider having at least two facilitators, one to monitor the waiting room and one to facilitate the meeting.
 - If the platform does not have this type of functionality, the meeting secretary or facilitator must assume the duty of identifying all attendees before the meeting begins as well as any attendee who arrives after the meeting has begun.

- Attendees who are not known to the waiting room facilitator should be further questioned as to the reason for their attendance. If they identify themselves as compulsive gamblers in need of a meeting or new members, they should be taken at their word and admitted to the meeting. The nature of the meeting (open or closed) will also determine the admission of those other than compulsive gamblers, and the final say on admission will rest with the waiting room facilitator.
- If anyone refuses to identify themselves to the waiting room facilitator, they should immediately be dropped from the waiting room.
- The meeting, through a group conscience, may elect to have all attendees turn their cameras off.
- If #5 above does not occur, attendees should still be given the option of turning off their cameras and appearing on screen as a “placeholder” or avatar.
- Attendees should caption their pictures, “placeholders”, or avatars with their first name and last initial only or any other caption that masks their true identity.
- Virtual backgrounds that may camouflage others who are sharing the member’s meeting space should not be used
- Attendance by telephone
 - Members who wish to attend a video meeting by telephone must be screened using the same methods as above so their identity is known to the waiting room facilitator and/or meeting facilitator.
 - Callers who refuse to identify themselves or whose caller ID is either blocked or shows “anonymous” shall not be allowed to attend.
- Announcements that should be read before each and every meeting (if not included in that meeting’s customary announcements)
 - There will be absolutely no video or audio recording of any kind, including screenshots.
 - Our meeting facilitators have done everything humanly possible to ensure that this is a secure meeting. However, because of the nature of the media we are working with, we cannot guarantee absolute security and thus, anonymity. Therefore, we ask that members not discuss...
 - Any crimes for which they may still be prosecuted
 - Anything of such a sensitive nature that it could potentially harm that member or any other members should that information be surreptitiously recorded and leaked.
 - Members who are especially concerned about their anonymity are invited to turn their cameras off and/or change their screen name.

Virtual Meeting Form

The Board of Trustees of Gamblers Anonymous recently approved Virtual Meetings as a platform to have your G.A. meeting continue to meet and get them listed on the Gamblers Anonymous website. Please fill out the needed information below and return it by email to: isomain@gamblersanonymous.org

Thank you for your anticipated help towards this entire process.

Day _____

Meeting Time and Time Zone _____

Meeting Type (i.e. Zoom, Google Meet, Free Conference Call.com)

Meeting location City/State _____

Meeting ID _____

Access Code/Password _____

Any additional info regarding this meeting _____

TWELVE STEPS

As this month's Bulletin is getting ready to go to press, I was thinking about doing something different regarding the 12 Steps during this different and for many of us, difficult time...

Several years ago, we used the pamphlet, "Gamblers Anonymous Writing The Steps", which is a great piece of literature for working each of the 12 Steps of Recovery. So, each month we will be making one of the exercises from the corresponding Step for that month available for your use right here in the Life-Line Bulletin. If you would like to have a complete copy of this approved piece of literature, each booklet can be ordered from the I.S.O. for \$2.75 each plus shipping and handling.

STEP 1

We admitted we were powerless over gambling—that our lives had become unmanageable.

Step 1, Exercise 1: The Twenty Questions

1. Did you ever lose time from work or school due to gambling?
2. Has gambling ever made your home life unhappy?
3. Did gambling affect your reputation?
4. Have you ever felt remorse after gambling?
5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
6. Did gambling cause a decrease in your ambition or efficiency?
7. After losing, did you feel you must return as soon as possible to win back your losses?
8. After a win, did you have a strong urge to return and win more?
9. Did you often gamble until all your money was gone?
10. Did you ever borrow to finance your gambling?
11. Have you ever sold anything to finance gambling?
12. Were you reluctant to use "gambling money" for normal expenditures?
13. Did gambling make you careless of the welfare of yourself or your family?
14. Did you ever gamble longer than you had planned?
15. Have you ever gambled to escape worry, trouble, boredom, loneliness, grief or loss?
16. Have you ever committed, or considered committing, an illegal act to finance gambling?
17. Did gambling cause you to have difficulty in sleeping?

18. Do arguments, disappointments, or frustrations create within you an urge to gamble?
19. Did you ever have an urge to celebrate any good fortune by a few hours of gambling?
20. Have you ever considered self-destruction or suicide as a result of your gambling?

As you write your answer to each question, pay particular attention to any defensiveness, guilt, or hesitation on your part. Search your heart. Does your “yes” answer come from your own experience, or the accusations, anger or frustration of others? Is your “no” answer clear, straightforward and completely without strings, or is it hesitant or defensive? Could it be that you’re looking for a way to justify, explain or excuse the behavior rather than simply admit it?

If a question pushes a button, there’s probably something there that needs to be looked at honestly and squarely. Now is the time to get it out into the open! Write about it in detail; talk about it with your sponsor and with others in a Step Meeting. This is the beginning of a process that helps us to identify what’s ours and what isn’t — this is the “wisdom to know the difference” that we ask for in The Serenity Prayer.

GROUP NEWS

Dear Karen,

Enclosed please find 2 checks for I.S.O. One is a room donation from the Tuesday night Daytona Beach room and the other is a donation for my 40-year anniversary on December 14, 1980.

Without this program God only knows where I would be.

Thanks, Frank M., Port Orange, Florida

Note From I.S.O.: Frank, congratulations on your milestone of 40 years of abstinence and recovery in the Gamblers Anonymous program. Here’s wishing you many more years, all One Day at a Time.

Dear Friends,

In honor of “Giving Tuesday” (albeit belatedly), and in honor of my friends at IESHC (Monday noon meeting) in Rancho Cucamonga, California, enclosed is my personal check as a one-time donation to I.S.O. in gratitude for 10+ years of gambling abstinence.

Thank you for all you do for our fellowship.

Best Regards, Kathy O., Claremont, California

Dear G.A.I.S.O.,

We are happy to be sending this group donation in from the Sunday night 5010 E. Shea Boulevard Phoenix/Scottsdale, Arizona.

We wish you all Happy Holidays!

Joe S., Scottsdale, Arizona

Dear I.S.O.,

Thinking of all of you in the Office and all the memories you have allowed the fellowship to have and that keep us connected by the work you do to serve us all, no matter where we are in the world.

Please find the enclosed donation from the Greater Vancouver Intergroup. There are still some live meetings going on and I'm very happy and grateful to go to 5 a week! There are just a handful of us the meetings, but that is O.K.

We are praying for our friends down south during this most challenging time. Keep it going, A Day at a Time.

Happy Holidays from all of us in the Greater Vancouver Area Intergroup!

Yours in Recovery, Esther J., Surrey, British Columbia

To Whom It May Concern,

The Grand Junction, Colorado G.A. Tuesday 7:00 P.M. meeting had it's 117th weekly meeting last night. Regrettably, despite lots of flyers and bulletin board posters, we are still a one-person meeting. Maybe 2021 will be our growth year.

Please find enclosed our donation. I am sure the Covid-19 pandemic has drained your resources.

Thank you for your service.

Sincerely, Steve D., Glade Park, Colorado

Note From I.S.O.: Steve, thank you so much for your heartwarming letter and donation. If anyone reading this happens to be in the Grand Junction area of Colorado, why not stop by and say “hello” to Steve. The meeting address is “The Meeting Hall, 1938 North First Street, Grand Junction, Colorado 81501, on Tuesday night at 7:00 P.M.

“BEING THERE”

Countless vain attempts, and accepting my health just as I am.

Always was okay, just doubted it in my eyes. Never good enough, maybe next time.

Patience and sloth are two different entities. It is good to be patient while waiting out the storm. It is another thing when asking for help and waiting for the process to begin or start.

Writing this while reviewing Step 7. We do not accept outside contributions from outside sources, what that means to me is self-supporting or we handle our own internally. We do life together.

Our attempts (speaking on anonymity) to correct our mistakes were mishandled by misguided individuals, people in the world of fantasy hoping for the big win.

My name is James G. and the date of my last bet, March 6, 2020. Lifer.

Thank you, James G., Melrose Park, Illinois

Karen,

We are sending a check with our love and support.

In San Jose we are staying together on virtual meetings.

Thank you for all the hard work; keep caring and showing us all the meaning. I hope all is well with you and everyone at I.S.O.

Don Y., San Jose, California

Dear Karen,

Please find enclosed a U.S. money order. This is a donation from the Wednesday night meeting in White Rock, BC, Canada.

We hope all is well with you.

Yours truly, Donna M., White Rock, British Columbia

Dear Karen,

I sure hope that everyone at I.S.O. is safe in these difficult days.

You will find enclosed a bank draft in the amount of \$356.25 (US) as our contribution for the G.A. Gratitude Week. Of course, the conversion rate is still quite high and it does not help our Fellowship much. We in fact collected \$474.95 in Canadian funds.

The donation is from the Quebec French Intergroup, from one or two individual members and from one local group.

We normally collect more than this for the Gratitude Week but most of our physical meetings are closed due to this pandemic. Only 10 out of 55 are operating with a limited number of members allowed in, due to Government regulations.

If we can do anything else to help, please let us know.

Love in recovery, Andre G., Ste-Julie, Quebec

Note From I.S.O.: Andre, it was so good to hear from you. And thanks to you and your Intergroup for the generous donation during these unprecedented times, it is very much appreciated. I know how hard everyone is working to keep the G.A.I.S.O. going.

In Memory Of...

Dear Fellowship,

It is never an easy thing to put in words when someone close to you passes away. I have just learned that my good friend in recovery Jim W. passed away this morning, January 4th. He had recently celebrated his 15th year of abstinence.

From day one he was a committed member of Area 2B Sacramento, California. Watching him progress in his recovery was something that put a smile deep in my heart. Jim proceeded to “Pass it On” to countless other members during his fifteen years. He attended several Sacramento meetings weekly and held several Area 2B Intergroup positions, several times. He led by example.

As you continue to abstain from gambling with the help of others, I remember in my early days of recovery I would frequently call my good friend Dan B. (RIP) for advice. At that time, he would engage me in conversation which resulted in me answering my own questions. I had several of those calls from Jim that reminded me of myself. We also enjoyed swapping veteran stories of Vietnam.

Sacramento has lost an icon who will be truly missed. My sincere thoughts and prayers are with his wife Kathy and Area 2B during this time.

RIP my good friend.

Steve R., Bowling Green, Kentucky

Note From I.S.O.: Steve, thank you for letting me and everyone else know of the tremendous loss of one of our G.A. brothers, Jim W. Our heartfelt condolences go out to Kathy and Jim’s family and many friends. As you say, he will be “truly missed” by all who knew him.

ANNOUNCEMENT OF UPCOMING EVENTS

Note From I.S.O.: Due to the uncertainty of future “Upcoming Events” we are omitting any announcements until further notice.

INDIVIDUAL LIFELINER DONATIONS RECEIVED IN THE MONTH OF DECEMBER

ARIZONA		L4	Tom M.
L60	Sue V.	L6	Bill S.
L61	Ralph V.	L8	Dan B.
L211	Jim L.	L18	Chris G. x2
L221	Janat G.	L19	Wendy B. x2
L267	Penny V.	L21	Ed E.
L287	James S.	L70	Keith B.
L396	Pam K.	L73	Karen H.
L546	Mo M.	L87	Mike S.
L692	Doug G.	L88	Valerie D.
L703	Diane W. x2	L100	Mazi S.
CALIFORNIA		L116	Rob D.
L1	Bob W.	L117	Steve F.

CALIFORNIA (cont)

L120 Phil C.
 L138 Bill S.
 L151 Murray F.
 L154 Diane S.
 L158 Gagik G.
 L166 Benni F.
 L193 Bud A.
 L209 Jose C.
 L214 Mickie R.
 L219 Len K.
 L246 Pat S.
 L273 Victor S.
 L290 Fred S.
 L298 Cathy F.
 L301 Steve K.
 L314 Alan S.
 L359 Rickell L.
 L383 Linda B.
 L384 Alvin F.
 L390 Jack R.
 L419 Rufus B.
 L432 Patrick P.
 L453 Bennett S.
 L476 Garrett C.
 L480 Ezra B.
 L496 Guy H.
 L527 Salvatore G.
 L544 Harold A.
 L558 Linda M.
 L563 Zachary M.
 L580 Curtis G.
 L593 Grant M.
 L601 David L.
 L609 Kathie S.
 L617 Mike Z.
 L618 Hugh G.
 L623 Lucille T.
 L678 Lynell B.
 L701 David L.
 L716 James B.
 L743 Doug E.
 L751 Derek P.
 L762 Calvin C.
 L772 Ara H.
 L812 Kat L.
 L828 Paul C.
 L832 Gene T.
 L834 Candice B.
 L836 Albert Y.

L839 Steve W.
 L861 Roger L.
 L871 Greg D.

COLORADO

L147 Lou W.

CONNECTICUT

L581 Paul S.

FLORIDA

L2 Bill B.
 L81 Paulette T.
 L97 Charles R.
 L143 Neal G.
 L156 Richard M.
 L159 Steve I.
 L160 Jim C.
 L175 Lloyd A.
 L205 Steve P.
 L225 Kevin K.
 L233 Robert M.
 L251 Frank G.
 L261 Steven S.
 L289 Ralph O.
 L313 Herman G.
 L323 Richie S.
 L395 Daniel B.
 L420 Mark S.
 L423 Kathleen H.
 L450 Neil S.
 L483 Victor C.
 L511 Chris N.
 L549 Patricia P.
 L590 Dennis A.
 L594 Jim W.
 L607 Debbie M.
 L622 Andrew C.
 L627 Pauline F.
 L679 David T.
 L690 Lenore D.
 L695 Ron B.
 L811 Michael S.
 L821 Murray S.
 L827 Peter C.
 L835 Howard M.
 L840 Janice M.
 L843 Neal V.
 L844 Arnie B.
 L884 Janet H.
 L904 Marlon D.

GEORGIA

L672 Tony L.

GEORGIA (cont)

L769 Barry L.
L857 Hal P.

HAWAII

L553 David C.

ILLINOIS

L63 Bob C.
L114 Ellen Z.
L344 Eileen Z.
L459 Allen H.
L823 Luke W.

INDIANA

L229 Mary Ann R.
L880 Fred B.

KANSAS

L924 Linda J.

KENTUCKY

L115 Laura S.
L195 Steve B.

LOUISIANA

L27 Betty S.
L354 Kathy S.

MASSACHUSETTS

L318 Jeff H.
L598 Vinny S.

MICHIGAN

L272 Joann D.
L829 Edward K. x2
L890 Michael Y.

MINNESOTA

L342 Martha B.
L565 Cory J.
L803 Renee G.

MISSISSIPPI

L182 Roger T.

MISSOURI

L550 Daniel G.

NEVADA

L150 Rollo V.
L284 Kevin H.
L317 Pat M.
L325 Terry D.
L410 Joanne F.
L439 Ira K.
L486 Zeny K.
L507 Mark S.
L541 Andrew B.
L596 Leslie F. x2
L599 Igor K.
L602 Trey D.

L612 Dan Mc
L665 Richard S.
L768 Tom H.
L837 Harriet K.
L846 Bobby B.

NEW HAMPSHIRE

L277 Roy W.

NEW JERSEY

L94 Thomas D.
L174 Mike D.
L179 Chris N.
L183 Robin D.
L212 Marshall R.
L213 Michael D.
L223 Fred D.
L266 Kivey G.
L311 Andy D.
L349 George L.
L350 John D.
L351 Russell H.
L409 Barry H.
L429 Dennis S.
L433 Joseph F.
L438 Matthew C.
L482 Ann K
L497 Dave S.
L524 Richard T. x2
L547 John P.
L557 Denis M.
L560 Frank M.
L589 Ronald W.
L651 Lewis S.
L699 Craig H.
L708 Maria G.
L818 Michael D.
L856 Scott B.
L863 Kathleen P.

NEW MEXICO

L473 Brenda J.
L572 Liane M.
L662 Joel K.
L847 Catherine B.
L906 Mary F.

NEW YORK

L10 Bill B. x2
L16 Kenny M.
L95 Larry B.
L217 Paul S.
L278 Harlan S.
L303 Alan J.

NEW YORK (cont)

L308 Jordan P.
 L465 Mohammed M.
 L516 Susan W.
 L517 Jay G.
 L554 Dan L. x2
 L804 Rob K.
 L852 Norberto B.
 L882 Joe B.
 L887 Pierre J.
 L951 Brad B.

NORTH CAROLINA

L493 Gary G.
 L494 Mary D.
 L495 Garnett P.
 L498 Suzanne R.
 L499 Mike S.
 L500 Sammy D.
 L503 John J.
 L504 Vivian W.
 L506 Chuck T.
 L510 Eric S.
 L513 Dennis O'C.

OHIO

L749 Daniel H.

OKLAHOMA

L531 Linda S.

L543 Jim G.

OREGON

L584 Curt P.
 L881 Pam B. x2

PENNSYLVANIA

L40 Dan M.
 L71 Marla J.
 L345 John B.
 L810 Phil S.
 L820 Josh S.
 L822 David S.
 L854 Jacquona B.

SOUTH CAROLINA

L460 Lou M.

TEXAS

L245 Alan S.

WASHINGTON

L104 Tina B.
 L425 Terry D.
 L659 Connie M.

WISCONSIN

L443 Constance T.

BRITISH COLUMBIA

L771 Esther J.

LATVIA

L903 Kristaps D.

ANNIVERSARIES

44 YEARS	DAVE J.	1/4	Woodbury, NY
43 YEARS	BRUCE P.	1/6	Bensonhurst Recovery, NY
42 YEARS	LENNY B.	1/9	Staten Island, NY
37 YEARS	FRANK S.	1/21	St. Patricks, NY
35 YEARS	JOHN O.	1/25	Salem, OR
34 YEARS	BOB C.	1/11	Poughkeepsie, NY
	BOB Y.	1/15	Hicksville, NY
32 YEARS	TOM H.	1/29	Hoffman Estates, IL
31 YEARS	MIKE T.	1/5	East 31 st St., NY
	STEVE T.	1/11	Woodbury, NY
30 YEARS	FRED S.	1/2	Long Island, NY
	TOM D.	1/10	Hampton, NJ
29 YEARS	HOWARD C.	1/11	Staten Island, NY
	ROBERT M.	1/12	Wantagh, NY
	SAM C.	1/15	Reno/Sparks, NV
	RONNIE O.	1/17	Patchogue, NY
	RAY V.	1/26	East 31 st St., NY
28 YEARS	HOWIE M.	1/5	Douglaston, NY

27 YEARS	JOE V.	12/6	Oak Lawn, IL
	PETE R.	1/19	Douglaston, NY
25 YEARS	GERRY P.	1/2	Reno/Sparks, NV
24 YEARS	STEVE M.	1/5	Pomona, NY
	ROSIE S.	1/22	San Diego, CA
23 YEARS	BETTY S.	1/6	Slidell, LA
	CINDY F.	1/19	Joliet, IL
	FRANKIE M.	1/27	Bensonhurst Recovery, NY
22 YEARS	DREW J.	1/7	Fort Worth, TX
	BILL S.	1/15	Salem, OR
21 YEARS	CHRIS M.	1/31	Joliet, IL
20 YEARS	ROBERT B.	11/7	Albuquerque, NM
	ROBERT P.	1/3	Hampton, NJ
19 YEARS	LYNN	1/10	Farmington, NM
	SUE S.	1/12	Tigard, OR
	WILLIE F.	1/29	San Diego, CA
18 YEARS	SANDI K.	1/3	San Diego, CA
	NANCY V.	1/15	Salem/Woodburn, OR
	HERB P.	1/17	San Diego, CA
17 YEARS	PAM E.	1/5	Joliet, IL
	DIANNA R.	1/7	Schaumburg, IL
	ROB B.	1/28	San Diego, CA
16 YEARS	DONNA M.	12/30	Downers Grove, IL
	PATTY P.	1/14	San Diego, CA
	BETH A.	1/15	San Diego, CA
	TOM Z.	1/15	Forest Hills, NY
	ROSE L.	1/22	Hicksville, NY
	DES	1/25	Reno/Sparks, NV
14 YEARS	SANDY M.	12/15	Elgin, IL
	DON S.	1/5	San Diego, CA
	JIM P.	1/5	Baldwin, NY
	GARY M.	1/6	Renton, WA
	KAREN H.	1/27	San Diego, CA
	FRANK P.	1/27	St. Andrews, NY
	JAME E.	1/29	Reno/Sparks, NV
13 YEARS	MARGARET N.	12/8	Calgary, AB
	TONY C.	1/3	Park Ridge, IL
	MIKE S. (2)	1/6	San Diego, CA
	PETER U.	1/12	San Diego, CA
	SAM E.	1/17	Yiddish, NY
	GLEN V.	1/20	St. Andrews, NY
	RICK H.	1/24	San Diego, CA
	TRACEY C.	1/31	Hampton, NJ
12 YEARS	PAM	1/4	Wausau, WI
	DAN K.	1/7	St. Patricks, NY
	NANCY B.	1/20	San Diego, CA
	KIM E.	1/20	Tigard, OR
	PAT H.	1/25	Staten Island, NY
11 YEARS	CHRIS C.	1/2	San Diego, CA
	JANET C.	1/6	San Diego, CA
	MIKE	1/10	Calgary, AB

11 YEARS (cont)	KEVIN P.	1/15	Salem/Woodburn, OR
	SHEILA F.	1/15	Salem, OR
	MARC P.	1/23	Reseda, CA
10 YEARS	SANDY	12/15	Calgary, AB
	RAYMOND H.	1/3	Ocean Parkway, NY
	TONY D.	1/11	Bronx Our Savior, NY
9 YEARS	PATT C.	10/25	Albuquerque, NM
	TORY K.	1/5	Vancouver, WA
	SHAUNA H.	1/6	San Diego, CA
	ENIKO	1/7	Reno/Sparks, NV
	CARLYN D.	1/8	Forest Hills, NY
	MARIA G.	1/20	San Diego, CA
	WILLIAM Y.	1/20	San Diego, CA
8 YEARS	ANNETTE S.	12/5	Calgary, AB
	NANCY M.	12/19	Bolingbrook, IL
	BARRY O.	1/4	W. 46 th St., NY
	MORRI K.	1/17	San Diego, CA
	DONNA P.	1/24	5 Towns, NY
	GUISEPPE V.	1/30	Marlton, NJ
7 YEARS	KATIE F.	12/8	Parksville, BC
	JUDY R.	1/2	Portland, OR
	LORI L.	1/6	Springfield, OR
	FRED L.	1/15	San Diego, CA
	MARY C.	1/17	San Diego, CA
	BOB C.	1/18	Woodbury, NY
	CHARLIE O.	1/23	San Diego, CA
	PAUL C.	1/25	W. 46 th St., NY
	GLEN S.	1/29	Reno/Sparks, NV
	TONY M.	1/29	Hicksville, NY
	CARLY T.	1/29	Woodburn, OR
6 YEARS	CAROL M.	12/1	Nanaimo, BC
	MARK H.	12/2	North Vancouver, BC
	LYLE S.	12/25	Calgary, AB
	LINDA B.	1/2	Rancho Cucamonga, CA
	MONICA O.	1/2	Bolingbrook, IL
	HUGH G.	1/4	L.A. Intergroup, CA
	KATHY W.	1/26	San Diego, CA
	KANDY	1/28	Portland, OR
5 YEARS	DIANE	11/2	Medicine Hat, AB
	BRENDA C.	12/13	Dayton, OH
	KEN F.	12/19	Calgary, AB
	REBA L.	1/2	Elmhurst, IL
	VAL C.	1/4	Lisle, IL
	ZAC N.	1/6	San Diego, CA
	SANDRA H.	1/7	Burbank, IL
	MARC D.	1/10	Ocean Parkway, NY
	DON	1/10	Wausau, WI
	MICHAEL B.	1/13	San Diego, CA
	ED C.	1/18	Bronx Our Savior, NY
	ROB F.	1/19	East 31 st St., NY
	RICH S.	1/22	Forest Hills, NY

5 YEARS (cont)	SUSAN C.	1/26	San Diego, CA
	JONATHAN S.	1/27	San Diego, CA
4 YEARS	MATT S.	12/2	Bloomingtondale, IL
	BRIAN	12/6	Calgary, AB
	JOHN F.	12/29	Bolingbrook, IL
	PAUL U.	12/31	White Rock, BC
	GEE L.	1/1	San Diego, CA
	JEFF M.	1/1	Hicksville, NY
	IAN	1/2	Calgary, AB
	MEREDITH H.	1/3	San Diego, CA
	CHRIS M.	1/10	Portland, OR
	JIM A.	1/16	Marlton, NJ
	JAMES G.	1/21	Forest Hills, NY
	JEROME S.	1/23	San Diego, CA
	MAURO G.	1/27	Vancouver, WA
	RICH R.	1/29	Blackwood, NJ
3 YEARS	ARIF M.	12/4	Port Coquitlam, BC
	DAN V.	1/1	San Diego, CA
	IRA V.	1/6	Forest Hills, NY
	VICTOR M.	1/12	East 31 st St., NY
	ALISSA S.	1/13	San Diego, CA
	GINA M.	1/17	Hampton, NJ
	MIKE D.	1/17	Ocean Parkway, NY
	MIKE T.	1/17	5 Towns, NY
	FRANK V.	1/18	Dallas, TX
	GRETA V.	1/18	Dallas, TX
	RON C.	1/21	San Diego, CA
	GAIL F.	1/24	Calgary, AB
	JOSE C.	1/28	Reno/Sparks, NV
	STEPHEN O.	1/28	St. Patricks, NY
2 YEARS	BOB S.	12/14	Park Ridge, IL
	FRANK T.	1/2	Marlton, NJ
	MIKE M.	1/3	Hartford, CT
	ROGER	1/3	Reno/Sparks, NV
	FRANY K.	1/3	Settlement House, NY
	MARK H.	1/4	Albany, OR
	BARNEY P.	1/5	Salem, OR
	JEFF R.	1/6	San Diego, CA
	SAM L.	1/7	Albany, OR
	RYAN S.	1/8	San Diego, CA
	LEILANI	1/8	Albuquerque, NM
	MICHAEL C.	1/8	Hicksville, NY
	MATT V.	1/9	Marlton, NJ
	FLORA S.	1/9	Vancouver, WA
	MICHAEL N.	1/10	San Diego, CA
	ERIC D.	1/11	Sorel, QC
	RO Y.S.	1/13	San Diego, CA
	SHERI G.	1/13	Reno/Sparks, NV
	BRIAN M. (2)	1/26	San Diego, CA
	EAMON T.	1/26	East 31 st St., NY

1 YEAR	CLAUDE B.	12/16	Hartford, CT
	MIKE V.	12/18	Hartford, CT
	SUZETTE W.	1/4	San Diego, CA
	ANDY D.	1/4	Schaumburg, IL
	CALEB	1/4	Fort Worth, TX
	SUSANNA K.	1/5	East 31 st St., NY
	JOHN C.	1/6	St. Andrews, NY
	MELANIE D.	1/7	Marlton, NJ
	SONJA M.	1/10	Reno/Sparks, NV
	CHRIS A.	1/12	East 31 st St., NY
	ALEC K.	1/13	East 79 th St., NY
	JIMMY O.	1/13	St. Andrews, NY
	PHILLIP M.	1/14	San Diego, CA
	CHUCK P.	1/14	Marlton, NJ
	MICHAEL W.	1/15	San Diego, CA
	FRED C.	1/18	Vails Gate, NY
	EVAN K.	1/19	Sierra Madre, CA
	HARRISON S.	1/19	East 31 st St., NY
	MARK G.	1/20	Reno/Sparks, NV
	RAJ P.	1/21	Marlton, NJ
	JANET H.	1/23	East Northport, NY
	MATT M.	1/26	Douglaston, NY
	MONICA J.	1/26	Howard Beach, NY
	CRAI M.	1/29	Forest Hills, NY

INDIVIDUAL LIFELINER DONATIONS DECEMBER 2020

ARIZONA (10)	295.00	MISSOURI (1)	2.00
CALIFORNIA (66)	3,999.00	MISSISSIPPI (1)	20.00
CANADA (1)	150.00	NEVADA (17)	685.00
COLORADO (1)	25.00	NEW HAMPSHIRE (1)	50.00
CONNECTICUT (1)	20.00	NEW JERSEY (29)	908.00
FLORIDA (40)	1,427.00	NEW MEXICO (5)	230.00
GEORGIA (3)	150.00	NEW YORK (16)	737.00
HAWAII (1)	50.00	NORTH CAROLINA (11)	75.00
ILLINOIS (5)	150.00	OHIO (1)	10.00
INDIANA (2)	35.00	OKLAHOMA (2)	20.00
KANSAS (1)	20.00	OREGON (2)	65.00
KENTUCKY (2)	60.00	PENNSYLVANIA (7)	173.00
LATVIA (1)	5.00	SOUTH CAROLINA (1)	20.00
LOUISIANA (2)	20.00	TEXAS (1)	50.00
MASSACHUSETTS (2)	62.00	WASHINGTON (3)	40.00
MICHIGAN (3)	175.00	WISCONSIN (1)	15.00
MINNESOTA (3)	60.00	TOTAL (243)	\$9,803.00

I.S.O. CAN CONTRIBUTIONS DECEMBER 2020

CALIFORNIA

C77	San Diego Intergroup	21.30	C765	Fair Oaks Thursday AM	45.00
C464	Stockton Thursday	10.00	C1002	Burbank Monday	65.00

FLORIDA

C123	Singer Island Saturday	25.00	C263	Plantation Wednesday PM	35.00
C262	Plantation Friday PM	64.00			

GEORGIA

C1539	Norcross Sunday	10.00			
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LOUISIANA

C849	Slidell Sunday	28.00			
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NEVADA

C42	G.A. of Southern Nevada	846.00			
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PENNSYLVANIA

C208	South Hills Tuesday	13.00			
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TEXAS

C1134	Ft. Worth Thursday	44.00	C1587	Ft. Worth Tuesday	60.00
C1438	Ft. Worth Saturday AM	60.00			

GROUP CONTRIBUTIONS DECEMBER 2020

ARIZONA

Phoenix Wednesday 6:30PM	25.00
Phoenix Wednesday- Inspire	25.00
Phoenix Wednesday 32 nd Street	25.00
Phoenix Sunday –Shea	50.00

CALIFORNIA

Anaheim Wednesday 7:30PM	50.00
Anaheim Thursday	26.00
Anaheim Sunday PM	12.00
Dana Point Monday	6.00
Downey Saturday	68.00
Griffith Park Sunday	103.00
Hollywood Saturday	4.00

Lincoln Wednesday	16.00
Lincoln Friday AM	17.00
Lincoln Sunday	19.00
Mission Viejo Tuesday	20.00
Mission Viejo Friday PM	20.00
Rancho Cucamonga Saturday	34.00
San Jose Monday Beginners	75.00
Walnut Creek Tuesday	30.00

COLORADO

Denver Monday	120.00
Grand Junction Tuesday	100.00

CONNECTICUT

Pawcatuck Tuesday	5.00
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DELAWARE		Toms River Sunday	25.00
Wilmington Tuesday AM	30.00	Turnersville Wednesday	100.00
Wilmington Saturday AM	50.00	NEW MEXICO	
FLORIDA		Albuquerque Tuesday	50.00
Bradenton Friday AM	50.00	NEW YORK	
Coral Springs Saturday AM	50.00	Baldwin Tuesday PM	50.00
Daytona Beach Tuesday	25.00	OREGON	
Tampa Thursday	75.00	Eugene/Springfield	55.00
GEORGIA		PENNSYLVANIA	
Norcross Sunday-Korean	10.00	Bethlehem Thursday	75.00
INDIANA		Collegeville/Trappe Thursday	115.00
Indianapolis Monday –Clean	40.00	Media Wednesday	60.00
Indianapolis Thursday PM	30.00	TEXAS	
KENTUCKY		Fort Worth	40.00
Louisville Friday-Unity	25.00	WASHINGTON	
MASSACHUSETTS		Spokane @ Country Homes	32.00
Canton Tuesday	55.00	WISCONSIN	
Northampton Monday	200.00	Wausau	50.00
NEW JERSEY		CANADA	
Edison Saturday AM	30.00	Alberta	
Hampton Sunday	20.00	West Jasper Place Tuesday	200.00
Hasbrouck Heights Saturday	25.00	British Columbia	
Manahawkin Thursday	50.00	White Rock Wednesday	50.00
Metuchen Tuesday	30.00	KOREA	
Moorestown Monday	100.00	Seoul	50.00
Ocean Monday	100.00		
Toms River Saturday	25.00		

INTERGROUP CONTRIBUTIONS DECEMBER 2020

Delaware Valley	150.00	New York	500.00
Greater Sacramento	30.00	Orange County	183.55
Houston/Gulfcoast	50.00	South Florida	200.00
Inland Empire	100.00	Southern Nevada	1,000.00
L.A. Intergroup	250.00	Greater Vancouver	187.28
New Jersey	174.00		

**INTERGROUP CONTRIBUTIONS
FROM GRATITUDE WEEK DECEMBER 2020**

French Quebec 356.25

**NATIONAL HOTLINE DONATIONS
DECEMBER 2020**

Area 1	L.A. Intergroup	14.00
Area 1B	Inland Empire Intergroup	25.00
Area 6	South Florida Intergroup	40.00

**BULLETIN SUBSCRIPTIONS
DECEMBER 2020**

2 Subscriptions for a Total of \$96.00

**ONE TIME DONATIONS
DECEMBER 2020**

Bill B., Florida
In loving memory of Bob Y. from Los Angeles, California,
during your 25 years in program you helped many, RIP.

Frank M., Florida
In appreciation of 40 years of abstinence and recovery

Tom M., California
One Time donation during the “Season of Giving”

Ed E., California
Personal donation to I.S.O.

Jim S., Arizona
In memory of my father, Jim S. from Nebraska

Gene T., California
One Time Donation

Brenda J., New Mexico

In memory of Anne S., Passed April 2020, Las Vegas/Henderson
To a dear friend and mentor, she could make you laugh and cry at the same
time. She would have celebrated 30 years of recovery September 4, 2020.

Brenda J., New Mexico

In memory of Lynn S., Passed June 2020, Las Vegas/Henderson
Marriage and family counselor who specialized in compulsive gambling.
She ran intensive outpatient programs. God used her to help save my life
17 years ago. So grateful for her support and friendship.

Brenda J., New Mexico

In memory of Tommy W., Passed August 2020, Las Vegas/Henderson
To a friend who had a big heart and great amount of intelligence.
He never felt he deserved recovery, but he did.

Mike D., New Jersey

In appreciation of 33 years of abstinence from gambling

Ralph O., Florida
One Time Donation

Anonymous, Oregon
“Congratulations Paul S. on 46 years Gambling Free”

Grant M., California
One Time Donation

Alan O., California
One Time Donation

Stephen H., California
One Time Donation

G.A. of Southern Nevada, Nevada
In memory of Dan R.

G.A. of Southern Nevada, Nevada
In memory of Fred S.

G.A. of Southern Nevada, Nevada
In memory of Elsie G.

G.A. of Southern Nevada, Nevada
In memory of Karen Q.

Sandy L., Washington
For 11 years of Recovery

Karen H., California
In memory of Andy R.'s mom

Board of Regents, California
December Meeting Donation

Tom M., California
In memory of Andy R.'s mother

Bill B., Florida
In memory of Linda, Andy R.'s mother

Kathy O., California
In appreciation of 10+ years of abstinence from gambling

Anonymous, Arizona
One Time Donation

L.A. INTERGROUP TRUSTEES WALK-A-THON DECEMBER 2020

Area 1 Gene T.
Area 1 Linda M.
Area 1 Maria P.
Area 1 Intergroup Members donating through Venmo & Zelle

**GAMBLERS ANONYMOUS
INTERNATIONAL SERVICE OFFICE
OPERATING STATEMENT
DECEMBER 2020**

CASH IN OPERATING ACCOUNT DECEMBER 1, 2020 \$ 40,363.91

RECEIPTS FOR DECEMBER

Group Contributions	2,822.00
Lifeliners	9,803.00
I.S.O. Can Contributions	1,326.30
Intergroup Contributions	2,824.83
One-Time Donations	14,358.70
National Hotline Donations	79.00
Bulletin Subscriptions	96.00
Gratitude Week	356.25
San Diego Fall 2020 Seed Money Returned	1,000.00
L.A.I.G. Trustee Walk-A-Thon	466.00
Area 21 Spain R.S.O. Donation	1,136.11
Sale of Literature	6,884.44
Literature Shipping	1,642.00
Sales Tax Collected	73.56
E-Reader	20.31
Merchant Services Cash Reward25
Interest From Checking Account35
PayPal Literature Processing Fees	336.31

TOTAL \$ 43,225.41

CASH AVAILABLE FOR DECEMBER \$ 83,589.32

DISBURSEMENTS FOR DECEMBER

Rent & Cam Fees	5,001.43
Payroll	26,548.24
Payroll Taxes (Federal & State)	2,030.96
Postage	4,000.00
Office Expenses	387.41
Payroll Processing Fees	187.46
Health Insurance	1,457.20
Telephone	422.30
Electric Bill	150.64
Maintenance/Monitoring Bay Alarm	368.84
Lease/Maintenance Postage Meter & Scale	317.53
Balance of Accountants Yearly Fee	4,750.00
Match For Employees Simple IRA	498.14
Bulletins	595.50
Visa/MC Service Fee	53.57
Literature	2,116.12
Pay Pal Literature Processing Fees	336.31

TOTAL \$ 49,221.65

CASH IN OPERATING ACCOUNT AS OF DECEMBER 31, 2020 \$ 34,367.67

DISBURSEMENTS IN EXCESS OF INCOME -\$ 5,996.24

G.A. APPROVED TELEPHONE CONFERENCE CALL MEETING INFORMATION

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 and Questions
Sunday 9PM	712-770-5338	836083 #	
Monday 9PM	712-770-4925	554671 #	
Tuesday 9PM	712-770-4943	253824 #	
Wednesday 9PM	712-770-4160	611704 #	
Thursday 9PM	712-770-4981	872853 #	
Friday 3PM	712-770-4979	703758 #	
Friday 9PM	712-770-4996	595094 #	
Saturday 9PM	712-770-5335	491301 #	

**Please use this email for help
for any of these meetings**

weeklycallhelp@gmail.com

Canadian Callers who are trying to call the US numbers may have difficulty getting through. Please follow the directions at trusteewebsite.com/telephone-conference-call.

US callers who are trying to call the US numbers and have difficulty getting connected, please follow the directions at trusteewebsite.com/telephone-conference-call.

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 and Questions
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

SPANISH-BASED MEETINGS – Worldwide access is available with non-US country local phone numbers. Please use the email address below to obtain those local area numbers.

Day and Time

Mexico City Time	Call in Number	Meeting Code	Email for Information and Questions
Wednesday 8PM	712-770-5306	565387 #	Miercoles8PMayuda@gmail.com
Saturday 6PM	712-770-5377	432973 #	Sabado6PMayuda@gmail.com

SPANISH-BASED MEETINGS FROM SPAIN

Day and Time

Madrid Time	Call in Number	Meeting Code	Email for Information and Questions
Sunday 7PM	712-770-5370	781589 #	area21ayuda@jugadoresanonimos.org
Tuesday 7PM	712-770-5370	781589 #	area21ayuda@jugadoresanonimos.org
Thursday 7PM	712-770-5370	781589 #	area21ayuda@jugadoresanonimos.org

FOR CALLERS HAVING DIFFICULTY CONNECTING TO A CONFERENCE CALL

Please go to 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.
4981 IRWINDALE AVE., #700, IRWINDALE, CA 91706

Thank you for your support!!