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January 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**

*Circle one*

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<b>EACH ADDITIONAL COPY (FOREIGN)     IN SAME ENVELOPE .....</b>	<b>\$55.00</b>

*Please Enclose Check or Money Order for Payment*

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_ **ZIP:** \_\_\_\_\_

**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 DECEMBER 16, 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., Laura M., Valerie D., Zach M., Israel A., Office Manager.

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

**A. Minutes for November 11, 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 November 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) – 8  
AZ-1 FL – 1 LA- 1 Venmo/Zelle-1  
(From Chicago Conf: AZ-1, CA-1, MA-1, NJ-1)
- CANS (State) – None
- GROUP INFORMATION REQUEST FORMS RECEIVED: 1  
Cincinnati, OH ((REGISTRATION ONLY)

- **GROUP INFORMATION REQUEST FORMS RECEIVED PRIOR TO SENDING STARTER KITS - 6**  
Six Starter Kits were sent out as follows after receiving the Group Information Request Forms for the month of November:  
Rome, GA.                      Mt. Prospect, IL.                      Chisolm, MN  
St. Mary's, PA                      Coupeville, WA.                      Des Moines, WA
- Prison Starter Kits Sent: 0
- Venmo& Zelle donations were \$1,494.33: Groups \$574.00, 1X donations \$18.00, Lifeline donations \$687.00, I.S.O. Can donations \$215.33.
- Annual Audit has been completed and presented to B.O.R.

**C. International Executive Secretary Report – KC B.**

- Attended Chicago BOT and Conference.
- Also done proofing the BOT minutes and should have them out no later than 12/19.
- The workshop went well, thanks to the assistance of Val, Jo and Bob.
- Done with the November bulletin.
- Working on December bulletin.
- Reserved hotel for Pleasanton.

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

- We will have zoom set up by next month's BOR.

**E. UPDATE ON WEBSITE INFORMATION.**

- Developers have continued to update us.
- They are having lots of progress with mapping and have designed most of the pages.
- There will be a link available soon and committee will review the website.

**NEW BUSINESS**

**A. Chairman Bob W. will be stepping down.**

- Chair Bob W. has decided to step down for personal reasons and Ara as Co- Chairman will now be Chairman.
- Nomination accepted and motion was made for Bob W. to be Co-Chair.

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

**B. DISCUSS NEW EVENT IN THE SPRING “UNITY WEEK”**

- More review and information is needed before proceeding.
- Upon further review, this Item has not be presented to BOT.

**C. APPROVAL OF B.O.R EXPENSES FOR CHICAGO FALL CONFERENCE**

- The Chair submitted an itemized list of expenses requesting reimbursement which totaled \$1,321.28.

Motion was made to accept the B.O.R. Chair expenses and to reimburse Chairman for Chicago B.O.T. Meeting in November.

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

**D. DISCUSS CITIBANK CD MATURING ON JANUARY 26, 2024.**

Motion to table this item until January 2024.

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

**Number of people who called in to listen to the meeting: 5**

**Collected: \$ 58.00**

**Meeting ended with the Serenity Prayer at 10:06 A.M.**

**Next meeting will be January 20, 2024.**

**Respectfully submitted by Valerie D., Secretary.**

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## **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](mailto:brucelaw8@mac.com). He will reply by email or phone if you provide your number.

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## **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.

I knew that whether I relapsed or not, the Group would still be there when I came back. So when I’d see a person had relapsed, I’d welcome them back to the Group and continue forward.

***Step 1 – Our common welfare should come first; personal recovery depends upon group unity.***

Our red book, A New Beginning starts discussion of our Unity Program in Chapter 5 and says:

Our common welfare is based upon the desire to stop gambling and to solve our common problem. Personal recovery depends upon this common goal. When one maintains abstinence from gambling, we improve our quality of life. We then see that our common good is primary as we recover individually in unity with each other. A group that is troubled due to personality conflicts, indifference to others, individual ambitions, super egos, compulsive talkers, disruptive members, and others who openly indicate that group unity is not essential, will certainly be unable to carry our message, and in time the group will cease effectively to exist.

Gambling can shatter and perhaps destroy the gambler but an individual who gambles cannot destroy the Group. In the early days, we wondered if the Group could survive the many individual relapses. Today, we know the Group will survive.

- a. Define/discuss the following phrase: Our common welfare should come first, personal recovery depends upon group unity.*
- b. What is our common welfare?*
- c. What is unity? What is group unity?*
- d. We often hear in our program – “don’t take others inventory.” What does this mean? How does this affect the group when someone takes another’s inventory?*
- e. As we read the combo book, some groups read together aloud, “principles before personalities.” Discuss how this phrase relates to Unity Step 1.*
- f. How do we put the common welfare in Gamblers Anonymous first?*
- g. How can the lack of unity affect my personal recovery?*
- h. How will the unity of Gamblers Anonymous affect my personal recovery?*
- i. Have I ever contributed to disunity among the fellowship? What could I have done instead?*
- j. How can I, as an individual member, support the unity within Gamblers Anonymous?*
- k. One of the keywords to our recovery is open-mindedness. Why is open-mindedness needed for our common welfare?*
- l. What are some of the ways to strengthen the unity of our groups?*
- m. Elaborate on the following principles as they relate to Unity Step 1: unity, common welfare, anonymity, and other principles for Unity Step 1.*

**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. 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.

As the New Year rolls through, have you made any resolutions? I tend to call mine intentions instead of resolutions. I have found over the years that when I make a "resolution" I am more apt to break it than if I were to make an intention.

I am hopeful for a better year than last year. Even though last year wasn't that bad of a year, I am always hopeful when the new year comes around. Fresh starts; new opportunities; new friends; connections with old friends.

Don't forget the trustee elections are coming up this spring. I'll need all of the new trustee information before June 1 so that I can prepare the list for the July bulletin. Please have all trustees (whether re-elected or newly elected) fill out the form on the Trustee Website so that the information gets to me. Your current and past trustees should have gotten the list of allotments for your area. If you haven't served as a trustee of your area, I believe it would be a good opportunity to give service.

Did you know that the Combo Book is available as a digital download? You'll find instructions on how to get it (if you don't already have it!) just below this letter.

Something else I thought you would be interested in; Korea GA is turning 40 years old this year in June. How amazing is that!

Yours in recovery and gratitude, KC B.

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**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.

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## 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.,

Thank you for all you do for Gamblers Anonymous. Wishing you all a happy, healthy, and safe New Year.

Thanks, Frank M.



Dear I.S.O.,

Thank you for all that you do. Sending wishes for a great year ahead.

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

Dear I.S.O.,

Thank you for all your service!

Happy Holidays, Metuchen Tuesday, New Jersey

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Dear I.S.O.,

Enclosed is the December donation from the Sunday Chester, PA group.

Thanks for all the good work you do.

In Unity, Scott S., Philadelphia, Pennsylvania

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Dear I.S.O.,

I am a compulsive gambler from the Tuesday night live meeting in Seattle, Washington, Area 2H. Through the Grace of God and the help of the GA fellowship, I will be celebrating 30 years in February.

It has been a long and windy road from where I started attending my first meeting in San Bruno, CA where the guy who answered the phone greeted me at the door with a smile and made me feel welcome. I was in and out after that until I finally surrendered on February 12, 1994 and haven't found it necessary to place a bet since then, no matter who came and went.

I am the secretary of the Tuesday night live GA meeting at Denny Lutheran Church where we have been holding a live meeting since March of 2023. Sometimes, there has only been two or three of us, but newcomers have been showing up for the past three months or so, which confirms what we set out to do in order to carry the message to the still suffering compulsive gambler.

I hope to celebrate the 30 years I have been granted at my homegroup on February 12.

Thank you for your service.

In gratitude, Jeff E., Seattle, Washington

## **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](mailto: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](mailto:ies@gamblersanonymous.org) and I'll get you in touch with their contact.

### **Back Together Again South Florida Intergroup Mini-Conference March 10, 2024**

Holiday Inn  
1301 Belvedere Road, West Palm Beach, FL

For more information, email [ies@gamblersanonymous.org](mailto:ies@gamblersanonymous.org) and I'll get you in touch with one of their committee members.

### **Signs of Recovery 2024 GASN & Gam-Anon Mini-Conference April 20, 2024**

Christ the King Catholic Church Activity Center  
4925 S Torrey Pines Drive, Las Vegas, NV 89104

For more information, email [ies@gamblersanonymous.org](mailto:ies@gamblersanonymous.org) and I'll get you in touch with one of their committee members.

### **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](mailto:ganswconference@gmail.com) or you can email me at [ies@gamblersanonymous.org](mailto:ies@gamblersanonymous.org) and I will email you a registration form.

**INDIVIDUAL LIFELINER DONATIONS  
RECEIVED IN THE MONTH OF  
DECEMBER 2023**

**ARIZONA**

L36	Marc L.	L496	Guy H.
L221	Janat G.	L563	Zach M. X2
L287	James S.	L593	Grant M.
L396	Pam K.	L601	David L.
L546	Mo M.	L609	Kathie S.
L692	Doug G.	L617	Mike Z.
L965	Brandon S.	L623	Lucille T.
L1005	Patricia B.	L648	Ed K.

**CALIFORNIA**

L4	Tom M.	L701	David L.
L6	Bill/ Kathy S.	L734	Joseph C.
L8	Dan B.	L772	Ara H.
L9	Mike M.	L832	Gene T.
L18	Chris G. X2	L834	Candice B.
L19	Wendy B. X2	L836	Albert Y.
L21	Ed E.	L871	Greg D.
L31	Russell H.	L907	Joseph G.
L70	Keith B.	L908	Jordan K.
L73	Karen H.	L920	Jane J.
L87	Mike S.	L946	Estela M.
L88	Valerie D.	L968	Butch G.
L100	Mazi S.	L1000	Willie F.
L116	Rob D.	L1001	Ray J.
L117	Steve F.	L1003	Sean N.
L120	Phil C.	L1013	Bruce W.
L151	Murray F. X2	L1015	Dexter/Horoko E.

**COLORADO**

L147	Lou W.
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**CONNECTICUT**

L581	Paul S.
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**FLORIDA**

L2	Bill B.
L81	Paulette T.
L97	Chuck R.
L143	Neal G.
L160	Jim C.
L175	Lloyd A. X2
L205	Steve P.
L225	Kevin K.
L233	Robert M.
L251	Frank G.
L261	Stephen S.

**FLORIDA (cont)**

L351 Russell H.  
 L420 Mark S.  
 L423 Kathleen H. X2  
 L429 Dennis S.  
 L450 Neil S.  
 L483 Victor C.  
 L511 Chris N.  
 L549 Patricia P.  
 L590 Dennis A.  
 L607 Debbie M.  
 L695 Ronald B.  
 L815 Linda S.  
 L835 Howard M.  
 L840 Janice M.  
 L843 Neal V.  
 L844 Arnie B.  
 L904 Marlon D.  
 L944 Brent S.  
 L945 Eugene K.  
 L956 Thomas C.  
 L958 Stephen B.  
 L979 Rebecca P.  
 L989 Lois H.  
 L993 Carlos M.  
 L1002 Jim O.  
 L1010 James T.  
 L1014 James H.  
 L1017 Marc B.

**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.

**KANSAS**

L918 Nancy W.

**KENTUCKY**

L115 Laura S.

L195 Steve B.

**LOUISIANA**

L27 Betty S.  
 L354 Kathy S.

**MASSACHUSETTS**

L598 Vinny S.  
 L998 Jonathan R.

**MICHIGAN**

L272 Joann D.

**MINNESOTA**

L803 Renee G.

**NEVADA**

L75 KC B.  
 L325 Terry D.  
 L410 Joanne F.  
 L439 Ira K.  
 L486 Zeny K.  
 L612 Dan Mc.  
 L669 Terri R.  
 L690 Lenore D.  
 L837 Harriet K.  
 L846 Bobby B.  
 L975 Larry S. X2  
 L982 Rex W.

**NEW JERSEY**

L174 Mike D.  
 L183 Robin D.  
 L197 Vincent B.  
 L213 Michael R.  
 L223 Fred D.  
 L266 Kivey G.  
 L311 Andrew D.  
 L366 Michael L.  
 L433 Joseph F.  
 L438 Matthew C.  
 L497 Dave S.  
 L524 Richard T.  
 L699 Craig H.  
 L818 Michael D.  
 L856 Scott B. X2  
 L863 Kathleen P.  
 L961 Tom C.  
 L985 Tristan D.

**NEW MEXICO**

L662 Joel K.  
 L906 Mary F.

**NEW YORK**

L308 Jordan P. X2  
 L516 Susan W.  
 L622 Andrew C.  
 L887 Pierre J.

**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.  
 L510 Eric S.  
 L513 John B.  
 L514 Silvia G.  
 L515 Donna M.  
 L518 Toby G.

**OHIO**

L948 Edward G.  
 L986 Anthony K.

**OREGON**

L584 Curt P.

L881 Pam B.

**PENNSYLVANIA**

L40 Dan M.  
 L71 Marla J.  
 L345 John B.  
 L533 Debbie D.  
 L820 Josh S. X2  
 L923 Mary M.

**PUERTO RICO**

L192 Dora H.

**SOUTH DAKOTA**

L641 Dale A.

**TEXAS**

L245 Alan S.

**WASHINGTON**

L425 Terry D.  
 L659 Connie M.

**WISCONSIN**

L443 Constance T.  
 L693 Terry S.  
 L988 Jeffrey R.

**BRITISH COLUMBIA**

L984 Steve L.

**VENMO/ZELLE**

L1011 Dylan K.

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## INDIVIDUAL LIFELINER DONATIONS DECEMBER 2023

ARIZONA (8)	147.00	NEW JERSEY (18)	727.00
CALIFORNIA (58)	7,393.00	NEW MEXICO (2)	25.00
COLORADO (1)	25.00	NEW YORK (4)	100.00
CONNECTICUT (1)	20.00	NORTH CAROLINA (14)	170.00
FLORIDA (40)	1,551.00	OHIO (2)	70.00
GEORGIA (1)	80.00	OREGON (2)	45.00
HAWAII (2)	78.00	PENNSYLVANIA (6)	156.00
ILLINOIS (5)	50.00	PUERTO RICO (1)	20.00
INDIANA (1)	15.00	SOUTH DAKOTA (1)	10.00
KANSAS (1)	100.00	TEXAS (1)	50.00
KENTUCKY (2)	60.00	WASHINGTON (2)	35.00
LOUISIANA (2)	20.00	WISCONSIN (3)	390.00
MASSACHUSETTS (2)	46.00	CANADA (1)	50.00
MICHIGAN (1)	5.00	VENMO/ZELLE (1)	50.00
MINNESOTA (1)	10.00		
NEVADA (12)	215.00	<b>TOTAL (196)</b>	<b>\$11,713.00</b>

## ANNIVERSARIES

<b>49 YEARS</b> .....	BOB K.	1/6	Worcester, MA
<b>48 YEARS</b> .....	STAN H.	1/2	Ardsley Zoom, NY
<b>46 YEARS</b> .....	BRUCE P.	1/7	Settlement House/SFX, NY
	IRWIN B.	1/15	Charlotte, NC
	FRED M.	1/30	Kissena, NY
<b>43 YEARS</b> .....	JOHN M.	1/16	Kissena, NY
<b>39 YEARS</b> .....	VINNY M.	12/29	North Andover, MA
<b>36 YEARS</b> .....	GLENN D.	1/26	Santa Monica, CA
<b>34 YEARS</b> .....	STEVE T.	1/15	Woodbury, NY
<b>32 YEARS</b> .....	ROBERT M.	1/9	Wantagh, NY
	RAY V.	1/30	East 31st Street, NY
<b>31 YEARS</b> .....	GARY K.	1/13	Reseda Zoom, CA
<b>30 YEARS</b> .....	JERRY T.	1/11	Trappe, PA
	EARL	1/14	Calgary, AB
	ROBERT W.	1/16	Montreal, QC
	PETER R.	1/20	Church on the Hill, NY
<b>28 YEARS</b> .....	PETER C.	1/8	Smithtown, NY
	GENE S.	1/9	Voorhees, NJ
	BOB B.	1/17	Norristown, PA
<b>27 YEARS</b> .....	CAROLYN M.	12/28	Canton, MA
	AL Z.	1/29	Woodbury, NY
<b>26 YEARS</b> .....	FRANKIE M.	1/28	St. Finbars, NY
	FRANKIE R.	1/31	Bensonhurst Recovery, NY
<b>25 YEARS</b> .....	KENNY O.	12/27	West Bridgewater, MA
	DREW J.	1/7	Fort Worth, TX
	MARJORIA S.	1/24	Las Vegas, NV
<b>24 YEARS</b> .....	DEBBIE O.	1/19	Las Vegas, NV
<b>23 YEARS</b> .....	JULIUS H.	1/1	Bala Cynwyd, PA
	ADAM K.	1/30	Woodbury, NY
<b>22 YEARS</b> .....	MADELEINE G.	1/8	St-Jeau-sur-Richelieu, QC
<b>21 YEARS</b> .....	ED K.	1/2	Westlake Village, CA
	TOM M.	1/13	Taunton, MA
<b>20 YEARS</b> .....	FRED L.	11/23	Palatine, IL
	CHUCK T.	12/29	Greensboro, NC
	MILENA O.	1/9	Howard Beach, NY
	JAMES R.	1/18	Paramount/Lakewood, CA
	RICK I.	1/27	Voorhees, NJ



<b>19 YEARS</b> .....	DONNA M.	12/30	Palatine, IL
	CARMINE G.	1/8	Mount Vernon, NY
	PAM A.	1/14	Las Vegas, NV
	KARLA M.	1/23	Las Vegas, NV
<b>18 YEARS</b> .....	KEITH B.	1/7	Westlake Village, CA
	JACKIE C.	1/17	Henderson, NV
	RICHARD K.	1/18	Hamilton, NJ
<b>17 YEARS</b> .....	CHRIS K.	12/21	Hanson, MA
	DENNIS O'C	1/8	Greensboro, NC
	JORGE R.	1/18	Paramount/Lakewood, CA
	DANNY N.	1/21	Las Vegas, NV
<b>16 YEARS</b> .....	RUSSELL R.	1/28	Ocean Parkway, NY
	SUE C.	1/6	Church on the Hill, NY
	ZENY K.	1/8	Las Vegas, NV
<b>15 YEARS</b> .....	TRACEY C.	1/30	Voorhees, NJ
	DANNY K.	1/14	Ocean Parkway, NY
	PAT H.	1/29	Staten Island, NY
<b>14 YEARS</b> .....	DAVE S.	12/29	North Andover, MA
	LOU V.	1/3	NE Philadelphia, PA
	LOU V.	1/4	Plymouth MTG, PA
	MIKE	1/10	Calgary, AB
	JOHN S.	1/23	S. Philadelphia, PA
	MIKE C. #1	1/23	Charlotte, NC
<b>13 YEARS</b> .....	PAT P.	1/24	Plantation, FL
	KARL P.	12/24	York, ME
<b>12 YEARS</b> .....	PEGGY H.	10/18	Schaumburg, IL
	DONNA B.	1/2	Livengrin, PA
	BARBARA S.	1/3	Fort Worth it Online, TX
	BARRY O.	1/8	W. 46th Street, NY
	LINDA C.	1/10	Las Vegas, NV
	MICHAEL CA.	1/16	Las Vegas, NV
	FRANK F.	1/25	Trappe, PA
	YON T.	1/28	Chester, PA
<b>11 YEARS</b> .....	TOM L.	1/10	Media, PA
	GUISEPPE V.	1/25	Marlton, NJ
<b>10 YEARS</b> .....	GINETTE D.	1/9	St-Hyacinthe, QC
	SUZANNE B.	1/9	Winston-Salem, NC
	LORI T.	1/11	Medicine Hat, AB
	BOB C.	1/22	Woodbury, NY
	DEB S.	1/26	Henderson, NV

<b>10 YEARS</b> (cont) . . . . .	MIKE C.	1/26	Canton, MA
	TAPDONG Y.	1/30	Soowon, KOR
<b>9 YEARS</b> . . . . .	JEFF A.	1/1	Plymouth MTG, PA
	CARL S.	1/2	South Philadelphia, PA
	SCOTT S.	1/7	NE Philadelphia, PA
	HUGH G.	1/6	Griffith Park, CA
	SCOTT S.	1/7	Chester, PA
	KIMPO L.	1/17	Paju, KOR
<b>8 YEARS</b> . . . . .	BOB C.	10/5	St. Charles, IL
	LARISSA S.	1/5	Las Vegas, NV
	MARC D.	1/7	Ocean Parkway, NY
	DON S.	1/10	Wausau, WI
	DOUG B.	1/18	Pawtucket, RI
	ERIC W.	1/23	Las Vegas, NV
	HEATHER K.	1/26	Las Vegas, NV
<b>7 YEARS</b> . . . . .	CAROLYN K.	1/6	Hyde Park, PA
	JIM P.	1/12	Watertown, MA
	STEPHEN O.	1/18	Staten Island, NY
	DAVE S.	1/20	Medicine Hat, AB
	ALAN J.	1/22	Wilmington, DE
	JAMES G.	1/25	Forest Hills, NY
	MATT L.	1/25	Wantagh, NY
<b>6 YEARS</b> . . . . .	BOB T.	12/23	Holbrook, MA
	OLEG G.	1/3	NE Philadelphia, PA
	VICTOR M.	1/9	East 31st Street, NY
	JIM A.	1/13	Voorhees, NJ
	GINA M.	1/16	Voorhees, NJ
	JUDY K.	1/18	Plymouth MTG, PA
	STEPHEN O.	1/18	Staten Island, NY
	STEVE K.	1/20	Hyde Park, PA
<b>5 YEARS</b> . . . . .	DEB K.	10/20	St. Charles, IL
	DONNA	1/3	Taunton, MA
	JO R.	1/6	Griffith Park, CA
	NANCI H.	1/7	Easton, MA
	DEBBIE R.	1/10	Worcester, MA
	IDELLA W.	1/13	Hyde Park, PA
	WILLIE W.	1/13	Las Vegas, NV
	BRITTNAY B.	1/19	Las Vegas, NV
	STEVE L.	1/28	Calgary, AB

<b>5 YEARS (cont)</b> . . . . .	STEVE J.	1/29	Worcester, MA
<b>4 YEARS</b> . . . . .	DAVE Y.	1/10	Ephrata, PA
	CHUCK P.	1/11	Marlton, NJ
	DAPHNE W.	1/11	Henderson, NV
	FRANKI K.	1/14	Settlement House/SFX, NY
	ANGELIC J.	1/15	Bala Cynwyd, PA
	RAJ P.	1/18	Marlton, NJ
	PATRICK A.	1/19	Pawtucket, RI
	JANET D.	1/20	East Northport, NY
	LEILA H.	1/20	Las Vegas, NV
	TYLER E.	1/21	Taunton, MA
	JIM P.	1/30	Taunton, MA
	JOHN L.	1/30	Westlake Village, CA
<b>3 YEARS</b> . . . . .	TOBY	12/22	Winston, NC
	ERIC C.	1/14	Las Vegas, NV
	CARMINE V.	1/27	East Northport, NY
	JASON I.	1/27	Wilmington, DE
<b>2 YEARS</b> . . . . .	BOB C.	12/29	Canton, MA
	LOUISE K.	1/2	Lancaster, PA
	SHARON S.	1/2	Voorhees, NJ
	JASON L.	1/3	Media, PA
	SYLVIA G.	1/6	Winston-Salem, NC
	VINNY F.	1/6	Dayton, OH
	MAX M.	1/9	East 31st Street, NY
	NICOLAS RF.	1/9	St-Hubert, QC
	SHARI B.	1/9	Livengrin, PA
	DONNY T.	1/10	Charlotte, NC
	LOUIS A.	1/13	Church on the Hill, NY
	BOB Y.	1/22	West Hartford, CT
	JEFF L.	1/22	Burbank, CA
	SINGIL Y.	1/24	Incheon, KOR
	TOMMY C.	1/25	Las Vegas, NV
	VINCE M.	1/26	Pawtucket, RI
	JAKE Z.	1/29	Wilmington, DE
	DEE LORES S.	1/31	Gardena, CA
<b>1 YEAR</b> . . . . .	RHONDA H.	10/8	Bolingbrook, IL
	NICK D.	12/1	Naperville, IL
	GEORGE H.	1/1	Woodbury, NY
	LARRY R.	1/2	Westlake Village, CA

<b>1 YEAR (cont)</b> . . . . .	JULIE A.	1/3	Mascouche, QC
	SONGJEONG Y.	1/3	Changwon, KOR
	RORY O.	1/5	Broomall, PA
	MARC G.	1/7	St-Hyacinthe, QC
	JOE D.	1/8	Woodbury, NY
	JOSH G.	1/9	S. Philadelphia, PA
	GREG P.	1/9	NE Philadelphia, PA
	AMELIA F.	1/10	Willow Grove, PA
	JAMES R.	1/13	Griffith Park, CA
	NATHALIE R.	1/14	Montreal, QC
	NICOLE L.	1/14	St-Jerome, QC
	RINA	1/14	Montreal, QC
	TYLER W.	1/14	Nazareth, PA
	SHIRL P.	1/15	Havertown, PA
	BRETT S.	1/16	East 31st Street, NY
	DENIS B.	1/16	Rawdon, QC
	JOEY D.	1/17	East 87th Street, NY
	MARTHA L.	1/18	Holbrook, MA
	HAWOLGOK K.	1/20	Seoul, KOR
	LISA F.	1/20	Henderson, NV
	SEOCHO K.	1/20	Seoul, KOR
	SANGNAM B.	1/21	Changwon, KOR
	TINA L.	1/21	Winston-Salem, NC
	JEFF L.	1/22	Burbank, CA
	MARTIN	1/22	Laval, QC
	UNJEONG K.	1/22	Chuncheon, KOR
	ARA A.	1/23	Toronto, ON
	JOSH T.	1/23	East 31 <sup>st</sup> Street, NY
	MILDRED N.	1/23	Howard Beach, NY
	PATRICK B.	1/23	Toronto, ON
	ROB A.	1/23	Toronto, ON
	GREG P.	1/23	Livengrin, PA
	SAM R.	1/27	Charlotte, NC
	DAVE B.	1/28	Nazareth, PA
	TYLER W.	1/29	Bala Cynwyd, PA
	CHRIS S.	1/30	Lancaster, PA
	DAVE B.	1/30	S. Philadelphia, PA
	JOE P. #2	1/30	Howard Beach, NY

## I.S.O. CAN CONTRIBUTIONS DECEMBER 2023

### CALIFORNIA

C4	Anaheim Wednesday	58.00	C588	Burbank Friday PM	42.00
C5	Montrose Thursday	78.00	C639	Diamond Springs Thursday	38.00
C16	Anaheim Monday PM	23.00	C765	Fair Oaks Thursday AM	36.00
C28	Anaheim Sunday PM	60.00	C1012	Irvine Thursday	10.25
C46	Anaheim Saturday AM		C1017	Simi Valley Thursday	71.88
	Women's	25.00	C1105	Sacramento Stop & Grow	
				Saturday AM	49.00
C77	San Diego Intergroup	303.60	C1352	Dana Point Saturday AM	51.00
C82	Anaheim Thursday PM	38.00	C1442	Burbank Tuesday	20.00
C184	Sacramento Tuesday AM	78.00	C1496	Burbank Wednesday PM	42.00
C185	Sacramento Thursday	32.00	C1694	Auburn Wednesday	15.00
C194	Orangevale Friday PM	38.00			
C464	Stockton Thursday	10.00			

### FLORIDA

C262	Plantation Friday PM	12.00	C263	Plantation Wednesday PM	24.00
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### DELAWARE

C128	St. Mark's Wednesday	65.00			
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### ILLINOIS

C72	Edison Park Tuesday	24.00	C535	Elk Grove Sunday	46.00
C76	Lisle	31.00	C991	Orland Park Thursday	79.00
C85	Kankakee	20.00	C1207	Lisle Monday Women's	8.00
C146	Elgin Sherman Oaks		C1377	Algonquin Tuesday	50.00
	Hospital Sunday	10.00	C1566	Gurnee Thursday	50.00
C423	Naperville	73.00			

### GEORGIA

C1539	Norcross Sunday	10.00			
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### LOUISIANA

C849	Slidell Sunday	40.00			
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### MASSACHUSETTS

C792	Hanson Thursday PM	30.00	C1600	Canton Tuesday	65.00
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### NEW JERSEY

C1457	Marlton Thursday	25.00			
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### OREGON

C1480	Oregon City Friday	31.00			
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**PENNSYLVANIA**

C208 South Hills Tuesday 37.00 C215 Beaver/Vanport Monday 50.00

**WASHINGTON**

C383 Spokane Valley 7.00

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**I.S.O. CAN CONTRIBUTIONS  
FROM GRATITUDE WEEK  
DECEMBER 2023**

**NEW JERSEY**

C1457 Marlton Thursday 80.00

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**GROUP CONTRIBUTIONS  
DECEMBER 2023**

**ARIZONA**

Tempe Sunday 30.00

**CALIFORNIA**

Burlingame Monday 150.00  
Hesperia Tuesday 40.00  
Hollywood Saturday 20.00  
L.A. Griffith Park Saturday 62.00  
Lincoln Wednesday 11.00  
Lincoln Friday AM 15.00  
Lincoln Sunday 26.00  
Palm Springs Sunday AM 50.00  
Sierra Madre Tuesday 133.33  
Westlake Tuesday 50.00

**COLORADO**

Denver Wednesday PM 30.00  
Littleton Sunday 25.00

**CONNECTICUT**

Milford 75.00

**DELAWARE**

Wilmington Saturday AM 25.00

**FLORIDA**

Boynton Beach Tuesday 20.00  
Daytona Beach Tuesday 37.50  
Daytona Beach Thursday 37.50  
Delray Beach Thursday-  
Crossroads 100.00

Fort Myers Thursday 25.00  
Holiday Monday 40.00  
Orlando Tuesday 50.00  
Plantation Tuesday 29.00  
Port St. Lucie Wednesday 10.00  
Venice 20.00  
Windmoor Wednesday 65.00

**GEORGIA**

Norcross Sunday Korean 10.00

**ILLINOIS**

Springfield 25.00

**MASSACHUSETTS**

Holbrook Wednesday 50.00

**NEW JERSEY**

Basking Ridge Saturday 50.00  
Freehold Friday 25.00  
Hamilton Square Sunday 50.00  
Hasbrouck Heights Saturday 25.00  
Metuchen Tuesday 50.00  
Old Bridge 10.00  
Sayrewoods 50.00  
Voorhees Tuesday Nooners 80.00  
Voorhees Saturday 80.00  
Westwood Monday 25.00

**NEW MEXICO**

Santa Fe Monday PM 60.00

**NEW YORK**

Staten Island St. Patrick's  
Thursday 10.00

**OHIO**

Geneva Wednesday 28.00

**OKLAHOMA**

Oklahoma City 100.00

**OREGON**

Eugene Springfield 100.00  
Tigard Tuesday 200.00

**PENNSYLVANIA**

Bala Cynwyd Monday 30.00  
Chester Sunday 30.00  
Harrisburg Monday 20.00  
NE Philadelphia Wednesday 25.00  
Roxborough Tuesday 25.00  
Willow grove Wednesday 60.00

**RHODE ISLAND**

Tiverton 10.00

**TEXAS**

Dallas Pathways Sunday 45.00  
Fort Worth Monday 35.00  
You are Fort Worth It Online 100.00

**WASHINGTON**

Arlington/Smockey Point  
Monday PM 30.00  
Bellevue Wednesday 10.00  
Bellevue Saturday AM 25.00  
Bellevue Sunday PM -  
Freedom 100.00  
Edgewood/Milton Saturday 20.00  
Mount Vernon Tuesday 40.00  
Snohomish Friday PM 10.00  
Tacoma Monday 35.00  
Tacoma Thursday 40.00  
West Seattle Thursday 20.00

**KOREA**

Seoul, Korea 60.00

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**INTERGROUP CONTRIBUTIONS  
DECEMBER 2023**

Detroit/Toledo . . . . . 131.00      Northern California . . . . . 100.00  
Greater Sacramento . . . . . 30.00      Northern Nevada . . . . . 572.00  
Houston/Gulfcoast . . . . . 150.00      Orange County . . . . . 68.40  
L.A. Intergroup . . . . . 150.00      Shreveport/Bossier . . . . . 41.00  
Maryland . . . . . 200.00      Western Washington . . . . . 40.00  
New England . . . . . 98.50

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**INTERGROUP CONTRIBUTION  
FROM GRATITUDE WEEK  
DECEMBER 2023**

Netherlands Intergroup 200.00

**NATIONAL HOTLINE DONATIONS  
DECEMBER 2023**

Area 1                      L.A. Intergroup                      14.00

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**BULLETIN SUBSCRIPTIONS  
DECEMBER 2023**

One Bulletin Subscription for a total of \$ 48.00

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**FALL 2023 CHICAGO CONFERENCE WALKATHON**

Greater Vancouver Intergroup                      23.95

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**ONE TIME DONATIONS  
DECEMBER 2023**

One-Time Donation in honor of my sponsor Kenneth M.  
Drew J., Fort Worth, Texas

One-Time Donation from our annual  
GA/GamAnon marathon day.  
Greater Vancouver Intergroup, British Columbia

One-Time Donation  
Debbie M., Ft. Myers, Florida

One-Time Donation from the Surrey Monday  
noon step meeting and a member.  
Greater Vancouver Intergroup, British Columbia

One-Time Donation in memory of Valerie D.'s mom.  
John C., Fountain Valley, California

One-Time Donation in honor of Gamblers Anonymous  
and all we do to reach the suffering.  
Tijuana MT, Bowie, Maryland



One-Time Donation  
Steven F., Boca Raton, Florida

One-Time Donation in memory of Vince V.  
Ray G., Huntington Beach, California

One-Time Donation  
Sunday morning phone meeting, Miscellaneous Areas

One-Time Donation congratulating  
Paul S., 48 years, Mahopac, NY;  
Karen H., 44 years, Rancho Cucamonga, CA;  
Mia W., 15 years, Tigard, OR;  
and Deb M., 14 years, Minneapolis, MN.  
Anonymous, Oregon

One-Time Donation in honor of my 36th anniversary.  
Michael DR., Mountainside, New Jersey

Monthly meeting donation  
Board of Regents

One-Time Donation  
Nancy W., Prairie Village, Kansas

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

One-Time Donation  
Stephen H., El Segundo, California

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

<b>CASH IN OPERATING ACCOUNT DECEMBER 1, 2023 .....</b>		<b>\$103,612.73</b>
<b>INCOME FOR DECEMBER 2023</b>		
Group Contributions .....	2,974.33	
Intergroup Contributions .....	1,580.90	
ISO Can Contributions .....	1,905.73	
Lifeliners Contributions .....	11,713.00	
National Hotline Donations .....	14.00	
Gratitude Week .....	280.00	
Bulletin Subscriptions .....	48.00	
One-Time Donation .....	9,249.33	
E-Reader .....	23.80	
Literature Shipping .....	3,546.00	
Sale of Literature .....	17,055.00	
Sales Tax Collected .....	53.99	
Interest from Checking Account .....	0.82	
Merchant Svs Cash Reward .....	1.08	
Pay Pal Literature Process Fees .....	753.75	
2023 Fall Conference Walk-a-thon .....	23.95	
Seed Money Returned .....	3,000.00	
Business Owners Insurance Refund .....	8.00	
Workers Comp Insurance Refund .....	325.00	
<b>TOTAL .....</b>		<b>\$ 52,556.68</b>
<b>CASH AVAILABLE FOR DECEMBER .....</b>		<b>\$156,169.41</b>
<b>EXPENSES FOR DECEMBER 2023</b>		
Rent & Cam Fees .....	4,493.76	
Payroll .....	15,430.71	
Payroll Taxes (Federal & State) .....	5,640.88	
Payroll Processing Fee .....	216.81	
Office Expenses .....	373.77	
Health Insurance .....	1,114.04	
Telephone/Internet Bill .....	480.73	
Electric Bill .....	136.26	
Gas Bill .....	67.15	
Computer/Internet/ App Exp. ....	349.89	
Maintenance/Monitoring ADT Alarm .....	42.55	
Monthly Air Conditioning/Heater Maintenance .....	30.00	
Match for Employees Simple IRA .....	399.36	
Secretary of State Filing Fees/Charit. Trusts .....	100.00	
Fall 2023 Chair B.O.T. Mtg. Expense .....	1,609.69	
Fall 2023 Co-Chair B.O.T. Mtg. Expense .....	1,796.11	
Fall 2023 Co-Chair B.O.T. Mtg. Expense .....	1,564.71	
Visa/MC Service Fee .....	67.77	
Literature .....	14,453.56	
Pay Pal Literature Processing Fees .....	753.75	
Postage .....	3,000.00	
Lease Postage Meter Scale .....	449.27	
Lifeline Bulletins .....	513.56	
Returned Cks Charge .....	25.00	
<b>TOTAL EXPENSES .....</b>		<b>\$ 53,109.33</b>
<b>MONTHLY NET INCOME (NET LOSS) .....</b>		<b>(552.65)</b>
<b>CASH IN OPERATING ACCOUNT AS OF DECEMBER 31, 2023 .....</b>		<b>\$103,060.08</b>
<b>FISCAL YEAR STARTING JULY 1<sup>ST</sup> TO DATE NET INCOME (NET LOSS) .....</b>		<b>\$ 23,735.58</b>

# 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](http://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!!***