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 MAY 18, 2024

Call to order: The Chair, Ara H., called the meeting to order at 9: A.M.
Roll call was taken by the Secretary, Valerie D.

Present: Ara H., Bob H., Laura M., Valerie D., Zach M., and Israel A., Office
manager.

Present by phone/virtual: Arnie B., Jo K., John C., Lloyd A., and KC B.,
International Executive Secretary.

A. Minutes for April 20, 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 APRIL 2024.

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

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

OLD BUSINESS

A. Office Manager Report – Israel A.

• Life-Liners – 1 from Florida

• New Cans – 0

• Group Information Request Forms Received – 1 from Oakland, CA

• Group Information Request Forms received prior to sending out
Starter Kits: Two Starter Kits were sent out as follows after
receiving the Group Information Request Forms for the month of
April. Yuma AZ and Topeka, KS.

• Prison Starter Kits Sent Out – 0
• Venmo and Zelle donations were $1,885.48; Groups (13) $533.00, Intergroups (1) $50.00, 1X Donations (3) $90.00, Life-Liner donations (18) $635.00, Bulletin Subscription (1) $48.00, ISO Can Contributions (6) $479.48, and BOT Registration (1) $50.00.

B. International Executive Secretary Report – KC B.

• Completed April bulletin.

• Working on May bulletin.

• Received the notes Valerie took in Pleasanton.

  a) Organizing those notes and items.

  b) Downloaded the audio to my computer. I can barely hear the audio but will use headphones to cancel out all other noise.

  c) Formatted the minutes into the template that I need to complete them.

  d) I will reach out if I need help with understanding an item.

  e) Should have them done within the 30-day deadline (June 6) to get them out to the trustees for review. I will also send them to members of the BOR. If I can’t get them done by the 6th of June, I’ll let everyone know.

C. DISCUSS RESTRUCTURING COMMITTEE REPORT.

Discussion only.

D. DISCUSS WEBSITE UPDATE.

Motion made to set a $8.00 Flat rate for U.S. literature shipping costs.

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

Motion made to set the Flat Rate of $40.00 for International literature shipping costs.
NEW BUSINESS

A. APPROVE EXPENSES FOR B.O.R. CHAIR FOR SPRING 2024 TRUSTEE MEETING.

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

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

B. DISCUSS TAKING SIGNED BLANK CHECK (S) TO TRUSTEE MEETING OR INTERNATIONAL CONFERENCES.

A motion was made to never sign “blank checks”.

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

C. DISCUSS THE PURCHASE/LEASE OF A NEW OFFICE COPY MACHINE.

A motion was made to buy floor model copier.

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

D. DISCUSS REIMBURSING VALERIE D.’s EXPENSES FOR FILLING IN FOR THE I.E.S.

A motion was made to reimburse Valerie D. for her expenses.

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

E. DISCUSS OPENING OUR OPEN/CLOSED MEETINGS TO MINORS.

• Discussion only.
F. REVIEW EMPLOYEE SALARIES.

A motion was made to increase employee salaries.

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

A motion was made to add family dental for each employee.

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

Number of people who called in to listen to the meeting: 1

Collected: $31.00

The meeting ended with the Serenity Prayer at 10:41 A.M.

The next meeting will be June 15, 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. 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 6 – Gamblers Anonymous ought never endorse, finance or lend the Gamblers Anonymous name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.**

Most fundamental at this point is the constant awareness that Gamblers Anonymous is so willing to cooperate but not “Affiliate” with any outside enterprise. Any other course presents the possibility of controversy clouded behind the motives and direction of any well-meaning group or individual, creating a diversion from the primary purpose of Gamblers Anonymous. If we were to apply our energies toward any “related facilities” would we then set aside time and attention to share with the suffering compulsive gambler? And would we then suffer from internal strife as we argue over money, rules, requirements; frightening? Yes. So we preserve the tradition of not lending the Gamblers Anonymous name.

Gamblers Anonymous works in large part because the program is kept pure of outside interests. Energy, time, money, and efforts would be wasted by supporting any outside cause or organization. Such support would also be detrimental to the public acceptance of individual groups or the fellowship as a whole. Endorsement of anything outside of the Fellowship would also lead to internal disagreement. For the reason Gamblers Anonymous takes no part in political causes or public issues.

This tradition warns us to stay within our area of expertise. One gambler helping the other is the reason for our existence. We should confine our actions to helping other compulsive gamblers for the maximum result and without the possibility of offending anyone.

a. Define/discuss the following words/phrases: “one primary purpose,” “to carry its message,” and “compulsive gambler who still suffers.”

b. If your meeting place asks if they can put Gamblers Anonymous in the weekly/monthly pamphlet, is this a violation of Unity Step 6? Discuss
c. What is our primary purpose?

d. If someone asks you to sign a petition to stop a new casino from being built, you sign it. You ask for additional sheets for signatures because you know a group called Gamblers Anonymous that will sign their names. Is this breaking Unity Step 6? Discuss.

e. There are several principles that may apply to this step. Elaborate on how each of the following applies to Unity Step 6: humility, anonymity, harmony.

From the desk of your International Executive Secretary.

As we complete the June 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 a quick and friendly reminder, when you place an order from the online store on the ISO website, please remember that the charge will appear as GAISO on your statement. We’ve had a few occurrences of people contesting those charges for the literature order they’ve placed.

Congratulations to our new trustees who were just elected (or reelected!) By the time we print this bulletin, every area should have gotten the results of those trustee elections to me via the trustee website link: https://trusteewebsite.com/newupdate-trustee-info/ . Whether you are being reelected or there are new trustees, each person elected needs to go to the website and register. This will notify the website admin and me about your election and we can update our contact lists. It helps me keep all the information organized for each new Trustee term. Thank you for your service to this amazing fellowship.

With that said, for those who would like to look up the Guidance Code for this, you’ll find it under Gamblers Anonymous Guidance Code, Article XVIII – Election of Trustees. Also listed here are the responsibilities of a member of the Board of Trustees.

Does all of this information look familiar? As if you’ve read it before. I left a lot of this information in my letter because I’m still waiting on new (or returning) trustees to register on the website. Please be sure your area takes care of this as soon as possible.
During the month of June, Korea GA is turning 40 years old. What an amazing journey. Congratulations to our members in Korea who have kept the doors open and kept coming back for more.

Thank you for being on this journey of recovery and self-discovery with me. I could not do it without all of you.

Yours in recovery and gratitude, KC B.

**RESPONSIBILITIES FOR INTERNATIONAL TRUSTEES OF GAMBLERS ANONYMOUS**

The following is the listing of responsibilities for International Trustees, as per the green Information Packet booklet that is listed as literature item #28 on the GA approved literature form.

1. Attend all physical Board of Trustees meetings and answer all mail and quick response board meetings.

2. Be a living example of the precepts of Gamblers Anonymous and personally work the Steps of Recovery and Unity.

3. Uphold the Guidance Code, and all decisions made by the Board of Trustees (not fulfilling this affects G.A. as a whole).

4. Attend as many of the various group meetings within your area as possible. Where physical attendance is not possible, keep in regular communication through the mail and/or telephone.

5. Be available to all members and groups in your Trustee area for advice and guidance. Work with the trusted servants to correct the issues that do not conform with the Guidance Code and all decisions of the Board of Trustees (not fulfilling this affects G.A. as a whole).

6. Attend Gamblers Anonymous functions such as open meetings, mini-conferences, dinner dances, picnics, etc.

7. Offer assistance to any group that has a problem.

8. Serve actively on committees on the Board of Trustees.

9. Be a Lifeliner and encourage groups and membership to support the International Service Office through Lifelines and Group Contributions.
10. Regularly attend Gamblers Anonymous meetings, at least thirty-nine Gamblers Anonymous meetings a year.

11. Make area groups aware of and encourage use of tools of Gamblers Anonymous such as Pressure Group Pamphlets, Group Handbook, Sponsorship Pamphlets, Big Book, Public Relations Material, Ninety Day Plateau, New Member Letter, etc.

12. Attend Regional or Intergroup meetings if they exist in your area.

13. Actively participate in communicating with the Board of Trustees, individual members, group, Intergroup, to obtain agenda items for the Board of Trustees.

14. A Trustee should offer assistance to any members starting a new G.A. group.

15. A Trustee should regularly write his/her area happenings and any other thoughts to the bulletin.

16. Uphold the Board of Trustees responsibilities to the Literature Committee and its approved guidelines by:

a) being completely familiar, prior to the B.O.T. meetings, with the content of all literature submitted to the B.O.T. for approval;

b) making suggestions to the Literature Committee for improvement of said literature, if approved by B.O.T., within 30 days subsequent to the B.O.T. meetings. (Note: Literature proposals from a committee, once passed, once passed, are excluded from B.O.T. suggestions.)

17. Bring all upcoming agenda items to the attention of all groups in your area prior to all B.O.T. meetings for input that will guide all the trustees from your area at all B.O.T. meetings.
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:
- Guidance Code (trusteewebsite.com).
- Short term Group sponsorship.
- Suggestions for a Successful 90-day room.
- Suggestions for New Member Retention.
- Treasury Guideline Example.
- 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 Israel,

Thank you to all at the I.S.O.

We in Daytona Beach appreciate everything you all do for us.

Thanks, Frank M., Daytona Beach, Florida
Dear I.S.O.,

Thank you for all your assistance and support.

Thank you, Helene M., Steves Point, Wisconsin

Dear I.S.O.,

Thank you for all that you’ve done and continue to do to give life to compulsive gamblers.

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

Dear I.S.O.,

Enclosed is a donation in honor of some G.A. anniversaries, Mike G., 1 year; Sheila F., 1 year; Dave R., 3 years; Andy B., 5 years; and Joyce B., 32 years.

Thank you, Christine S., Syracuse, New York

Dear I.S.O.,

Enclosed is a donation from Plantation Wednesday Night meeting. We have a strong room with a strong commitment to helping others on their road to recovery. We will continue to support the fellowship whenever we can.

Yours in Fellowship, Neal G., Plantation, Florida

Dear I.S.O.,

Enclosed is a donation from the Area 16 Friday night group.

Many thanks, Carl D., Rochester, New York

Dear I.S.O.,

Enclosed is a donation from some of our Vancouver area groups. Wednesday White Rock, Wednesday Port Coquitlam, and Thursday Surrey Serenity.

Yours in Recovery, Esther J., Vancouver, British Columbia
Dear I.S.O.,

Enclosed is a donation from our Wednesday Night West Seneca group in memory of Dan L., our late trustee, our friend, and our brother.

Thank you, Bill K., West Seneca, New York

Dear I.S.O.,

Enclosed is a donation from our Monday Night Bowmansville meeting in loving memory of Dan L., our trustee, our friend, and our brother who passed away on May 7, 2024.

Thank you, Bill K., West Seneca, New York

Dear I.S.O.,

Thank you for all you do. I recently celebrated 27 years of being gambling free. My date is 4/11/97. I am so grateful for the program and all the members who have supported me on my journey.

Sincerely, Connie M., Vancouver, Washington

Dear I.S.O.,

Thank you for your service.

Metuchen Tuesday, Metuchen, New Jersey

ANNOUNCEMENT OF UPCOMING EVENTS

GA/Gam-Anon 43rd Australian National Conference
It Starts with Me
August 23 – 25, 2024
Sydney, New South Wales, Australia
For more information, email ganswconference@gmail.com or you can email me at ies@gamblersanonymous.org and I will email you a registration form.
2024 DMV / Maryland Gamblers Anonymous & Gam-Anon Mini-Conference
September 27-28, 2024
Good Shepherd Lutheran Church
16420 S Westland Drive, Gaithersburg, MD 20877
For more information, you can email marylandmeeting@gmail.com

22nd Annual GA and Gam-Anon Marathon
A Day of Sharing and Caring
October 26, 2024
Northwood United Church
8855 156th St., Surrey, British Columbia, Canada
For more information, email events@gabc.ca

### INDIVIDUAL LIFELINER DONATIONS
**MAY 2024**

**ARIZONA**
- L36 Marc L.
- L221 Janat G.
- L396 Pam K.
- L546 Mo M.
- L692 Douglas G.
- L1005 Patricia B.
- L1008 Roxanne W.
- L1025 Julian F.
- L158 Gagik G.
- L209 Jose C.
- L219 Leonard K. X2
- L273 Victor S.
- L298 Catherine F.
- L314 Alan S.
- L367 Jerry L.
- L390 Jack R. X2
- L408 Ira B.

**CALIFORNIA**
- L1 Bob W.
- L4 Tom M.
- L6 Bill/Kathy S.
- L8 Dan B.
- L9 Mike M.
- L18 Chris G.
- L19 Wendy B.
- L21 Ed E.
- L21 Ed E.
- L70 Keith B.
- L73 Karen H.
- L87 Mike S.
- L88 Valerie D.
- L100 Maziar S.
- L116 Rob D.
- L117 Steve F.
- L120 Phil C.
- L151 Murray F. X2
- L1 Bob W.
- L4 Tom M.
- L6 Bill/Kathy S.
- L8 Dan B.
- L9 Mike M.
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- L88 Valerie D.
- L100 Maziar S.
- L116 Rob D.
- L117 Steve F.
- L120 Phil C.
- L151 Murray F. X2
- L432 Patrick P.
- L496 Guy H.
- L561 Pilar L.
- L563 Zach M.
- L580 Curtis G.
- L593 Grant M.
- L601 David L. X2
- L609 Kathie S.
- L617 Mike Z.
- L623 Lucille T.
- L636 Bob C.
- L648 Edward K.
- L678 Lynell B.
- L701 David L.
- L772 Ara H.
- L834 Candice B.
- L836 Albert Y.
CALIFORNIA (cont)
L871 Greg D.
L907 Joseph G.
L920 Jane J.
L946 Estella M.
L963 Eric F.
L965 Brandon S.
L968 Ralph G.
L1000 Willie F.
L1001 Ray J.
L1003 Sean N.
L1007 Dean W.

COLORADO
L147 Louis W.

CONNECTICUT
L581 Paul S.

FLORIDA
L2 Bill B.
L54 Ray T.
L97 Chuck R.
L143 Neal G.
L160 Jim C.
L175 Lloyd A.
L205 Steven P.
L225 Kevin K.
L233 Robert M.
L251 Frank G.
L313 Herman G.
L351 Russell H.
L423 Kathleen H.
L429 Dennis S.
L450 Neil S.
L483 Victor C.
L511 Chris N.
L607 Debbie M.
L627 Pauline F.
L679 David T.
L695 Ronald B.
L815 Linda S.
L840 Janice M.
L843 Neal V. X2
L904 Marlon D.
L944 Brent S.
L945 Eugene K.
L956 Thomas C.
L979 Rebecca P.
L989 Lois H.
L993 Carlos M.
L1002 Jim O.
L1016 Paul B.
L1021 Michael P.

GEORGIA
L672 Tony L.

HAWAII
L553 David C.

ILLINOIS
L114 Ellen Z.
L344 Eileen Z.
L823 Luke W.
L960 Dianna R.
L977 Donna M.
L1018 Al A.
L1024 Mary W. X2

INDIANA
L880 Fred B.

KENTUCKY
L115 Laura S.
L195 Steve B.

LOUISIANA
L27 Betty S.
L354 Kathleen S.
L1012 Leanne W.

MARYLAND
L162 Jim D.
L997 Tijuana T.

MASSACHUSETTS
L318 Jeffrey H.
L598 Vinny S.
L1006 Jodi P.

MICHIGAN
L272 Joann D.

MINNESOTA
L803 Renee G.

NEVADA
L75 KC B.
L325 Terry D.
L410 Joanna F.
L486 Zeny K.
L507 Mark S.
L596 Leslie F.
L612 Dan M.
L669 Terri R.
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## LIFELINER DONATIONS
### MAY 2024

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### ANNIVERSARIES

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<td>4/23</td>
<td>Dayton, OH</td>
</tr>
<tr>
<td></td>
<td>TOM S.</td>
<td>4/23</td>
<td>White Rock, BC</td>
</tr>
<tr>
<td></td>
<td>STACEY S.</td>
<td>5/7</td>
<td>Slidell/Gretna, LA</td>
</tr>
<tr>
<td></td>
<td>BILL R.</td>
<td>5/12</td>
<td>Watertown, MA</td>
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<tr>
<td></td>
<td>LASHAUN F.</td>
<td>6/1</td>
<td>Las Vegas, NV</td>
</tr>
<tr>
<td></td>
<td>LAUREN L.</td>
<td>6/1</td>
<td>East Northport, NY</td>
</tr>
<tr>
<td></td>
<td>LORI F.</td>
<td>6/1</td>
<td>Rancho Bernardo, CA</td>
</tr>
<tr>
<td></td>
<td>JAKE B.</td>
<td>6/3</td>
<td>Temecula, CA</td>
</tr>
<tr>
<td></td>
<td>SHANE P.</td>
<td>6/4</td>
<td>East 31st Street, NY</td>
</tr>
<tr>
<td></td>
<td>GEORGE N.</td>
<td>6/6</td>
<td>El Cajon, CA</td>
</tr>
<tr>
<td></td>
<td>MILES W.</td>
<td>6/7</td>
<td>West Hartford, CT</td>
</tr>
<tr>
<td></td>
<td>CHRIS O.</td>
<td>6/8</td>
<td>Staten Island, NY</td>
</tr>
<tr>
<td></td>
<td>EDAN</td>
<td>6/10</td>
<td>Burbank, CA</td>
</tr>
<tr>
<td></td>
<td>GYEORIM L.</td>
<td>6/10</td>
<td>Kwangju, KOR</td>
</tr>
<tr>
<td></td>
<td>MAIWOAL J.</td>
<td>6/10</td>
<td>Kwangju, KOR</td>
</tr>
<tr>
<td></td>
<td>NICOLE B.</td>
<td>6/10</td>
<td>Las Vegas, NV</td>
</tr>
<tr>
<td></td>
<td>JOE V.</td>
<td>6/11</td>
<td>White Plains, NY</td>
</tr>
<tr>
<td></td>
<td>JONATHAN F.</td>
<td>6/11</td>
<td>East 31st Street, NY</td>
</tr>
<tr>
<td></td>
<td>ANTHONY O.</td>
<td>6/16</td>
<td>St. Finbars, NY</td>
</tr>
<tr>
<td></td>
<td>REUVEN L.</td>
<td>6/18</td>
<td>East 31st Street, NY</td>
</tr>
<tr>
<td></td>
<td>MONICA J.</td>
<td>6/21</td>
<td>Forest Hills, NY</td>
</tr>
<tr>
<td></td>
<td>MICHELE E.</td>
<td>6/23</td>
<td>N. Tonawanda, NY</td>
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</table>
I.S.O. CAN CONTRIBUTIONS
MAY 2024

CALIFORNIA

C77 San Diego Intergroup 296.30
C152 Riverside Saturday 18.00
C184 Sacramento Tuesday AM 96.00
C185 Sacramento Thursday 20.00
C194 Orangevale Friday PM 80.00
C413 Rancho Cucamonga Monday 17.00
C588 Burbank Friday Pm 51.00
C765 Fair Oaks Thursday AM 30.00
C863 rancho Cucamonga Thursday PM 20.00
C894 Indio Friday 185.26
C1002 Burbank Monday 127.00

C1050 Yuba City Tuesday 93.00
C1105 Sacramento Stop & Grow Saturday AM 31.00
C1285 Rancho Cucamonga Saturday PM 39.00
C1302 Roseville Friday 83.00
C1403 Rancho Cucamonga Wednesday PM 43.00
C1411 Rancho Cucamonga Monday Noon 43.00
C1442 Burbank Tuesday AM 37.00
C1697 Auburn Wednesday 20.00
C1724 Inland Empire Intergroup 27.00

CONNECTICUT

C408 Branford Monday 150.00
C415 West Hartford Monday (Guilford) 75.00

DELAWARE

C128 St. Marks Wednesday 50.00

FLORIDA

C262 Plantation Friday PM 7.00
C263 Plantation Wednesday PM 25.00

GEORGIA

C1539 Norcross Sunday 10.00

ILLINOIS

C65 Willa Rawls Manor 30.00
C66 Bloomingdale 25.00
C100 Oaklawn Monday- St. Linus Church 50.00
C423 Naperville 100.00
C535 Elk Grove Sunday 25.00
C659 Aurora Provena Monday 41.00
C799 St. Charles Hosana Lutheran Church Thursday 34.00

C991 Orland Park Thursday 25.00
C1104 Downers Grove Saturday 97.00
C1108 Chicago-St. Mary Nazareth 150.00
C1118 Oak Park -Grateful House 15.00
C1207 Lisle Women’s Monday 30.00
C1377 Algonquin Tuesday 50.00
C1412 Algonquin Thursday 50.00
LOUISIANA
C931 Gretna Wednesday @ St. Joseph 25.50

MASSACHUSETTS
C792 Hanson Thursday PM $41.00 C1126 Holbrook Sunday Noon 35.00

NEVADA
C42 G.A. of Southern Nevada 2,096.27

NEW JERSEY
C1457 Marlton Thursday 30.00

OREGON
C1186 Silverton Friday 100.00 C1480 Oregon City Friday 28.00

GROUP CONTRIBUTIONS
MAY 2024

ARIZONA
Mesa Wednesday Noon 200.00

CALIFORNIA
Azusa Friday 90.00
Downey Saturday 56.00
Griffith Park Sunday 38.57
Hesperia Tuesday 40.00
Lakewood/Paramount Thursday 50.00
Lincoln Wednesday 20.00
Lincoln Friday AM 16.00
Lincoln Sunday 40.25
Oakland Friday Zoom 10.00
Palm Springs Sunday AM 25.00
San Jose Monday 100.00
San Pablo Wednesday 150.00
Santa Monicas Wednesday Newcomers 200.00
Sierra Madre Tuesday 110.00
Ventura Sunday 61.50
Walnut Creek Tuesday Zoom 40.00
Westlake Tuesday 125.00

COLORADO
Littleton Sunday 25.00

DELWARE
Stanton Friday – St. Marks 77.00
Stanton Sunday 77.00
Wilmington Tuesday 10.00

FLORIDA
Boca Raton Monday-Women Helping Women 20.00
Daytona Beach Tuesday 51.00
Daytona Beach Thursday 51.00
Delray Beach Thursday - Crossroads 50.00
Delray Beach Sunday - Crossroads 90.00
Fort Myers Thursday 50.00
Lakewood Ranch Monday 100.00
Maitland Wednesday 25.00
Plantation Wednesday PM 100.00
Pompano Beach Wednesday 100.00
Port St. Lucie Wednesday 10.00
Norcross Sunday Korean 10.00

GEORGIA

CHERRY VALLEY SUNDAY AM

ILLINOIS
Cherry Valley Saturday AM 25.00
Chicago-Saint Gertrude Sunday PM 11.00
Deerfield Wednesday 50.00
Springfield Sunday PM 25.00

LOUISIANA
Baton Rouge Tuesday 50.00

MASSACHUSETTS
Natick Sunday 44.00
Newton Monday 23.00
<table>
<thead>
<tr>
<th>Region</th>
<th>Location</th>
<th>Amount (USD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicagoland</td>
<td></td>
<td>39.00</td>
</tr>
<tr>
<td>Detroit/Toledo</td>
<td></td>
<td>97.00</td>
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<tr>
<td>Greater Sacramento</td>
<td></td>
<td>30.00</td>
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<tr>
<td>Inland Empire</td>
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<td>50.00</td>
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<tr>
<td>L.A. Intergroup</td>
<td></td>
<td>150.00</td>
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<tr>
<td>Long Island</td>
<td></td>
<td>200.00</td>
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<td>Maryland</td>
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<td>200.00</td>
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<td>New England</td>
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<td>68.10</td>
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<td>Northern Nevada</td>
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<td>201.00</td>
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<td>Shreveport Bossier</td>
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<td>40.00</td>
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<td>South Australia</td>
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**INTERGROUP CONTRIBUTIONS**  
MAY 2024
NATIONAL HOTLINE DONATIONS
MAY 2024

Area 1  L.A. Intergroup  14.00
Area 133  South Florida Intergroup  20.00

BULLETIN SUBSCRIPTIONS
MAY 2024

Four Subscriptions for a Total of $192.00

RSO DONATIONS
MAY 2024

Victoria Area 18A

ONE TIME DONATIONS
MAY 2024

One-Time Donation
Sunday AM Phone Meeting, Miscellaneous Areas

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

One-Time Donation from an individual member,
Port Coquitlam Wednesday and Vancouver Monday night.
Greater Vancouver Intergroup, British Columbia

One-Time Donation in honor of the following GA anniversaries:
  Mike G., 1-year; Sheila F., 1-year; Dave R., 3-years;
  Andy B., 5-years; and Joyce B., 32 years.
  Syracuse Saturday AM-Sunshine, Syracuse, New York

One-Time Donation in honor of my 15-year anniversary.
  Sandy L., Issaquah, Washington
One-Time Donation
Adrien R., Montreal, Quebec

One-Time Donation in honor of celebrating
27 years of being gambling free.
Connie M., Ridgefield, Washington

May Meeting Donation
Board of Regents, California

One-Time Donation in lieu of renewing my Lifeliner bulletin subscription.
Neal G., Plantation, Florida

One-Time Donation from some Vancouver area groups;
White Rock Wednesday; Port Coquitlam Wednesday,
and Surrey Thursday Serenity.
Greater Vancouver Intergroup, British Columbia, Canada

One-Time Donation in memory of Dan L.,
our late trustee, brother, and friend.
West Seneca Wednesday, New York

One-Time Donation in loving memory of Dan L.,
our trustee, friend, and brother.
Bowmansville Monday, New York

One-Time Donation
John D.
North Brunswick, New Jersey
GAMBLERS ANONYMOUS
INTERNATIONAL SERVICE OFFICE
OPERATING STATEMENT
MAY 2024

CASH IN OPERATING ACCOUNT MAY 1, 2024 .......... $157,625.90

INCOME FOR MAY 2024
National Hotline Donations ......................... 34.00
Group Contributions .................................. 5,306.82
Intergroup Contributions ............................ 1,409.25
ISO Can Contributions .................................. 4,781.06
Lifeliners Contributions ............................... 7,423.00
Bulletin Subscriptions .................................. 192.00
One-Time Donation ...................................... 1,433.53
E-Reader ................................................. 28.00
Literature Shipping ................................... 3,801.00
Sale of Literature ..................................... 24,915.84
Sales Tax Collected ................................... 282.14
Interest from Checking Account ...................... 1.28
Merchant Svs Cash Reward ............................. 1.11
Pay Pal Literature Process Fees ...................... 992.66
Pleasanton B.O.T. Mtg. Registrations ................. 1,850.00
Pleasanton B.O.T. Mtg. Donations ................... 869.00
R.S.O. Donations ...................................... 630.50

TOTAL ................................................. $ 53,951.19

CASH AVAILABLE FOR MAY 2024 ..................... $211,577.09

EXPENSES FOR MAY 2024
Spring 2024 BOT Pleasanton Meeting ................ 4,547.85
Spring 2024 Pleasanton Chair B.O.R. Mtg. Exp. ...... 916.20
Rent & Cam Fees ..................................... 4,493.76
Payroll .............................................. 11,572.32
Payroll Taxes (Federal & State) ...................... 1,206.16
Payroll Processing Fee ................................ 216.81
Office Expenses ..................................... 993.80
Health Insurance .................................... 2,084.32
Electric Bill ......................................... 143.96
Telephone/Internet Bill ............................... 572.15
Gas Bill .............................................. 49.96
Maintenance/Monitoring ADT Alarm .................. 46.09
Monthly Air Conditioning/Heater Maintenance ........ 30.00
Match for Employees Simple IRA ..................... 399.36
Visa/MC Service Fee .................................. 67.24
Literature ............................................ 11,080.17
Pay Pal Literature Process Fees ....................... 992.66
Postage .............................................. 3,000.00
Lifeline Bulletins ..................................... 535.50
Returned Cks Charge .................................. 85.00

TOTAL EXPENSES .................................... $ 43,033.31

MONTHLY NET INCOME (NET LOSS) ................. $ 10,917.88

CASH IN OPERATING ACCOUNT AS OF MAY 31, 2024 .. $168,543.78

FISCAL YEAR STARTING JULY 1ST TO DATE NET INCOME (NET LOSS) .......... $ 89,219.28

24
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.

<table>
<thead>
<tr>
<th>Day and Time</th>
<th>Eastern Time</th>
<th>Call-In Number</th>
<th>Meeting Code</th>
<th>Email for Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>9PM</td>
<td>267-807-9601</td>
<td>9131957 #</td>
<td><a href="mailto:weeklycallhelp@gmail.com">weeklycallhelp@gmail.com</a></td>
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<tr>
<td>Friday</td>
<td>3PM</td>
<td>267-807-9601</td>
<td>9131957 #</td>
<td><a href="mailto:weeklycallhelp@gmail.com">weeklycallhelp@gmail.com</a></td>
</tr>
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</table>

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.

<table>
<thead>
<tr>
<th>Day and Time</th>
<th>Pacific Time</th>
<th>Call-In Number</th>
<th>Meeting Code</th>
<th>Email for Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>7PM</td>
<td>604-259-2561</td>
<td>890 477 4319 #</td>
<td><a href="mailto:friend@gabc.ca">friend@gabc.ca</a></td>
</tr>
<tr>
<td>Friday</td>
<td>7PM</td>
<td>604-259-2561</td>
<td>890 477 4319 #</td>
<td><a href="mailto:friend@gabc.ca">friend@gabc.ca</a></td>
</tr>
<tr>
<td>Sunday</td>
<td>7PM</td>
<td>604-259-2561</td>
<td>890 477 4319 #</td>
<td><a href="mailto:friend@gabc.ca">friend@gabc.ca</a></td>
</tr>
</tbody>
</table>

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!!