



November 2023

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

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

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DISCLAIMER

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

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

**BOARD OF REGENTS
MEETING MINUTES OF OCTOBER 21, 2023**

Call to order: The Chair, Bob W., called the meeting to order at 9:32 A.M. The Chair reminded everyone that recording of this meeting is not permitted.

Roll call was taken by the recording secretary, Valerie D.

Present: Ara H., Bob W., John C., Laura M., Valerie D., Zack M.,
Israel A., Office Manager.

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

A. Minutes for September 16, 2023:

A motion was made to approve the minutes as written.

B. Operating Statement for September 2023:

A motion was made to approve the September 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 - 2
CA-2
- CANS (State) – 0
- GROUP INFORMATION REQUEST FORMS RECEIVED: 0
- 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 the month of September:
Cankton, LA Albany, NY Marysville, WA
- Prison Starter Kits Sent: 0

- Venmo & Zelle donations were \$2,892.58: Groups \$511.31, I.S.O. Can Donations \$155.77,
- Life-liner Donations \$562.00, 1X Donations \$50.00, * Gratitude -I.S.O. Cans \$219.00,
- Groups-Gratitude \$ 869.50, Intergroups \$ 100.00, Walkathons \$425.00.

B. INTERNATIONAL EXECUTIVE SECRETARY Report – KC B.

- September bulletin complete.
- Working on the October bulletin.
- Helped with formatting the anniversary information for the bulletin. Continuing to think of ideas for creating a form and obtaining info for listing anniversaries.
- Getting my copy of the agenda together for Chicago.
- Preparing my “GA” suitcase with items needed for BOT meeting.

C. DISCUSS B.O.R. MEETING GOING TO ZOOM FORMAT

- Ara H. & John C. presented the information that they researched, including steps & equipment needed to set up Hybrid zoom meeting for BOR and an estimate of cost.
- Equipment needed includes a screen, camera, microphone & amplifier.
- There is a member willing to do initial set up if needed and “Geek squad” is available.

A motion was made to allow up to \$1500 maximum to purchase equipment.

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

NEW BUSINESS

A. DISCUSS TRUSTEE AGENDA

- Items affecting I.S.O. & B.O.R. was reviewed and a consensus obtained from B.O.R. members.
- BOR is hopeful that Agenda item #11 passes 2nd vote to change status of Bylaws from approved to appropriate literature.
- Agenda item #28 was reviewed and was determined that we cannot change the poem because we don't own the rights to it.

B. DISCUSS DEFINING WHAT "SPECIAL CIRCUMSTANCES" MEANS FOR ATTENDANCE AT BOR MEETINGS.

- **Discussion Only**
- **Article 3**, Section VI was discussed and "Special Circumstances" to be decided by majority vote of BOR members in attendance.

C. DISCUSS U.S. BANK CD THAT MATURES IN OCTOBER 2023.

Motion to rollover CD for 13 months @ 4.8%

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

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

Collected \$60.00

The meeting ended with the Serenity Prayer at 11:13 A.M.

Next meeting will be November 11, 2023.

Respectfully submitted by Valerie D., Recording Secretary.

HELP IS AVAILABLE!

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

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

RECOVERY PROGRAM

As I go through the Recovery Steps this year, I will be using several different pieces of our literature for these steps. I am using the Gamblers Anonymous Working the Steps pamphlet, as well as the Gamblers Anonymous Writing the Steps booklet. These are both available in the online store on our website at www.gamblersanonymous.org.

I hope you find these helpful and they somehow help you in your journey in some way.

STEP 11 - Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

It should feel good to be into the maintenance steps. Step Eleven asks us to improve our conscious contact with God as we understand Him. Steps Two and Three made us aware that human resources were not enough, even though when most entered Gamblers Anonymous they felt such human help would be sufficient. Eventually we came to realize that our addiction meant we must use all possible help. Now we must learn better how to communicate with our Higher Power. How can we get the most help available? How can we combine Higher Power help with human help? We will need both.

Back in the gambling days, such communication was virtually impossible. Then most felt unworthy, ashamed and cut off from this vital contact. We sought help but offered nothing of ourselves. When one feels cut off, one doesn't make any effort to communicate with one's Higher Power.

As one approaches Step Eleven, two points seem important. One, is whether this step is necessary, and two, whether this step helps control ego? Does one need the step? Talking with other members, you will be told that you need all the help you can get. Also, you will be told that some problems which may be your lot cannot be solved by human resources alone. The help is available, so decide

to use it. Whatever it takes, do it to avoid a return to gambling or the personality of the compulsive gambler.

The second point to be considered is ego. Those that have been in the program a while see how capable of change ego is. From extreme unworthiness, ego can expand to a very large, unhealthy size in seconds. When ego swells the mind closes to new ideas, particularly those that are not one's own. Then one's Higher Power becomes unnecessary. "We can do it ourselves!"

It's time we scrapped this way of thinking and replaced it with one which accepts a Higher Power as the boss and which, therefore, will not swell to an unworkable size. As you grow in the Gamblers Anonymous Program, ego will become more healthy as you learn. Old ego, the source of much stress, discomfort, impatience and anxiety will be replaced by a peace-loving, serene ego.

A conscious contact seems to start with daily prayer. What is prayer? To some it is a personal chat with their Higher Power. So, each of us can pray as we see fit. Realizing your weakness, you will seek the will of your Higher Power and the strength to carry it out. Seek your Higher Power's will as you are blind to the master plan. Daily, thank your Higher Power for mercy in showing you His will.

At first, prayer is difficult, and you can "Fake it until you make it." In time, you will grow to eagerly accept prayer and know the rewards it will give you. As you try to cope with the new problems life offers each day, prayer enlarges the ability to cope.

Meditation is prayer at an even deeper stage of spiritual development. If one prays the Serenity Prayer, effort at concentration is on the entire prayer. If you were to meditate you would concentrate on one word or one small group of words. Serenity, courage or wisdom would be a good place to start. A word examination like this makes the prayer more meaningful and makes you more aware of your place in the human order. This is a bare beginning in meditation and will help you to develop this meaningful practice.

The bottom line seems to be a more complete recognition of yourself in relation to God and human beings. Your success is now His and your failures, accept as your own and seek to learn from the failure.

God will give you the strength to carry out His will if you seek His will and His strength.

Step Eleven outlines the promise that prayer and meditation are the means to conscious contact with our Higher Power, but...

1. Some members feel that this contact is unnecessary.
2. Many cling to "G.A. is my Higher Power" and contact is always available.

DISCUSS:

- A. Miracles of recovery witnessed in G.A.
- B. Is recovery accomplished alone or with the help of others? How have others in the program contributed to our personal recovery?

Those who experiment with prayer and meditation find unexpected results.

- 1. Closed-minded members will not try.
- 2. Prayers to resolve specific problems are a demand to have God conform to our will. Continued exploration of prayer and meditation is suggested.

DISCUSS:

- A. How has open-mindedness and concern for others improved?
- B. Have we become interested in improving our spiritual values?
- C. Can we become the “old dog” learning new tricks?

Examination of any prayer will be helpful.

- 1. Read slowly.
- 2. Self-forgetting is the goal of all prayer.
- 3. Debate and comments do not apply to experimentation and efforts at prayer. Here we are on our own!

DISCUSS:

- A. “It is better to give than to receive.” Why?
- B. When did you receive your last compliment? About what? Was it deserved?

Imagination is the food of sound achievement. Meditation and prayer are the food of our soul's growth.

- 1. We find spiritual objectives through prayer.
- 2. A conscious contact with God to know His will for us offers true freedom.

DISCUSS:

- A. Our new values of truth and honesty – are they paying off?
 - B. Our greatest source of personal satisfaction these days. Peace of mind? Freedom? How did it happen? When? Why?
-

From the desk of your International Executive Secretary.

As we finish the November 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.

Are you a LifeLiner? LifeLiner Donations help to keep the International Service Office open to get us the literature we need and to help compulsive gamblers find meetings all over the world. LifeLiner donations are the bread and butter of contributions that keep the doors open. Without those, we wouldn't have the I.S.O. to get our literature printed, help us find meetings when we need them and keep us all connected. There is information on how to become a LifeLiner at the back of this bulletin. It will let you know how to sign up for the first time.

By the time you read this, we will have finished up in Chicago for our first International Conference since 2019 in Montreal. The Board of Trustees meetings and the International Conference made for an amazing weekend of fellowship and recovery. It was an amazing experience. I hope we have more of these conferences in the future. I'll be getting the minutes of the Board of Trustees meetings out in a couple of months.

Step 11 was pretty difficult for me to get through. I had no idea how to meditate or pray. I learned slowly and methodically how to utilize Step 11 in my everyday life. I sometimes still struggle with it, but I keep working at it and making sure I do the best I can every day.

Yours in recovery and gratitude, KC B.

LITERATURE – SUGGESTIONS

If you just started your recovery with Gamblers Anonymous:

- Combo Book (small or large print).
- Suggestions for coping with Urges to gamble.
- Towards 90 days booklet (small or large print).
- Red Book - A New Beginning.
- Pressure relief Group meeting flyer.

- 20 Questions booklet.
- Your First meeting.
- Questions and Answers about Gambling.
- A Newcomer asks?
- Stop and Think card.
- Young gamblers in recovery.

If you have joined a little while ago:

- Beyond 90 Days booklet (small or large print).
- Sponsorship booklet.
- Sponsor/Sponsee relationship – HOW it works.
- Pressure relief Group Meeting Handbook.
- Pressure relief workbook.
- Information packet.
- A Day at a Time meditation book.
- Big Book – Sharing Recovery through GA.
- Have I quit the Fellowship?

If you are working the Steps:

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

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

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

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

GROUP NEWS

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

Dear I.S.O.,

The passing of Bill B. (NYC) on October 8, 2023, brings sadness to me. A link to the beginnings of Gamblers Anonymous is part of his legacy and his involvement started with the early years of our program. Bill's knowledge of history and his years of service helped lay the foundation for our growth and recovery.

In July of 1970, he was the voice on the other end of the phone and directed me to the meeting on Sunday evening in Flushing, Queens and my wife to Gam-Anon. Bill traveled to Florida in 2015 to present me with his 45-year pin that he received from a fellow member in California. The legacy has continued as I have passed it on to another member here in Florida.

Thank you, Bill B., for your never-ending service, your abstinence and recovery and, especially, your friendship. Gamblers Anonymous will miss you.

Rest in Peace, Bill B. Delray Beach FL.

Dear I.S.O.,

Enclosed is our contribution for Gratitude Week 2023. This donation is from several different groups, the R.S.O./Intergroup, as well as individual members of Area 5B.

We are proud to mention this is the largest amount that our area has given for a Gratitude Week since its inception. Our members, groups and our R.S.O. answered the call with generous donations.

Thank you, Andre G., Quebec, Canada

Dear I.S.O.,

Enclosed is the Gratitude Week donations for the I.S.O. from the following British Columbia, Canada meetings: Vancouver Monday Night, and Surrey Monday noon Step meeting.

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

Dear I.S.O.,

Enclosed is a donation from the Greater Vancouver Area Intergroup for Gratitude Week.

Yours in Recovery and with much gratitude, Esther J., Greater Vancouver Area, British Columbia

Dear I.S.O.,

I hope this finds everyone at the I.S.O. safe and well. Congratulations to Kathy B. for 25 years recovery, from Roseburg, Oregon; Candyce L., for 19 years recovery, from Eugene, Oregon; Linda S., for 15 years from Springfield, Oregon.

Thanks for all you do for us, Anonymous, Oregon

Dear I.S.O.,

Enclosed, please find a donation in memory of Bill B. of the Bronx. Bill was a true leader of Gamblers Anonymous.

He helped so many people throughout the years. May he rest in peace.

Tom M., Millbrae, California

Dear I.S.O.,

I'm writing this to all the Gamblers Anonymous members who attended the retreat and workshop at Camp Arnold in Eatonville, Washington on September 22 to September 24. I felt I did not express my gratitude for the weekend as my thoughts did not come together until the drive back home. I am grateful to those volunteers who made arrangements for the event. The planning, the registrations, promoting the return of the event for the 10th year. Some of the same volunteers are still involved. Perhaps next year more of us can be of service for the event.

The event was an opportunity to hear the story of our addiction and the paths taken to achieve recovery and to have a better way of life. Hearing a GamAnon story made me realize how my compulsion must have affected my family but I ignored them a lot in order to to the casino to zone out.

One of the workshops was named "The Elevator is Broken" and it's message showed a way to use the steps to me out of the despair of being in the pit of my

addiction. I am grateful the keynote speakers were willing to share their experience, strength, and hope with the group.

Barb B., Issaquah, Washington

Dear I.S.O.,

I started attending a Gamblers Anonymous meeting in Cherry Hill, New Jersey in July 1983. I have gone back to gambling three times since 1989. I now have 16 years clean from gambling and I am the secretary of the Sunday Dayton meeting.

We meet in person and link through virtual means with 20-25 members in attendance virtually and 3-6 in person. We had four members from Manitoba, Canada attend one of our meetings recently in October. The most abstinence of these four members was 900 days, which is amazing.

I have seen hundreds of new members who show up one time and then never return. These four members worked the program and now have their lives back, as anyone can if they work program.

Jim V., Dayton, Ohio

Dear I.S.O.,

The enclosed donation is for Gratitude Month from the Wednesday morning meeting in Hamburg, New York and we are happy to contribute to I.S.O.

Gratefully, Loretta D., Hamburg, New York.

Dear I.S.O.,

Enclosed is a donation from the Kansas City Friday Night Meeting.

Thank you, Joyce T., Kansas City, Kansas

Dear I.S.O.,

Enclosed is a donation from North Tonawanda Wednesday night meeting for Gratitude Week.

Thank you for all you do, Bill K., Buffalo, New York.

Dear I.S.O.,

Thank you so much for the service you provide to Gamblers Anonymous. Enclosed you'll find a donation for Gratitude Week.

Thank you, Sarasota Wednesday night meeting, Sarasota, Florida

Dear I.S.O.,

Enclosed is a donation from individual members and the Greater Vancouver Area groups for Gratitude Week.

The groups donation that were designated as Gratitude Week are from the GVA Intergroup meeting; Friday night Richmond, Sunday night Surrey, Sunday afternoon and Tuesday night Nanaimo; Wednesday night White Rock; and Thursday night Surrey Serenity.

Yours in Recovery, Esther J., Greater Vancouver Area, British Columbia

Dear I.S.O.,

Enclosed is a donation on behalf of Gratitude Week from the San Bruno Wednesday night meeting.

Thank you for all you do.

Sincerely, John M., Brisbane, CA

Dear I.S.O.,

Enclosed you'll find two donations. One is from the Buffalo area Sunday night meeting. Both are contributions for Gratitude Week.

We are thankful for the help and support of the I.S.O. as we continue to recover.

Sincerely, Aaron J., Lockport, New York

Dear I.S.O.,

Enclosed is a donation in honor of Gratitude Week.

Please continue the great work that you do.

Thank you, Roger S., Ft. Wayne, Indiana

Dear I.S.O.,

Enclosed is a donation for Gratitude Week.

Thanks for all your service.

Abbi S., Mesa, Arizona

Dear I.S.O.,

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

Thanks for all the good work you do.

In Unity, Scott S., Philadelphia, Pennsylvania

Dear I.S.O.,

Enclosed is the September donation from the Saturday Wilmington, DE group.

Thanks for all the good work that you do.

In Unity, Scott S., Philadelphia, Pennsylvania

Dear I.S.O.,

Enclosed is a donation from our small group.

Warmest Regards, Melfort G.A., Melfort, Saskatchewan

Dear I.S.O.,

Enclosed is a donation from Saturday morning Quincy.

Thank you, Mike T., Quincy, Massachusetts

ANNOUNCEMENT OF UPCOMING EVENTS

2024 Delaware Valley Intergroup Delaware Valley & Unity Mini-Conference February 3 – 4, 2024

Sheraton Bucks County Langhorne

400 Oxford Valley Road, Langhorne, PA 19047

For more information, email ies@gamblersanonymous.org and I'll get you in touch with their contact.

Florida West Coast Mini-Conference Recover More in 2024 February 24, 2024

Christ United Methodist Church

1475 Center Road, Venice, FL 34292

For more information, email ies@gamblersanonymous.org and I'll get you in touch with their contact.

GA/Gam-Anon 43rd Australian National Conference It Starts with Me August 23 – 25, 2024

Sydney, New South Wales, Australia

For more information, email ganswconference@gmail.com or you can email me at ies@gamblersanonymous.org and I will email you a registration form.

INDIVIDUAL LIFELINER DONATIONS OCTOBER 2023

ARIZONA

L36 Marc L.
L221 Janat G.
L396 Pam K.
L546 Mo M.
L692 Doug G.

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.
L31 Russell H.
L70 Keith B.
L73 Karen H.
L87 Mike S.
L88 Valerie D.

CALIFORNIA (cont)

L100 Maziar S.
 L116 Rob D.
 L117 Steve F.
 L120 Phil C.
 L151 Murray F. X2
 L158 Gagik G.
 L209 Jose C.
 L219 Leonard K.
 L273 Victor S.
 L298 Catherine F.
 L301 Steve K. X2
 L314 Alan S.
 L367 Jerry L.
 L384 Alvin F.
 L386 Anita R.
 L390 Jack R.
 L408 Ira B.
 L419 Rufus B.
 L432 Patrick P.
 L453 Bennett S.
 L476 Garret C.
 L480 Ezra B. X2
 L496 Guy H.
 L544 Harold A.
 L580 Curtis G.
 L593 Grant M.
 L601 David L.
 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.
 L871 Greg D.
 L907 Joseph G.
 L908 Jordan K.
 L920 Jane J.
 L965 Brandon S.
 L966 Jason G.
 L968 Butch G.
 L1000 Willie F.

L1001

Ray J.

L1003

Sean N.

COLORADO

L147

Lou W.

L950

Ron G. X2

CONNECTICUT

L581

Paul S.

FLORIDA

L2

Bill B.

L48

Janet S.

L81

Paulette T.

L97

Chuck R.

L106

Raymond H.

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.

L313

Herman G.

L351

Russell H.

L420

Mark S.

L423

Kathleen H.

L429

Dennis S.

L450

Neil S.

L483

Victor C.

L511

Chris N.

L549

Patricia P.

L590

Dennis A.

L607

Debbie M.

L627

Pauline F.

L695

Ronald B.

L815

Linda S.

L840

Janice M.

L843

Neal V.

L844

Arnie B.

L904

Marlon D.

L944

Brent S.

L945

Eugene K.

L956

Thomas C.

L958

Stephen B.

L993

Carlos M.

L979

Rebecca P.

L989

Lois H.

FLORIDA (cont)		L837	Harriet K.
L1002	Jim O.	L975	Larry S.
GEORGIA		L982	Rex W.
L672	Tony L.	NEW HAMPSHIRE	
HAWAII		L277	Roy W.
L284	Kevin H.	NEW JERSEY	
L553	David C.	L94	Thomas D.
ILLINOIS		L174	Mike D.
L63	Bob C.	L179	Christopher N.
L114	Ellen Z.	L183	Robin D.
L344	Eileen Z.	L197	Vincent B.
L823	Luke W.	L212	Marshall R.
L962	Cynthia M.	L213	Michael D.
L977	Donna M.	L223	Fred D.
INDIANA		L266	Kivey G.
L880	Fred B. X2	L311	Andrew D.
KENTUCKY		L349	George L.
L115	Laura S.	L433	Joseph F.
L195	Steve B.	L438	Matthew C.
LOUISIANA		L482	Ann K.
L27	Betty S.	L497	Dave S.
L354	Kathleen S.	L547	John P. X2
MARYLAND		L699	Craig H.
L162	Jim D. X2	L818	Michael D.
L997	Tijuana T.	L856	Scott B. X2
MASSACHUSETTS		L863	Kathleen P.
L318	Jeffrey H.	L985	Tristan D.
L598	Vinny S.	NEW MEXICO	
L998	Jonathan R.	L662	Joel K.
MICHIGAN		L847	Catherine B.
L272	Joann D.	L906	Mary F.
MINNESOTA		NEW YORK	
L803	Renee G.	L308	Jordan P.
NEVADA		L465	Mohammed M.
L75	KC B.	L516	Susan W.
L150	Rollo H.	L622	Andrew C.
L325	Terry D.	L852	Norberto B.
L410	Joanne F.	L882	Joe B.
L439	Ira K.	L887	Pierre J.
L486	Zenny K.	L951	Brad B.
L561	Pilar L.	NORTH CAROLINA	
L599	Igor K.	L493	Gary G.
L612	Dan M.	L494	Mary D.
L669	Terri R.	L495	Tina V.
L690	Lenore D.	L498	Suzanne R.
L846	Bobby B.	L499	Mike S.

NORTH CAROLINA (cont)

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.
 L923 Mary M.

SOUTH CAROLINA

L460 Louis M.

SOUTH DAKOTA

L641 Dale A.

TEXAS

L245 Alan S.

WASHINGTON

L425 Terry D.
 L659 Connie M.

WISCONSIN

L443 Constance T.
 L988 Jeffrey R.

**INDIVIDUAL LIFELINER DONATIONS
 OCTOBER 2023**

ARIZONA (5)	80.00	NEVADA (16)	410.00
CALIFORNIA (63)	3,084.00	NEW HAMPSHIRE (1)	150.00
COLORADO (2)	45.00	NEW JERSEY (21)	403.00
CONNECTICUT (1)	20.00	NEW MEXICO (3)	50.00
FLORIDA (40)	1,540.00	NEW YORK (8)	269.00
GEORGIA (1)	80.00	NORTH CAROLINA (15)	85.00
HAWAII (2)	78.00	OHIO (2)	70.00
ILLINOIS (6)	150.00	OREGON (2)	45.00
INDIANA (1)	30.00	PENNSYLVANIA (6)	108.00
KENTUCKY (2)	60.00	SOUTH CAROLINA (1)	60.00
LOUISIANA (2)	20.00	SOUTH DAKOTA (1)	5.00
MARYLAND (2)	80.00	TEXAS (1)	50.00
MASSACHUSETTS (3)	86.00	WASHINGTON (2)	20.00
MICHIGAN (1)	5.00	WISCONSIN (2)	25.00
MINNESOTA (1)	10.00	TOTAL (213)	\$7,118.0

ANNIVERSARIES

51 YEARS	KIVEY G.	11/1	Ridgewood, NJ
49 YEARS	JAY G.	11/22	Yonkers, NY
43 YEARS	PAUL K.	11/26	Quincy, MA
39 YEARS	STU L.	11/15	Sayrewoods, NJ
38 YEARS	TOM R.	11/1	West Hartford, CT
	DOT C.	11/17	Las Vegas, NV
36 YEARS	IKE D.	11/19	Ocean Parkway, NY
34 YEARS	JOE C.	11/24	Worcester, MA
	NICK R.	11/27	Windsor, ON
	STEVE B.	11/30	Paramount/Lakewood, CA
33 YEARS	IRENE K.	11/25	Las Vegas, NV
	TED L.	11/25	Edison, NJ
32 YEARS	JOYCE M.	10/21	Auburn, CA
	DENNIS M.	11/9	Wantagh, NY
	JOE L.	11/27	Woodbury, NY
31 YEARS	BOB C.	10/23	Courtney, BC
29 YEARS	ROGER J.	11/6	W. 46th St, NY
	DONALD B.	11/21	St-Hyacinthe, QB
	EDDY R.	11/24	Worcester, MA
	LOU C.	11/28	East 31st St., NY
28 YEARS	JIM M.	11/7	Bloomfield, NJ
27 YEARS	TONY D.	11/4	San Diego, CA
	JOEY T.	11/7	East 31st St. Zoom, NY
26 YEARS	JOHN C.	11/8	Staten Island, NY
	JEAN-MARC L.	11/24	Mascouche, QB
25 YEARS	ANDRE D.	11/3	Chambly, QB
	JOHN R.	11/25	Quincy, MA
24 YEARS	BRIGID J.	9/30	Lisle, IL
	DON A.	11/5	San Diego, CA
	VALERIE D.	11/30	Paramount/Lakewood, CA
23 YEARS	PAUL N.	10/18	Surrey, BC
22 YEARS	MITCH L.	11/2	Trappe, PA
	LARRY J.	11/14	East 31st St., NY
	DAN O.	11/30	North Andover, MA
	TERRI K.	11/30	Las Vegas, NV
21 YEARS	JOHN T.	11/4	San Diego, CA
20 YEARS	JOHN H.	10/17	Surrey, BC
	JEFF O.	10/20	Santa Monica, CA
	MARC C.	11/3	St-Hubert, QB
	PAM G.	11/3	Forest Hills, NY
	CAROL R.	11/7	Voorhees, NJ
	PATSY C.	11/12	Getzville, NY
19 YEARS	MARK S.	11/20	Woodbury, NY
18 YEARS	CHAR B.	10/8	Joliet, IL
	DAVE M.	11/5	Chester, PA
	STEVE V.	11/5	Ocean Parkway, NY
	FRANCOIS M.	11/19	St-Jerome, QB
	TY W.	11/22	Las Vegas, NV

17 YEARS	MARK H.	10/1	Cherry Valley, IL
	TIM D.	11/3	Calgary, AB
	JEFF L.	11/5	San Diego, CA
	JUDY J.	11/8	Las Vegas, NV
	JOHN H.	11/17	Broomall, PA
	HAROLD S.	11/26	Staten Island, NY
	NICKY C.	11/26	St. Finbars, NY
16 YEARS	CATHERINE F.	11/5	San Diego, CA
	DON C.	11/14	Ardley, NY
	JEFF W.	11/14	East 31st St., NY
15 YEARS	MARK R.	11/29	East 87th St., NY
	MIKE B.	11/1	Media, PA
	ROD P.	11/9	Calgary, AB
13 YEARS	MIKE B.	11/13	Wilmington, DE
	LEN K.	11/13	Burbank, CA
	JUDY C.	9/19	Lisle, IL
11 YEARS	YOLANDA F.	9/5	Mount Vernon, WA
	DANA J.	11/4	Hunting Park, PA
	PETER G.	11/7	East 31 st St., NY
	DEE LG	11/9	Henderson, NV
	FAROUK D.	11/18	Ste-Therese, QB
	STEVE S.	11/27	Hanson, MA
	AUSTIN D.	10/28	Greensboro, NC
10 YEARS	MIKE U.	11/21	Roxboro, PA
	RYAN	11/21	Calgary, AB
	BARB T.	11/27	Doylestown, PA
	ROD T.	10/20	Greensboro, NC
	DAVE C.	10/21	Surrey, BC
9 YEARS	MARY D.	10/31	Greensboro, NC
	CHRIS T.	11/6	Mount Vernon, NY
	MORDI K.	11/26	Ocean Parkway, NY
	CHRISTINA P.	10/30	Burbank, CA
	BILL B.	11/1	San Diego, CA
	JAN L.	11/2	Rutgers, NJ
	VINNIE G.	11/13	Woodbury, NY
7 YEARS	BOB D.	11/23	Canton, MA
	BOBBY T.	11/27	Ardley, NY
	ALAN J.	11/2	Broomall, PA
	LIZ L.	11/3	San Diego, CA
	RICK R.	11/4	San Diego, CA
	BOB W.	11/6	Las Vegas, NV
	AARON K.	11/7	Westlake Village, CA
	PATRICIA T.	11/10	Nazareth, PA
	JENE J.	11/11	Downey, CA
	TRAVIS S.	11/13	W. 46th St., NY
6 YEARS	DARIN G.	11/22	Malden, MA
	VICTOR A.	11/28	East 31st St. Zoom, NY
	MIKE H.	10/21	Cherry Valley, IL
	MIKE B.	10/30	Deerfield, IL
	TINA V.	11/5	Greensboro, NC

6 YEARS (cont)	JERRY A.	11/8	East 87th St., NY	
	BRIAN A.	11/18	Edison, NJ	
	AARON	11/19	Calgary, AB	
	COS V.	11/20	Doylestown, PA	
	JESSICA I.	11/21	Las Vegas, NV	
	LOUIS I.	11/21	Las Vegas, NV	
5 YEARS	KERRY M.	11/28	Worcester, MA	
	DONNA B.	9/14	Mount Vernon, WA	
	COLLEEN D.	11/1	Windsor, ON	
	JON G.	11/3	Fort Worth, TX	
	JOAQUIN C.	11/6	San Diego, CA	
	STACEY P.	11/8	Patchogue, NY	
	JESSICA G.	11/11	Hunting Park, PA	
	BETH E.	11/15	Yonkers, NY	
	JOANNE M.	11/15	East 87th St., NY	
	PAUL C.	11/16	Sherbrooke, QB	
4 YEARS	CHRISTIAN L.	11/22	NE Philadelphia, PA	
	RAY B.	11/26	Settlement/SFX, NY	
	ERIC R.	10/22	Palatine, IL	
	KYLE L.	11/12	Ventura Zoom, CA	
	TOM B.	11/16	Staten Island, NY	
	STACEY B.	11/21	Westlake Village, CA	
	STEVE B.	11/21	Ardsley, NY	
	MATT B.	11/22	Media, PA	
	TREVOR K.	11/22	San Diego, CA	
	JOEL W.	11/24	Las Vegas, NV	
	JOE M.	11/29	Yonkers, NY	
	BRANDON	11/30	Calgary, AB	
	3 YEARS	DAVID B.	10/8	Mount Vernon, WA
	JOE K.	11/3	Roseland Virtual Phone, NJ	
LOUIE D.	11/3	Hicksville, NY		
TOM K.	11/7	Toms River, NJ		
DANA O.	11/8	San Diego, CA		
JASON G.	11/11	Downey, CA		
ROB F.	11/13	Doylestown, PA		
KAYLYNN G.	11/18	San Diego, CA		
DONNA M.	11/19	Fort Worth, TX		
2 YEARS	ARIANA P.	11/28	Metuchen, NJ	
	MARK L.	8/3	Chicago, IL	
	JAMES H.	10/14	Richmond, BC	
	LISA F.	10/28	LA/Hollywood Zoom, CA	
	MIKE S.	10/30	Burbank, CA	
	DALE B.	11/1	You Are Fort Worth It Online, TX	
	ZEV C.	11/1	Bensonhurst Recovery, NY	
	ZAK B.	11/4	Griffith Park, CA	
	JAY P.	11/7	Canton, MA	
	ZACH N.	11/8	Willow Grove, PA	
	LISA B.	11/11	Toms River, NJ	
	HOWARD S.	11/13	White Plains, NY	
	ROBERT S.	11/18	San Diego, CA	

2 YEARS (cont)	HENRY L.	11/18	East 31st St., NY
	BARB E.	11/20	Wilmington, DE
	PAUL L.	11/21	Pomona, NY
	MIKE	11/26	Calgary, AB
	JAKE Z.	11/27	Wilmington, DE
	SAAHIL S.	11/28	East 31st St., NY
	BRENDA	11/29	Dallas, TX
1 YEAR	SETH L.	8/1	Chicago, IL
	CHELSEA W.	10/6	Winston-Salem, NC
	JUDY B.	10/7	Lisle, IL
	RICH B.	10/21	Chicago, IL
	JAKE S.	10/22	Deerfield, IL
	FRANK G.	10/25	Mount Vernon, WA
	RUSSELL M.	10/27	Surrey, BC
	JOSH G.	11/1	Willow Grove, PA
	RANDI R.	11/2	Toms River, NJ
	GREG F.	11/2	White Plains, NY
	ANTHONY R.	11/4	Staten Island, NY
	ALBERT P.	11/6	Staten Island, NY
	ALBI S.	11/6	White Plains, NY
	ETHAN B.	11/7	Woodbury, NY
	JAKE E.	11/7	Pompton Plains, NJ
	MIKE M.	11/7	Douglaston, NY
	JUDY K.	11/8	Malden, MA
	STEVE B.	11/8	Westfield, NJ
	JIM E.	11/10	Broomall, PA
	SABRINA L.	11/12	Nazareth, PA
	MARIANNE B.	11/13	Laval, QB
	ADAM R.	11/14	Wantagh, NY
	ANDREW P.	11/14	Douglaston, NY
	ANGELO D.	11/14	Livengrin, PA
	SEEVER H.	11/14	Roxboro, PA
	ANDREW C.	11/15	Bensonhurst Recovery, NY
	JIM G.	11/15	Carlstadt, NJ
	JOHN S.	11/16	Wantagh, NY
	RICK H.	11/16	Rutgers, NJ
	KIM C.	11/18	San Diego, CA
	DAN V.	11/21	East 31st St., NY
	DENISE A.	11/21	Livengrin, PA
	MICHEL C.	11/21	St-Hyacinthe, QB
	FRANCOIS H.	11/23	St-Jean-sur-Richelieu, QB
	CLAUDE G.	11/24	St-Hubert, QB
	ELI K.	11/27	Windsor, ON
	SPENCER G.	11/28	Henderson, NV
	EDWARD B.	11/29	Las Vegas, NV
	RORY O.	11/29	Media, PA
	ALAN V.	11/30	Plymouth Meeting, PA
	NICK Ro.	11/30	Windsor, ON
	RANDY P.	11/30	Trappe, PA

I.S.O CAN CONTRIBUTIONS OCTOBER 2023

CALIFORNIA

C4	Anaheim Wednesday	34.20	C949	Mission Viejo Friday	11.00
C16	Anaheim Monday PM	29.00	C1012	Irvine Thursday	100.00
C28	Anaheim Sunday PM	40.00	C1017	Simi Valley Thursday	58.67
C29	Anaheim Tuesday Noon	5.00	C1105	Sacramento Stop & Grow Saturday AM	17.00
C46	Anaheim Saturday AM Women's	10.00	C1285	Rancho Cucamonga Saturday PM	60.00
C77	San Diego Intergroup	305.77	C1302	Roseville Friday	46.00
C82	Anaheim Thursday PM	24.00	C1352	Dana Point Saturday AM	40.00
C152	Riverside Saturday	5.00	C1397	Rancho Cucamonga Tuesday	10.00
C161	Dana Point Saturday Step	20.00	C1403	Rancho Cucamonga Wednesday PM	61.00
C180	Stockton Tuesday	10.00	C1411	Rancho Cucamonga Monday Noon	64.00
C184	Sacramento Tuesday AM	195.41	C1417	Rancho Cucamonga Friday	4.00
C185	Sacramento Thursday	21.00	C1496	Burbank Wednesday PM	15.00
C413	Rancho Cucamonga Monday	38.00	C1694	Auburn Wednesday	29.00
C588	Burbank Friday PM	142.00	C1724	Inland Empire Intergroup	26.00
C639	Diamond Springs Thursday	48.00	C1730	Rancho Cucamonga Wednesday Zoom	5.00
C755	Anaheim Friday AM	2.00			
C765	Fair Oaks Thursday AM	37.00			
C863	Rancho Cucamonga Thursday PM	54.00			

CONNECTICUT

C51	Coventry Wednesday	35.00			
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FLORIDA

C123	Singer Island	100.00	C263	Plantation Wednesday PM	22.00
C262	Plantation Friday PM	11.00			

GEORGIA

C1539	Norcross Sunday	10.00			
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ILLINOIS

C62	Burbank Thursday	150.00	C424	Schaumburg/Palatine	112.00
C70	Deerfield Wednesday	150.00	C536	Loves Park	15.00
C72	Edison Park Tuesday	20.00	C659	Aurora Provena Monday	41.00
C85	Kankakee	40.00	C991	Orland Park Thursday	75.00
C100	Oaklawn Monday- St. Linus Church	50.00	C993	Bloomington Wednesday	125.00
C146	Elgin Sherman Oaks Hospital Sunday	21.50	C1180	Silvis Monday PM	244.00
			C1512	St. Gertrude-Chicago Sunday	18.00

INDIANA

C429 Indianapolis Saturday AM 50.00

MASSACHUSETTS

C398 Plainville Thursday 40.00 C792 Hanson Thursday PM 52.00
C748 Quincy Saturday AM 100.00 C1600 Canton Tuesday 130.00

NEVADA

C42 G.A. of Southern Nevada 994.00

NEW JERSEY

C1457 Marlton Thursday 15.00

OREGON

C1480 Oregon City Friday 18.00

PENNSYLVANIA

C208 South Hills Tuesday 30.00 C215 Beaver/Vanport Monday 90.00

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

CALIFORNIA

C4 Anaheim Wednesday 40.00 C949 Mission Viejo Friday 10.00
C16 Anaheim Monday PM 8.00 C1012 Irvine Thursday 100.00
C28 Anaheim Sunday PM 16.00 C1105 Sacramento Stop &
C29 Anaheim Tuesday Noon 8.00 Grow Saturday AM 50.00
C82 Anaheim Thursday PM 11.00 C1302 Roseville Friday 71.00
C92 Mission Viejo Tuesday PM 45.00 C1352 Dana Point Saturday AM 20.00
C161 Dana Point Saturday Step 12.00 C1417 Rancho Cucamonga Friday 10.00
C765 Fair Oaks Thursday AM 30.00 C1694 Auburn Wednesday 13.00

MASSACHUSETTS

C830 West Bridgewater Saturday AM 10.00 C1600 Canton Tuesday 54.00

GROUP CONTRIBUTIONS OCTOBER 2023

ARIZONA		MINNESOTA	
Green Valley Saturday Early Risers	25.00	Duluth Tuesday PM	100.00
Tempe Sunday	30.00	Minneapolis Sunday @ Fairview	30.00
CALIFORNIA		South East Metro	50.00
Anaheim Monday Zoom	20.00	South Metro	20.00
Burbank/Hollywood Zoom	20.00	Woodbury Monday	50.00
Downey	113.00	NEW JERSEY	
Griffith Park Saturday	67.00	Linwood Thursday	100.00
Lincoln Wednesday	17.00	Metuchen Tuesday	50.00
Lincoln Friday AM	20.00	Old Bridge	10.00
Lincoln Sunday	15.00	Sayrewoods	100.00
Santa Monica Wednesday PM	46.00	Toms River Saturday	50.00
Stockton Tuesday	10.00	Toms River Sunday	50.00
Ventura Thursday Zoom	50.00	Voorhees Tuesday Nooners	37.00
Ventura Sunday	126.00	Voorhees Saturday	88.00
Ventura Sunday Zoom	50.00	Westwood Monday	25.00
CONNECTICUT		NEVADA	
Milford	69.00	Las Vegas Nuevo Comienzo	25.00
FLORIDA		NEW YORK	
Boca Raton Monday-Women Helping Women Zoom	20.00	Eastside	200.00
Boynton Beach Tuesday	20.00	Pomona Tuesday	150.00
Coral Springs Saturday AM	50.00	Staten Island Wednesday	25.00
Fort Myers Thursday	50.00	Staten Island Thursday	
Gainesville Monday	15.00	St Patrick's	10.00
Gainesville Thursday	15.00	Woodbury Monday	100.00
Lakewood Ranch Monday	100.00	OKLAHOMA	
Palm Beach Gardens Thursday	50.00	Tulsa Monday PM	100.00
Port St. Lucie	10.00	PENNSYLVANIA	
DELAWARE		Bethlehem Saturday	50.00
Wilmington Saturday Morning	50.00	Chester Sunday	50.00
GEORGIA		Doylestown Monday	50.00
Norcross Sunday Korean	10.00	Harrisburg Monday	20.00
ILLINOIS		NE Philadelphia Wednesday	25.00
Arlington Heights Monday PM	100.00	NE Philadelphia Sunday	
KANSAS		Nazareth	110.00
Kansas City Friday	50.00	Roxborough Tuesday	20.00
LOUISIANA		SOUTH CAROLINA	
Baton Rouge Tuesday PM	25.00	North Myrtle Beach	50.00
MASSACHUSETTS		SOUTH DAKOTA	
Holyoke Saturday AM Zoom	50.00	Yankton Tuesday	12.50
Natick Monday	40.00	TEXAS	
MICHIGAN		Dallas Pathways Sunday	45.00
Sanford Thursday	20.00	Fort Worth Monday	33.00
		You Are Fort Worth It Online	82.00
		WASHINGTON	
		Auburn Friday Noon	10.00
		Bellevue Saturday AM	20.00
		Edgewood/Milton Saturday	20.00

WASHINGTON (cont)

Issaquah Wednesday	20.00
Mount Vernon Tuesday	25.00
Seattle Tuesday	30.00
Snohomish Friday PM	10.00
Tacoma Monday	25.00

CANADA

Saskatchewan	
Melfort Wednesday	140.56
KOREA	
Seoul	60.00

**GROUP CONTRIBUTIONS
FROM GRATITUDE WEEK
OCTOBER 2023**

ARIZONA

Mesa Thursday PM	100.00
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CALIFORNIA

Campbell Monday	25.00
Lincoln Wednesday	11.00
Lincoln Friday AM	16.00
Lincoln Sunday	23.00
Rancho Cucamonga Monday Noon	25.00
Rancho Cucamonga Monday PM	41.00
Rancho Cucamonga Wednesday	23.00
Rancho Cucamonga Thursday PM	47.00
Rancho Cucamonga Saturday	30.00
San Bruno Wednesday	300.00
Ventura Thursday Zoom	50.00
Ventura Sunday Zoom	50.00

FLORIDA

Boca Raton Friday PM	100.00
Fort Myers Thursday	15.00
Sarasota Wednesday	67.00

DELAWARE

Bethany Beach	20.00
Wilmington Tuesday	10.00

INDIANA

Fort Wayne Saturday	100.00
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MASSACHUSETTS

Natick Monday	20.00
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NEW JERSEY

Linwood Thursday	40.00
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NEW YORK

Buffalo Sunday PM	40.00
Hamburg Wednesday AM	80.00
N. Tonawanda Wednesday	30.00

OHIO

Tallmadge Saturday	12.00
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OREGON

Grants Pass Tuesday	12.50
Grants Pass Thursday	12.50

PENNSYLVANIA

Bethlehem Saturday	25.00
Collegeville/Trappe Thursday	25.00
Havertown Monday	10.00
Media Wednesday	20.00

CANADA**Alberta**

Edmonton Saturday	15.73
Edmonton Monday@ Holy City	10.81
Edmonton Friday @ Kirk Centre	11.65
Edmonton Sunday McLaurin	17.61

British Columbia

Surrey Monday Noon Step	118.83
Vancouver Monday PM	118.84

**INTERGROUP CONTRIBUTIONS
OCTOBER 2023**

Delaware Valley	300.00
Detroit/Toledo	96.00
Duluth	200.00
Greater Louisville	100.00
Greater Sacramento	30.00
Inland Empire	100.00

L.A. Intergroup	150.00
Northern Nevada	242.00
Orange County	54.60
Pittsburgh/Wheeling	200.00
South Florida	100.00
Western Washington	20.00

**INTERGROUP CONTRIBUTIONS
FROM GRATITUDE WEEK
OCTOBER 2023**

Delaware Valley	500.00	French Quebec RSO/	
Western New York	100.00	Intergroup ISBQ	1,730.00
Northern Nevada	131.00	Greater Vancouver	897.93
Orange County	250.00		

**NATIONAL HOTLINE DONATIONS
OCTOBER 2023**

L.A. Intergroup	14.00
South Florida Intergroup	20.00

**BULLETIN SUBSCRIPTIONS
OCTOBER 2023**

Three Subscriptions for a total of \$144.00

**ONE TIME INDIVIDUAL MEMBER
DONATIONS FOR GRATITUDE WEEK
OCTOBER 2023**

Bob D., Nevada
John M., Florida
David S., Pennsylvania
Pat D., Canada

**ONE TIME DONATIONS
OCTOBER 2023**

One-Time Donation in congratulations to
Kathy B. for 25 years from Roseburg, OR;
Candyce L. for 19 years from Eugene, OR;
and Linda S. for 15 years from Springfield, OR.
Anonymous, Oregon

One-Time Donation in memory of Bill B. from New York.
Karen H., Monrovia, California

October Meeting Donation
Board of Regents, California

One-Time Donation
Dylan K., Venmo/Zelle

One-Time Donation in memory of Bill B. of New York.
Rest in Peace, Bill.
Bill B., Florida

One-Time Donation in memory of Bill B. of the Bronx.
Tom M., Millbrae, California

One-Time Donation in memory of Mark H.'s father
who recently passed away.
John C., Anaheim, California

One-Time Donation
Sunday AM Phone Meeting, Miscellaneous Areas

ONE TIME DONATIONS – GRATITUDE WEEK OCTOBER 2023

One-Time Donation in honor of Gratitude Week.
Canton Tuesday, Massachusetts

One-Time Donation in honor of Gratitude Week.
Roseville Friday, California

One-Time Donation in honor of Gratitude Week.
French Quebec, Canada

One-Time Donation in honor of Gratitude Week.
Surrey Monday Noon, British Columbia

One-Time Donation in honor of Gratitude Week.
Vancouver Monday, British Columbia

One-Time Donation in honor of Gratitude Week.
Greater Vancouver Area Intergroup, British Columbia

One-Time Donation in honor of Gratitude Week.
Natick Monday, Ashland, Massachusetts

One-Time Donation in honor of Gratitude Week.
Bethlehem Saturday, Pennsylvania

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

CASH IN OPERATING ACCOUNT OCTOBER 1, 2023 \$ 87,077.59

INCOME FOR OCTOBER 2023

Group Contributions	3,631.06
Intergroup Contributions	1,592.60
ISO Can Contributions	4,325.55
Lifeliners Contributions	7,118.00
National Hotline Donations	34.00
Gratitude Week	5,939.60
Bulletin Subscriptions	144.00
One-Time Donation	601.00
UPS Account Closing Refund	6.46
Workers Comp Refund	75.00
Fidelity Bond Refund	726.00
E-Reader	6.29
Literature Shipping	3,899.25
Sale of Literature	18,546.44
Sales Tax Collected	109.47
Interest from Checking Account	0.70
Merchant Svs Cash Reward	0.26
Pay Pal Literature Process Fees	802.56

TOTAL \$ 47,558.24

CASH AVAILABLE FOR OCTOBER \$134,635.83

EXPENSES FOR OCTOBER 2023

Rent & Cam Fees	4,315.20
Payroll	12,875.40
Payroll Taxes (Federal & State)	1,084.42
Payroll Processing Fee	216.81
Office Expenses	661.31
Health Insurance	1,016.29
Telephone/Internet Bill	480.65
Electric Bill	150.89
Gas Bill	29.61
Maintenance/Monitoring ADT Alarm	42.55
Monthly Air Conditioning/Heater Maintenance	30.00
Match for Employees Simple IRA	798.72
Visa/MC Service Fee	68.62
Literature	6,120.50
Pay Pal Literature Processing Fees	802.56
Postage	4,000.00
Lifeline Bulletins	595.50
Quarterly State Sales Tax	441.00
Returned Checks Charge	100.00
Returned Check/Bank Fees/Adjustment	140.56
Office Contents Insurance	2,488.00
Website	2,600.00

TOTAL EXPENSES \$ 39,058.59

MONTHLY NET INCOME (NET LOSS) \$ 8,499.65

CASH IN OPERATING ACCOUNT AS OF OCTOBER 31, 2023 \$ 95,577.24

FISCAL YEAR STARTING JULY 1ST TO DATE

NET INCOME (NET LOSS) \$ 16,252.74

G.A. APPROVED TELEPHONE CONFERENCE CALL MEETING INFORMATION - JUNE 27, 2022

ENGLISH-BASED MEETINGS FROM THE US

Below are the details to call in for all the meetings. All US-based Telephone Conference Call meetings are based on Eastern Time Zone times.

Day and Time

Eastern Time	Call-In Number	Meeting Code	Email for Information
Wednesday 9PM	267-807-9601	9131957 #	weeklycallhelp@gmail.com
Friday 3PM	267-807-9601	9131957 #	weeklycallhelp@gmail.com

US callers who are trying to call the US numbers and have difficulty getting connected should scroll to the bottom for additional directions.

The telephone conference call platform we are using has local access telephone numbers for 74 different countries. If you are going to call from a foreign country, please use the appropriate email address to request the local calling numbers.

ENGLISH-BASED MEETINGS FROM VANCOUVER, BRITISH COLUMBIA – There are numerous local direct dial numbers throughout Canada and the US. To get a list, use the email below.

Day and Time

Pacific Time	Call-In Number	Meeting Code	Email for Information
Tuesday 7PM	604-259-2561	890 477 4319 #	friend@gabc.ca
Friday 7PM	604-259-2561	890 477 4319 #	friend@gabc.ca
Sunday 7PM	604-259-2561	890 477 4319 #	friend@gabc.ca

FOR U.S. CALLERS HAVING DIFFICULTY CONNECTING TO A CONFERENCE CALL

If you can't get through to the conference call number, first recheck that you are using the proper dial-in number and meeting code. If you still have problems, you may text for help.

First choice: Text the word **HELP** to the conference call-in number. You will be texted an alternate call-in number.

Second choice: Text the words **CALL ME** to the conference call-in number. The system will call you back and connect you directly.

This information is available at trusteewebsite.com/telephone-conference-call

Where would you be today without G.A.? Become a Lifeliner Today!

A Lifeliner is a member of the G.A. fellowship who cares enough about the financial well being of G.A. to make a monthly donation. This donation helps to insure that G.A. will always be there for the compulsive gambler who still suffers.

You will benefit by becoming a Lifeliner because...

- ... it offers you a way to give back to the program that has given you so much.
- ... it allows you to make a commitment to the program in a more direct way.
- ... it helps the International Service Office to spread the message to those who haven't yet been blessed as you have.
- ... it makes you one of a special group of people who do a little extra for the program that saved their lives.
- ... it gives you a sense of responsibility.
- ... it helps you remember that Gamblers Anonymous needs you as much as you need Gamblers Anonymous.

We are self supporting through our own contributions.

How often have you thought or heard: "Gamblers Anonymous saved my life. I can't do enough to repay the program for what it has done for me."

One of the ways you can give is by becoming a Lifeliner. Simply fill out the bottom of this flyer and send it to I.S.O. with your personal monthly tax deductible contribution and you will receive a receipt by return mail along with an envelope for your next month's contribution. It's that easy!!

Do it today – it's the right thing to do!

I PLEDGE A MONTHLY CONTRIBUTION AMOUNT OF: _____

NAME _____

ADDRESS: _____

CITY & STATE: _____ ZIP: _____

Please mail this with your initial contribution to:
GAMBLERS ANONYMOUS I.S.O.
1306 MONTE VISTA AVE., STE. 5, UPLAND, CA 91786

Thank you for your support!!