



June 2024

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

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

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DISCLAIMER

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

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

**BOARD OF REGENTS
MEETING MINUTES OF 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.

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

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

HELP IS AVAILABLE!

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

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

UNITY PROGRAM

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

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

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

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

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 Lifeline 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.

1306 Monte Vista Ave. Ste. 5
Upland, CA 91786

Phone: (909) 931-9056

Email: isomain@gamblersanonymous.org

Website: www.gamblersanonymous.org

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:

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

CALIFORNIA

L1	Bob W.	L408	Ira B.
L4	Tom M.	L419	Rufus B.
L6	Bill/Kathy S.	L432	Patrick P.
L8	Dan B.	L496	Guy H.
L9	Mike M.	L561	Pilar L.
L18	Chris G.	L563	Zach M.
L19	Wendy B.	L580	Curtis G.
L21	Ed E.	L593	Grant M.
L70	Keith B.	L601	David L. X2
L73	Karen H.	L609	Kathie S.
L87	Mike S.	L617	Mike Z.
L88	Valerie D.	L623	Lucille T.
L100	Maziar S.	L636	Bob C.
L116	Rob D.	L648	Edward K.
L117	Steve F.	L678	Lynell B.
L120	Phil C.	L701	David L.
L151	Murray F. X2	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.

NEVADA (cont)

L830 Jackie C.
 L837 Harriet K.
 L841 Rob P.
 L846 Bobby B.
 L975 Larry S.
 L976 Steve D.
 L1026 Michael C.

NEW JERSEY

L174 Mike D.
 L183 Robin D.
 L212 Marshall R.
 L223 Fred D.
 L266 Kivey G.
 L311 Andrew D.
 L349 George L.
 L358 Walter G.
 L433 Joseph F.
 L438 Matthew C.
 L497 Dave S.
 L547 John P.
 L699 Craig H.
 L718 Phil S.
 L818 Michael D.
 L863 Kathleen P.
 L985 Tristan D.
 L1019 James G.

NEW MEXICO

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

NEW YORK

L303 Alan J.
 L308 Jordan P.
 L622 Andrew C.
 L826 Mitchell M.
 L852 Norberto B.
 L882 Joe B.
 L887 Perre J.
 L951 Brad B. X3

NORTH CAROLINA

L493 Gary G.

L494 Mary D.
 L495 Tina V.
 L498 Suzanne R.
 L499 Mike S.
 L500 Sammy D.
 L503 Mark 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.

OKLAHOMA

L543 James G.

OREGON

L584 Curt P.
 L881 Pam B.
 L912 David U.

PENNSYLVANIA

L40 Dan M.
 L71 Marla J.
 L345 John B.
 L533 Debbie D.
 L820 Josh S.
 L822 Davis S.
 L923 Mary M.

WASHINGTON

L425 Terry D.
 L659 Connie M.

WISCONSIN

L443 Constance T.
 L988 Jeffrey R.

CANADA

L257 Andre G.
 L275 Paul N.
 L771 Esther J.
 L1023 Marc C.

MEXICO

L1022 Luis O.

LIFELINER DONATIONS MAY 2024

ARIZONA (8)	145.00	NEVADA (15)	330.00
CALIFORNIA (55)	3,498.00	NEW JERSEY (18)	447.00
COLORADO (1)	25.00	NEW MEXICO (4)	80.00
CONNECTICUT (1)	20.00	NEW YORK (8)	400.00
FLORIDA (33)	1,149.00	NORTH CAROLINA (14)	85.00
GEORGIA (1)	80.00	OHIO (2)	70.00
HAWAII (1)	50.00	OKLAHOMA (1)	15.00
ILLINOIS (7)	85.00	OREGON (3)	90.00
INDIANA (1)	15.00	PENNSYLVANIA (7)	218.00
KENTUCKY (2)	60.00	WASHINGTON (2)	20.00
LOUISIANA (3)	40.00	WISCONSIN (2)	30.00
MARYLAND (2)	25.00	CANADA (4)	300.00
MASSACHUSETTS (3)	101.00	MEXICO (1)	30.00
MICHIGAN (1)	5.00		
MINNESOTA (1)	10.00	TOTAL (201)	\$7,423.00

ANNIVERSARIES

50 YEARSBERNIE G.	6/4	Kissena, NY
45 YEARSFRANK S.	6/26	Staten Island, NY
34 YEARSBOBBY P.	6/9	Hanson, MA
33 YEARSKEN K.	6/1	Calgary, AB
32 YEARSBRIAN S.	6/13	White Plains, NY
31 YEARSTOM P.	6/4	Las Vegas, NV
29 YEARSJOSH K.	6/2	Settlement House/SFX, NY
ANDY D.	6/11	Voorhees, NJ
TOM H.	6/11	Voorhees, NJ
25 YEARSSTEVE E.	6/17	West 46th Street, NY
24 YEARSGISELA S.	6/5	Las Vegas, NV
23 YEARSEILEEN F.	5/29	Dayton, OH
22 YEARSFAYE P.	6/19	Las Vegas, NV
BEN S.	6/29	Poway, CA
21 YEARSJOJO B.	6/3	Oxnard, CA
20 YEARSLYNELL B.	6/22	LA/Hollywood Zoom, CA
KAREEM N.	6/27	St. Albans, NY
19 YEARSSTEVE W.	5/12	Surrey, BC
BILL K.	6/6	Bowmansville, NY
EDUARDO U.	6/11	Mahopac, NY
DOUG E.	6/22	Santee, CA
JENNY F.	6/30	San Diego, CA
18 YEARSCHRISTY C.	6/1	Scripps Ranch, CA
SEAN N.	6/2	Griffith Park, CA
JOHN B.	6/3	Oxnard, CA
ELYSE M.	6/5	Henderson, NV
PAT M.	6/23	Las Vegas, NV
RUBY B.	6/27	Scripps Ranch, CA

17 YEARS	JACK G.	5/29	Hamburg, NY
16 YEARS	HAROLD C.	6/4	West Seneca, NY
	SCOTT C.	6/18	West Hartford, CT
	BOB F.	6/29	Staten Island, NY
15 YEARS	JOHN M.	6/1	Rancho Cucamonga, CA
	JAMIE P.	6/4	Westlake Village, CA
	GUY H.	6/17	Burbank, CA
	DONALD S.	6/30	Hemet, CA
141 YEARS	RHONDA	6/9	Calgary, AB
	BELINDA L.	6/21	Las Vegas, NV
13 YEARS	SUE C.	5/22	Nanaimo, BC
	WALT T.	6/8	Forth Worth it Online, TX
	MARY H.	6/18	Voorhees, NJ
12 YEARS	ANGUS D.	4/12	Burnaby, BC
	ANTHONY F.	5/21	Buffalo, NY
	MARK S.	6/1	Las Vegas, NV
	BOB T.	6/2	Ventura Zoom, CA
	BARRY B.	6/6	Plainville, MA
11 YEARS	CARLTON O.	6/4	Dallas, TX
	CHRISTINE D.	6/4	Calgary, AB
	DICK K.	6/7	Calgary, AB
	FRANK L.	6/12	Rancho Bernardo, CA
	MARLENE S.	6/21	Santee, CA
10 YEARS	PAT L.	5/4	Nanaimo, BC
9 YEARS	MARINKO D.	6/8	Las Vegas, NV
	DON C.	6/15	Scripps Ranch, CA
	JUDITH F.	6/17	Lancaster, CA
	DARRIN W.	6/27	Scripps Ranch, CA
	GREG S.	6/28	Murrieta, CA
8 YEARS	BOB D.	6/4	Voorhees, NJ
	FRANK B.	6/6	Linwood, NJ
	ROB K.	6/11	Encinitas, CA
	BRIAN A.	6/27	Oceanside, CA
	CORA L.	6/29	Reseda Zoom, CA
7 YEARS	PETER R.	4/4	North Vancouver, BC
	MARK M.	5/28	Plantation, FL
	PETE O.	6/1	Staten Island, NY
	PUNGAM G.	6/10	Kwangju, KO
	JANGPYEONG Y.	6/16	Changwon, KOR
	DAVID H.	6/18	Pomona, NY
	DONNA G.	6/18	Vista, CA
6 YEARS	SPIKE D.	6/9	Settlement House/SFX, NY
	CHRIS N.	6/10	Burbank, CA
	JISAN S.	6/10	Kwangju, KOR
	LUANN L.	6/18	Las Vegas, NV
	ROY R.	6/25	Pomona, NY
5 YEARS	JOSEPH C.	6/10	Howard Beach, NY
	ANDREW C.	6/12	East 87th Street, NY
	JOANNE R.	6/27	Las Vegas, NV

4 YEARS	ZACH G.	6/4	East 31st Street, NY	
	TONY S.	6/10	Mount Vernon, NY	
3 YEARS	ANDREA D.	5/2	Surrey, BC	
	HORMOZ M.	5/18	Bowmansville, NY	
	JOHN C.	6/1	Canton, MA	
	MATT B.	6/1	Las Vegas, NV	
	FRANK L.	6/3	Mount Vernon, NY	
	MATT K.	6/4	Henderson, NV	
	STEVE K.	6/4	Fort Worth it Online, TX	
	YANGDONG J.	6/10	Kwangju, KOR	
	ERIC F.	6/15	Griffith Park, CA	
	GUNPO J.	6/25	Suwon, KOR	
	PATRICK T.	6/27	Linwood, NJ	
	COLLEEN W.	6/29	La Mesa, CA	
	2 YEARS	DWAYNE S.	5/8	Galiano Island, BC
		SHAWNA A.	5/21	White Rock, BC
SAM G.		6/4	San Diego, CA	
APRIL A.		6/8	Rancho Bernardo, CA	
GOYANG B.		6/14	Ilsan, KOR	
MAUREEN		6/15	Calgary, AB	
ALEX G.		6/16	Ocean Parkway, NY	
STACEY H.		6/20	Burbank/North Hollywood, CA	
DON B.		6/21	Las Vegas, NV	
ELLEN V.		6/22	N. Tonawanda, NY	
CHUNCHEON C.		6/25	Suwon, KOR	
JASON K.		6/25	East 31st Street, NY	
ANGOL K.		6/26	Jeonju, KOR	
BERNICE H.		6/27	La Mesa, CA	
1 YEAR		ROY Z.	4/2	Slidell, LA
		ABBY G.	4/23	Dayton, OH
		TOM S.	4/23	White Rock, BC
	STACEY S.	5/7	Slidell/Gretna, LA	
	BILL R.	5/12	Watertown, MA	
	LASHAUN F.	6/1	Las Vegas, NV	
	LAUREN L.	6/1	East Northport, NY	
	LORI F.	6/1	Rancho Bernardo, CA	
	JAKE B.	6/3	Temecula, CA	
	SHANE P.	6/4	East 31st Street, NY	
	GEORGE N.	6/6	El Cajon, CA	
	MILES W.	6/7	West Hartford, CT	
	CHRIS O.	6/8	Staten Island, NY	
	EDAN	6/10	Burbank, CA	
	GYEORIM L.	6/10	Kwangju, KOR	
	MAIWOAL J.	6/10	Kwangju, KOR	
	NICOLE B.	6/10	Las Vegas, NV	
	JOE V.	6/11	White Plains, NY	
	JONATHAN F.	6/11	East 31st Street, NY	
	ANTHONY O.	6/16	St. Finbars, NY	
REUVEN L.	6/18	East 31st Street, NY		
MONICA J.	6/21	Forest Hills, NY		
MICHELE E.	6/23	N. Tonawanda, NY		

1 YEAR (cont)	MASUG M.	6/23	Weonju, KOR
	JUYEOP K.	6/24	Kimpo, KOR
	CINDY D.	6/25	Douglaston, NY
	JINDO L.	6/26	Jeonju, KOR

I.S.O. CAN CONTRIBUTIONS MAY 2024

CALIFORNIA

C77	San Diego Intergroup	296.30	C1050 Yuba City Tuesday	93.00
C152	Riverside Saturday	18.00	C1105 Sacramento Stop & Grow	
C184	Sacramento Tuesday AM	96.00	Saturday AM	31.00
C185	Sacramento Thursday	20.00	C1285 Rancho Cucamonga	
C194	Orangevale Friday PM	80.00	Saturday PM	39.00
C413	Rancho Cucamonga		C1302 Roseville Friday	83.00
	Monday	17.00	C1403 Rancho Cucamonga	
C588	Burbank Friday Pm	51.00	Wednesday PM	43.00
C765	Fair Oaks Thursday AM	30.00	C1411 Rancho Cucamonga	
C863	rancho Cucamonga		Monday Noon	43.00
	Thursday PM	20.00	C1442 Burbank Tuesday AM	37.00
C894	Indio Friday	185.26	C1697 Auburn Wednesday	20.00
C1002	Burbank Monday	127.00	C1724 Inland Empire Intergroup	27.00

CONNECTICUT

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

C128	St. Marks Wednesday	50.00
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FLORIDA

C262	Plantation Friday PM	7.00	C1061 Spring Hill Friday	29.73
C263	Plantation Wednesday PM	25.00		

GEORGIA

C1539	Norcross Sunday	10.00
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ILLINOIS

C65	Willa Rawls Manor	30.00	C991 Orland Park Thursday	25.00
C66	Bloomingtondale	25.00	C1104 Downers Grove Saturday	97.00
C100	Oaklawn Monday-		C1108 Chicago-St. Mary	
	St. Linus Church	50.00	Nazareth	150.00
C423	Naperville	100.00	C1118 Oak Park -Grateful House	15.00
C535	Elk Grove Sunday	25.00	C1207 Lisle Women's Monday	30.00
C659	Aurora Provena Monday	41.00	C1377 Algonquin Tuesday	50.00
C799	St, Charles Hosana		C1412 Algonquin Thursday	50.00
	Lutheran Church			
	Thursday	34.00		

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

DELAWARE

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

GEORGIA

Norcross Sunday Korean 10.00

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

MASSACHUSETTS (cont)

North Easton Monday	50.00
Watertown Friday	75.00

MINNESOTA

Burnsville Friday	70.00
Chisolm Sunday	20.00

NEW JERSEY

Basking Ridge Saturday	50.00
Colts Neck Tuesday	50.00
Edison Saturday AM	75.00
Hasbrouck Heights Saturday	25.00
Metuchen Tuesday	50.00
Old Bridge	10.00
Toms River Saturday	25.00
Toms River Sunday	25.00
Westwood Monday	25.00

NEW MEXICO

Santa Fe Monday PM	\$57.50
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NEW YORK

Forest Hills Thursday	75.00
Rochester Friday PM	25.00
Staten Island St. Patrick's Thursday	10.00
Woodbury Monday	100.00
Yonkers Saturday AM	75.00

NORTH CAROLINA

Raleigh Thursday	100.00
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OHIO

Dayton Tuesday	50.00
Geneva Wednesday	23.00

OREGON

Eugene/Springfield	50.00
Gold Hill Monday	50.00
Oregon City Friday	50.00
Woodburn Monday	150.00

PENNSYLVANIA

Bala Cynwyd Monday	40.00
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Collegetown/Trappe Thursday	50.00
Harrisburg Monday	20.00
Havertown Monday	30.00
Media Wednesday	40.00
NE Philadelphia Wednesday	25.00
Roxborough Tuesday	30.00
South Philadelphia Tuesday	50.00
Willow Grove Wednesday	20.00
Wilmington Saturday AM	40.00

RHODE ISLAND

Tiverton Friday	10.00
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TENNESSEE

Murfreesboro Wednesday	60.00
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TEXAS

Dallas Pathways Sunday	45.00
Fort Worth Monday	100.00

WASHINGTON

Arlington/Smokey Point Monday PM	150.00
Auburn Tuesday	45.00
Bellevue Wednesday	20.00
Bellevue Saturday AM	75.00
Bellevue Sunday PM Freedom	200.00
Edgewood/Milton Saturday	50.00
Issaquah Wednesday	40.00
Mount Vernon Tuesday	50.00
Richmond Beach/Shoreline	25.00
Tacoma Monday	45.00
Tacoma Thursday	80.00
West Seattle Thursday	25.00

WISCONSIN

Stevens Point Monday PM	20.00
Wauwatosa Monday	50.00

SEOUL

Korea	60.00
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INTERGROUP CONTRIBUTIONS MAY 2024

Chicagoland	39.00
Detroit/Toledo	97.00
Greater Sacramento	30.00
Inland Empire	50.00
L.A. Intergroup	150.00
Long Island	200.00
Maryland	200.00

New England	68.10
Northern Nevada	201.00
Shreveport Bossier	45.00
South Florida	100.00
Western Washington	40.00
South Australia	189.15

**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 Processing 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**

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!!