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November 2024

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

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

*Circle one*

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**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 19, 2024**

**Call to order:** The Co-Chair, Ara H., called the meeting to order at 9:30 A.M.

The Chair reminded everyone that recording of this meeting is not permitted.

**Roll call was taken by the Secretary, Valerie D.**

Present: Bob W., Joe C., John C., Laura M., Valerie D., Zach M. and Israel A.,  
Office Manager.

Present by Zoom & phone: Arnie B., Jo K. and KC B., International Executive  
Secretary.

**A. Minutes for September 21, 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 September 2024.**

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

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

**OLD BUSINESS**

**A. Office Manager Report – Israel A.**

- Life-Liners – 0
- New Cans – 0
- Group Information Request Forms Received – 0

Group Information Request Forms received prior to sending out Starter Kits:6. Four Starter Kits were sent out as follows after receiving the Group Information Request Forms for the month of September:

Oroville, CA	Redding, CA	Washington, DC
Coral Gables, FL	Plainfield, IL	Pittsfield, MA

- Prison Starter Kits Sent Out – 0
- Venmo and Zelle donations were \$2,699.30; Groups (14) \$821.00, 1X Donations (5) \$181.00, Life-Liner donations (19) \$500.00, and I.S.O. Can Contributions (3) \$132.30, I.S.O. Cans Gratitude (3) \$156.00, Group Gratitude (12) \$697.00, Gratitude from Individuals (4) \$212.00.

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

- Completed September bulletin.
- Working on October bulletin.
- A little behind due to USPS returning an envelope of letters, 1X donations, anniversaries, etc. to the office.
- Almost everything packed in "work" suitcase-just waiting for committee reports and absentee ballots.

**C. DISCUSS WEBSITE UPDATE.**

- Committee Chair connected with project manager & office staff. There is an issue with meeting page that will require additional input from the spreadsheets.

A motion was made to allow 20 additional hours for developers to fix this issue.

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

**D. DIGITAL MEDIA.**

Discussion only.

**E. DISCUSS UNITY STEP 7.**

A motion was made to table this item till the November meeting.

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

**F. DISCUSS PROPOSED STANDING RULES CHANGES.**

A motion was made to update the Standing Rules as written to include previous approved items.

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

**NEW BUSINESS**

**A. REVIEW NEXT B.O.T. AGENDA ITEMS THAT AFFECT THE B.O.R. AND I.S.O.**

AGENDA ITEMS #2, 3, 8, 14, 15, 25, 26, 33 & 35 were reviewed and discussed.

**B. DISCUSS PRICING ON THE NEW SPANISH BLUE BOOK.**

A motion was made to sell at the same price as the English blue book \$7.50.

**MOTION SECONDED AND PASSED  
FOR – 8 AGAINST – 0 ABSTAINED – 0**

**C. UPDATE ON GRATITUDE WEEK TOTALS TO DATE.**

**Many thanks** to everyone for donating \$10, 296.00 received to date.

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

**Collected: \$40.00**

**The meeting ended with the Serenity Prayer at 11:00 A.M.**

**The next meeting will be November 16, 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](mailto:brucelaw8@mac.com). He will reply by email or phone if you provide your number.

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## UNITY PROGRAM

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

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

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

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

***Step 11 – Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films and television.***

Gamblers Anonymous does not compare itself to any other group, nor does it boast of its accomplishments and abilities to the public. However, Gamblers Anonymous does make itself available to anyone interested in the Fellowship or in the gambling problem.

In order to make the Fellowship visible, Gamblers Anonymous informs and educates the public about the problem of compulsive gambling and about the Fellowship itself. Personal stories of members in newspapers, magazines, on radio and television, as well as spot announcements, all help to spread an awareness of Gamblers Anonymous. The Fellowship does not glorify the name of Gamblers Anonymous or its merits as a group – rather, it works to encourage compulsive gamblers to attend meetings.

Personal publicity is always shunned, and anonymity is carefully preserved because the Fellowship of Gamblers Anonymous is more important than any one member. By maintaining this policy, any problems that accrue to an individual member cannot harm the Fellowship. Similarly, any achievements attained by individuals working in the program benefit the group as a whole. This step is a constant and practical reminder that personal ambition has no place within the Fellowship's public relations program.

There is a need to present to the public an insight to the problem of compulsive gambling, its effects and the program of recovery offered by the Gamblers Anonymous Fellowship. This can be accomplished with respect and dignity. In the meaning of this Unity Step, it is not breaking anonymous if we choose to relate to family, friends, neighbors, co-workers, etc. that we are members of Gamblers Anonymous.

The fellowship does not boast about our accomplishments or beat the drum for new members. We do not promote the name of Gamblers Anonymous.

- a) Define/discuss: public relations, attraction, promotion, personal anonymity.
- b) What is public relations? What is our public relations policy?
- c) Discuss: How does my home group make its meeting location and time known to compulsive gamblers who might want to attend?
- d) How do we inform the public about the Gamblers Anonymous program?
- e) Are we attractive when new members come in for the first time?
- f) Do we talk about Gamblers Anonymous negatively in our shares/therapy or outside of the meetings, such as at a public event? Do we make it unattractive to people in our lives?
- g) When we are on the Internet/social media, are we careful about our own and others anonymity?
- h) How do we break anonymity? How do we maintain personal anonymity?
- i) Why do we have a public relations policy?
- j) May we contact a university or local school to speak to psychology classes? Why or why not?
- k) How do we keep our anonymity if we are asked to speak in public setting, or if a TV news station asks us to talk about our recovery in Gamblers Anonymous?

- l) How does Gamblers Anonymous attract members?
- m) Where can I find Gamblers Anonymous approved literature that will provide me information about public relations?
- n) Can a news station visit our meeting? If yes, how do we maintain our personal anonymity?
- o) Can anyone be involved in public relations? What can this person do or not do?
- p) “I am responsible...” When anyone, anywhere, reaches out for help, I want the hand of Gamblers Anonymous to always be there. And for that I am responsible. How does this apply to Unity Step 11? Elaborate.
- q) What is the difference between attraction and promotion?
- r) There are several principles that may apply to this step. Elaborate on how each of the following applies to Unity Step 11: anonymity, responsibility, integrity.

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**From the desk of your International Executive Secretary.**

As we complete the November bulletin, I'd like to say thank you to all of you who have continuously contributed to the ISO and its ability to help the compulsive who still suffers. I appreciate all you do to help the fellowship continue growing. We could not do this without you.

If you've wondered how you can give back, you could become a LifeLiner. 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.

By the time you receive this and/or read it, we'll be done with our Board of Trustees meeting in Cherry Hill, New Jersey. The meeting was held at the beginning of November. These meetings for the trustees are important in making sure our literature and guidance code stay up to date and works to get those things up to par to be relevant for all members of the fellowship. Be sure to get with your trustee to find out how the meetings went and what (if anything) is changing.

Keep your eyes peeled for information on our next Board of Regents elections. Every two years, in the odd years, we elect nine members of the Board of Regents. These members will have the responsibility and opportunity to make sure the International Service Office is run responsibly and efficiently. I'll be sending out a letter to all intergroups and trustees at the beginning of December.



It will explain how a member needs to put in to be elected to the Board of Regents. The Trustees will vote for the Regents in the spring and the results will be announced during the Spring Board of Trustees meeting that will be held in St. Louis, Missouri in May 2025.

I am so grateful for this program and the members. You teach me on a daily basis, and I couldn't do it without you. Thank you for being on this journey with me.

Yours in recovery and gratitude, KC B.

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**The Combo Book is available for purchase as an e-book.**

**Instructions for Kindle purchase:**

**Note: if you already have an Amazon account go to step 2.**

1. To create an Amazon account, log on to Amazon.com and follow instructions.
  2. Download a Kindle app for iPhone, Android, iPad, tablet, PC or Mac computer.
  3. Log on to Amazon.com
    - A) Scroll down and tap or left click on Barnes & Noble. In the column to the right, tap or left click on Kindle Books. In the search box enter Combo Book.
    - B) Scroll down to locate the book and tap or left click on Combo Book.
    - C) Tap or left click on Purchase. The book will automatically download to your device in the Kindle App.
    - D) Tap or left click on Kindle App to locate Combo Book.
- 

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

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

## **GROUP NEWS**

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

Dear I.S.O.,

Thank you so much for the service you provide to G.A.

Thank you, Sarasota Wednesday Night, Florida

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Dear I.S.O.

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

Thanks for all the good work that you do.

In Unity, Scott S., NE Philadelphia, Pennsylvania

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Dear I.S.O.

Enclosed is a donation from our room.

Thank you for all you do.

Paul S., Kent, Washington

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Dear I.S.O.,

Enclosed is a contribution from Area 12's Scranton, PA Sunday evening meeting.

Sincerely, JoAnn C., Scranton, Pennsylvania

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Dear I.S.O.,

I would like to congratulate my sponsor, Marshall R., who celebrated his 60th anniversary in Gamblers Anonymous on August 29, 2024. Marshall is an incredible influence to all that know him.

I am blessed that he has asked me to his sponsor and we sponsor each other.

If there was ever a Mount Rushmore in Gamblers Anonymous, Marshall would be right there.

Enclosed is a donation in his honor.

Thank you, Neil S., Plantation, Florida

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Dear I.S.O.,

Enclosed is a donation from Abbeville, Louisiana.

Sincerely, LouBertha J., Abbeville, Louisiana

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Dear I.S.O.,

Having a wonderful holiday season.

Thank you, Ray H. Delray Beach, Florida

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Dear I.S.O.,

Enclosed is our October donation.

Thank you, David S., Sunday Morning GA Meeting, Palm Springs

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Dear I.S.O.,

Enclosed is a donation from the Toms River and Manahawkin, New Jersey meetings. The donation was collected at our annual gratitude picnic held on September 7.

GA members from around the state gathered with their families and friends for a day of fun and fellowship.

Best regards, Vin B., New Jersey

Dear I.S.O.,

Please accept this donation from the Fairless Hills Livingrin/Langhorne room in Pennsylvania.

Thank you for your continuous efforts.

Gerald R., Livingrin/Langhorne, Pennsylvania

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Dear I.S.O.,

Enclosed is a donation in memory of Terry S. of Kansas City, MO and member of Lakeland Tuesday GA of Florida.

Thank you, Lakeland Tuesday, Florida

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Dear I.S.O.,

On behalf of Olympia, WA Wednesday Night Group, we have enclosed a donation.

Thanks for all that you do to help keep G.A. going around the world.

Brotherly Love, William B., Olympia, Washington

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## **ANNOUNCEMENT OF UPCOMING EVENTS**

If your area has an upcoming mini-conference, or other activity you'd like put here in the Announcement area, please send it to [isomain@gamblersanonymous.org](mailto:isomain@gamblersanonymous.org) or [ies@gamblersanonymous.org](mailto:ies@gamblersanonymous.org).

**23<sup>RD</sup> ANNUAL PIZZA BOWL**  
**SUNDAY NIGHT PGF MEETING**  
**SUNDAY, FEBRUARY 9, 2025**  
**Resurrection Lutheran Church, 4315 Nottingham Way**  
**Hamilton Square, NJ 08690**

For more information, please email me at [ies@gamblersanonymous.org](mailto:ies@gamblersanonymous.org) and I'll get you in contact with someone in that area.

**A DAY IN HUMILITY  
2025 SJIG GAMBLERS ANONYMOUS/GAM-ANON MINI  
CONFERENCE**

**SATURDAY, APRIL 26, 2025  
Hope Church, 700 Cooper Road  
Cherry Hill, NJ 08043**

For more information, email me at [ies@gamblersanonymous.org](mailto:ies@gamblersanonymous.org) and I'll get you in contact with someone in the area and/or send you a copy of the flier.

**INDIVIDUAL LIFELINER DONATIONS  
OCTOBER 2024**

**ARIZONA**

L36	Marc L.	L390	Jack R.
L221	Janat G.	L408	Ira B.
L287	James S.	L432	Patrick P.
L396	Pam K.	L453	Bennett S.
L546	Mo M.	L480	Ezra B.
L692	Doug G. X2	L496	Guy H.
L1008	Roxanne W.	L561	Pilar L.
		L580	Curtis G.

**CALIFORNIA**

L1	Bob W.	L593	Grant M.
L4	Tom M.	L601	David L.
L6	Bill/Kathy S.	L609	Kathie S.
L8	Dan B.	L617	Mike Z.
L18	Chris G.	L623	Lucille T.
L19	Wendy B.	L648	Edward K.
L21	Ed E.	L678	Lynell B.
L70	Keith B.	L701	David L.
L73	Karen H.	L772	Ara H.
L87	Mike S.	L834	Candice B.
L100	Maziar S.	L836	Albert Y.
L116	Rob D.	L871	Greg D.
L117	Steve F.	L907	Joseph G.
L120	Phil C.	L908	Jordan K.
L151	Murray F.	L920	Jane J.
L158	Gagik G.	L946	Estella M.
L209	Jose C.	L963	Eric F.
L219	Leonard K.	L965	Brandon S.
L273	Victor S.	L994	Mike H.
L298	Cathy F.	L1000	Willie F.
L301	Steve C.	L1001	Ray J.

**COLORADO**

L147	Louis W.
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**CONNECTICUT**

L581	Paul S.
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**FLORIDA**

L2 Bill B.  
 L48 Janet S.  
 L54 Ray T.  
 L81 Paulette T.  
 L97 Chuck R.  
 L106 Raymond H.  
 L143 Neal G.  
 L175 Lloyd A.X2  
 L205 Steven P.  
 L225 Kevin K.  
 L233 Robert M.  
 L251 Frank G.  
 L261 Stephen S.  
 L313 Herman G.  
 L351 Russell H.  
 L423 Kathleen H.  
 L429 Dennis S.  
 L450 Neil S.  
 L483 Victor C.  
 L511 Chris N.  
 L607 Debbie M.  
 L679 David T.  
 L695 Ronald B.  
 L815 Linda S.  
 L840 Janice M.  
 L843 Neal V.  
 L844 Arnie B.  
 L904 Marlon D.  
 L944 Brent S.  
 L945 Eugene K.  
 L979 Rebecca P.  
 L989 Lois H.  
 L993 Carlos M.  
 L1002 Jim O.  
 L1010 James T.  
 L1014 James H.  
 L1021 Michael P.

**GEORGIA**

L672 Tony L.

**HAWAII**

L284 Kevin H.  
 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.

**INDIANA**

L880 Fred B.

**KENTUCKY**

L115 Laura S.  
 L195 Steve B.

**LOUISIANA**

L27 Betty S.  
 L354 Kathleen S.  
 L1029 Roy Z.

**MARYLAND**

L162 Jim D.  
 L997 Tijuana T.

**MASSACHUSETTS**

L598 Vinny S.

**MICHIGAN**

L272 Joann D.

**MINNESOTA**

L803 Renee G.

**NEVADA**

L75 KC B.  
 L325 Terry D.  
 L410 Joanne F.  
 L439 Ira K.  
 L486 Zenny K.  
 L507 Mark S.  
 L596 Leslie F. X2  
 L599 Igor K.  
 L612 Dan M.  
 L669 Terri R.  
 L690 Lenore D.  
 L830 Jackie C.  
 L837 Harriet K.  
 L846 Bobby B.  
 L975 Larry S.  
 L1026 Michael C.

**NEW HAMPSHIRE**

L277 Roy W.

**NEW JERSEY**

L174 Mike D.  
 L183 Robin D.  
 L212 Marshall R.

**NEW JERSEY (cont)**

L213 Michael R.  
 L223 Fred D.  
 L266 Kivey G.  
 L311 Andy D.  
 L349 George L.  
 L433 Joseph F.  
 L438 Matthew C.  
 L497 Dave S.  
 L699 Craig H.  
 L816 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.  
 L465 Mohammed M.  
 L516 Susan W.

L852 Norberto B.  
 L882 Joe B.  
 L887 Pierre J.

**OHIO**

L948 Ed G. x2  
 L986 Anthony K.

**OKLAHOMA**

L543 James G.

**OREGON**

L584 Curt P.  
 L881 Pam B.  
 L912 David U.  
 L1028 Stan F.

**PENNSYLVANIA**

L40 Dan M.  
 L71 Marla J.  
 L345 John B.  
 L820 Josh S.

**WASHINGTON**

L425 Terry D.  
 L659 Connie M.

**WISCONSIN**

L443 Constance T.  
 L988 Jeffrey R.

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## INDIVIDUAL LIFELINER DONATIONS OCTOBER 2024

ARIZONA (7)	130.00	MINNESOTA (1)	10.00
CALIFORNIA (53)	2,664.00	NEVADA (16)	480.00
COLORADO (1)	25.00	NEW HAMPSHIRE (1)	75.00
CONNECTICUT (1)	20.00	NEW JERSEY (16)	326.00
FLORIDA (38)	1,169.00	NEW MEXICO (4)	80.00
GEORGIA (1)	80.00	NEW YORK (7)	205.00
HAWAII (2)	129.00	OHIO (2)	90.00
ILLINOIS (7)	80.00	OKLAHOMA (1)	15.00
INDIANA (1)	15.00	OREGON (4)	90.00
KENTUCKY (2)	60.00	PENNSYLVANIA (4)	85.00
LOUISIANA (3)	40.00	WASHINGTON (2)	20.00
MARYLAND (2)	25.00	WISCONSIN (2)	30.00
MASSACHUSETTS (1)	21.00		
MICHIGAN (1)	5.00	<b>TOTAL (180)</b>	<b>5,969.00</b>



## ANNIVERSARIES

<b>47 YEARS</b> .....	CAM L.	11/25	Calgary, AB
<b>39 YEARS</b> .....	DOT C.	11/17	Las Vegas, NV
<b>37 YEARS</b> .....	DAVE S.	11/5	Voorhees, NJ
<b>33 YEARS</b> .....	JOYCE M.	10/21	Auburn, CA
<b>30 YEARS</b> .....	TONY D.	11/4	El Cajon, CA
	JOHN C.	11/9	Anaheim, CA
<b>28 YEARS</b> .....	KATHY S.	10/15	Slidell, LA
	JOEY T.	11/8	Santa Monica, CA
<b>25 YEARS</b> .....	DON A.	11/5	Santee, CA
	VALERIE D.	11/21	Downey, CA
<b>24 YEARS</b> .....	PAUL N.	10/18	Surrey, BC
	JOHN T.	11/4	El Cajon, CA
<b>19 YEARS</b> .....	TY W.	11/22	Las Vegas, NV
<b>18 YEARS</b> .....	JEFF L.	11/5	La Mesa, CA
<b>17 YEARS</b> .....	CATHERINE F.	11/5	El Cajon, CA
<b>16 YEARS</b> .....	BRAD L.	10/7	Slidell, LA
	ROD P.	11/9	Calgary, AB
<b>15 YEARS</b> .....	BOB R.	9/23	Sacramento, CA
	DAVE M.	10/19	Auburn, CA
	SHARON Y.	11/2	Reseda, CA
<b>12 YEARS</b> .....	DEE LG.	11/9	Henderson, NV
<b>11 YEARS</b> .....	RYAN	11/21	Calgary, AB
	SEONGJEONG K.	11/28	Cheonan, KOR
<b>10 YEARS</b> .....	DAVE C.	10/21	Surrey, BC
	PILAR L.	11/9	Griffith Park, CA
	DIANE R.	11/13	Calgary, AB
<b>9 YEARS</b> .....	BILL B.	11/1	Allied Gardens, CA
	PAULA W.	11/19	Voorhees, NJ
<b>8 YEARS</b> .....	ANTHONY C.	9/8	Elk Grove, CA
	LIZ L.	11/3	Mt. Soledad, CA
	RICK R.	11/4	El Cajon, CA
	JENE J.	11/16	Downey, CA
	JINHEUNG Y.	11/21	Jeonju, KOR
<b>7 YEARS</b> .....	INDEOGWON C.	11/5	Yongin, KOR
	AARON	11/19	Calgary, AB
<b>6 YEARS</b> .....	DEZ M.	10/18	Roseville/Loomis, CA
	JON G.	11/3	Forth Worth, TX
	JOAQUIN C.	11/6	El Cajon, CA
<b>5 YEARS</b> .....	AARON	11/14	Wausau, WI
	KYLE L.	11/17	Ventura Zoom, CA
	TREVOR K.	11/22	Encinitas, CA
	JOEL W.	11/24	Las Vegas, NV
	BRANDON B.	11/30	Calgary, AB
<b>4 YEARS</b> .....	BRAD S.	9/16	Slidell, LA
	BOB D.	10/23	Toronto, ON
	DANA O.	11/8	Encinitas, CA
	JASON G.	11/16	Downey, CA
	DONNA M.	11/19	Fort Worth, TX

<b>3 YEARS</b> .....	JEFF P.	10/27	Natomas Zoom, CA
	DALE B.	11/1	Fort Worth it Online, TX
	SEJONG K.	11/10	Seoul, KOR
	PAUL D.	11/14	Plantation, FL
	ZAK B.	11/16	Griffith Park, CA
	IVAN B.	11/18	Las Vegas, NV
	MIKE	11/25	Calgary, AB
	GYOHA J.	11/27	Seoul, KOR
<b>2 YEARS</b> .....	BRENDA	11/29	Dallas, TX
	RUSSELL M.	10/27	Surrey, BC
	BRIAN O.	11/5	Voorhees, NJ
	BRANDON L.	11/7	Calgary, AB
	BILL H.	11/11	Carlsbad, CA
	KIM C.	11/18	Santee, CA
	LASHAWN TW.	11/22	Oakland Zoom, CA
	YONGSANG B.	11/27	Seoul, KOR
<b>1 YEAR</b> .....	JOE M.	11/30	Griffith Park, CA
	LANCE P.	8/6	Lincoln, CA
	VALERIE S.	8/19	Lincoln, CA
	ROSEANNE G.	9/3	Slidell, LA
	JOHN S.	10/4	Auburn, CA
	JOSH P.	10/8	NE Philadelphia, PA
	PAM K.	10/23	Toronto, ON
	JAKE	11/1	Calgary, AB
	KEITH	11/3	Calgary, AB
	ARSEN G.	11/7	Montrose, CA
	JOANNE	11/7	Calgary, AB
	MANGPO G.	11/8	Suwon, KOR
	TOMMY Z.	11/8	Santa Monica, CA
	SCOTT	11/12	Calgary, AB
	GALSAN K.	11/13	Incheon, KOR
	GUWOAL C.	11/13	Incheon, KOR
	GREG M.	11/14	Henderson, NV
	FRANK G.	11/18	Plantation, FL
	PIETER H.	11/20	Plantation, FL
	RON C.	11/20	Burbank, CA
	HWASEONG S.	11/21	Suwon, KOR
	YEONHYANG K.	11/21	Jeonju, KOR
	JEROME V.	11/22	Murrieta, CA
	BERNARDINO O.	11/23	Vista, CA
	GINNIE	11/23	Calgary, AB
	MUSIL L.	11/24	Wonju, KOR
	SONGPO J.	11/25	Gympo, KOR
	BANGHWA L.	11/25	Gympo, KOR
GYULHYEON I.	11/30	Incheon, KOR	

## I.S.O. CAN CONTRIBUTIONS OCTOBER 2024

### CALIFORNIA

C4	Anaheim Wednesday	50.00	C863	Rancho Cucamonga	
C5	Montrose Thursday	58.00		Thursday PM	38.00
C16	Anaheim Monday PM	15.00	C949	Mission Viejo Friday	26.00
C28	Anaheim Sunday PM	28.00	C1002	Burbank Monday	192.29
C29	Anaheim Tuesday		C1012	Irvine Thursday	33.00
	Noon	20.00	C1017	Simi Valley Thursday	43.33
C46	Anaheim Saturday		C1105	Sacramento Stop &	
	AM Women's	20.00		Grow Saturday AM	41.00
C47	Culver City Tuesday	86.00	C1285	Rancho Cucamonga	
C77	San Diego Intergroup	450.00		Saturday PM	21.00
C82	Anaheim Thursday		C1403	Rancho Cucamonga	
	PM	4.00		Wednesday PM	61.00
C92	Mission Viejo		C1411	Rancho Cucamonga	
	Tuesday PM	39.00		Monday Noon	41.00
C152	Riverside Saturday	86.00	C1442	Burbank Tuesday AM	54.50
C184	Sacramento Tuesday		C1496	Burbank Wednesday	
	AM	158.00		PM	68.00
C185	Sacramento Thursday	21.00	C1538	Anaheim Tuesday PM	6.00
C187	Sacramento /Fair Oaks		C1637	Anaheim Friday Noon	17.00
	Saturday PM	30.00	C1694	Auburn Wednesday	19.00
C413	Rancho Cucamonga		C1724	Inland Empire	
	Monday	51.00		Intergroup	13.00
C585	Lancaster PM	9.00			
C765	Fair Oaks Thursday				
	AM	29.00			

### CONNECTICUT

C51 Coventry Wednesday 5.00

### FLORIDA

C262 Plantation Friday PM 8.00      C263 Plantation Wednesday PM 20.00

### GEORGIA

C1539 Norcross Sunday 10.00

**ILLINOIS**

C85	Kankakee	20.00	C418	Schaumburg/Bartlett	60.00
C146	Elgin Sherman Oaks Hospital Sunday	31.00	C424	Schaumburg/ Palatine	50.00
C147	Chicago – St. John’s Thursday	25.00	C659	Naperville Monday	39.00
C368	Oak Park Wednesday	35.00	C991	Orland Park Thursday	75.00
			C1506	St. Elizabeth	50.00
			C1571	Ottawa Friday	55.00

**MASSACHUSETTS**

C1126	Holbrook Sunday Noon	50.00	C1600	Canton Tuesday	50.00
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**NEVADA**

C42	G.A. of Southern Nevada	825.00
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**OREGON**

C1480	Oregon City Friday	15.00
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**PENNSYLVANIA**

C215	Beaver/Vanport Monday	75.00
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**I.S.O. CAN CONTRIBUTIONS  
FROM GRATITUDE WEEK  
SEPTEMBER 2024**

**CALIFORNIA**

C4	Anaheim Wednesday	38.00	C1050	Yuba City Tuesday	100.00
C16	Anaheim Monday PM	7.00	C1105	Sacramento Stop & Grow Saturday Am	25.00
C28	Anaheim Sunday PM	20.00	C1352	Dana Point Saturday AM	74.00
C29	Anaheim Tuesday Noon	20.00	C1538	Anaheim Tuesday PM	10.00
C92	Mission Viejo Tuesday PM	39.00	C1694	Auburn Wednesday	24.00
C1012	Irvine Thursday	91.00			

**MASSACHUSETTS**

C1600	Canton Tuesday	52.00
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## GROUP CONTRIBUTIONS OCTOBER 2024

### CALIFORNIA

Azusa Friday	50.00
Burbank PM	55.00
Downey Saturday	45.00
Griffith Park Sunday	50.00
Lincoln Wednesday	17.00
Palm Springs Sunday AM	35.00
Reseda Saturday Zoom	250.00
Sierra Madre Tuesday	65.00
Ventura Sunday	52.00

### CONNECTICUT

Milford	80.00
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### DELAWARE

Bethany Beach	75.00
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### FLORIDA

Boca Raton Monday Women	
Helping Women Zoom	20.00
Bradenton Friday AM	30.00
Delray Beach Thursday-	
Crossroads	50.00
Delray Beach Saturday-	
Crossroads	150.00
Delray Beach Sunday-	
Crossroads	81.00
Gainesville Monday	30.00
Holiday Monday	40.00
Lakewood Ranch/Bradenton	100.00
Port St. Lucie Wednesday	10.00
Sarasota Wednesday	50.00

### GEORGIA

Norcross Sunday Korean	10.00
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### ILLINOIS

Forest Park Saturday	30.00
Springfield	25.00

### LOUISIANA

Abbeville Monday Pm	75.00
Baton Rouge Tuesday	50.00

### MASSACHUSETTS

North Easton Monday	70.00
North Easton Saturday	
Morning	34.00

### MINNESOTA

Bloomington Monday	
Women's	25.00
Buffalo Tuesday PM	19.00
Burnsville Friday	20.00
South Metro	22.00

### NEW JERSEY

Carlstadt Wednesday	50.00
Hamilton/Mercerville	
Thursday	75.00
Linwood Thursday	150.00
Margate Tuesday PM	25.00
Mercerville Tuesday	50.00
Old Bridge	15.00
Ridgewood Wednesday	100.00
Toms River Thursday	25.00
Toms River Saturday	25.00
Turnersville Wednesday	100.00
Voorhees Tuesday Nooners	25.00
Voorhees Saturday	50.00
Westwood Monday	50.00
Willingboro Wednesday PM	200.00

### NEW MEXICO

Espanola Thursday	22.00
Las Cruces Friday PM	20.00

### NEW YORK

Ardsley Monday	50.00
Eastside Chapter	200.00
Staten island Wednesday	25.00
Staten Island St. Patrick's	
Thursday	10.00

### NORTH CAROLINA

Raleigh Thursday	100.00
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### OHIO

Geneva Wednesday	20.00
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### OKLAHOMA

South Oklahoma City	250.00
Tulsa Monday PM	100.00

### OREGON

Tigard Tuesday	166.00
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**PENNSYLVANIA**

Bala Cynwyd Monday	60.00
Bethlehem Thursday	100.00
Collegetown/ Trappe Thursday	50.00
Fairless Hills Tuesday PM	50.00
Harrisburg Monday	60.00
Media Wednesday	84.00
NE Philadelphia Wednesday	25.00
Roxborough Tuesday	30.00
Scranton Sunday	100.00
Wilmington Saturday AM	50.00

**RHODE ISLAND**

Tiverton	10.00
Rumford Tuesday	50.00

**TEXAS**

Dallas Sunday-Pathways	40.00
Fort Worth Monday	100.00
You are Fort Worth It Online	100.00

**WASHINGTON**

Bellevue Sunday PM	
Freedom	150.00
Olympia Wednesday	100.00
Spokane @cCountry Homes	25.00
Sumner Thursday	25.00

**CANADA**

Edmonton Wednesday @Parsons	134.14
Edmonton Sunday @Parsons	134.13

**KOREA**

Seoul	60.00
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**GROUP CONTRIBUTIONS  
FROM GRATITUDE WEEK  
SEPTEMBER 2024**

**ARIZONA**

Mesa Thursday PM	50.00
Phoenix Thursday	15.00

**CALIFORNIA**

Burlingame Monday	200.00
Lincoln Wednesday	11.00
Lincoln Friday AM	29.00
Lincoln Sunday	39.00
Riverside Saturday	44.00
San Bruno Wednesday	150.00
San Diego Saturday Zoom	100.00

**FLORIDA**

Boca Raton Thursday	32.00
Bradenton Friday AM	20.00
Brandon Monday/Friday	64.00
Clearwater Saturday PM	50.00
Gainesville Monday	25.00
Gainesville Thursday	25.00
Holiday Monday	20.00
Naples Monday	50.00
Sarasota Wednesday	55.00

**ILLINOIS**

Lisle Monday	10.00
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**INDIANA**

Fort Wayne Saturday	144.00
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**MINNESOTA**

Columbia Heights Saturday Morning	190.00
Duluth Saturday Speaker Mtg.	500.00

**NEW JERSEY**

Voorhees Saturday	57.00
Willingboro Wednesday PM	14.00

**NEW YORK**

Bowmansville Monday	50.00
Hamburg Wednesday AM	50.00
Hamburg Friday	40.00
Oneida Sunday	31.00
Rochester Tuesday Noon	25.00
West Seneca Wednesday	70.00

**NORTH CAROLINA**

Cary Tuesday	50.00
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**OREGON**

Tigard Tuesday	60.00
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**INTERGROUP CONTRIBUTIONS  
OCTOBER 2024**

Baton Rouge . . . . .	50.00	New England . . . . .	52.50
Chicagoland . . . . .	29.00	Northern Nevada . . . . .	559.50
Connecticut . . . . .	40.00	Shreveport/Bossier . . . . .	31.00
Greater Sacramento . . . . .	30.00	South Florida . . . . .	100.00
Houston/Gulf Coast . . . . .	100.00	South Jersey . . . . .	100.00
Inland Empire . . . . .	25.00	Southwestern Ontario . . . . .	100.00

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**INTERGROUP CONTRIBUTIONS  
FROM GRATITUDE WEEK  
OCTOBER 2024**

Greater Sacramento . . . . .	132.00	Southern Nevada . . . . .	1,000.00
Intergroup of the Carolinas . . . . .	100.00	Upstate New York . . . . .	100.00
Orange County . . . . .	500.00	Greater Vancouver, BC . . . . .	463.00

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**R.S.O. CONTRIBUTIONS FROM GRATITUDE WEEK  
OCTOBER 2024**

AREA 33 Columbia	215.00
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**NATIONAL HOTLINE DONATIONS  
OCTOBER 2024**

Area 6	South Florida Intergroup
Area 13B	South Jersey

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**BULLETIN SUBSCRIPTIONS  
OCTOBER 2024**

Four Subscriptions for a Total of \$240.00

**ONE TIME INDIVIDUAL MEMBER  
DONATIONS FOR GRATITUDE WEEK  
OCTOBER 2024**

John B., North Carolina  
Curt P., Oregon

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**ONE TIME DONATIONS  
OCTOBER 2024**

One-Time Donation in memory of Terry S. of Kansas City, MO  
and a member of Lakeland Tuesday G.A. of Florida.  
Lakeland Tuesday, Florida

One-Time Donation  
Andy D., Dee Why, NSW

One-Time Donation from annual gratitude gathering picnic.  
Toms River/Manahawkin, New Jersey

September Meeting Donation  
Board of Regents, California

One-Time Donation  
Dinesh M., Lawrenceville, Georgia

One-Time Donation in memory of Bob L.  
Intergroup Orange County, California

One-Time Donation in memory of Malcolm B.  
Intergroup Orange County, California

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



One-Time Donation  
Sunday A.M. Phone Meeting, Miscellaneous Areas

One-Time Donation in memory of Joel G.'s mother.  
Holiday Monday, Tarpon Springs, Florida

One-Time Donation in memory of Roy S.  
Gamblers Anonymous of Southern Nevada

One-Time Donation to congratulate my sponsor, Marshall R.  
for his 60th anniversary.  
Neil S., Plantation, Florida

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## **ONE-TIME DONATIONS VIA VENMO/ZELLE OCTOBER 2024**

One-Time Donation  
Michael K.

One-Time Donation  
M. Marshall

One-Time Donation  
Dylan K.

One-Time Donation  
Claudine A., Florida

One-Time Donation  
Masoum H.

**GAMBLERS ANONYMOUS  
INTERNATIONAL SERVICE OFFICE  
OPERATING STATEMENT  
OCTOBER 2024**

**CASH IN OPERATING ACCOUNT OCTOBER 1, 2024 . . . . . \$171,758.27**

**INCOME FOR OCTOBER 2024**

Bulletin Subscriptions . . . . .	240.00
Gratitude Week . . . . .	5,400.00
National Hotline Donations . . . . .	320.00
Group Contributions . . . . .	5,225.27
Intergroup Contributions . . . . .	1,217.00
ISO Can Contributions . . . . .	3,326.12
Lifeliners Contributions . . . . .	5,969.00
One-Time Donation . . . . .	1,213.00
Literature Shipping . . . . .	4,132.00
Sale of Literature . . . . .	22,209.26
Sales Tax Collected . . . . .	233.95
Interest from Checking Account . . . . .	1.36
E-Reader . . . . .	7.70
Cherry Hill B.O.T. Mtg. Registrations . . . . .	450.00
Pay Pal Literature Process Fees . . . . .	977.64

**TOTAL . . . . . \$ 50,922.30**

**CASH AVAILABLE FOR OCTOBER 2024 . . . . . \$222,681.93**

**EXPENSES FOR OCTOBER 2024**

Rent & Cam Fees . . . . .	4,493.76
Payroll . . . . .	15,138.80
Payroll Taxes (Federal & State) . . . . .	1,266.50
Payroll Processing Fee . . . . .	227.20
Office Expenses . . . . .	3,472.41
Health Insurance . . . . .	2,084.32
Electric Bill . . . . .	62.30
Telephone/Internet Bill . . . . .	444.75
Gas Bill . . . . .	28.60
ADT Alarm . . . . .	45.89
Monthly Air Conditioning/Heater Maintenance . . . . .	30.00
Match for Employees Simple IRA . . . . .	399.36
Literature . . . . .	17,540.98
Pay Pal Literature Processing Fees . . . . .	977.64
Postage . . . . .	3,000.00
Lifeline Bulletins . . . . .	516.53
Computer/Internet/App Expense . . . . .	1,500.00
Conference Liability Insurance . . . . .	201.00
Bank deposit Adjustment . . . . .	69.00
Office Content Insurance . . . . .	2,237.00
Visa/MC Service Fee . . . . .	61.98
Quarterly State Sales Tax . . . . .	465.00

**TOTAL EXPENSES . . . . . \$ 54,263.02**

**MONTHLY NET INCOME (NET LOSS) . . . . . (3,340.72)**

**CASH IN OPERATING ACCOUNT AS OF OCTOBER 31, 2024 . . . . \$168,418.91**

**FISCAL YEAR STARTING JULY 1<sup>ST</sup> TO DATE NET INCOME  
(NET LOSS) . . . . . (\$ 2,239.92)**

# **G.A. APPROVED TELEPHONE CONFERENCE CALL MEETING INFORMATION - JUNE 01, 2024**

## **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**

<b>EASTERN TIME</b>	<b>Call-In Number</b>	<b>Meeting Code</b>	<b>Email for Information</b>
Wednesday – 9PM	267-807-9601	9131957#	weeklycallhelp@gmail.com
Friday – 3PM	267-807-9601	9131957#	weeklycallhelp@gmail.com

**U.S. callers** who are trying to call the U.S. 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**

<b>PACIFIC TIME</b>	<b>Call-In Number</b>	<b>Meeting Code</b>	<b>Email for Information</b>
Tuesday – 7PM	604-259-2561	890 477 4319 #	friend@gabc.ca
Friday – 7PM	604-259-2561	890 477 4319 #	friend@gabc.ca
Sunday – 7PM	604-259-2561	890 477 4319 #	friend@gabc.ca

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

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

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

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

This information is available at [trusteewebsite.com/telephone-conference-call](http://trusteewebsite.com/telephone-conference-call)

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

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

You will benefit by becoming a Lifeliner because...

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

We are self supporting through our own contributions.

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

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

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

-----  
I PLEDGE A MONTHLY CONTRIBUTION AMOUNT OF: \_\_\_\_\_

NAME \_\_\_\_\_

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

CITY & STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

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

***Thank you for your support!!***