



September 2025

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.

**GAMBLERS ANONYMOUS
BOARD OF REGENTS MEETING
AUGUST 16, 2025**

Call to order: The Chair, Wendy B., called the meeting to order at 09:30 A.M.

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

Roll call was taken by the Secretary, Richard C.

Present: Wendy B., Ara H., Bob W., Joe C., James C. and Israel A.,
Office Manager.

Present by Zoom: Ara H., Richard C., Jackie C., Jo Jo B., KC B.,
International Executive Secretary and Steve F., 1st Co
Chair, Board of Trustees.

Present by Telephone: Ted S.

A. Minutes for July 19, 2025.

A motion was made to approve the June minutes as written.

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

B. Operating Statement for July 2025.

A motion was made to approve the June 2025 Amended Operating Statement as written.

**MOTION TO TABLE – DEFEATED
FOR - 4 AGAINST -5 ABSTAINED - 0**

Ara	Bob
Jackie	James
Jo Jo	Joe
Ted	Richard
	Wendy

**MOTION SECONDED AND PASSED
FOR - 7 AGAINST - 0 ABSTAINED - 2**

Bob	Ara
James	Jackie
Joe	
Jo Jo	
Richard	
Ted	
Wendy	

OLD BUSINESS

A. OFFICE MANAGER Report – Israel.

- New Lifeliners: 0
- Cans: 0
- Group Information Request Forms Received: 0
- Group Information Request Forms received Prior to Sending out Start Kits: 8
- Eight Starter Kits were sent out as follows after receiving the Group Information Request Forms for the month of July:

Maricopa, AZ	Brainerd, MN	Las Vegas, NV
Wilmington, NC	Erie, PA	Newtown, PA
Nashville, TN	St. George, UT	
- Prison Starter Kits Sent: 0
- Venmo and Zelle donations totaled \$4,059.41; Groups (26) \$1,313.00, 1X Donations (6) \$704.00, Life-Liner donations (34) \$ 1,896.16, I.S.O. Can Contributions (4) \$146.25.
- Accountants will be in the office for the annual audit August 26th

B. I.E.S. Report – KC B.

- Completed July bulletin. Working on August bulletin.
- Board of Trustee Minutes will be in August bulletin.
- Gratitude Week letters for Trustees, Intergroups, and RSOs will be sent out by mail.
- On-going projects include Anniversary database, writing SOP on my duties and obtaining digital copies of all literature.

C. First Co-Chair of Board of Trustees – Steve F.

- Reminder that the next B.O. T. Meeting is November 1 & 2 in Denver

D. Reviewed current standing rules dated February 2025

NEW BUSINESS

- A.** The Treasurer will be reimbursed for purchasing Liability Insurance for the Next B.O.T. Meeting in Denver.
- B.** Discussed CD maturing. Treasurer will maintain a list of CDs and Maturing dates.
- C.** The Office Manager will look get pricing for printing the Towards 90 Days in large print in Spanish for the next meeting

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

Collected: \$42.67

The meeting ended with the Serenity Prayer at 10:22 A.M.

The next meeting will be on Saturday September 20th.

Respectfully submitted by Richard C., 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

With the start of a new year, we go all the way back to Step 1! During the odd years, I will post about the recovery program and list some exercises that you can write and journal about. I'll be using the Gamblers Anonymous: A New Beginning red book, and our Gamblers Anonymous Writing the Steps booklet for these steps. Each of these items can be purchased at the ISO store online at www.gamblersanonymous.org.

Each month, I'll list the recovery step that coincides with that month. There will be information about the steps taken from the red book and then some exercises you can do from the Working the Steps booklet.

Do you have a favorite step that you've worked on? Your least favorite? I would love to hear from you, and your letter could end up in a future edition of the bulletin!

For me, my favorite to work was Step 4. I know, I know, it sounds crazy. I loved being able to get all of that out of me and onto paper. I can't say that I have a least favorite. If I absolutely had to choose, I'd say Step 8 or Step 9. I had to put myself on my list in Step 8 and then in Step 9 I actually had to make amends to myself. It was easy for me to do that with other people, but not so much for myself.

STEP 9 - Made direct amends to such people wherever possible, except when to do so would injure them or others.

To make direct amends means making amends in person whenever possible. If miles apart make such a meeting impossible, a phone call, perhaps followed by a letter, would fit the bill. In regard to the method, you choose the question one must ask is: Am I following the program and taking my lumps or seeking a softer,

easier way? One must be satisfied in one's own heart that you did the harm and likewise you must be satisfied with the method chosen to make amends.

Which amend should be made first? Look back to Step 4 and it's quite possible that you have already made or started to make amends. Sometimes pressure makes this decision, although that may not be the best way. Loan sharks might scare you more than bookies, so you may react to fear and start with them, bookies may come next, then banks. Last may come friends and relatives because you don't fear them; in truth, they should probably be first on your list except for a crime you've committed which may lead to court action and incarceration.

The solution to these questions may be found in an effective pressure relief group meeting. Usually amidst all the confusion, it will be suggested that each creditor be asked for a moratorium. This extra time will permit a chance for a pressure relief group meeting to be held, and a course charted which will, in time, rid one of all the pressure of debts and bring manageability into the new way of life.

This pressure relief meeting can cover marital and financial areas. It is an objective approach - help will come from experienced people who once were in the same shoes. The success of such a get-together depends on complete openness, spouse's willingness to cooperate in the plan and continuing desire to follow the plan to the letter until completed. It is equally important that the single member also have a pressure relief group meeting. As one approaches those harmed, one may assume to know how they will react to the effort. Try not to predict their reactions, their reaction is not predictable. At this point, honesty is needed.

As long as this honesty is present, you can correctly present the harm and how you intend to try to make amends for this harm. One may be facing a long period of paying back debts; in some rare cases, perhaps, the task will take a lifetime. Remember, it took a long-time gambling to get to this point, and it may take a longer time to repay. Recovery from addiction is a lifetime process. These wrongs can be corrected by practicing the Steps in your daily life. One may hear in Gamblers Anonymous, "You must walk the way you talk." As one practices the Steps, personal growth will result, and family will benefit. Abstaining from gambling, working the program, and making amends, you will gradually return to society. Self-respect, so long absent, starts to return.

Making amends does not always mean just repaying. You may not have taken money from your in-laws. You might have treated them very poorly or with indifference -Also think about your fellow workers, teachers, neighbors, etc.

Good judgment will be required to take Step Nine.

1. Timing and prudence are needed.
2. We will also need courage.

DISCUSS:

- A. Has anger diminished? Can we deal with problems clearly and objectively?
- B. Today, what personal consequences are unacceptable? What fears remain?

Having made a list of those we harmed...we saw that "groups" of individuals are divided.

1. Some will be seen now, later, or never.
2. Some opportunities to make amends have been passed.

DISCUSS:

- A. Procrastination. Too much thinking and not enough work with personal problem solving and growth.
- B. Reasons for not making amends when opportunity arose. What to do at this point?

Step Nine warns we can only freely admit damage and apologize when...

1. We are reasonably certain we are recovering in the GA Program.
2. We are sincere.

DISCUSS:

- A. Current growth in GA.
- B. Need for "self-honesty." Has awareness of "self" improved?
- C. Have self-esteem and confidence grown? Explain.

Making amends may jeopardize our employment, family relations, and personal friendships.

1. Frankness is the best method.
2. When in doubt, seek help from Higher Power, GA group, or sponsor; seek guidance.

DISCUSS:

- A. Difference between fear of consequences and shame of apologizing.
- B. Meaning of "Serenity Prayer."

From the desk of your International Executive Secretary.

As we complete the September 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 gambler 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 to 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. If you send it via Venmo or Zelle, please be sure to put your Lifeliner number in the memo section. If you're a new Lifeliner, please put in the memo that you are a new Lifeliner. That way, when the office gets it, they know what it's for and can assign a number.

Do you have a favorite step that you've worked on? For me, Step 4 was my favorite. It felt so cleansing and made me feel free. Once I did Step 5 with my sponsor, I felt even better. It was like purging decades of toxicity. I would love to hear about your experience with any of our steps that helped you get through. I truly believe the steps of this program work for anyone willing to do the work.

The month of September is Gratitude Month and the week of September 13 (September 7 - 13, 2025) will be Gratitude Week. I realized as I was putting this month's bulletin together that I have had the incorrect dates in previous bulletins. My apologies for that. You'll see the flier for it near the back of this bulletin and in bulletins going forward until October.

Last month, there was a beautiful letter in honor of Bill B. from a member of our fellowship in Kansas. I misread the name as Larry W. It should have been from Nancy W. My apologies, Nancy, I misread the name as I was finishing typing it in.

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

Yours in recovery and gratitude, KC B.

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 click on Kindle E-readers & Books. Then 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 I.S.O.,

Enclosed is the August donation from the Wednesday Night NE Philadelphia group.

Thanks for all the good work that you do.

In Unity, Scott S., Philadelphia, Pennsylvania

Dear I.S.O.,

Hope all is well, have a great summer.

Thanks, Frank M., Delray Beach, Florida

Dear I.S.O.,

Hope this finds you all happy and safe.

Enclosed are some donations for Gratitude Month. Thank you, Gamblers Anonymous.

Thanks for all you do, Anonymous, Oregon

Dear I.S.O.,

Enclosed is a donation in memory of Steve R., a former trustee from Area 2 and then of Area 2B. He was the writer of the First 40 Years of G.A. He eventually moved to Kentucky.

He helped so many people over the years.

Rest in peace, my friend.

Tom M., Area 2, California

Dear I.S.O.,

We hope you have a great day.

Thank you for all that you do.

Joe F., Ocean, New Jersey

Dear I.S.O.,

Due to the church closing down on July 31, our Monday Woodbury and Tuesday Afternoon Woodbury meetings held their final meetings at the venue.

We had our first meetings at our new venue at the beginning of August.

The donation enclosed is specifically from the Monday night meeting.

Thank you for all your service, Steve T., New York

Dear I.S.O.,

Thank you for all you do.

Nancy W., Prairie Village, Kansas

Dear I.S.O.,

Thank you for all you do for the program.

Metuchen Tuesday, New Jersey

Dear I.S.O.,

I am in gratitude of every year in recovery. I appreciate you and this fellowship for all the friends I have made on this journey and the life I live today. It's truly a miracle.

I am blessed to be moving into a beautiful new home in a couple of months!

I'm heading back to Chicago to see old friends at the October conference. I've been able to attend at least one conference a year since first walking through the door of my first G.A. meeting.

The wonder of this fellowship is amazing, and we would not be able to help the gamblers that still suffer without all you do.

Keep up the good work.

Blessings to all of you, Debbie M., Fort Myers, Florida

Dear KC,

It is with a deep sense of gratitude for the Gamblers Anonymous program that the Monday night North Metro meeting of G.A. in Brooklyn Center encloses this group donation for the upcoming Gratitude Week.

Thanks for all that you and the I.S.O. staff do to carry the message of hope and recovery.

Monday Night North Metro Meeting, Brooklyn Center, Minnesota

Dear I.S.O.,

On behalf of Brenda L., of the Saturday Plantation Phone Meeting, the enclosed donation is for Gratitude Month.

Thank you for all you do to help us keep the Fellowship alive and well.

Yours in Fellowship, Neal G. for Brenda L., Plantation Phone Meeting, Florida

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 or ies@gamblersanonymous.org.

TAKE MY HAND

GAMBLERS ANONYMOUS AREA 10 MINI-CONFERENCE

SEPTEMBER 19 – 21, 2025

Wyndham Hotel (formerly DoubleTree by Hilton Hotel)

6200 Quarry Lane, Independence, OH 44131

For more information, email GA.Area10@yahoo.com

PASSPORT TO RECOVERY WITH GRATITUDE

CAMP ARNOLD 12TH ANNUAL AREA 2H FALL RETREAT

SEPTEMBER 25 – 28, 2025

Eatonville, WA

For more information, email camp-arnold@gawashington.org

SHARING THE JOURNEY
NYIG Gamblers Anonymous Mini-Conference
OCTOBER 12, 2025
Sheraton LaGuardia East Hotel
135-20 39th Avenue, Queens, NY 11354
 For more information visit www.newyorkga.org or email nygaserves@gmail.com

UNITY IN THE VALLEY
AREA 3D 2025 GA/GAM-ANON MINI-CONFERENCE
NOVEMBER 8, 2025
Vista Church (formerly First Southern Baptist Church)
5230 North Scottsdale Road, Paradise Valley, AZ 85253
 For more information, email me at IES@gamblersanonymous.org and I'll email you the flier.

INDIVIDUAL LIFELINER DONATIONS
AUGUST 2025

ARIZONA		L298	Cathy F.
L36	Marc L	L301	Steve K.
L221	Janat G.	L314	Alan S.
L287	James S.	L367	Jerry L.
L396	Pam K.	L384	Alvin F.
L546	Mo M.	L390	Jack R.
L692	Doug G.	L432	Patrick P.
L1005	Patricia B.	L453	Bennett S.
L1008	Roxanne W. X2	L461	Lisa W.
CALIFORNIA		L480	Ezra B.
L1	Bob W.	L496	Guy H.
L4	Tom M.	L544	Harold A.
L6	Bill/Kathy S.	L561	Pilar L.
L8	Dan B.	L580	Curtis G.
L18	Chris G.	L593	Grant M.
L19	Wendy B.	L601	David L.
L21	Ed E.	L609	Kathie S.
L31	Russell H.	L617	Mike Z.
L70	Keith B.	L623	Lucille T.
L73	Karen H.	L648	Edward K.
L87	Mike S.	L678	Lynell B.
L100	Mazi S.	L701	David L.
L116	Rob D.	L772	Ara H.
L117	Steve F.	L834	Candice B.
L120	Phil C.	L836	Albert Y.
L151	Murray F.	L907	Joseph G.
L209	Jose C.	L908	Jordan K.
L219	Leonard K.	L920	Jane J.
L273	Victor S.	L963	Eric F.

CALIFORNIA (cont)

L965 Brandon S.
 L968 Butch G.
 L1000 Willie F.
 L1027 Jay L.
 L1033 Jeffrey P.
 L1046 JoJo B.

COLORADO

L147 Lou W.

CONNECTICUT

L581 Paul S.

FLORIDA

L54 Ray T.
 L81 Paulette T.
 L97 Chuck R.
 L143 Neal G.
 L160 Jim C.
 L205 Steven P.
 L233 Robert M.
 L251 Frank G. X2
 L261 Stephen S.
 L313 Herman G.
 L351 Russell H.
 L423 Kathleen H.
 L429 Dennis S.
 L450 Neil S.
 L511 Chris N.
 L549 Patricia P.
 L607 Debbie M.
 L679 David T.
 L695 Ronald B.
 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.
 L1043 Julia R.

KANSAS

L918 Nancy W.

KENTUCKY

L115 Laura S.
 L195 Steve B.

LOUISIANA

L27 Betty S.
 L354 Kathleen S.

MARYLAND

L162 Jim D.
 L997 Tijuana T.

MASSACHUSETTS

L598 Vinny S.

MICHIGAN

L272 Joann D.

MINNESOTA

L803 Renee G.

NEVADA

L75 K.C. B.
 L325 Terry D.
 L410 Joanne F.
 L439 Ira K.
 L486 Zeny K.
 L507 Mark S.
 L596 Leslie F.
 L599 Igor K.
 L612 Dan M.
 L669 Terri R.
 L690 Lenore D.
 L830 Jackie C.
 L846 Bobby B.
 L975 Larry S.
 L1026 Michael C.
 L1042 Jeff B.
 L1045 Mark M.

NEW JERSEY

L174 Mike D.
 L183 Robin D.
 L223 Fred D.
 L266 Kivey G.
 L311 Andy D. X2
 L349 George L.
 L433 Joseph F.
 L438 Matthew C.

NEW JERSEY (cont)

L497 Dave S.
 L547 John P.
 L699 Craig H.
 L718 Phil S.
 L837 Harriet K.
 L863 Kathleen P.
 L933 Renganathan I.
 L985 Tristan D.
 L1044 Ellen D.

NEW MEXICO

L662 Joel K.
 L906 Mary F.

NEW YORK

L303 Alan J.
 L308 Jordan P.
 L852 Norberto B.
 L882 Joe B.
 L887 Pierre J. X2
 L1035 Michael S. X5
 L1047 Joe P.

NORTH CAROLINA

L493 Gary G.
 L494 Tina L.
 L495 Tina V.
 L498 Suzanne R.
 L499 Mike S.
 L500 Sammy D.
 L503 Marc A.

L504 Vivian W.
 L506 Chuck T.
 L510 Eric S.
 L513 Anthony D.
 L515 Donna M.
 L518 Toby G.
 L514 Silvia G.

OKLAHOMA

L543 James G.

OHIO

L986 Anthony K.

OREGON

L584 Anonymous
 L881 Pam B.
 L912 David U.
 L1034 Kevin M.

PENNSYLVANIA

L40 Dan M.
 L71 Marla J.
 L345 John B.
 L822 David S.
 L923 Marry M.

WASHINGTON

L425 Terry D.
 L659 Connie M.

WISCONSIN

L443 Constance T.

AUSTRALIA

L1048 Matt P.

INDIVIDUAL LIFELINER DONATIONS AUGUST 2025

ARIZONA (8)	192.00	MINNESOTA (1)	10.00
CALIFORNIA (54)	2,509.00	NEVADA (17)	485.00
COLORADO (1)	25.00	NEW JERSEY (17)	358.00
CONNECTICUT (1)	20.00	NEW MEXICO (2)	35.00
FLORIDA (32)	893.00	NEW YORK (7)	542.70
GEORGIA (1)	80.00	NORTH CAROLINA (14)	85.00
HAWAII (2)	130.00	OKLAHOMA (1)	15.00
ILLINOIS (7)	80.00	OHIO (1)	50.00
INDIANA (2)	25.00	OREGON (4)	90.00
KANSAS (1)	50.00	PENNSYLVANIA (5)	120.00
KENTUCKY (2)	60.00	WASHINGTON (2)	30.00
LOUISIANA (2)	20.00	WISCONSIN (1)	15.00
MARYLAND (2)	25.00	AUSTRALIA (1)	10.00
MASSACHUSETTS (1)	21.00		
MICHIGAN (1)	5.00	TOTAL (190)	\$5,980.70

ANNIVERSARIES

61 YEARS	MARSHALL R.	8/29	Plantation, FL
29 YEARS	JIM T.	9/9	Solano Beach, CA
26 YEARS	DOUG G.	9/3	Tucson, AZ
25 YEARS	SONGJUK H.	9/30	Korea
21 YEARS	JOSE N.	9/17	Gardena (Zoom), CA
19 YEARS	GUUN B.	9/18	Korea
17 YEARS	IRA B.	8/30	Riverside, CA
	TERRY D.	8/24	Tulalip, WA
	BOBBY C.	9/14	San Diego, CA
	STAN K.	9/18	Fort Worth, TX
16 YEARS	PHIL S.	9/30	Voorhees, NJ
15 YEARS	CHRIS N.	9/2	Voorhees, NJ
14 YEARS	ELMER P.	8/25	Mount Vernon, WA
	BONNIE Y.	9/14	Calgary, AB
13 YEARS	MARIBEL A.	9/14	La Mesa, CA
	FRANCESCO S.	9/28	Santee, CA
12 YEARS	ROBERT K.	7/12	Hobert, VIC
	ROSE O.	8/13	Mount Vernon, WA
10 YEARS	RICHARD	8/12	Hesperia, CA
	JOHN L.	9/16	Encinitas, CA
	DAEHYEON L.	9/20	Korea
	NANCY B. (2)	9/28	Carlsbad/La Costa, CA
9 YEARS	LINDA K.	8/15	Bowmansville, NY
8 YEARS	DEAN	7/15	Hobert, VIC
	REBECCA	7/15	Hobert, VIC
	MIKE S.	9/3	Gardena (Zoom), CA
	HANNA B.	9/7	La Mesa, CA
	BANGHWA J.	9/12	Korea
7 YEARS	JOANNE W.	8/6	Bowmansville, NY
	JENNIFER T.	8/16	Tulalip, WA
	SUZANNE S.	9/5	Mt. Soledad, CA
	MAPO B.	9/9	Korea
	DONGTAN K.	9/12	Korea
	ROSE L.	9/18	Santee, CA
	DEBBIE L.	9/27	Temecula/Murrieta, CA
	STEVE L.	9/27	Temecula/Murrieta, CA
6 YEARS	WALTER J.	7/16	Slidell, LA
	ARTHUR P.	8/23	Charlotte, NC
	EMERSON B.	8/26	Kenmore, NY
	MATT H.	9/1	Sewell, NJ
5 YEARS	PETER D.	8/2	Charlotte, NC
	JEONGJA K.	9/3	Korea
	RIKU M.	9/14	Temecula/Murrieta, CA
	MIKE G.	9/20	Griffith Park, CA
	SUSEONGYUN	9/20	Korea

4 YEARS	JULIA G.	9/13	Griffith Park, CA
3 YEARS	MIKE T.	8/1	Bowmansville, NY
	MIKE C. 2	8/22	Charlotte, NC
	STEVE C.	8/25	Mount Vernon, WA
	MALOU R.	9/3	Allied Gardens, CA
	MARILYN A.	9/6	Temecula/Murrieta, CA
	BRIAN W.	9/7	El Cajon, CA
	YONGHYEON W.	9/10	Korea
	HUPYEONG S.	9/11	Korea
	JANGHANG J.	9/12	Korea
	AUSTIN V.	9/13	Griffith Park, CA
	JEONGIA S.	9/18	Korea
	JOSH G.	9/23	Voorhees, NJ
2 YEARS	TONY S.	8/3	Slidell, LA
	ADAM C.	8/21	Charlotte, NC
	JANA	9/15	Red Deer, AB
	RICHARD J.	9/12	Temecula/Murrieta, CA
	HAGA G.	9/13	Korea
	CINDY P.	9/16	Burbank (Zoom), CA
	NAMYANGJU K.	9/25	Korea
	SEONGBOK K.	9/25	Korea
	BILL W.	9/27	LA/Hollywood, CA
1 YEAR	ROGAN T.	7/7	Caulfield, VIC
	BRIAN	7/20	Epping, VIC
	PADDY	7/22	Caulfield, VIC
	ROB G.	8/26	Charlotte, NC
	DAN	8/27	Rancho Cucamonga, CA
	MIKE	9/3	Calgary, AB
	SEOHYEON K.	9/3	Korea
	ZACH	9/6	Calgary, AB
	INDO K.	9/7	Korea
	SANJEONG Y.	9/8	Korea
	MAETAN H.	9/12	Korea
	MIKE M.	9/16	Voorhees, NJ
	ANTHONY Y.	9/18	Temecula/Murrieta, CA
	ED K.	9/18	Sewell, NJ
	YEONHYANG M.	9/18	Korea
	DANGSAN B.	9/19	Korea
	WOLSEONG L.	9/20	Korea
	BERNICE H.	9/22	San Diego, CA
	BANGHAK J.	9/23	Korea
	DAVID P.	9/27	LA/Hollywood, CA
	JAYME M.	9/26	Dallas, TX
	JAMAL K.	9/30	Sewell, NJ

I.S.O. CAN CONTRIBUTIONS

AUGUST 2025

CALIFORNIA

C49	Orange County Intergroup	454.00	C639	Diamond Springs Thursday	48.00
C77	San Diego Intergroup	314.00	C765	Fair Oaks Thursday AM	33.00
C184	Sacramento Tuesday AM	100.00	C1002	Burbank Monday	95.00
C185	Sacramento Thursday	29.00	C1105	Sacramento Stop & Grow	
C187	Sacramento/Fair Oaks			Saturday AM	58.00
	Saturday PM	60.00	C1302	Roseville Friday	55.80
C188	Sacramento Tuesday PM	24.00	C1496	Burbank Wednesday PM	91.00
C588	Burbank Friday PM	27.00	C1694	Auburn Wednesday	16.00

FLORIDA

C251	Clearwater/Windmoor		C263	Plantation Wednesday PM	30.00
	Thursday	27.00	C1061	Spring Hill Friday	27.00
C260	Plantation Tuesday	100.00	C1619	Ft. Lauderdale Monday @	
C262	Plantation Friday PM	15.00		Sanctuary	17.00

GEORGIA

C1539	Norcross Sunday	10.00
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ILLINOIS

C85	Kankakee	40.00	C991	Orland Park Thursday	50.00
C146	Elgin Sherman Oaks		C1207	Lisle Women's Monday	7.00
	Hospital Sunday	19.00	C1412	Algonquin Thursday	75.00
C424	Schaumburg/Palatine	67.00	C1506	St. Elizabeth	25.00
C528	Bolingbrook	50.00	C1569	Wheaton Wednesday	50.00
C659	Naperville Monday	67.00			

LOUISIANA

C849	Slidell Sunday	45.00
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MASSACHUSETTS

C84	Holbrook Wednesday	60.00	C1600	Canton Tuesday	76.00
C792	Halifax Thursday	102.00			

OREGON

C1480	Oregon City Friday	9.00
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WASHINGTON

C383	Spokane Valley	10.00
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GROUP CONTRIBUTIONS AUGUST 2025

CALIFORNIA		Venice	30.00
Burbank Zoom	41.00	GEORGIA	
Hesperia Tuesday	50.00	Norcross Korean Sunday	10.00
L.A./Griffith Park Saturday		ILLINOIS	
Pride in Recovery	54.00	Springfield	25.00
Lincoln Wednesday	31.00	LOUISIANA	
Lincoln Friday AM	12.00	Baton Rouge Monday PM	25.00
Lincoln Sunday	22.00	Baton Rouge Tuesday Night	25.00
Palm Desert Tuesday PM	200.00	Gonzales Sunday	50.00
San Jose Monday	106.00	MASSACHUSETTS	
Sierra Madre Tuesday	85.00	South Dartmouth Monday	2.50
Simi Valley Thursday	40.00	MINNESOTA	
DELAWARE		Cottage Grove Tuesday	100.00
Dover Tuesday	50.00	NEW JERSEY	
Wilmington Tuesday	10.00	Edison Saturday AM	100.00
FLORIDA		Freehold Friday	50.00
Boca Raton Monday	25.00	Mercerville Tuesday	50.00
Boca Raton Monday Women		Metuchen Tuesday	50.00
Helping Women Zoom	20.00	Ocean Monday	50.00
Boca Raton Friday	50.00	Sayrewoods	50.00
Daytona Beach Tuesday	37.50	Toms River Sunday	50.00
Daytona Beach Thursday	37.50	Turnersville/Sewell	
Delray Beach Wednesday-		Wednesday	150.00
Crossroads	17.00	Westwood Monday	25.00
Delray Beach Thursday-		Voorhees Saturday	50.00
Crossroads	50.00	NEW MEXICO	
Delray Beach Friday-		Albuquerque Sunday 2PM	45.00
Crossroads	24.00	Espanola Thursday	28.00
Delray Beach Saturday-		Las Cruces Friday PM	100.00
Crossroads	200.00	NEW YORK	
Fort Myers Thursday	25.00	Middle Village Thursday	50.00
North Miami Beach	50.00	Mt. Vernon Monday/New	
Port St. Lucie Wednesday	10.00	Rochelle	50.00

NEW YORK (cont)		Roxboro	30.00
Staten Island St. Patrick's		RHODE ISLAND	
Thursday	10.00	Tiverton Friday	10.00
Woodbury Monday	100.00	TEXAS	
Yonkers Saturday AM	10.00	Fort Worth Monday	100.00
OHIO		Dallas Pathways Sunday	40.00
Cincinnati Saturday @		You Are Fort Worth It Online	100.00
Clifton	50.00	WASHINGTON	
OREGON		Bellevue Wednesday	24.00
Gold Hill Monday	40.00	Everett Thursday	20.00
Tigard Tuesday	300.00	Bellevue Saturday AM	50.00
PENNSYLVANIA		Issaquah Wednesday	15.00
Bala Cynwyd	25.00	Marysville Tulalip	75.00
Broomall	20.00	Mount Vernon Tuesday	50.00
Collegeville/Trappe Thursday	30.00	Snohomish Friday PM	20.00
Harrisburg Monday	40.00	West Seattle Thursday	40.00
Havertown Monday	50.00	WISCONSIN	
Media Wednesday	50.00	Stevens Point Monday PM	7.00
NE Philadelphia Wednesday	25.00	AUSTRALIA	
NE Philadelphia Friday		City Sunrise Group-Brisbane	10.01
Nazareth	25.00	KOREA	
NE Philadelphia Sunday		Seoul	60.00
Nazareth	75.00		

GROUP CONTRIBUTIONS FROM GRATITUDE WEEK AUGUST 2025

	FLORIDA
Plantation Saturday Phone Meeting	50.00
	MINNESOTA
Brooklyn Center/North Metro	
Monday 200.00	

INTERGROUP CONTRIBUTION AUGUST 2025

Baton Rouge	50.00	Maryland	100.00
Chicagoland	43.00	New England	85.50
Colorado	180.00	Orange County	36.60
Delaware Valley	450.00	Shreveport/Bossier	34.00
Greater Sacramento	50.00	South Florida	200.00
L.A. Intergroup	150.00	South Jersey	150.00
Long Island	335.00	Western Washington	40.00

BULLETIN SUBSCRIPTIONS AUGUST 2025

One Bulletin Subscription for a total of \$48.00

ONE TIME INDIVIDUAL MEMBER DONATIONS FOR GRATITUDE WEEK AUGUST 2025

Anonymous, Oregon

ONE TIME DONATIONS AUGUST 2025

August B.O.R. Meeting Donation
Board of Regents, California

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

One-Time Donation in honor of my 28 years
in Gamblers Anonymous
Debbie M., Fort Myers, Florida

One-Time Donation in honor of Joe O., Bill P., and Irv K.
Delaware Valley Intergroup, Willow Grove, Pennsylvania

One-Time Donation for online G.A. meetings
Anonymous, Georgia

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

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

One-Time Donation in memory of Steve R.
Tom M., Millbrae, California

One-Time Donation for “digital literature”
posted on the I.S.O. website
Walter G., East Hanover, New Jersey

**ONE-TIME DONATIONS
VIA VENMO/ZELLE
AUGUST 2025**

One-Time Donation
Adam M.

One-Time Donation
Dylan T.

One-Time Donation
Jerry P.

GAMBLERS ANONYMOUS **INTERNATIONAL SERVICE OFFICE** **OPERATING STATEMENT** **AUGUST 2025**

CASH IN OPERATING ACCOUNT AUGUST 1, 2025..... \$102,746.92

INCOME FOR AUGUST 2025

Group Contributions	3,913.51
Intergroup Contributions	1,904.10
ISO Can Contributions	2,382.80
Lifeliners Contributions	5,980.70
Literature Shipping	2,192.00
Sale of Literature	22,557.14
Sales Tax Collected	267.61
National Hotline Donations	84.00
One-Time Donation	903.92
Interest from Checking Account	0.72
E-Reader	18.89
Pay Pal Literature Process Fees	1,036.60
Bulletin Subscriptions	48.00
Gratitude Week Donations	350.00
Miscellaneous Bank Adjustment	200.00
Bank Adjustment	0.02

TOTAL..... \$ 41,840.01

CASH AVAILABLE FOR AUGUST 2025 \$144,586.93

EXPENSES FOR AUGUST 2025

Attorney Fees	7,308.00
Rent & Cam Fees	4,672.32
Payroll	15,931.84
Payroll Taxes (Federal & State)	1,287.70
Payroll Processing Fee	238.13
Office Expenses	593.36
Health Insurance	2,384.74
Electric Bill	263.16
Telephone/Internet Bill	409.31
Gas Bill	29.58
ADT Alarm	49.72
Monthly Air Conditioning/Heater Maintenance	30.00
Match for Employees Simple IRA	399.36
Literature	12,198.94
Pay Pal Literature Processing Fees	1,036.60
Postage	3,000.00
Lifeline Bulletins	1,325.50
Visa/MC Service Fee	79.32
Workers Comp Insurance	1,584.59
½ of Accounting Fees	4,750.00
Conference Seed Money	1,000.00
Fidelity Bond Insurance	726.00

TOTAL EXPENSES..... \$ 59,298.17

MONTHLY NET INCOME (NET LOSS) (\$17,458.16)

CASH IN OPERATING ACCOUNT AS OF AUGUST 31, 2025..... \$ 85,288.76

FISCAL YEAR STARTING AUGUST 1ST TO DATE

NET INCOME (NET LOSS)..... (\$22,761.54)

Gamblers Anonymous Gratitude Month

Who?

All Gamblers Anonymous Members, Groups, Intergroups and R.S.O.'s

What?

During the May 2015 Board of Trustees meeting in Cherry Hill, New Jersey
a motion was made and passed as follows:

Make the month of September **"GRATITUDE MONTH"**.

Where?

ALL AROUND THE G.A. WORLDWIDE FELLOWSHIP

When?

Every year from September 1st to September 30th

Why?

It's time to recognize your local Members, Groups, Intergroups, R.S.O.'s (Regional Service Offices) and the I.S.O. by coming together. Plan your socials, Mini-Conferences, fellowship events, picnics and fundraisers during the month of September in appreciation of Gamblers Anonymous and having G.A. meetings available in 57 Countries (and growing)!



So many of our, and others, lives have been saved by the Gamblers Anonymous Program since the beginning of that first G.A. meeting on September 13, 1957.

Let's all get involved and *give back to a program that has given so much to us!*

And don't forget about **"GRATITUDE WEEK"** which is held every year during the week in which September 13th appears to help G.A.I.S.O. continue carrying the message to each and every person who is still suffering.



How?

Email the I.S.O. at isomain@gamblersanonymous.org or contact your local Trustee

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

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

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

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!!