



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 SEPTEMBER 20, 2025

Call to order: The Chair, Wendy B., called the meeting to order at 9:32 A.M.

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

Roll call was taken by the Secretary, Richard C.

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

Present by Zoom: Richard C., Jo Jo B., KC B., International Executive Secretary and Pete K., Chair, Board of Trustees.

Present by Telephone: Ted S.

Absent: James C., Jackie C.

A. Minutes for August 16, 2025.

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

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

B. Operating Statement for August 2025.

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

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

OLD BUSINESS

A. Office Manager Report – Israel A.

- New Lifeliners: – 1
Australia
- Cans: - 0

- Group Information Request Forms Received: 0
- Group Information Request Forms prior to sending starter kits: – 10
- Ten Starter Kits was sent out as follows after receiving the Group Information Request Forms for the month of August:

Show Low, AZ	West Hollywood, CA	Altoona,	IA
Elgin, IL	Michigan City, IN	Oscoda,	MI
Hoboken, NJ	Melville,	NY	Lawton,
Reading, PA			OK

- Prison Starter Kits Sent: 3

Mansfield Correctional Inst. - Mansfield, OH
 Cuyahoga County Jail – Cleveland, OH
 Franklin County – Columbus, OH

- Venmo and Zelle donations totaled \$2553.70; Groups (22) \$1107.00, IX Donations (4) \$110.00, Life-Liner donations (29) \$1051.70, I.S.O. Can Contributions (5) \$285.00.
- Gratitude – August \$350.00. Year to Date total is \$3,909.00

B. International Executive Secretary Report – KC B.

- Completed August bulletin. Board of Trustee minutes included in this issue.
- Working on September bulletin.
- On-going projects include writing SOP on duties and obtaining digital copies of all literature.
- Preparing for Board of Trustee Meeting in Denver. Plane and Hotel booked.
- Considering using a laptop at the BOT meeting to do role call and role call votes to reduce paper usage.

C. Chair of the Board of Trustee Report – Pete K

- Denver Board of Trustees Meeting Agenda online. Several items are directed towards Board of Regents.

Motion to print Spanish Towards 90 Days Booklet in Large Print Format and sell them for \$3.00 each

**MOTION SECONDED AND PASSED
FOR – 7 AGAINST – 0 ABSTAINED – 0**

NEW BUSINESS

A. Discuss Insurance Policies of the Corporation.

Discussion only.

B. Discussed Using ADP Payroll Processing Service To Develop An Employee Handbook.

- The Chair spoke to several GA members about this and one member with experience in the area volunteered to develop and look at updating the Employee Handbook and following State/Federal laws.

Motion to allow a G.A. member to assist in developing and process updates as necessary to an Employee Handbook.

**MOTION SECONDED AND PASSED
FOR – 7 AGAINST – 0 ABSTAINED – 0**

C. Discuss Tech Support For The Gamblers Anonymous Website.

- All changes to the website will now be handled by the website design company as the GA volunteer has stepped back from assisting.
- Wendy left the room from 11:15 – 11:20 A.M. and Bob chaired the meeting. Discussion ensued and a motion was made.

Motion to keep the former GA Volunteer as back up as needed at a rate of \$100.00 per hour.

MOTION SECONDED AND PASSED
FOR – 6 AGAINST – 0 ABSTAINED – 0

D. Discuss Having The US Bank CD Roll Over For 5 MONTHS.

MOTION SECONDED AND PASSED
FOR – 7 AGAINST – 0 ABSTAINED – 0

Number of people who called in to listen to the meeting: 2

Collected: \$18.00

The meeting ended with the Serenity Prayer at 10:33 A.M.

The next meeting will be Saturday October 18th.

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 Pilar L. at ms.pimalo@gmail.com. She 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 10 - Continued to take personal inventory and when we were wrong, promptly admitted it.

Now that we have progressed through the first nine steps, we should be ready to maintain them with the last three steps. Each day, take an inventory. This inventory is for today only and it shows quite clearly if the day has been used wisely or not. The daily balance sheet will help you see personal growth as you realize that you are accomplishing things which you could not do before. This is a good feeling which gradually increases self-worth and self-esteem. Changing "love of self" a fantasy, to "self-love;" is a reality.

In taking an inventory, look for personal growth, not perfection. For example, make a list containing five items you want to achieve. At night the inventory might reveal that you accomplished three. Be happy with three. Remember the many days, months and even years, when you tried to think of even one thing of a positive nature that you had done. Seek daily progress, not perfection. Growth may be slow and small but be grateful for progress. The ability to cope is perhaps the most valuable reward which you will receive from the program. One no longer has to avoid a problem by ignoring or side stepping the issue. With some problems, particularly at first, you may cope weakly. So what? Don't avoid responsibility, and as you cope on a daily basis, you will become more skillful. One day at a time becomes a lifetime. Some of us tend to be overachievers; we tend to take on tasks for which we are not yet ready. Either we are too new in the program to handle such a problem, or we are too ambitious. Take it easy, a little progress each day is a great reward. Perhaps two questions we might ask ourselves each day are these - Did I help another person today? Did I contribute to harmony in my world today? It is suggested that no major changes be made during the first two years of abstinence. The mental and emotional imbalance we

brought to Gamblers Anonymous needs time to heal. After two years our thoughts are much clearer and success much more reachable. Abstinence combined with physical, mental and emotional healing will give us a logical ability to cope.

The second part of the step is sometimes more difficult. To promptly admit to being wrong means that one has become a little humble and that can rid oneself of deceit, arrogance, false pride and other character defects. If you can admit to being wrong right now, you are truly gaining a deeper insight into yourself. Freely admit the other party is right and being glad for them, even appreciating confrontation and constructive criticism is a giant step. This step and the two which follow, if done each day, will help maintain daily growth. Another view is that Steps One through Nine are never done and should be regularly repeated.

Step Ten tells us to put our GA way of living to practical use.

- To maintain the desire to stop gambling.
- To maintain emotional balance under all circumstances.

DISCUSS:

- A. How can we carry our GA way of living into our daily lives?
- B. What particular circumstances “tick” us off and create anger?

We cannot make much of our lives until we form the habit of self-appraisal (taking regular inventory).

- Our first objective is to restrain angers, actions, and judgments which encourage impatience.
- Create insurance against our return to “big shotism”.

DISCUSS:

- A. Do we “think” before we speak? Are we prone to snap judgments?
- B. Are we less angry since coming to GA? Why?
- C. Are we still slaves to our emotions?

Daily inventories will become routine, not the unusual.

- Calming the moment.
- Deciding who is right and wrong.
- Revealing our true motives.

DISCUSS:

- A. Do we still justify our feelings of anger?
- B. Tolerance of others. Has it improved? Why?
- C. Is saying “I’m sorry” painful?
- D. If apology is becoming easier...when did this start? Why?

Delay of apologies and procrastination is a defense.

DISCUSS:

- A. Why should we promptly admit wrongs?
 - B. Having a “defense” signifies a war or contest. Who are we fighting? Why?
 - C. Hiding...
-

From the desk of your International Executive Secretary.

As we complete the October 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. I do have to admit that this month's step here in the bulletin, Step 10, is pretty high on my list of favorites. Although it wasn't a favorite when I was first working the steps and learning how to take accountability for my actions. Now, the minute I realize I need to make amends, I make a plan to do that. Sometimes, my ego lets me procrastinate a bit, but in the end, I make those amends because I know it'll help me continue to grow and learn how to be a better person today than I was yesterday.

I'd like to extend heartfelt thanks and much gratitude to Area 2H in Washington State. They invited me to their annual fall retreat at Camp Arnold. It was a wonderful weekend full of love, fellowship, and gratitude. I'm grateful I was able to attend. Thank you to the planning committee and every member who made me feel welcome and included.

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.,

In memory of Barbara S., who passed away with 12 years clean. She was very active in several Houston fellowships and participated in Fort Worth online program in recent years. She chaired meetings, ran pressure relief group meetings, kept meticulous and useful attendance records and produced phone lists.

She also wrote an endearing Welcome letter for the online fellowship which was included in the Welcome Envelope mailed upon request to new members. Despite her long term health challenges, Barbara was a welcoming beacon of stability, consistency, information, inspiration, and encouragement to all who encountered her in GA.

Around ten people from the online fellowship traveled hundreds of miles to meet her at the Houston Day of Recovery on September 27. She had passed days before.

We had a great conference because she was one of the organizers. Rest in serene peace, Barbara, as you excelled in living out your GA Program.

Regards, Drew J., Dallas Sunday Pathways, Texas

Dear I.S.O.,

Please accept this donation for digital literature from the Roseland Friday virtual meeting.

Walter G., Millsboro, Delaware

Dear I.S.O.,

Enclosed is a donation for Gratitude Week from sunny Fort Myers.

I hope all is well and thank you for all you do.

Debbie M., Fort Myers, Florida

Dear I.S.O.,

Enclosed is a group donation from the Billings Pathfinders meeting.

In Unity, Carissa L., Billings, Montana

Dear I.S.O.,

Enclosed is a donation for Gratitude Month from the San Bruno Wednesday 6:30 pm group.

Thanks so much, John M., San Bruno, California

Dear I.S.O.,

In recognition of Gratitude Week, please find the enclosed donation on behalf of Monday Night Naperville.

Thanks, Anonymous, Illinois

Dear I.S.O.,

Thank you so much for the service you provide to Gamblers Anonymous.

Thank you, Sarasota Wednesday Night Meeting, Florida

Dear I.S.O.,

Enclosed is a donation from Area 38, GA Philippines.

Thank you, Area 38, Philippines.

Dear I.S.O.,

Thank you for all you do.

Sacramento Wednesday, Sacramento, California

Dear I.S.O.,

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

Thank you for all the good work that you do.

In Unity, Scott S., Philadelphia, Pennsylvania

Dear I.S.O.,

Thank you for all you do.

Thank you, Helene M., Stevens Point, Wisconsin

Dear I.S.O.,

Thank you for your service.

GA Metuchen Tuesday, New Jersey

Dear I.S.O.,

I hope everyone had a great summer.

Thank you for everything.

Frank M., Delray Beach, Florida

Dear I.S.O.,

Enclosed is a donation in honor of Gratitude Week.

We appreciate your support.

Roger S., Fort Wayne, Indiana

Dear I.S.O.,

Enclosed is a donation from Monday Night Gainesville and a donation from Thursday Night Gainesville in honor of Gratitude Week.

Thanks for all that you do.

Regards, Robert M., Gainesville, Florida

Dear I.S.O.,

In honor of Gratitude Month, the Plantation Friday Night sends this donation with gratitude.

Your efforts do not go unnoticed.

Thank you, Neal G., Plantation, Florida

Dear I.S.O.,

Enclosed is the Gratitude Week donation from the Wednesday Night NE Philadelphia Group.

Thanks for all the good work that you do.

With Gratitude, Scott S., Philadelphia, Pennsylvania

Dear I.S.O.,

In honor of Gratitude Month, the Plantation Wednesday Night sends this donation with gratitude.

Your efforts do not go unnoticed.

Thank you, Neal G., Plantation, Florida

Dear K.C.,

Thank you for coming to the 12th annual Area 2H (Western Washington) GA/Gam-Anon Retreat which was held September 25 – 28 at Camp Arnold, located near Mount Ranier.

We had 80 GA members and six Gam-Anon members in attendance on Saturday night, and everyone appreciated the 24 years of personal recovery experience which you shared as our featured GA speaker.

The Q&A session you held was very informative as you shared your duties and responsibilities as the International Executive Secretary. Plus, you shared the way that the International Service Office serves our fellowship throughout the world.

This retreat is important to Areas 2A (British Columbia), 2G (Oregon), and 2H, since in unity we support each other's events throughout the year. The theme this year was Recovery with Gratitude. We had 25 GA members and 3 Gam-Anon members serving on the planning committee or conducting workshops, meetings, and other activities. This was unity in action and being of service.

All attendees expressed their gratitude for being in recovery and being together for the weekend. Our post-Retreat survey was completed by 57 members. Their feedback emphasized the importance of the fact that Gamblers Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

Any member interested in our 2026 Retreat by attending and volunteering (conducting workshops, chairing a meeting or being a speaker) can contact us at camp-arnold@gawashington.org.

Thank you again, K.C., for your 24 years of being of service and being a member of our fellowship.

Your Brother in Recovery, Alex H., 2025 Camp Arnold Committee Chair, Area 2H, Washington

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.

**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 with registration information on it.

**SUNDAY UNITY – HOPE AND HEALING
2026 INTERGROUP AND UNITY CONFERENCE
FEBRUARY 8, 2026**

Delta Hotels by Marriott

1301 Belvedere Rd., West Palm Beach, FL

For more information, email me at IES@gamblersanonymous.org and I'll email you the flier with registration information on it.

**INDIVIDUAL LIFELINER DONATIONS
SEPTEMBER 2025**

ARIZONA

L36	Marc L.	L209	Jose C.
L211	Jim L.	L219	Len K.
L221	Janat G.	L273	Victor S.
L287	James S.	L298	Cathy F.
L396	Pam K.	L301	Steve K.
L546	Mo M.	L314	Alan S.
L692	Doug G.	L367	Jerry L.
L1005	Patricia B.	L384	Alvin F.
L1008	Roxanne W.	L390	Jack R.

CALIFORNIA

L1	Bob W.	L432	Patrick P.
L4	Tom M.	L453	Bennett S.
L6	Bill S./Kathy S.	L461	Lisa W.
L8	Dan B.	L480	Ezra B.
L31	Russell H.	L496	Guy H.
L70	Keith B.	L561	Pilar L.
L73	Karen H.	L580	Curtis G.
L87	Mike S.	L593	Grant M.
L100	Mazi S.	L601	David L.
L116	Rob D.	L609	Kathie S.
L117	Steve F.	L617	Mike Z.
L120	Phil C.	L623	Lucille T.
L151	Murray F.	L648	Edward K.
		L678	Lynell B.
		L701	David L.

CALIFORNIA (cont)

L772 Ara H.
 L834 Candice B.
 L836 Albert Y.
 L871 Greg D.
 L907 Joseph G.
 L908 Jordan K.
 L920 Jane J.
 L959 Nicole P.
 L963 Eric F.
 L965 Brandon S.
 L1000 Willie F.
 L1027 Jay L.
 L1033 Jeffrey P.
 L1046 JoJo B.
 L1049 Alan O.

COLORADO

L147 Lou W.

CONNECTICUT

L581 Paul S.

FLORIDA

L2 Bill B. x2
 L54 Ray T.
 L81 Paulette T.
 L97 Chuck R.
 L106 Raymond H.
 L143 Neal G.
 L160 Jim C.
 L205 Steve P.
 L233 Robert M.
 L251 Frank G.
 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.
 L627 Pauline F.
 L679 David T.
 L695 Ronald B.
 L840 Janice M.
 L843 Neal V.
 L844 Arnie B.

L848 Steve H.
 L904 Marlon D.
 L944 Brent S.
 L945 Eugene K.
 L979 Rebecca P.
 L989 Lois H.
 L993 Carlos M.
 L1002 Jim O.
 L1010 James T.
 L1016 Paul B.
 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.
 L962 Cynthia M.
 L977 Donna M.
 L1018 Al A.
 L1024 Mary W.

INDIANA

L880 Fred B.

KANSAS

L918 Nancy W.

KENTUCKY

L115 Laura S.
 L195 Steve B.
 L947 Gary B.

LOUISIANA

L27 Betty S.
 L354 Kathy S.
 L1029 Roy Z. X2

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 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.
 L212 Marshall R.
 L223 Fred D.
 L266 Kivey G.
 L311 Andy D.
 L349 George L.
 L358 Walter G.
 L433 Joseph F.
 L438 Matthew C.
 L497 Dave S.
 L547 John P.
 L699 Craig H.
 L818 Michael D.
 L837 Harriet K.
 L863 Kathleen P.
 L961 Tom C.
 L985 Tristan D.
 L1044 Ellen D.

NEW MEXICO

L662 Joel K.
 L906 Mary F.

NEW YORK

L286 Dan W.
 L303 Alan J.
 L308 Jordan P.
 L516 Susan W.
 L852 Norberto B.
 L882 Joe B.
 L887 Pierre J.
 L1035 Michael S. X4
 L1036 Robert S.
 L1047 Joe P.

OHIO

L948 Ed G.
 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.
 L820 Josh S.
 L822 David S.
 L923 Mary M.

PUERTO RICO

L192 Dora H.

SOUTH DAKOTA

L641 Dale A.

WASHINGTON

L425 Terry D.
 L659 Connie M.

WISCONSIN

L443 Constance T.

AUSTRALIA

L1048 Matt P.

MEXICO

L1022 Luis O.

INDIVIDUAL LIFELINER DONATIONS SEPTEMBER 2025

ARIZONA (9)	177.00	MINNESOTA (1)	10.00
CALIFORNIA (52)	2,384.00	NEVADA (17)	485.00
COLORADO (1)	25.00	NEW JERSEY (19)	469.00
CONNECTICUT (1)	20.00	NEW MEXICO (2)	35.00
FLORIDA (36)	1,398.00	NEW YORK (9)	321.16
GEORGIA (1)	80.00	OHIO (2)	70.00
HAWAII (2)	130.00	OREGON (4)	90.00
ILLINOIS (8)	100.00	PENNSYLVANIA (6)	165.00
INDIANA (1)	15.00	PUERTO RICO (1)	20.00
KANSAS (1)	50.00	SOUTH DAKOTA (1)	10.00
KENTUCKY (3)	87.00	WASHINGTON (2)	30.00
LOUISIANA (3)	60.00	WISCONSIN (1)	15.00
MARYLAND (2)	25.00	AUSTRALIA (1)	10.00
MASSACHUSETTS (1)	21.00	MEXICO (1)	9.16
MICHIGAN (1)	5.00	TOTAL (189)	\$6,316.32

ANNIVERSARIES

36 YEARS	JOE S.	10/20	Sewell, NJ
30 YEARS	ARA H.	10/13	Burbank, CA
	DENNIS W.	10/20	Rancho Cucamonga, CA
27 YEARS	SCOTT K.	10/16	Oklahoma City, OK
25 YEARS	STEVE B.	10/6	Encinitas, CA
	WADE	10/20	Calgary, AB
24 YEARS	JOE C.	10/15	Solana Beach, CA
22 YEARS	JEFF O.	10/21	Culver City, CA
20 YEARS	ELSA F.	10/1	Oceanside, CA
	STEVE F.	10/13	Burbank, CA
	MIKE S.	10/19	Escondido, CA
19 YEARS	JON L.	10/2	Rancho Bernardo, CA
	PETER L.	10/23	La Mesa, CA
18 YEARS	MARK C.	10/30	La Mesa, CA
17 YEARS	MICHELE K.	10/17	Fort Worth it Online, TX
16 YEARS	MARCI N.	10/15	Temecula/Murrieta, CA
15 YEARS	JOE C.	10/20	Rancho Cucamonga, CA
13 YEARS	AL S.	10/4	Encinitas, CA
	DAVID D.	10/29	Santee, CA

12 YEARS	BETSY M.	10/23	Rancho Bernardo, CA
11 YEARS	MARK G.	10/19	Calgary, AB
	ROB S. (2)	10/31	Mt. Soledad, CA
10 YEARS	BARRY G.	10/4	Encinitas, CA
8 YEARS	MEYER K.	10/8	Santa Monica, CA
7 YEARS	SHARELLE D.	8/7	Epping, VIC
6 YEARS	JOHN	10/26	Wausau, WI
	TODD F.	10/27	Sewell, NJ
5 YEARS	COLETTE H.	10/6	Santee, CA
	BOB	10/17	Calgary, AB
	PATRICK	10/28	Calgary, AB
	DANIEL M.	10/30	Rancho Cucamonga, CA
4 YEARS	NORM K.	10/10	Santee, CA
	LISA F.	10/25	LA/Hollywood, CA
	BRIAN W.	10/26	Sewell, NJ
3 YEARS	KEVIN R.	8/22	Oakleigh, VIC
	GARY N.	10/7	Scripps Ranch, CA
	ANGEL E.	10/20	Rancho Cucamonga, CA
	STEVE K.	10/24	La Mesa, CA
	RICHARD P.	10/30	Temecula/Murrieta, CA
2 YEARS	MICHAEL T.	7/31	North Essendon, VIC
	GEOFF S.	8/9	North Essendon, VIC
	ANGELA	8/20	Epping, VIC
	LARRY M.	10/6	Temecula/Murrieta, CA
	PAULINE	10/10	Calgary, AB
	HUGH M.	10/13	Sewell, NJ
	JAKE	10/22	Calgary, AB
	DEXTER	10/25	Riverside, CA
	SARAH	10/25	Calgary, AB
1 YEAR	MENG	8/10	Oakleigh, VIC
	ANDREW	8/11	North Essendon, VIC
	DEAN W.	10/5	Lake Elsinore, CA
	BRENDAN M.	10/6	Sewell, NJ
	SARAH K.	10/16	Calgary, AB
	DAVE C.	10/22	Rancho Cucamonga, CA
	BILL	10/30	Rancho Cucamonga, CA
	TOM B.	10/30	Sewell, NJ

I.S.O. CAN CONTRIBUTIONS

SEPTEMBER 2025

CALIFORNIA

C005	Montrose Thursday	137.00	C894	Indio Friday	109.78
C49	Orange County Intergroup	335.00	C1013	Culver City Sunday	101.00
C77	San Diego Intergroup	211.50	C1050	Yuba City Tuesday	53.25
C152	Riverside Saturday	49.00	C1105	Sacramento Stop & Grow Saturday AM	22.00
C184	Sacramento Tuesday AM	71.00	C1397	Rancho Cucamonga Tuesday	33.00
C185	Sacramento Thursday	18.00	C1403	Rancho Cucamonga Wednesday PM	30.00
C188	Sacramento Tuesday PM	22.00	C1411	Rancho Cucamonga Monday noon	39.00
C189	Sacramento Wednesday	316.50	C1442	Burbank Tuesday AM	65.00
C413	Rancho Cucamonga Monday	33.00	C1724	Inland Empire Intergroup	22.00
C588	Burbank Friday PM	38.00			
C765	Fair Oaks Thursday AM	31.00			
C766	Pleasant Hill Thursday	30.00			
C863	Rancho Cucamonga Thursday PM	45.00			

CONNECTICUT

C60	Hartford Friday	20.00
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DELAWARE

C128	St. Marks Wednesday	53.00
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FLORIDA

C262	Plantation Friday PM	18.00	C1061	Spring Hill Friday	19.00
C263	Plantation Wednesday PM	26.00	C1619	Ft. Lauderdale Monday Sanctuary	15.00
C1059	Windmoor/Clearwater Saturday	53.00			

GEORGIA

C1539	Norcross Sunday	10.00
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ILLINOIS

C62	Burbank Thursday	125.00	C659	Naperville Monday	42.00
C146	Elgin Sherman Oaks Hospital Sunday	7.00	C799	St. Charles-Hosanna Lutheran Thursday	50.00
C368	Oak Park Wednesday	40.00	C1376	Buffalo Grove Friday	61.00
C423	Naperville	75.00	C1506	St. Elizabeth	20.00
C437	Rockton Thursday	14.00	C1569	Wheaton Wednesday	25.00

INDIANA

C429 Indianapolis Saturday AM 80.00

MASSACHUSETTS

C1600 Canton Tuesday 137.00

NEVADA

C42 G.A. of Southern Nevada 999.00

OREGON

C1480 Oregon City Friday 14.00

RHODE ISLAND

C501 Rumford Tuesday PM 78.00

WASHINGTON

C383 Spokane Valley 10.00

**ISO CAN CONTRIBUTIONS
FROM GRATITUDE WEEK
SEPTEMBER 2025**

CALIFORNIA

C152	Riverside Saturday	28.00	C1397	Rancho Cucamonga	
C188	Sacramento Tuesday PM	28.00		Tuesday	25.00
C863	Rancho Cucamonga		C1403	Rancho Cucamonga	
	Thursday PM	21.00		Wednesday PM	16.00
C1002	Burbank Monday	73.00	C1411	Rancho Cucamonga	
				Monday Noon	50.00

FLORIDA

C1061 Spring Hill Friday 40.00

ILLINOIS

C424 Schaumburg/Palatine 31.00 C1104 Downers Grove Saturday 201.00

MASSACHUSETTS

C792 Hanson Thursday PM 34.00

GROUP CONTRIBUTIONS SEPTEMBER 2025

ARIZONA		Port St. Lucie Wednesday	10.00
Mesa Wednesday Noon	100.00	Windmoor Wednesday	61.00
Tucson	23.00	GEORGIA	
ARKANSAS		Norcross Sunday Korean	10.00
Little Rock Beginners	10.00	ILLINOIS	
CALIFORNIA		Cherry Valley Saturday AM	25.00
Burlingame Monday	200.00	KENTUCKY	
Culver City Tuesday PM	84.40	Louisville Monday Night	50.00
Downey Saturday PM	60.00	MASSACHUSETTS	
Elk Grove Tuesday	42.00	Malden Wednesday	33.00
L.A. Griffith Park Saturday -		South Easton Saturday Morning	50.00
Pride in Recovery	99.00	MINNESOTA	
L.A. Griffith Park Sunday	45.00	Duluth Monday Noon	20.00
Lakewood/Paramount Thursday	81.00	MONTANA	
Lincoln Wednesday	37.00	Billings Pathfinders	100.00
Lincoln Friday AM	21.00	NEW JERSEY	
Lincoln Sunday	27.00	Basking Ridge Saturday	50.00
Palm Springs Sunday AM	50.00	Carlstadt Wednesday	200.00
Sierra Madre Tuesday	50.00	Hackettstown	25.00
Simi Valley Thursday	30.00	Hasbrouck Heights Saturday	28.00
DELAWARE		Margate Tuesday PM	75.00
Wilmington Tuesday	10.00	Metuchen Tuesday	50.00
Wilmington Saturday Morning	57.00	Old Bridge	10.00
FLORIDA		Sayrewoods	100.00
Boca Raton Monday Women		Toms River Thursday	75.00
Helping Women	20.00	Toms River Saturday	50.00
Boca Raton Thursday	100.00	Toms River Sunday	25.00
Boynton Beach Tuesday	20.00	Ventnor City Sunday	25.00
Coral Springs Thursday	50.00	Westhampton Wednesday	150.00
Coral Springs Saturday AM	50.00	Westwood Monday	25.00
Daytona Beach Tuesday	25.00	NEW MEXICO	
Daytona Beach Thursday	25.00	Albuquerque Tuesday	50.00
Delray Beach Tuesday-		Espanola Thursday Noon	14.00
Crossroads	10.00	Las Cruces Friday PM Zoom	50.00
Delray Beach Friday -		NEW YORK	
Crossroads	5.00	Bellmore Monday	50.00
Delray Beach Saturday -		East side chapter	300.00
Crossroads	150.00	Howard Beach Tuesday PM	70.00
Delray Beach Sunday -		Kenmore Tuesday	35.00
Crossroads	92.00	Middle Village Thursday	100.00
Lakewood Ranch Monday PM	50.00	Rochester Saturday AM	30.00
Naples Monday	50.00	Yonkers Saturday AM	10.00

OHIO

Cincinnati Saturday @Clifton	20.00
Hamilton Thursday	50.00
Youngstown Friday	15.00
Youngstown Sunday	15.00

OKLAHOMA

South Oklahoma City	250.00
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OREGON

Tigard Tuesday	100.00
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PENNSYLVANIA

Broomall	40.00
Collegeville/Trappe Thursday	30.00
Havertown Monday	50.00
Media Wednesday	50.00
NE Philadelphia Friday – Nazareth	63.00
NE Philadelphia Sunday – Nazareth	25.00
Roxborough Tuesday	30.00
Willow Grove Wednesday	25.00

RHODE ISLAND

Tiverton Friday	10.00
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TEXAS

Dallas Pathways Sunday	40.00
Fort Worth Monday	50.00

WASHINGTON

Arlington/Smokey Point Monday PM	50.00
Auburn Tuesday	10.00
Bellevue Saturday AM	40.00
Bellevue Sunday PM Freedom	150.00
Everett Thursday	10.00
Issaquah Wednesday	25.00
Mount Vernon Tuesday	25.00
Snohomish Friday PM	10.00
Tacoma Monday	25.00
Tacoma Thursday	70.00
West Seattle Thursday	35.00

WISCONSIN

Siren Sunday PM	20.00
Stevens Point Monday PM	15.00

AUSTRALIA

City Sunrise Group-Brisbane	10.00
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CANADA

Edmonton Wednesday @ Parsons	121.91
Edmonton Sunday @Parsons	121.33

KOREA

Seoul	60.00
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GROUP CONTRIBUTIONS FROM GRATITUDE WEEK SEPTEMBER 2025

ARIZONA

Chandler/Sun Lakes Saturday AM	25.00
Mesa Wednesday 6 PM	30.00
Mesa Wednesday Noon	100.00
Phoenix Thursday@ Path to Healing	50.00
Tempe Sunday	26.00
Tucson Thursday PM	60.00

CALIFORNIA

Burbank Tuesday AM	48.00
Burbank Friday PM	23.00
Burlingame Monday	150.00
Davis Thursday	50.00
Oxnard-Volver a Vivir Con Paso Firme Zoom	50.00

Rancho Cucamonga Saturday	13.00
Sacramento Thursday	50.00
San Bruno Wednesday	400.00
Sierra Madre Tuesday	66.00

DELAWARE

Bethany Beach	27.00
Wilmington Tuesday	10.00
Wilmington Friday	25.00

FLORIDA

Boca Raton Thursday	31.00
Bradenton/Lakewood Ranch Friday	50.00
Brandon Monday	35.00
Brandon Friday	35.00
Cape Coral Tuesday	50.00

FLORIDA (cont)

Clearwater/Windmoor	
Thursday	66.00
Delray Beach Wednesday -	
Crossroads	20.00
Delray Beach Friday –	
Crossroads	50.00
Delray Beach Sunday –	
Crossroads	50.00
Fort Myers Thursday	108.00
Gainesville Monday	60.00
Gainesville Thursday	60.00
Lakeland Tuesday	41.00
Plantation Wednesday PM	75.00
Plantation Friday PM	50.00
Sarasota Wednesday	100.00
Windmoor Wednesday	50.00
Windmoor/Clearwater Saturday	25.00

ILLINOIS

Deerfield Wednesday	44.00
Naperville Monday	100.00
Naperville Sunday PM	30.00
Wheaton Wednesday	22.00

INDIANA

Fort Wayne	175.00
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MASACHUSETTS

Malden Wednesday	25.00
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MICHIGAN

Birmingham Tuesday	18.00
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NEW HAMPSHIRE

Dover Monday PM	23.00
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NEW JERSEY

Hamilton Square Sunday	50.00
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Mercerville Tuesday PM	20.00
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NEW YORK

Bowmansville Monday	75.00
Howard Beach Tuesday PM	460.00
Oneida Sunday	20.00
Rochester Monday	100.00
West Seneca Wednesday	50.00

OHIO

Cincinnati Sunday@	
New City	11.27
Loveland Monday	19.11

PENNSYLVANIA

Broomall	48.00
Fairless Hills/Langhorne	
Tuesday	100.00
Havertown Monday	20.00
Media Wednesday	20.00
NE Philadelphia Wednesday	95.00
NE Philadelphia Sunday	
Nazareth	50.00
Plymouth Meeting Monday	25.00
Willow Grove Wednesday	40.00

TEXAS

Palm View -Grupo	
Internacional Zoom	194.00

ARGENTINA

Argentina	50.00
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AUSTRALIA

Red Hill Group Brisbane	45.00
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CANADA

G.A. Alberta Serenity Zoom	412.20
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PHILIPPINES

Philippines Area 38	30.00
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INTERGROUP CONTRIBUTIONS SEPTEMBER 2025

Chicagoland	85.00
Delaware Valley	150.00
Greater Louisville	100.00
Greater Sacramento	50.00
Inland Empire	50.00
L.A. Intergroup	150.00
Maryland	400.00

New England	50.50
Northern Nevada	68.50
Orange County	60.98
Shreveport/Bossier	82.00
South Florida	200.00
South Jersey	50.00
Western Washington	20.00

**INTERGROUP CONTRIBUTIONS
FROM GRATITUDE WEEK
SEPTEMBER 2025**

Chicagoland	85.00	San Diego	500.00
Florida West Coast.	600.00	South Florida	100.00
L.A. Intergroup	680.00	South Jersey.	400.00
Orange County.	500.00		

**NATIONAL HOTLINE DONATIONS
SEPTEMBER 2025**

Area 1	Intergroup L.A.	30.00
Area 6A	South Florida	20.00

**ONE TIME INDIVIDUAL MEMBER DONATIONS
FROM GRATITUDE WEEK
SEPTEMBER 2025**

Drew J., Texas
Gareth P., Wire Transfer
Karen H., California
Leslie F., Nevada
Patricia B., Arizona
Yale W., Michigan

**BULLETIN SUBSCRIPTIONS
SEPTEMBER 2025**

Two Bulletin Subscriptions for a total of \$ 96.00

ONE TIME DONATIONS SEPTEMBER 2025

One-Time Donation
Peter F., Milwaukee, Wisconsin

One-Time Donation for digital literature
Roseland Friday A.M. virtual meeting, New Jersey

One-Time Donation in memory of Vince V.
Ray G., Huntington Beach, California

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

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

September B.O.R. Meeting
Board of Regents, California

One-Time Donation
G.A. Group of Southern Oklahoma, Oklahoma City, Oklahoma

One-Time Donation in memory of Tanita M.
who was of great service to Gam-Anon
and will be missed.
Condolences to her husband, Gary M. (G.A.)
and their family.
Anonymous, Oregon

One-Time Donation for digital literature
Bethany Beach, Delaware

One-Time Donation from annual Area 2B picnic.
Intergroup Greater Sacramento, California

One-Time Donation in memory of Harriet K.
G.A. of Southern Nevada, Las Vegas, Nevada

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

One-Time Donation for digital literature
Sonia F.

One-Time Donation
Dylan K.

One-Time Donation
Thomas H.

One-Time Donation
Guy G.

One-Time Donation
Mark A.

One-Time Donation
Jerry P.

One-Time Donation
Gabriel N.

One-Time Donation
Tery C.

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

CASH IN OPERATING ACCOUNT SEPTEMBER 1, 2025. \$ 85,288.76

INCOME FOR SEPTEMBER 2025

Group Contributions	5,291.24
Intergroup Contributions	1,516.98
ISO Can Contributions	3,803.03
Lifeliners Contributions	6,316.32
Literature Shipping	1,832.00
Sale of Literature	20,165.50
Sales Tax Collected	167.09
National Hotline Donations	50.00
One-Time Donation	1,351.00
Interest from Checking Account	0.58
E-Reader	18.18
Pay Pal Literature Process Fees	638.15
Bulletin Subscriptions	96.00
Gratitude Week Donations	8,552.39

TOTAL..... \$ 49,798.46

CASH AVAILABLE FOR SEPTEMBER 2025..... \$135,087.22

EXPENSES FOR SEPTEMBER 2025

Rent & Cam Fees	4,672.32
Payroll	15,931.84
Payroll Taxes (Federal & State)	1,287.70
Payroll Processing Fee	238.13
Office Expenses	1,032.81
Computer/Internet /App Expense	818.64
Health Insurance	2,470.84
Electric Bill	300.88
Telephone/Internet Bill	456.41
Gas Bill	29.58
ADT Alarm	49.72
Monthly Air Conditioning/Heater Maintenance	30.00
Match for Employees Simple IRA	399.36
Literature	5,726.36
Pay Pal Literature Processing Fees	638.15
Postage	3,000.00
Lifeline Bulletins	795.50
Visa/MC Service Fee	72.59
Workers Comp Insurance	1,584.59
Conference Liability Insurance	121.92
Bank Adjustment	20.00
Lease/Maintenance Postage Meter Scale	449.27

TOTAL EXPENSES..... \$ 40,126.61

MONTHLY NET INCOME (NET LOSS) \$ 9,671.85

CASH IN OPERATING ACCOUNT AS OF SEPTEMBER 30, 2025 .. \$ 94,960.61

FISCAL YEAR STARTING JULY 1ST TO DATE NET INCOME

(NET LOSS) (\$13,089.69)

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!!