

GAMBLERS ANONYMOUS

INFORMATION PACKET

GAMBLERS ANONYMOUS®
INTERNATIONAL SERVICE OFFICE
1306 Monte Vista Avenue #5

Upland, CA 91786

Phone: 909-931-9056

Fax: 909-931-9059

WEBSITE: www.gamblersanonymous.org

E-MAIL: isomain@gamblersanonymous.org

FOR MEETING INFORMATION
IN YOUR AREA CALL
(855) 2-CALL-GA
(855) 222-5542



Includes:

- Suggested New Member Packet
- Establishing a Gamblers Anonymous Group
- Gamblers Anonymous Suggested Meeting Procedures and Meeting Format
- Guidelines for G.A. Groups in Correctional Facilities
- Letter to the New G.A. Member
“Do I Need a Sponsor?”
- Maintaining Abstinence
- Twenty Survival Questions
- 12 Step Call Guideline
- 90 Day Plateau Letter
- Guidelines for G.A. Trustees
- Dear _____ Letters
- Promotional and Public Service Materials

Suggested New Member Packet

G.A. Combo Book
G.A. Coin (for Serenity Prayer)
Towards 90 Days
A Newcomer Asks
Pressure Relief Group Meeting Flyer
Suggestions for Coping with Urges to Gamble
Young Gamblers in Recovery
Your First Meeting
Stop and Think Card

Area Meeting Directory
Area Phone List (if available)
Meeting Phone List

Optional: Any other Gamblers Anonymous
Approved or Appropriate Literature the group
deems fit.

PUBLIC SERVICE ANNOUNCEMENT

From: Gamblers Anonymous
Internationally – 909-931-9056
Locally: _____

End Date: Ongoing

Are you or someone you love slowly committing suicide due to an uncontrollable obsession to gamble? There are more than twelve million compulsive gamblers in the United States alone, whose losses run into staggering amount each year! More broken homes, suicides and imprisonments are due to compulsive gambling than from any other single cause. A recent survey of 2,200 inmates of Federal Institutions revealed that 1,400 of those incarcerated were convicted of crimes relating to a compulsive gambling problem.

Since it was founded over sixty years ago, Gamblers Anonymous has become a Fellowship of active groups worldwide. Countless thousands of lives have been saved through the G.A. program of rehabilitation. In G.A. the problem is treated as an illness, not a malicious vice. The members follow a simple suggested plan of recovery, with each one encouraged to interpret and apply it for his or her own best progress. At G.A. meetings, people and their family members engage in an informal type of group sharing that has proven to be extremely successful.

G.A. is a non-profit Fellowship with no dues or fees required for membership. For information about your local G.A. chapter call:

SCBA Info. File #21569-1611

ESTABLISHING A G.A. GROUP

The establishment of a G.A. group has been a wonderful experience for many people. Such an undertaking requires no special talent other than a desire to stop gambling and to help other compulsive gamblers do the same. The mechanics of founding a G.A. group meeting are quite simple. First, write to the International Service Office for a starter kit; which will tell you how to go about starting a meeting. The next order of business is to secure a comfortable and permanent meeting place. Churches have always been found to be most cooperative in making their facilities available to us. Often they have asked for no rental fee, but experience shows that we ought always adhere to the principle of being truly self-supporting and felt that the acceptance of any facility rent-free would constitute an outside contribution. So we always make arrangement to pay at least a small rental fee. Other possibilities for meeting places are lodge halls or club rooms. Hospitals and rooms in banks are now also available to us as more people understand compulsive gambling. Whatever facilities are considered, it has been found that four important factors should be taken into consideration:

1. Reasonable rent (probably not more than \$10.00 per week and preferably less).
2. Facilities for serving coffee and refreshments.
3. Meeting room should be available every week on the scheduled meeting night.
4. Freedom to remain at the meeting hall as late as the members wish. It has been noted that an important part of all G.A. meetings is the aftermeeting "chat session". Most G.A. members like to stay after the meeting for an informal discussion.

Once a decision has been reached to form a G.A. group, the next major project is to obtain publicity about G.A. and about the plans for the new group. People in the field of press, radio and television have always been nothing less than one hundred percent cooperative in telling the G.A. story. Planning an effective local publicity program can be a rewarding and life-saving project for a G.A. group. If literature is needed to get the word out do not hesitate to write the International Service Office.

Often the question is asked, should a group advertise? Many groups do, and have found this to be an effective procedure to let the community know of the existence of G.A. Such small space advertising should be designed to let people know how to get in touch with G.A. locally.

**IF GAMBLING IS CREATING PROBLEMS
IN YOUR LIFE,
GAMBLERS ANONYMOUS CAN HELP.**

(PLACE ADDRESS AND CONTACT PHONE NUMBER HERE)

Many newspapers will publish such a public service announcement at no charge, and you should pursue this possibility when making contact with the paper.

SUGGESTING MEETING PROCEDURES

A G.A. group meeting should be planned in such a way as to insure a good and orderly exchange of ideas about the problem of compulsive gambling. Most groups use a theater-style seating arrangement; that is, rows of seats facing the speakers table. The chairperson sits at the head table and calls on the speakers. Speakers go to the head table and face the group to make their address. Note: The Round Table of Discussion type of meeting has been used successfully in some groups. Applause has been found to be an important part of the meeting. It adds spark and enthusiasm. It tells the G.A. member who may have made a great effort to speak before the group, "we are with you – good work!!!" We have rarely seen an enthusiastic applauder go back to gambling. A highly successful member was once heard to say, "I can't make much of a speech, but when it comes to giving the other guy a hand, I have no peers".

PUBLIC SERVICE ANNOUNCEMENT

From: Gamblers Anonymous
Internationally – 909-931-9056
Locally: _____

Start: Immediately

End Date: Ongoing

Do you borrow money to finance gambling? Is your life a nightmare from the downhill spiral of compulsive gambling? Gamblers Anonymous helps people worldwide who have a gambling problem to return to normal, happy lives. There are no dues or fees for membership – only the desire to stop gambling. In G.A. compulsive gambling is treated as an illness, not a malicious vice. Problem gamblers who could not stop by themselves and failed, have found the necessary strength through Gamblers Anonymous Fellowship. This self-destructive addiction is a progressive illness. If you are one of more than twelve million Americans suffering from this problem, act now and get immediate help by attending:

Group Name: _____

Location: _____

Address: _____

Directions: _____

Date: _____

Time: _____

For further information call: _____

Anyone with a problem or who knows someone with this disease is welcome.

SCBA Info. File #21569-1611

PUBLIC SERVICE ANNOUNCEMENT

Reading Time – 30 Seconds

From: Gamblers Anonymous
Internationally – 909-931-9056
Locally: _____

Start: Immediately

End Date: Ongoing

Men and women gamblers! Are you a constant loser because of your gambling? Are you losing your income, self-respect and loved ones? Compulsive gambling is an addictive, progressive disease. If you want help for you or someone you love, you are welcome to attend:

Group Name: _____

Location: _____

Address: _____

Directions: _____

Date: _____

Time: _____

For information call: _____

There is no cost to attend G.A.

SCBA Info. File #21569-1611

SUGGESTED MEETING FORMAT

1. Chairperson calls meeting to order.
2. New members and guests are introduced.
3. Chairperson calls upon a member to read the G.A. Preamble, Pages 2 and 3 of the “combo” book.
4. Chairperson calls upon a member to read the 12 Steps of the Recovery Program.
5. Chairperson calls another member to read the Unity Program.
6. Chairperson calls another member to read Page 17 and the definition of gambling. Some meetings choose to read the complete “combo” book before any therapy.
7. Chairperson calls another member to read the reflection for the day from the Gamblers Anonymous, A DAY AT A TIME, meditation book before any therapy.
8. Chairperson gives an introductory talk, usually three to five minutes. Chairperson admonishes “No therapy should be taken out of any Gamblers Anonymous meeting and be repeated”.
9. Chairperson reads “It is suggested that members do not discuss any crime for which they may still be prosecuted because confidentiality is not necessarily a legal right, and the room itself offers no protection regarding these matters”.
10. If a member demonstrates any inappropriate actions, whether physical or verbal, in or outside of the meeting room, please tell a Trusted Servant and/or a Sponsor. We all have the right to feel SAFE in the program.
11. Chairperson then calls on each member to share, suggesting that all speakers confine their remarks to their own personal thoughts and experiences.
12. Chairperson calls upon new members if they desire to speak.
13. Chairperson calls on secretary for announcements and then the treasurer for financial report.
14. Chairperson makes comments relative to importance of regular attendance at meetings, daily phone calls to members, 12-Step Calls, etc. He/she also explains the financial responsibilities of the group in regard to meeting hall rent, refreshments, local service facilities and the International Service Office.
15. Chairperson announces that G.A. is self-supporting and requests treasurer to make a collection.
16. Chairperson calls upon a member to close the meeting by leading the group in reciting the Serenity Prayer.
17. Coffee is served and informal “Talk Session” follows.

Guidelines For Establishing Gamblers Anonymous Meetings In Correctional Facilities

THE INITIAL MEETING

At least two or three Gamblers Anonymous members should set a meeting with the correctional facility staff members. The staff may include the correctional facility psychologist, or social service person. The following items should be discussed:

- A) Starting and ending time of the proposed G.A. weekly meeting.
- B) Correctional facilities – rules and regulations and who can attend (their general screening process).
- C) General discussion on how G.A. meetings are conducted.
- D) Publicizing the G.A. meeting inside the prison.
- E) Importance of only people with a gambling problem or desire to stop gambling be allowed to attend. We should not try to help alcoholics, drug addicts or other type of addictions. We are Gamblers Anonymous.
- F) It is suggested that only G.A. people attend the meeting. if possible, no outsiders, guards or prison officials in attendance in the room itself.

COORDINATOR

A member of Gamblers Anonymous should be a liaison with correctional officials and the institutional Gamblers Anonymous groups and the outside G.A. groups and members.

- A) The Coordinator should establish an ongoing list of members to attend the correctional facility G.A. group meeting.
- B) Coordinator explains the prison rules and regulations to the G.A. members who plan to attend.
- C) The Coordinator or other experienced G.A. members should Chair the meeting until the members within the facility are abstinent ninety days and have a grasp of the G.A. program.

The Coordinator should make available the Guidance Code and other approved G.A. literature for the institutional group.

The Coordinator explains to the group how meetings are conducted and types of meetings and is available to answer questions about G.A. as a whole. The Coordinator should make the outside G.A. members aware of not involving themselves or others in the inmates legal or personal problems.

Nothing can be brought in or out. Gamblers Anonymous does not act as a courier.

The Coordinators position should be rotated as are other officers of groups, usually every six months to one year.

PUBLIC SERVICE ANNOUNCEMENT

Reading Time – 20 Seconds

From: Gamblers Anonymous
Internationally – 909-931-9056
Locally: _____

Start: Immediately

End Date: Ongoing

Many thousands of people throughout the world who have created problems due to excessive gambling have found the strength to quit by joining Gamblers Anonymous. If gambling is destroying you or someone you care about, you are welcome to attend:

Group Name: _____

Location: _____

Address: _____

Directions: _____

Date: _____

Time: _____

Call: _____

There is no charge to belong to G.A.

SCBA Info. File #21569-1611

GAMBLERS ANONYMOUS INTERNATIONAL SERVICE OFFICE

To Radio and Television Directors:

On behalf of Gamblers Anonymous we want to thank you and your station for allowing us the usage of your facilities to give a message of hope to people with gambling problems.

Your station has joined independent, network and cable stations worldwide as part of their service to the public in carrying the message to compulsive gamblers who still suffer from this insidious illness.

We of Gamblers Anonymous, feel that we can offer new hope and the opportunity for a happier, more productive life to the many people in this world who are destroying their lives through compulsive gambling. However, we need and respectfully ask the assistance of people in positions such as yours in delivering our message to those afflicted.

We do not crusade against gambling as such. Our purpose is to offer a Fellowship for those who wish to stop throwing away their self-respect and very lives through compulsive gambling.

Gamblers Anonymous has speakers available to explain its principles. We offer you the opportunity to introduce these principles to your staff members or any group in your area who may contact you regarding the problem of compulsive gambling.

Gamblers Anonymous has meetings and contact people worldwide. We charge no dues or fees and accept no outside contributions. We are entirely self-supporting. We ask only the opportunity to carry our message to those who still suffer.

If you wish to discuss anything with us, please feel free to contact us at:

Gamblers Anonymous
International Service Office
1306 Monte Vista Avenue #5
Upland, CA 91786
Phone: 909-931-9056
Fax: 909-931-9059
Website: www.gamblersanonymous.org
E-mail: isomain@gamblersanonymous.org

Or Locally: _____

With our sincere gratitude,
Public Relations Committee
Gamblers Anonymous
SCBA Info, File #21569-1611
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TO THE NEW GAMBLERS ANONYMOUS MEMBER

Welcome to your first Gamblers Anonymous meeting. Gamblers Anonymous Trusted Servants, Sponsors and Advisors will counsel and guide you back to a normal life. Look around at the many faces, listen to the therapy and you can see that this program does work. All that is required on your part is a desire to stop gambling.

Most new members find themselves with a multitude of problems. Gamblers Anonymous can offer sound advice in dealing with these pressures, such as:

1. **Legal difficulties** – Bad checks, fraudulent loans, etc. Many members have been in this position and have, through the Gamblers Anonymous program resolved these problems.
2. **Financial difficulties** – Rent in arrears, past due bank or finance company loans, personal obligation, etc. Gamblers Anonymous is essentially a self help program; consequently, experience has shown that direct financial aid does not work to your benefit. The Trusted Servants and Advisors are good financial budget counselors and are usually part of the pressure group committee. They will show you how it is possible to pay your obligations in a way that will permit you to live without having unbearable pressure.
3. **Employment difficulties** – Out of work, about to be fired, or present job unbearable, etc. Based upon their own personal experience, other members can counsel in helping yourself in this direction.
4. **Family difficulties** – For the married, separated, or single member, here is an area in which Gamblers Anonymous members and their spouses (in Gam-Anon) can help tremendously. They will be happy to explain the wonderful success of our program to your family. This almost always works, although it takes some time; so be patient. The best factor, as the weeks go by, is your own sincerity in working things out. Ask about these family meetings.

There are some suggestions which we have found helpful.

1. Attend as many meetings as possible per week. **MEETINGS MAKE IT.**
2. Telephone other members as often as possible between meetings. **USE THE TELEPHONE LIST!**
3. Don't test or tempt yourself. Don't associate with acquaintances who gamble. Don't go in or near gambling establishments. **DON'T GAMBLE FOR ANYTHING.**
4. Live the Gamblers Anonymous Program **ONE DAY AT A TIME.** Don't try to solve all your problems at once.
5. Read the **RECOVERY** and **UNITY** steps often and continuously review the Twenty Questions. Follow the steps in your daily affairs. These steps are the basis for the entire Gamblers Anonymous Program and practicing them is the key to your growth. Get involved and be of service. If you have any questions, ask them of your Trusted Servants and Sponsors.
6. **GET A SPONSOR. IT IS DIFFICULT TO RECOVER ON YOUR OWN!** Sponsorship gives an opportunity for members to work on a one-on-one basis to achieve recovery by sharing, practicing, and working the 12 steps of recovery.

7. 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. The Pressure Relief Group Meeting may help alleviate legal, financial, employment and personal pressures. Adherence to it will aid in your recovery.
8. **BE PATIENT!** The days and weeks will pass soon enough, and as you regularly attend meetings, abstain from gambling and follow the guidelines on this page, you will experience continued recovery.

*GOD GRANT ME THE SERENITY
TO ACCEPT THE THINGS I CANNOT CHANGE,
THE COURAGE TO CHANGE THE THINGS I CAN,
AND THE WISDOM TO KNOW THE DIFFERENCE.*

GAMBLERS ANONYMOUS

TO THE NEW MEMBER – “DO I NEED A SPONSOR?”

Now that you are in Gamblers Anonymous and have heard someone say that sponsors are vital, you are probably wondering what they are talking about.

You may have also heard that it is a program which is simple and yet difficult. So, will a sponsor complicate or simplify your program?

Let's take it one step at a time. Who picks the sponsor and how is the relationship developed?

First, you do the selecting of a sponsor based on several important points: You may be concerned about age, type of gambling he or she did, how much clean-time he or she has, and perhaps most important, that you can communicate with them.

Sponsors fall into two groups – nice members and the other kind. Both can do the job, each in their own way. Your option is to select someone in whom you have trust, as you will be confiding to him or her matters which you may not wish to disclose in therapy. To your sponsor you will bring all problems – large or small, to the best of your ability. It is advisable, whenever possible, that the sponsor and the sponsored be the same gender.

He or she won't give you answers, but offer you alternative thoughts or options which will enable you to make good decisions.

What if the person you select as your sponsor turns you down? This could happen if they are sponsoring a number of new people at the present time, felt that someone else in the program could do a better job for you or perhaps could relate to you more comfortably. If the person you ask to become your sponsor should turn down your request, it is not personal!! Just ask someone else with whom you feel you can relate.

Always remember – pick a member who can help you – not just because he or she is a nice person!!!!

GAMBLERS ANONYMOUS INTERNATIONAL SERVICE OFFICE

Dear Council Worker,

This letter is being written to you so that you may know more about Gamblers Anonymous. In the past few years, an insidious type of compulsion has come to the attention of the public – compulsive gambling. Statistics show that there are more than 8,000,000 problem gamblers in this country, and with most areas now offering attractions such as major race track facilities, gambling casinos, bingo and card rooms, and lotteries, the problem is growing at an alarming rate.

In 1957 Gamblers Anonymous was started to help the compulsive gambler. Today, G.A. has chapters throughout the world.

As Gamblers Anonymous is structured in the same manner as Alcoholics Anonymous, it has become recognized by the judiciary, behavior specialists, the medical profession and the general public, as well as the “court of last resort” for the compulsive gambler – just as A.A. is recognized as such for the alcoholic.

Membership in Gamblers Anonymous is open to everyone. There are no dues or initiation fees. We are entirely self-supporting. The only requisite for membership is the desire to stop gambling.

Just as the alcoholic craves liquor, the compulsive gambler needs money. This constant need for funds usually leads him/her to the courts, either in domestic relations or on the criminal side. Since Gamblers Anonymous has been in existence, we have saved many thousands of compulsive gamblers from divorce, prison, or worse. People are referred to us by doctors, religious groups, counselors, mental hospitals, and countless other areas.

We do not crusade against gambling as such. Our purpose is to offer a fellowship of strength for those who wish to stop throwing away their self respect and their very lives through compulsive gambling.

Gamblers Anonymous has speakers available worldwide to explain its principles. We sincerely ask for the opportunity to introduce these principles to you and your group through these speakers. After so doing, we are certain that you, in turn, will want to introduce our fellowship to those with whom you come in contact, either through your profession, or to help someone you may know who needs this assistance themselves. We ask only the opportunity to carry our message to those who still suffer from this debilitating compulsion.

Thank you for caring and for your support. We look forward to hearing from you if you have any questions about Gamblers Anonymous and/or wish further information. And if a compulsive gambler should come before you seeking help, you will know that you can refer them to us so that we might help start them on the road to recovery.

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E-mail: isomain@gamblersanonymous.org

GAMBLERS ANONYMOUS INTERNATIONAL SERVICE OFFICE

Dear Doctor,

This letter is being written to you so that you may know more about Gamblers Anonymous. In the past few years, an insidious type of compulsion has come to the attention of the public – compulsive gambling. Statistics show that there are more than 8,000,000 problem gamblers in this country, and with most areas now offering attractions such as major race track facilities, gambling casinos, bingo and card rooms, and lotteries, the problem is growing at an alarming rate.

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MAINTAINING ABSTINENCE FROM GAMBLING

Some suggestions for Recovery in the Gamblers Anonymous Program

1. Gamblers Anonymous comes first. Nothing in this world is more important to the recovering compulsive gambler than Gamblers Anonymous meetings. A life may depend upon adherence to this principle precept.
2. Attend Gamblers Anonymous meetings for yourself. The Gamblers Anonymous program is for the compulsive gambler who wants to live a better life without gambling. Please yourself first!
3. Frequent contact (by phone) and between members is vital in order to maintain strength between or to gain strength during the “rough” times in our lives.
4. Meeting other compulsive gamblers from other groups and areas will serve to remind each of us that there are others just like ourselves who really do understand and can help.
5. The desire to become a better person, without gambling, is absolutely necessary in order to begin a long-lasting recovery program.
6. Doing something about our everyday problems and character defects is a sure way to maintain an effective, long-lasting recovery. Remember – talk is cheap, and words do not take action.
7. The Gamblers Anonymous program will work for those who can admit and accept their problem on a daily basis.
8. Give therapy at all Gamblers Anonymous meetings for your own sake as well as for others who may want to draw strength from you. Therapy is our medicine – give and take medicine.
9. Stop thinking about gambling. Give yourself a decent break!!!

TWENTY SURVIVAL QUESTIONS FOR GAMBLERS ANONYMOUS MEMBERS

If you cannot answer yes to at least seven of these questions, you may not be putting enough in the Gamblers Anonymous program to assure survival. It must be remembered we are battling a baffling and insidious illness and we must be ever vigilant.

DO YOU:

1. Attend meetings regularly at least once a week?
2. Continue to identify yourself regularly by sharing your experiences, strength and hopes?
3. Make 12 step calls?
4. Sponsor members?
5. Regularly use the telephone list?
6. Share your knowledge and experiences with other members at all times?
7. Participate in Pressure Group meetings?
8. Maintain regular personal and social contact with other Gamblers Anonymous members?
9. Lend your assistance in planning, attending and supporting Gamblers Anonymous functions – groups, intergroups, open meetings, banquets, conferences, picnics, ISO, answering service, etc?
10. Regularly support your Gamblers Anonymous group, ISO, regional office, intergroups and other G.A. functions, with your contributions?
11. Continue to try and maintain the “how”, “honesty”, “open mindedness” and “willingness”?
12. Continue to try to live life One Day At A Time?
13. Continue to take personal inventory and when wrong, promptly admit it?
14. Continue to remove your defects and shortcomings through working the 12 Steps of Recovery?
15. Place principles before personalities?
16. Continue to seek the help of a power greater than yourself in trying to maintain a normal way of thinking and living?
17. Continue to be aware that your gambling compulsion is only “arrested” not “cured”?
18. Continue not to tempt or test yourself by not associating with people who gamble, and not going in or near gambling establishments and by looking for the action feeling (tingle) in your daily life?
19. Personally participate in public relations for Gamblers Anonymous through radio, T.V., newspapers and speaking engagements?
20. Continue to apply the Gamblers Anonymous principles in all your affairs and carry the Gamblers Anonymous message to the compulsive gambler who still suffers?

GAMBLERS ANONYMOUS INTERNATIONAL SERVICE OFFICE

Dear Judge,

This letter is being written to you so that you may know more about Gamblers Anonymous. In the past few years, an insidious type of compulsion has come to the attention of the public – compulsive gambling. Statistics show that there are more than 8,000,000 problem gamblers in this country, and with most areas now offering attractions such as major race track facilities, gambling casinos, bingo and card rooms, and lotteries, the problem is growing at an alarming rate.

In 1957 Gamblers Anonymous was started to help the compulsive gambler. Today, G.A. has chapters throughout the world.

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Membership in Gamblers Anonymous is open to everyone. There are no dues or initiation fees. We are entirely self-supporting. The only requisite for membership is the desire to stop gambling.

Just as the alcoholic craves liquor, the compulsive gambler needs money. This constant need for funds usually leads him/her to the courts, either in domestic relations or on the criminal side. Since Gamblers Anonymous has been in existence, we have saved many thousands of compulsive gamblers from divorce, prison, or worse. People are referred to us by doctors, religious groups, counselors, mental hospitals, and countless other areas.

We do not crusade against gambling as such. Our purpose is to offer a fellowship of strength for those who wish to stop throwing away their self respect and their very lives through compulsive gambling.

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Thank you for caring and for your support. We look forward to hearing from you if you have any questions about Gamblers Anonymous and/or wish further information. And if a compulsive gambler should come before you seeking help, you will know that you can refer them to us so that we might help start them on the road to recovery.

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GAMBLERS ANONYMOUS INTERNATIONAL SERVICE OFFICE

Dear Clergyman,

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Just as the alcoholic craves liquor, the compulsive gambler needs money. This constant need for funds usually leads him/her to the courts, either in domestic relations or on the criminal side. Since Gamblers Anonymous has been in existence, we have saved many thousands of compulsive gamblers from divorce, prison, or worse. People are referred to us by doctors, religious groups, counselors, mental hospitals, and countless other areas.

We do not crusade against gambling as such. Our purpose is to offer a fellowship of strength for those who wish to stop throwing away their self respect and their very lives through compulsive gambling.

Gamblers Anonymous has speakers available worldwide to explain its principles. We sincerely ask for the opportunity to introduce these principles to you and your group through these speakers. After so doing, we are certain that you, in turn, will want to introduce our fellowship to those with whom you come in contact, either through your profession, or to help someone you may know who needs this assistance themselves. We ask only the opportunity to carry our message to those who still suffer from this debilitating compulsion.

Thank you for caring and for your support. We look forward to hearing from you if you have any questions about Gamblers Anonymous and/or wish further information. And if a compulsive gambler should come before you seeking help, you will know that you can refer them to us so that we might help start them on the road to recovery.

CALL OR WRITE;

GAMBLERS ANONYMOUS, 1306 Monte Vista Avenue #5, Upland, CA 91786

Phone: 909-931-9056 • Fax: 909-931-9059

Website: www.gamblersanonymous.org

E-mail: isomain@gamblersanonymous.org

GAMBLERS ANONYMOUS THE 12th STEP CALL

A 12th Step call is a kind of giving that demands nothing in return. A fellow sufferer is asked to pay nothing nor to subscribe to any particular point of view. All we expect is that we be given the privilege of sharing our experience, strength and hope with them.

A 12th Step call is an art. After much experimentation, we have learned to follow a pattern that includes several “do’s and don’t’s”. Each G.A. member is free to make a 12th Step call in any manner he or she chooses, but we have found the following ideas to be useful:

1. 12th Step calls ought to be made only to people who want to stop gambling – not on those who should. We have had virtually no success in attempting to help a person contacted at the insistence of a wife, friend or relative.
2. See your person personally. It is generally not very effective to try to explain the G.A. program over the telephone. We have found it best to set up an appointment by phone, saving our message for the face-to-face meeting. There are times when a cautious gambler is not interested in anything other than a phone call. In this event, we can sometimes interest our prospect in joining us at a G.A. group meeting.
3. Experience has shown that we ought to avoid trying to convince the new person that they are a compulsive gambler.
4. Encourage the new person to talk about themselves. At first, most of us are so eager to be sure our new person hears our whole story about the wonderful life we have found, that we tend to “oversell”. We seem to be more convincing if we maintain a bit of reserve – and to listen!
5. Keep it simple. Don’t try to cover everything. Remember, you are dealing with a dangerously sick person. They need to know only one thing for a starter: “We used to gamble – but we don’t anymore”.
6. Give understanding, not advice. Keep in mind that we are simple compulsive gamblers who have found a way to stop. We are not counselors or experts on anything other than problem gambling.
7. At the first discussion, try to see your prospect alone. They might “open up” more readily this way. Let them know you are not a “do-gooder” or a “reformer”. Tell them a little about your gambling, then encourage them to tell something of their own story. If they seem reluctant, ask them a few friendly questions about impersonal matters. This will usually break the ice and also let them know you are interested in them.
8. Try to get your prospect to a G.A. meeting as soon as possible. The private talk is only a beginning ... it cannot take the place of a meeting. If you cannot continue as sponsor of a new person, please turn them over to a member who can help them through the first few weeks!
9. “Should you help the new person financially?” Based on considerable experience, our answer is an emphatic no! This is primarily a self-help program. We have found that, when we make personal loans to people, we do not perform a service, but rather do the person a great disservice.

90 DAY PLATEAU

CONGRATULATIONS!!

You have completed three months in the Gamblers Anonymous program and have received some of the benefits of gamblers and the Gamblers Anonymous way of life. Now you can give yourself to Gamblers Anonymous.

An important part of our program is sharing with others that which we have received. Gamblers Anonymous primary purpose is to carry our message to the compulsive gambler who still suffers.

You have shown through three months of abstinence from gambling and regular attendance at meetings that you have a desire to stop gambling. This is most important. After three months you have an idea of how our program works. Now is the time to turn that knowledge you have acquired into helping our Fellowship.

Gamblers Anonymous needs your participation. The steps in making a successful group are many and we in Gamblers Anonymous need your involvement. The following is a list of ways in which you may involve yourself in Gamblers Anonymous, thereby helping yourself, your group and other compulsive gamblers.

MEETING CHAIRMAN

You are now, or soon will be, eligible to Chair a Gamblers Anonymous meeting. This is accepted as an honor and privilege. If you wish to Chair a meeting and have not yet been called to do so, mention this to your Group Secretary.

TWELVE STEP CALLS

This is one of the most rewarding experiences in Gamblers Anonymous. Talking to or meeting with the compulsive gambler and spouse after contact is first made with Gamblers Anonymous and giving them the understanding that only a compulsive gambler can give, encouraging them to try and getting them to attend the next physical Gamblers Anonymous and Gam-Anon meeting.

SPONSORSHIP AND RETENTION

This part of the program is just a continuation of what you have been doing or should have been doing; taking the initiative and calling the new member. You may be asked to sponsor an individual, who will become your responsibility. Some of the responsibilities of sponsorship are: telephoning between meetings, attending additional meetings together, answering the many questions about the program, sitting in on the Pressure Relief Group Meeting, and generally giving them much encouragement and hope. If you would like to sponsor a member, contact the Sponsorship Chairman or your Group Secretary, and find out when you are eligible to participate in any of the various committees that are involved in this area.

PRESSURE RELIEF GROUP MEETINGS

When we enter Gamblers Anonymous with financial, marital, legal or employment problems, a Pressure Relief Group Meeting is most essential and helpful. It takes concerned and active members of Gamblers Anonymous to suggest solutions to the Pressure Relief Group Committee. Contact the Pressure Relief Group Chairman or your Group Secretary and they will explain in detail how you can assist in this most vital area.

AND – ONCE AGAIN – CONGRATULATIONS!!

RESPONSIBILITIES OF INTERNATIONAL TRUSTEES OF GAMBLERS ANONYMOUS

1. Attend all physical Board of Trustees meetings and answer all mail and quick response board meetings.
2. Be a living example of the precepts of Gamblers Anonymous and personally work the steps of Recovery and Unity.
3. Uphold the Guidance Code and all decisions made by the Board of Trustees (not fulfilling this affects G.A. as a whole).
4. Attend as many of the various group meetings within your area as possible. Where physical attendance is not possible, keep in regular communication through the mail and/or telephone.
5. Be available to all members and groups in your Trustee area for advice and guidance. Work with the trusted servants of groups to correct the issues that do not conform with the Guidance Code and all decisions of the Board of Trustees (not fulfilling this affects G.A. as a whole).
6. Attend Gamblers Anonymous functions such as open meetings, mini-conferences, dinner dances, picnics, etc.
7. Offer assistance to any group that has a problem.
8. Serve actively on committees of the Board of Trustees.
9. Be a Lifeline and encourage group and membership to support the International Service Office through Lifelines and Group Contributions.
10. Regularly attend Gamblers Anonymous meetings, at least thirty-nine Gamblers Anonymous meetings a year.
11. Make area groups aware of and encourage use of tools of Gamblers Anonymous such as Pressure Group Pamphlets, Group Handbook, Sponsorship Pamphlets, Big Book, Public Relations Material, Ninety Day Plateau, New Member Letter, etc.
12. Attend Regional or Intergroup meetings if they exist in your area.
13. Actively participate in communicating with the Board of Trustees, individual members, group, Intergroup, to obtain agenda items for the Board of Trustees.
14. A Trustee should offer assistance to any members starting a new G.A. group.
15. A Trustee should regularly write his/her area happenings and any other thoughts to the bulletin.
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16. Uphold the Board of Trustees responsibility to the Literature Committee and its approved guidelines by:
 - a) being completely familiar, prior to the B.O.T. meetings, with the content of all literature submitted to the B.O.T. for approval;
 - b) Making suggestions to the Literature Committee for improvement of said literature, if approved by B.O.T., within 30 days subsequent to Board of Trustees meetings. (Note: Literature proposals from a committee, once passed, are excluded from B.O.T. suggestions.)
17. Bring all upcoming agenda items to the attention of all groups in your area prior to all B.O.T. meetings for input that will guide all the Trustees from your area at all B.O.T. meetings.