



**BULLETIN**

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**February 2026**

**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 JANUARY 17, 2026**

**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., Bob W., Joe C., Ara H., James C., and Israel A., Office Manager.

Present by Zoom: Jackie C., Jo Jo B., Richard C., KC B., International Executive Secretary and Pete K., Chair, Board of Trustees. (Pete arrived at 9:35 A.M.)

Present by Telephone: Ted S. (arrived at 9:35 A.M.)

**A. Minutes for December 20, 2025.**

A motion was made to approve the December 20, 2025, minutes as written.

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

**B. Operating Statement for December 2025.**

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

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

**OLD BUSINESS**

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

- **NEW LIFELINERS – 4**

**CA – 2      IL – 1      WV – 1**

- **CANS – 0**

- **GROUP INFORMATION REQUEST FORMS RECEIVED - 0**
- **GROUP INFORMATION REQUEST FORMS RECEIVED PRIOR TO SENDING STARTER KITS – 3**
- **Three Starter Kits was sent out as follows after receiving the Group Information Request Forms for the month of September:**
  - Scottsdale, AZ (2)      Manhattan Beach, CA**
- **Prison Starter Kits Sent: 0**
- **Venmo and Zelle donations totaled \$3,743.20: Lifeliners (43) \$1,860.70, ISO Cans (7) \$369.00, Groups (25) \$1,202.50, 1x Donations (5) \$286.00, Gratitude Week (1) \$25.00.**
- **Gratitude Donations for December: \$609.92 Year to Date (July 2025 – January 2026): \$15,912.68**

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

- Completed December bulletin. Working on January bulletin. Minutes from last Trustee meeting have been sent to formatter, so they can be done before getting the full bulletin.
- On-going projects include writing SOP on duties and obtaining digital copies of all literature.
- Sent minutes to Trustee website admin, so they can be added to the website and sent to the BOR and BOT chairs.
- Preparing for Houston trustee meeting. Preparing meeting material in the next month or two, Hotel booked, presently watching airfare prices.

**C. Co-Chair of the Board of Trustee Report – Pete K.**

- Pete will be sending out Trustee Allotments for the upcoming election.

**NEW BUSINESS**

- A. Discussed Citi Bank CD that is maturing in January 2026.**
- B. Motion to move \$20,000 from Bank of America flexible CD into checking account.**

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

- C. Discussed US Bank CD that is maturing in February 2026**

Discussion only.

**Number of people who called in to listen to the meeting: none.**

**Collected: \$25.00**

**The meeting ended with the Serenity Prayer at 9:55 AM.**

**The next meeting will be February 21st 2026.**

**Respectfully submitted by Richard C., Secretary**

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**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](mailto:ms.pimalo@gmail.com). She will reply by email or phone if you provide your number.

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**UNITY PROGRAM**

Did you know that the I.S.O. sells a booklet on how to study the Unity Steps? We do! It’s called “Gamblers Anonymous Group Study Book on the Unity Steps.” Each month of 2026, I’ll discuss the Unity Program and the corresponding step with each month.

As I entered my first meeting on July 30, 2001, at the Unity Club in Las Vegas, my brain was focused on one thing – to stop gambling. It’s all I cared about for the first few months I was attending meetings. I had no idea what the Unity Program was or why it existed.

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

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

I knew that whether I relapsed or not, the Group would still be there when I came back. So, when I’d see a person had relapsed, I’d welcome them back to the Group and continue forward.

***Step 2 – Our leaders are but trusted servants; they do not govern.***

Our red book, A New Beginning starts discussion of our Unity Program in Chapter 5 and says,

“Gamblers Anonymous relies primarily on group conscience to keep functioning. Leaders within the Fellowship are entrusted to carry out the will and conscience of the Group. They have assigned responsibilities, but they act only within the authority granted to them by the group to serve the group.

We shall be held responsible if we elect irresponsible Trusted Servants who cannot serve the group in the manner determined by the “Ultimate Authority” which is the spiritual concept of “Group Conscience.” They are not elected to command, order, demand, change, alter, but simply to serve and express the opinions determined by the group through a conscious consideration of opinions expressed by all members of that group. Trusted Servants in each group are rotated, so that each of us may be reminded and remember that we serve for the good of all, without authority over anyone.

Ego and pride tend to become lost if one listens to the Group conscience. Acceptance is the spirit and trait which can carry one through.”

*a. Define/discuss the following words or phrases: “Our leaders,” “trusted servants”, “they do not govern.”*

- b. *Does length of time in the program qualify you to be a Trusted Servant? Discuss your perception differences (if any) on “old-timers”, someone in the program less than one year, and those in between as it relates to this Unity Step.*
- c. *Does being a trusted servant give them more power than all other members?*
- d. *What leadership qualities are needed to be a trusted servant?*
- e. *Are we governed by any of our elected leaders? Why or why not?*
- f. *Where does Gamblers Anonymous get its direction? Who runs it?*
- g. *Does Gamblers Anonymous have leaders? Who are they?*
- h. *How is rotation of trusted servants important to Unity Step 2?*
- i. *Do I criticize, or do I trust and support, my group secretary, treasurer, Gamblers Anonymous intergroup, ISO, office workers, and the Board of Regents? What about newcomers? Old-timers?*
- j. *What are my goals for doing service work for GA?*
- k. *When there is a group conscience discussion, am I listening with an open mind or am I focusing on promotion my own ideas and opinions?*
- l. *Do I take part in decision making or do I sit on the sidelines and complain about the outcome?*
- m. *How do our group decisions affect the Fellowship as a whole?*
- n. *How does group conscience affect this Unity Step?*
- o. *How does being a trusted servant relate to my recovery?*
- p. *Elaborate on the following principles as they relate to Unity Step 2: surrender, humility, open-mindedness, integrity, willingness, service.*

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

As the February bulletin nears completion, 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.

As we study Unity Step 2, have you ever studied the Unity Steps in detail? What did you learn?

In the December bulletin, there was someone listed as having 51 years under the Anniversary section. This was an error on the part of the member and the anniversary list coordinator in that area. This person confused the dates and gave her date of birth and not her date of abstinence. Thank you to all the members who reached out to clarify whether it was accurate or not!

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.

I hope you all had a wonderful holiday season. Happy New Year! Here's hoping 2026 sends us in the direction we need to go and we all stay mindful of where that is.

Yours in recovery and gratitude, KC B.

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

**Instructions for Kindle purchase:**

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

1. To create an Amazon account, log on to Amazon.com and follow instructions.
2. Download a Kindle app for iPhone, Android, iPad, tablet, PC or Mac computer.
3. Log on to Amazon.com

A) Scroll down and tap or 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.

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## **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 January donation from the Wednesday Night NE Philadelphia Group.

Thanks for all the good work you do.

In Unity, Scott S., Philadelphia, Pennsylvania

Dear I.S.O.,

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I hope all is well with everyone at the International Service Office.

Have a happy, healthy, and safe New Year.

Frank M., Daytona Beach, Florida

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Dear I.S.O.,

May the New Year bring peace, health, love, and serenity.

Thanks for all you do.

Anonymous, Oregon

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Dear I.S.O.,

Keep up the great work.

Art G., Tampa, Florida

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Dear I.S.O.,

In October 2025, Area 16A lost a long time member, Paul D., who had 20 years clean in the program.

In his memory, our intergroup is donating to the I.S.O., to remember the years of recovery and strength he brought to our area.

Sincerely, Western New York Intergroup

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Dear I.S.O.,

Thank you for all you do for Gamblers Anonymous.

Going forward, we intend to make monthly donations for as long as we can.

Best, Ray V., Eastside Chapter

Dear I.S.O.,

Enclosed is a donation from the Tuesday Night Northampton, MA meeting.

Thanks for all you do.

Sincerely, Pat P., Northampton, Massachusetts

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Dear I.S.O.,

Enclosed is a donation from the 9 AM meeting on Saturday in St. Louis, MO.

Thank you for all you do, Nancy M., St. Louis, Missouri

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Dear I.S.O.,

Enclosed is a personal donation to be used as necessary in maintain the viability of the fellowship and carrying the message to others who still suffer.

Blessings, Harvey B., San Jose, California

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Dear I.S.O.,

Enclosed is a donation in recognition of the importance of supporting the mission of our service office.

Thank you, Neal G. for Paul D., Plantation, Florida

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Dear I.S.O.,

Recently, Gamblers Anonymous lost a great member and leader, Sharon W. of Hillsboro, OR. For many years, her home room was Tigard Tuesday.

Sharon was the first woman to stick with G.A. in the Portland, OR and Vancouver, WA area. She was a person who led by example.

She was a friend and mentor. The last time I saw her, she was in a memory care facility. When I sat down beside her and said her name, she looked at me and said, I know you.

We spent about 20 minutes talking and laughing. Everything we talked about was G.A. or recovery related. Most of what she knew said made little sense, but she knew the verbiage.

It made me realize how powerful the program is.

After years of suffering from dementia, the one thing she still knew was the G.A. Program of Recovery.

When Sharon W. left us, she had over 36 years gambling free.

R.I.P. Sharon, we love you.

Sincerely, Anonymous, Oregon

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Dear I.S.O.,

Enclosed is a group annual donation from the Billings Pathfinders in Billings, MT.

In Unity, Carissa L., Billings, MT

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Dear I.S.O.,

Thanks for all your service to Gamblers Anonymous. We appreciate you.

Kindly, Saturday Bethlehem GA

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Dear I.S.O.,

I hope you had a nice holiday season.

Thank you for your help.

Helene M., Stevens Point, Wisconsin

Dear I.S.O.,

Happy New Year.

Thanks for all you do.

Sincerely, Connie M., Oregon

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Dear I.S.O.,

Enclosed is a donation from Trappe/Collegeville, PA Thursday Night.

Frank F., Trappe/Collegeville, Pennsylvania

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## **ANNOUNCEMENT OF UPCOMING EVENTS**

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

### **GASN & GAM-ANON 2026 MINI-CONVENTION SATURDAY APRIL 25, 2026**

**Christ the King Community Center**

**4925 S. Torrey Pines Drive, Las Vegas, NV 89118**

For more information, email [miniconvention@gasn.info](mailto:miniconvention@gasn.info)

### **A DAY OF FELLOWSHIP – 2026 SJIG GA/GAMANON MINI- CONFERENCE**

**SATURDAY, MAY 2, 2026**

**Hope Church**

**700 Cooper Road, Voorhees, NJ 08043**

For more information, email me at [IES@gamblersanonymous.org](mailto:IES@gamblersanonymous.org) and I'll email you the flier with registration information & contact information on it.

### **2026 GA SERENITY CONFERENCE**

**MAY 29 & 30, 2026**

**Bower Community Center**

**85 Boyce Street, Red Deer, Alberta Canada**

For more information, email [gaserenityconference@gmail.com](mailto:gaserenityconference@gmail.com)

# INDIVIDUAL LIFELINER DONATIONS

## JANUARY 2026

### ARIZONA

L36 Marc L.  
 L221 Janat G.  
 L287 James S.  
 L396 Pam K.  
 L546 Mo M.  
 L692 Doug G.  
 L1005 Patricia B.  
 L1008 Roxanne W.

### CALIFORNIA

L1 Bob W.  
 L4 Tom M.  
 L6 Bill/Kathy S.  
 L8 Dan B.  
 L9 Mike M.  
 L18 Chris G.  
 L19 Wendy B.  
 L21 Ed E.  
 L73 Karen H.  
 L87 Mike S.  
 L100 Mazi S.  
 L116 Rob D.  
 L117 Steve F.  
 L120 Phil C.  
 L151 Murray F.  
 L209 Jose C.  
 L219 Leonard K.  
 L273 Victor S.  
 L290 Fred S.  
 L298 Cathy F.  
 L301 Steve K.  
 L314 Alan S.  
 L367 Jerry L.  
 L384 Alvin F.  
 L390 Jack R.  
 L432 Patrick P.  
 L453 Bennett S.  
 L461 Lisa W.  
 L480 Ezra B.  
 L496 Guy H.  
 L544 Harold A.  
 L561 Pilar L.  
 L580 Curtis G.  
 L593 Grant M.

L601 David L.  
 L609 Kathie S.  
 L617 Mike Z.  
 L623 Lucille T.  
 L648 Edward K.  
 L678 Lynell B.  
 L701 David L.  
 L754 Geoff M.  
 L772 Ara H.  
 L789 John C.  
 L834 Candice B.  
 L836 Albert Y.  
 L871 Greg D.  
 L907 Joseph G.  
 L908 Jordan K.  
 L920 Jane J.  
 L965 Brandon S.  
 L1000 Willie F.  
 L1027 Jay L.  
 L1033 Jeffrey P.  
 L1040 Sharon F.  
 L1046 JoJo B.  
 L1049 Alan O.  
 L1055 Tina S. X2  
 L1061 Laurence L.

### COLORADO

L147 Lou W.  
 L957 Drew D.

### CONNECTICUT

L581 Paul S.

### FLORIDA

L2 Bill B.  
 L54 Ray T.  
 L81 Paulette T.  
 L106 Raymond H.  
 L143 Neal G.  
 L160 Jim C.  
 L205 Steve P.  
 L233 Robert M.  
 L251 Frank G.  
 L261 Stephen S.  
 L262 Arthur G.  
 L313 Herman G.  
 L351 Russell H.

**FLORIDA (cont)**

L423 Kathleen H.  
 L429 Dennis S.  
 L450 Neil S.  
 L511 Chris N.  
 L549 Patricia P.  
 L557 Denis Mc.  
 L607 Debbie M.  
 L627 Pauline F.  
 L679 David T.  
 L695 Ronald B.  
 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.  
 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.

**KENTUCKY**

L115 Laura S.  
 L195 Steve B.

**LOUISIANA**

L27 Betty S.  
 L354 Kathy S.

**MARYLAND**

L162 Jim D.  
 L997 Tijuanna T.

**MASSACHUSETTS**

L598 Vinny S.  
 L1006 Jodi P.

**MICHIGAN**

L272 Joann D.

**MINNESOTA**

L803 Renee G.

**NEVADA**

L75 KC B.  
 L317 Pat M.  
 L325 Terry D.  
 L439 Ira K.  
 L486 Zeny K.  
 L507 Mark S.  
 L596 Leslie F.  
 L599 Igor K.  
 L612 Dan Mc.  
 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 HAMPSHIRE**

L277 Roy W.

**NEW JERSEY**

L174 Mike D.  
 L183 Robin D.  
 L212 Marshall R.  
 L223 Fred D.  
 L266 Kivey G.  
 L311 Andy D.  
 L349 George L.  
 L433 Joseph F.  
 L438 Matthew C.  
 L482 Ann K.  
 L497 Dave S.  
 L699 Craig H.  
 L863 Kathleen P.  
 L985 Tristan D.  
 L1044 Ellen D.

**NEW MEXICO**

L662 Joel K.  
L906 Mary F.

**NEW YORK**

L303 Alan J.  
L449 Stanley C.  
L852 Norberto B.  
L882 Joe B.  
L887 Pierre J.  
L1035 Mike S. X5  
L1036 Rob S.  
L1047 Joe P.

**OHIO**

L948 Edward G.  
L986 Anthony K.

**OKLAHOMA**

L543 James G. X2

**OREGON**

L584 Anonymous

L881 Pam B.

**PENNSYLVANIA**

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

**SOUTH DAKOTA**

L641 Dale A.

**TEXAS**

L712 Debra D.

**WASHINGTON**

L425 Terry D.  
L659 Connie M.

**WISCONSIN**

L443 Constance T.  
L988 Jeff R.

**AUSTRALIA**

L1048 Matt P.

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**INDIVIDUAL LIFELINER DONATIONS  
JANUARY 2026**

ARIZONA (8)	158.00	NEVADA (17)	950.00
CALIFORNIA (59)	4,057.00	NEW HAMPSHIRE (1)	75.00
COLORADO (2)	607.00	NEW JERSEY (15)	369.00
CONNECTICUT (1)	20.00	NEW MEXICO (2)	35.00
FLORIDA (36)	1,783.00	NEW YORK (8)	322.70
GEORGIA (1)	80.00	OHIO (2)	70.00
HAWAII (2)	130.00	OKLAHOMA (1)	30.00
ILLINOIS (8)	108.00	OREGON (2)	70.00
INDIANA (1)	15.00	PENNSYLVANIA (5)	120.00
KENTUCKY (2)	60.00	SOUTH DAKOTA (1)	20.00
LOUISIANA (2)	20.00	TEXAS (1)	600.00
MARYLAND (2)	25.00	WASHINGTON (2)	30.00
MASSACHUSETTS (2)	41.00	WISCONSIN (2)	35.00
MICHIGAN (1)	5.00	AUSTRALIA (1)	10.00
MINNESOTA (1)	10.00	<b>TOTAL (188)</b>	<b>\$9,855.70</b>

## ANNIVERSARIES

48 YEARS	FRED M.	2/3	Kissena, NY
45 YEARS	MURRAY G.	2/10	Ardsley, NY
44 YEARS	RAY H.	2/26	Boca Raton, FL
	MIKE M.	2/28	LA/Hollywood, CA
40 YEARS	STEVE L.	12/10	Davis, CA
39 YEARS	AL S.	2/3	Douglaston, NY
38 YEARS	GLENN D.	2/6	Santa Monica, CA
35 YEARS	ANDY S.	2/17	Ardsley, NY
28 YEARS	FRANKIE M.	2/1	St. Finbars, NY
	FRANK M.	2/9	Staten Island, NY
27 YEARS	RON L.	12/1	Redding, CA
	MIKE A.	2/28	Boca Raton, FL
25 YEARS	BOB R.	2/9	Belmont, MA
24 YEARS	JIM M.	2/4	Canton, MA
	MATT P.	2/16	Brisbane, QLD
23 YEARS	RICK I.	2/24	Voorhees, NJ
22 YEARS	KEVIN	2/28	Red Deer, ALB
21 YEARS	AMBROSE A.	2/11	Holbrook, MA
	WILL S.	2/17	Kissena, NY
	TRUDE W.	2/22	Murrieta/Temecula, CA
20 YEARS	RICK K.	2/6	Worcester, MA
	FRED S.	2/7	Riverside, CA
	PHIL S.	2/25	East 89th Street, NY
19 YEARS	RUSSELL R.	2/1	Ocean Parkway, NY
	JIM S.	2/5	Calgary, ALB
	CHARLOTTE F.	2/9	Calgary, ALB
	JOHN T.	2/24	Sierra Madre, CA
18 YEARS	JANET S.	12/20	Roseville, CA
	DONNA M.	1/19	White Rock, BC
	MAGGIE C.	2/2	Rancho Bernardo, CA
	TRACEY C.	2/3	Voorhees, NJ
	SHARON E.	2/23	Mt. Soledad, CA
17 YEARS	JOLENE S.	12/11	Oroville, CA
	PHIL L.	1/16	Sacramento, CA
	DAVID L.	1/29	Sacramento, CA
	PAT H.	2/2	Staten Island, NY
	DEBBIE R.	2/11	Worcester, MA
	RUSS R.	2/13	Worcester, MA
	BUTCH G.	2/22	Oceanside, CA
16 YEARS	JANE L.	2/15	Murrieta/Temecula, CA
	ELI D.	2/18	Bensonhurst Recovery, NY
	ANDY R.	2/20	Dover, NH
15 YEARS	KARL P.	12/24	York, ME
	FRANK S.	2/1	West Hollywood, CA
	PAUL S.	2/7	Canton, MA
	JANICE T.	2/13	Katonah, NY
14 YEARS	RUDY	12/1	Langley, BC
	PAUL C.	12/22	Sacramento, CA
	JASON O.	1/9	Vancouver, BC
	MIKE R.	2/1	Rancho Bernardo, CA
	STEVE C.	2/11	Staten Island, NY
	KEVIN M.	2/12	Scripps Ranch, CA
	CIRO L.	2/19	Forest Hills, NY

13 YEARS	DAVID R.	2/1	Encinitas, CA
	JAMES	2/8	Calgary, ALB
	MAURICE L.	2/15	Encinitas, CA
12 YEARS	KATIE F.	12/8	Parksville, BC
	NIALL F.	1/4	Vancouver, BC
	JIMMY D.	2/9	Mt. Soledad, CA
11 YEARS	DOMINICK S.	2/10	Voorhees, NJ
	MARY ANN L.	2/2	Ardslay, NY
	BETH E.	2/4	Encinitas, CA
10 YEARS	JON D.	2/8	Dayton, OH
	RITA S.	2/24	Voorhees, NJ
	KELLY M.	1/12	Charleston, WV
9 YEARS	ROBERT B.	2/16	Lafayette, LA
	JIM L.	1/3	Vancouver, BC
	TOM C.	2/9	Holbrook, MA
8 YEARS	MARK H.	2/10	Boca Raton, FL
	CARMEN A.	2/15	San Diego, CA
	CLAIRE D.	2/26	San Diego, CA
7 YEARS	DAVID N.	2/6	Boca Raton, FL
	ANGELA J.	2/17	Murrieta/Temecula, CA
	PJ	2/20	48th Street Group, NY
6 YEARS	JIMMY E.	2/26	Forest Hills, NY
	BRYAN M.	2/27	Katonah, NY
	RAUL G.	2/27	Santa Monica, CA
5 YEARS	DONNA M.	1/3	Taunton, MA
	TEODORA G.	2/12	San Diego, CA
	DAVID M.	2/15	Santa Monica, CA
4 YEARS	KEN	2/19	Calgary, ALB
	GENEVIEVE G.	2/21	Santee, CA
	DAVID L.	2/28	LA/Hollywood, CA
3 YEARS	GEORGE M.	2/28	LA/Hollywood, CA
	ROBERTO P.	2/28	Griffith Park, CA
	CURTIS D.	12/11	Cameron Park, CA
2 YEARS	DONNA M.	1/3	Taunton, MA
	LUCY T.	2/7	Riverside, CA
	SHAUNA H.	2/9	Santee, CA
1 YEAR	IVAN S.	2/11	East 89th Street, NY
	STEVE S.	2/23	Canton, MA
	TONY O.	2/24	Sierra Madre, CA
6 MONTHS	SCENE M.	2/28	Dallas, TX
	RAY L.	2/3	White Plains Beginners, NY
	MIKE S.	2/5	Forest Hills, NY
3 MONTHS	BETTINA L.	2/12	Congers, NY
	RICHARD Z.	2/26	Rancho Bernardo, CA
	TRAVIS K.	12/13	Auburn, CA
2 MONTHS	RUFUS C.	12/17	Sacramento, CA
	JOE S.	1/1	Plainville, MA
	MELANIE M.	1/12	Surrey, BC
1 MONTH	PAUL H.	1/24	Lincoln, CA
	RON W.	2/1	Fort Worth, TX
	EDDIE C.	2/2	White Plains, NY
2 WEEKS	CAL M.	2/3	Pomona, NY
	JOE P.	2/6	Forest Hills, NY
	SKYLAR	2/6	Calgary, ALB
1 WEEK	ERIC S.	2/8	St. Finbars, NY
	LIZA A.	2/12	Murrieta/Temecula, CA
	LINDA O.	2/19	La Mesa, CA

<b>3 YEARS (cont)</b> .....	ANTHONY F.	2/23	Staten Island, NY	
	STEVE H.	2/25	Natick, MA	
	RYAN S. (2)	2/26	Oceanside, CA	
<b>2 YEARS</b> .....	KENNY C.	12/3	Surrey, BC	
	GUS E.	12/10	Sacramento, CA	
	DENNIS M.	1/1	Taunton, MA	
	KIERSTEN M.	1/1	Chico, CA	
	RYAN B.	1/5	Newton, MA	
	ROBIN H.	1/9	Sacramento, CA	
	DONNA J.	1/16	Oroville, CA	
	WAYNE E.	1/19	Surrey, BC	
	VIC M.	1/22	Folsom, CA	
	WILL W.	1/24	Sacramento, CA	
	DAN S.	2/2	Boca Raton, FL	
	CURTIS	2/3	Calgary, ALB	
	MAX P.	2/4	East 89th Street, NY	
	MATTHEW K.	2/9	Ardsley, NY	
	AARON R.	2/10	Burbank, CA	
	AUSTIN M.	2/10	White Plains Beginners, NY	
	PAUL	2/10	Calgary, ALB	
	DEREK B.	2/12	Santee, CA	
	SHAWN C.	2/15	Canton, MA	
	ALAN M.	2/16	Staten Island, NY	
	PETER C.	2/16	Howard Beach, NY	
	MARY	2/17	Calgary, ALB	
	JOSE G.	2/18	East 89th Street, NY	
	ADAM D.	2/21	Canton, MA	
	RICK R.	2/22	Settlement House/SFX, NY	
	RAY S.	2/23	Poughkeepsie, NY	
	SAM C.	2/27	Forest Hills, NY	
	<b>1 YEAR</b> .....	TONY G.	1/2	Sacramento, CA
		JILL P.	1/9	Elk Grove, CA
		KEITH C.	1/13	Elk Grove, CA
		ANNA D.	1/28	Sacramento, CA
		DENISE F.	2/1	Santee, CA
		JOEY B.	2/3	Culver City, CA
		JOHN C.	2/3	Westlake Village, CA
		JOHN C.	2/3	North Andover, MA
		JAMES F.	2/4	Staten Island, NY
JOHN C.		2/5	White Plains, NY	
JEREMY S.		2/6	48th Street Group, NY	
ADAM M.		2/7	Plainville, MA	
JOE L.		2/7	Canton, MA	
SHANE M.		2/7	Griffith Park, CA	
JOSEPHINE J.		2/8	Settlement House/SFX, NY	
ZACH W.		2/9	Newton, MA	
CHRISTIAN		2/10	Worcester, MA	
GREG T.		2/12	White Plains, NY	
BRAD S.		2/14	Encinitas, CA	
BRETT C.		2/15	Santa Monica, CA	
DMITRY S.		2/15	LA/Hollywood, CA	
YOLANDA J.		2/15	Ocean Parkway, NY	
JOE C.		2/21	Staten Island, NY	
ADRIENNE D.		2/22	Santee, CA	
ROBYN C.		2/22	Ocean Parkway, NY	
CHRIS A.		2/25	Gardena, CA	
ELIJAH A.		2/27	Santa Monica, CA	

## I.S.O. CAN CONTRIBUTIONS JANUARY 2026

### CALIFORNIA

C49	Orange County Intergroup	153.65	C765	Fair Oaks Thursday AM	23.00
C77	San Diego Intergroup	235.00	C970	Folsom Monday	52.50
C184	Sacramento Tuesday AM	88.00	C1050	Yuba City Tuesday	50.00
C185	Sacramento Thursday	14.00	C1105	Sacramento Stop & Grow Saturday AM	65.00
C187	Sacramento/Fair Oaks Saturday PM	37.00	C1442	Burbank Tuesday AM	19.00
C188	Sacramento Tuesday PM	100.72	C1694	Auburn Wednesday	19.00
C194	Orangevale Friday PM	71.00			

### CONNECTICUT

C415	West Hartford Monday	50.00			
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### FLORIDA

C251	Clearwater/Windmoor Thursday	25.00	C1059	Windmoor/Clearwater Saturday	51.00
C262	Plantation Friday PM	12.00	C1619	Ft. Lauderdale Monday @ Sanctuary	10.00
C263	Plantation Wednesday PM	27.00			

### GEORGIA

C1539	Norcross Sunday	10.00			
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### LOUISIANA

C849	Slidell Sunday	37.00			
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### MASSACHUSETTS

C792	Halifax Thursday	46.00			
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### NEVADA

C42	G.A. Of Southern Nevada	4,811.25			
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### NEW JERSEY

C1457	Marlton Thursday	25.00			
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### OREGON

C1480	Oregon City Friday	18.75			
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### WASHINGTON

C383	Spokane Valley	10.00			
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## GROUP CONTRIBUTIONS JANUARY 2026

<b>ARIZONA</b>		<b>MASSACHUSETTS</b>	
Glendale Thursday @		Northampton Monday	50.00
Mission Bells	36.00	Northampton Tuesday PM	75.00
<b>CALIFORNIA</b>		<b>MINNESOTA</b>	
Elk Grove Village Tuesday	37.00	South Metro	20.00
L.A. Griffith Park Saturday -		<b>MISSOURI</b>	
Pride in Recovery	169.00	St. Louis Saturday Morning	100.00
L.A. Hollywood Saturday		<b>MONTANA</b>	
Zoom	31.00	Billings Pathfinders	200.00
Lakewood/Paramount		<b>MONTANA (cont)</b>	
Thursday	40.00	Billings Westend	175.00
Lincoln Wednesday	46.00	<b>NEW JERSEY</b>	
Lincoln Friday AM	10.00	Colts Neck	100.00
Lincoln Sunday	23.00	Freehold Friday	50.00
Palm Springs Sunday AM	50.00	Hasbrouck Heights Saturday	25.00
Reseda Saturday Zoom	250.00	Metuchen Tuesday	50.00
Santa Monica Friday PM	16.00	Sayrewoods	50.00
Sierra Madre Tuesday	54.00	Voorhees Tuesday Nooners	25.00
Simi Valley Thursday	46.00	<b>NEW MEXICO</b>	
Ventura Sunday Zoom	125.00	Espanola Thursday Noon	15.00
<b>COLORADO</b>		Santa Fe Monday PM	42.50
Denver Wednesday PM	60.00	<b>NEW YORK</b>	
<b>DELAWARE</b>		Ardasley Tuesday	10.00
Bethany Beach	75.00	Bellmore Monday	100.00
Wilmington Tuesday	10.00	Bronx Monday Our Savior	50.00
<b>FLORIDA</b>		East Side Chapter	450.00
Boca Raton Monday	35.00	Forest Hills Thursday	50.00
Boca Raton Monday Women		Middle Village Thursday	50.00
Helping Women Zoom	10.00	New York City Sunday AM	
Coral Springs Saturday AM	50.00	Zoom	3.00
Daytona Beach Tuesday	35.00	Oneida Sunday	50.00
Daytona Beach Thursday	35.00	Staten Island St. Patrick's	
Delray Beach Wednesday		Thursday	10.00
Crossroads	20.00	Yonkers Saturday AM	20.00
Delray Beach Saturday		<b>OHIO</b>	
Crossroads	100.00	Dayton Sunday	50.00
Fort Myers Thursday	25.00	Dublin	28.91
Lakewood Ranch Monday		Hamilton Thursday	25.00
Night	100.00	Holland Meetings	100.00
Maitland Sunday AM	50.00	<b>OKLAHOMA</b>	
Port St. Lucie Wednesday	10.00	North Oklahoma City	
Windmoor Wednesday	51.00	Monday	100.00
<b>GEORGIA</b>		<b>PENNSYLVANIA</b>	
Norcross Sunday Korean	10.00	Allentown Monday PM	450.00
<b>LOUISIANA</b>		Bethlehem Thursday	60.00
Abbeville Monday PM	50.00	Bethlehem Saturday	50.00
Baton Rouge Tuesday Night	25.00	Broomall	20.00

**PENNSYLVANIA (cont)**

Collegeville/Trappe Thursday	50.00
Fairless Hills/Langhorne Tuesday	50.00
Havertown Monday	50.00
Media Wednesday	50.00
NE Philadelphia Wednesday	25.00
NE Philadelphia Friday Nazareth	25.00
NE Philadelphia Sunday Nazareth	75.00
Roxborough Tuesday	30.00
South Philadelphia Tuesday	50.00

Auburn Friday Noon	55.00
Bellevue Saturday AM	25.00
Everett Thursday	10.00
Issaquah Wednesday	10.00
Marysville Tulalip	25.00
Mount Vernon Tuesday	25.00
Olympia Saturday PM	75.00
Richmond Beach/Shoreline	20.00
Seattle Denny Park Tuesday	10.00
Snohomish Friday PM	10.00
Tacoma Monday	25.00
Tacoma Thursday	30.00
West Seattle Thursday	20.00

**SOUTH CAROLINA**

North Myrtle Beach	50.00
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**TEXAS**

Dallas Sunday Pathways	40.00
Fort Worth Monday	50.00

**WASHINGTON**

Arlington/Smokey Point Monday PM	25.00
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**WISCONSIN**

Stevens Point Monday PM	20.00
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**AUSTRALIA**

City Sunrise Group-Brisbane	10.00
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**KOREA**

Seoul	60.00
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**GROUP CONTRIBUTIONS  
GRATITUDE WEEK  
JANUARY 2026**

**CALIFORNIA**

Sacramento Tuesday AM	43.00
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**PENNSYLVANIA**

Bethlehem Saturday	30.00
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**CANADA**

**Alberta**

Calgary Monday -Southwood	12.47
Calgary Tuesday Algamus	39.90
Calgary Tuesday McKenzie	99.50
Calgary Wednesday – Winston	66.50
Calgary Saturday Reflections	66.50

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**INTERGROUP CONTRIBUTIONS  
JANUARY 2026**

Baton Rouge	50.00
Delaware Valley	450.00
Greater Sacramento	50.00
L.A. Intergroup	150.00
Maryland	200.00
New England	33.20

Orange County	46.05
Shreveport/Bossier	23.00
South Florida	200.00
South Jersey	50.00
Upstate New York	500.00
Western Washington	20.00

**INTERGROUP CONTRIBUTION  
FROM GRATITUDE WEEK  
JANUARY 2026**

G.A. of Southern Nevada 500.00

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**NATIONAL HOTLINE DONATIONS  
JANUARY 2026**

L.A. Intergroup 30.00  
New England Intergroup 100.00  
South Florida Intergroup 20.00

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**BULLETIN SUBSCRIPTIONS  
JANUARY 2026**

Four Bulletin Subscriptions for a total of \$ 192.00

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**ONE TIME DONATIONS  
JANUARY 2026**

One-Time Donation to help online gamblers in finding the help they need.  
Anonymous, Georgia

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

One-Time Donation  
Harvey B., San Jose, California

One-Time Donation  
Paul D., Sunrise, Florida

One-Time Donation in memory of Paul D.,  
who had 20 years clean in Gamblers Anonymous.  
Western New York Intergroup

One-Time Donation in loving memory of Sharon W. of Hillsboro, OR.  
Anonymous, Oregon

One-Time Donation in memory of Heather K.  
Gamblers Anonymous of Southern Nevada

One-Time Donation  
Jeremy P., Oakland Park, Florida

One-Time Donation  
Joecelyn Muro, Azle, Texas

One-Time Donation  
Douglas C., Canton, Massachusetts

One-Time Donation from our 2025 golf outing.  
Southern Alberta Intergroup, Canada

One-Time Donation in memory of Rose O.  
Mount Vernon Tuesday, Washington

One-Time Donation  
East Side Chapter, New York

January Meeting Donation  
Board of Regents, California

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**ONE-TIME DONATIONS  
VIA VENMO/ZELLE  
JANUARY 2026**

One-Time Donation in memory of Tim S.  
Laurie S., Connecticut

One-Time Donation  
Dylan K.

One-Time Donation  
Julie A.

**GAMBLERS ANONYMOUS  
INTERNATIONAL SERVICE OFFICE  
OPERATING STATEMENT  
JANUARY 2026**

**CASH IN OPERATING ACCOUNT JANUARY 1, 2026** ..... **\$66,159.72**

**INCOME FOR JANUARY 2026**

Group Contributions .....	5,338.41
Intergroup Contributions .....	1,772.25
ISO Can Contributions .....	6,050.87
Lifeliners Contributions .....	9,855.70
Literature Shipping .....	2,375.50
Sale of Literature .....	32,495.04
Sales Tax Collected .....	337.98
National Hotline Donations .....	150.00
One-Time Donation .....	1,567.52
Interest from Checking Account .....	0.43
E-Reader .....	8.40
Pay Pal Literature Process Fees .....	1,256.91
Bulletin Subscriptions .....	192.00
Gratitude Week Donations .....	857.87

**TOTAL**..... **\$62,258.88**

**CASH AVAILABLE FOR JANUARY 2026**..... **\$128,418.60**

**EXPENSES FOR JANUARY 2026**

Rent & Cam Fees .....	4,850.88
Payroll .....	15,931.84
Payroll Taxes (Federal & State) .....	1,710.08
Payroll Processing Fee .....	352.72
Office Expenses .....	692.61
Health Insurance .....	2,788.18
Electric Bill .....	149.59
Telephone/Internet Bill .....	473.87
Gas Bill .....	67.49
ADT Alarm .....	49.72
Monthly Air Conditioning/Heater Maintenance .....	30.00
Match for Employees Simple IRA .....	399.36
Literature .....	11,945.16
Pay Pal Literature Processing Fees .....	1,256.91
Postage .....	3,000.00
Lifeline Bulletins .....	1,280.50
Visa/MC Service Fee .....	91.88
Workers Comp Insurance .....	1,159.16
Returned Check .....	20.25
Lease/Maint. Postage Meter Scale .....	35.00
Quarterly State Sales Tax .....	940.00

**TOTAL EXPENSES**..... **\$47,225.20**

**MONTHLY NET INCOME (NET LOSS)**..... **\$15,033.68**

**CASH IN OPERATING ACCOUNT AS OF JANUARY 31, 2026** .... **\$81,193.40**

**FISCAL YEAR STARTING JULY 1<sup>ST</sup> TO DATE NET INCOME  
(NET LOSS)** ..... **(\$26,856.90)**

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

## ENGLISH-BASED MEETINGS FROM THE US

Below are the details to call in for all the meetings. All US-based Telephone Conference Call meetings are based on Eastern Time Zone times.

### Day and Time

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

U.S. callers who are trying to call the U.S. numbers and have difficulty getting connected should scroll to the bottom for additional directions.

The telephone conference call platform we are using has local access telephone numbers for 74 different countries. If you are going to call from a foreign country, please use the appropriate email address to request the local calling numbers.

## ENGLISH-BASED MEETINGS FROM VANCOUVER, BRITISH COLUMBIA

There are numerous local direct dial numbers throughout Canada and the US. To get a list, use the email below.

### Day and Time

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

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

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

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

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

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

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

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

You will benefit by becoming a Lifeliner because...

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

We are self supporting through our own contributions.

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

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

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

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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!!***