



BULLETIN

March 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 FEBRUARY 21, 2026**

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

Present by Zoom: Ara H., Jackie C., Jo Jo B., Richard C., KC B., International Executive Secretary.

Present by Telephone: Ted S.

Absent: Pete K., Chairperson of Board of Trustees

A. Minutes for January 17, 2026.

A motion was made to approve the January 17, 2026 minutes as written.

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

B. Operating Statement for December 2025.

A motion was made to approve the February 2026 Operating Statement as written.

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

OLD BUSINESS

A. Office Manager Report – Israel A.

- **New Lifeliners – 1**

CA – 1

- **Cans - 0**
- **Group Information Request Forms Received - 0**
- **Group Information Request Forms Received Prior to Sending Starter Kits - 11**
- **Eleven Starter Kits was sent out as follows after receiving the Group Information Request Forms for the month of January:**

Chino Valley, AZ(2)	Scottsdale, AZ
Manhattan Beach, CA	Aurora, CO
Port St. Lucie, FL	Mt. Prospect, IL
Clarksville, IN	Bronx, NY
Cheyenne, WY	

- **Prison Starter Kits Sent: 0**
- **Venmo and Zelle donations totaled \$ \$3,267.18: Lifeliners (39) \$1,455.70, ISO Cans (6) \$215.22, Groups (22) \$1,318.00, 1x Donations (5) \$230.26, Bulletin (1) \$48.00.**

B. International Executive Secretary Report – KC B.

- Completed January bulletin. Working on February bulletin.
- On-going projects include, writing SOP on duties and obtaining digital copies of all literature.
- Preparing all materials needed for BOT meetings in Houston. Have booked hotel and airfare.

C. Chair of the Board of Trustee Report – No Report

NEW BUSINESS

- A. Discussed US Bank CD that matured on February 16, 2026.**
- B. Motion to approve advance of \$1,000.00 for I.E.S. expenses at the Trustee meeting in Houston, Texas.**

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

C. Discussed making bar pins in another medium and discontinue current Gold-plated medium for pins.

- The Jeweler who had been making the pins has passed away. His son who is not a Jeweler has been making the pins. Looking at another option that is gold looking, but not gold plated. The price of the pins from the son to ISO has increased as well.

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

D. Ted S. noted that the By-laws and the Guidance Code don't match each other in terms of the responsibilities of the International Service Office.

- It was noted that a Guidance Code item would have to be placed on the Board of Trustee Agenda.

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

Collected: \$70.00

The meeting ended with the Serenity Prayer at 10:25 A.M.

The next meeting will be March 21, 2026.

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.

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 3 – The only requirement for Gamblers Anonymous membership is a desire to stop gambling.

Regardless of who a person is, or how grave their emotional, legal, or financial complications may be, Gamblers Anonymous welcomes anyone who demonstrates a desire to stop gambling.

For membership, it is not necessary that one pay dues or sign a pledge. Those who have returned to gambling are especially encouraged to attend meetings and get help because it is the desire to stop gambling – not the abstinence – that is required for membership.

Expression a desire to stop gambling doesn't always mean that the member can overcome the strong urge to gamble, but nevertheless, it is the desire that is the requirement.

a. Define/discuss the following words or phrases: "only requirement for Gamblers Anonymous membership", "desire to stop gambling."

- b. *How can you tell whether you are a compulsive gambler?*
- c. *Does your group encourage everyone to share?*
- d. *Do we make all gamblers welcome? Does it matter how or what they gambled on?*
- e. *What are the topics compulsive gamblers have in common? What topics should be avoided?*
- f. *Who decides if “I” am a member of Gamblers Anonymous?*
- g. *Why does Gamblers Anonymous leave it to each newcomer to decide for him/herself whether he/she is a compulsive gambler and whether or not to join us?*
- h. *What happens when I place expectations on another’s chance for recovery?*
- i. *How do honesty, open-mindedness, and willingness figure into a desire to stop gambling?*
- j. *Does the group have the right to decide who can or cannot be a member?*
- k. *How is the group affected when a member continues to slip or relapse?*
- l. *Why is it important for me to continue to identify myself as a compulsive gambler?*
- m. *What does it mean to me to be a member of Gamblers Anonymous?*
- n. *There are several principles that may apply to this step. Elaborate on how each of the following applies to Unity Step 3: tolerance, unconditional love, anonymity, responsibility.*
-

From the desk of your International Executive Secretary.

As the March 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 3, have you ever studied the Unity Steps in detail? What did you learn?

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 (trusteeswebsite.com).
- Short term Group sponsorship.
- Suggestions for a Successful 90-day room.
- Suggestions for New Member Retention.

- Treasury Guideline Example.
- A Guide to Regional Service Offices.
- Intergroup Handbook.
- Public Relations flyer.
- Towards Recovery in Prison.
- Handbook for Judiciary, Lawyers, Counselors etc.
- The Stock market, Retirement accounts, and Gamblers Anonymous.
- The First 40 years.
- Let's Host a Mini-Conference pamphlet.
- Hosting an International Conference pamphlet.

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

GROUP NEWS

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

Dear I.S.O.,

It is with sadness I pass on the news of the passing of two of our Calgary GA members.

Paul, aka “the breadman”, from our Sunday night meeting passed away. He had two years of recovery. The group will miss him and his huge smile. He would pick up bread and other goodies from a local bakery after it closed for the night. On Sundays, he would bring those goodies to our meeting. Other nights, he must have given it to the homeless shelters.

Cindy S., a former Calgary Southwood member passed away last week. Cindy served as group treasurer and intergroup treasurer for a number of years. She sponsored numerous women over the years. Due to health issues, she stopped coming in about 2018. If she remained free from gambling, she would have over 25 years. She will be missed.

Sincerely, Richard C., Calgary, Alberta

Dear I.S.O.,

Thank you so much for all you do. Our GA meeting in Grand Junction, CO has grown from one to six. We are so grateful and hope the donations help.

Sincerely, Steve D., Grand Junction, Colorado

Dear I.S.O.,

Thank you for your service.

GA Metuchen Tuesday, New Jersey

Dear I.S.O.,

I hope this finds everyone well and safe.

This donation is in memory of Al M. of Rathdrum, ID who passed away. RIP my brother.

Thanks for all you do.

Anonymous, Oregon

Dear I.S.O.,

Enclosed is a donation from Baton Rouge Tuesday Night.

Kathy P., Baton Rouge, LA

Dear I.S.O.,

In memory of Isamu T., who passed away in January of 2026, two days before his 34th anniversary. Isamu was a dedicated member of Area 2. He will always be remembered for his kindness, his smile and his great hugs.

Rest in Peace, my friend. Gone but never forgotten.

Tom M., Area 2, California

Dear I.S.O.,

Back in October, we held a GA/Gam-Anon conference with the theme of “Twigs and Twine”. The idea is that when we come into the program, we are very fragile twigs, which can easily break.

However, the program (twine) wraps around us and brings us together, we regain our strength. We are stronger together and can accomplish anything.

The weekend was a success, and with the hard work of many, we were able to make a small profit. We discussed and voted as an intergroup to share this profit with the I.S.O.

Please find the enclosed donation on behalf of Area 8 from our Twigs and Twine Conference.

Thank you for your continued support. We appreciate all you do.

With gratitude, Nathan W., Rob M., Brian V., and Jimmy M., Chicago, Illinois

Dear I.S.O.,

Enclosed is a donation from the Raleigh, NC Gamblers Anonymous meeting.

Sincerely, Deborah N., Raleigh, North Carolina

Dear I.S.O.,

Enclosed is a donation from the Wendell, NC Gamblers Anonymous meeting.

Sincerely, Deborah N., Raleigh, North Carolina

Dear I.S.O.,

Enclosed is the February 2026 donation from the Wednesday Night NE Philadelphia group.

Thanks for all the good work that you do.

In Unity, Scott S., Philadelphia, Pennsylvania

Dear I.S.O.,

Thanks for all that is done by the International Service Office.

Thanks, Frank M., Daytona Beach, Florida

ANNOUNCEMENT OF UPCOMING EVENTS

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

2026 TUCSON GA/GAM-ANON MINI-CONFERENCE

SATURDAY, APRIL 11, 2026

Christ the King Episcopal Church

2800 W. Ina Rd, Tucson, AZ 85741

For more information, email me at IES@gamblersanonymous.org and I'll email you the flier for this event.

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

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 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

INDIVIDUAL LIFELINER DONATIONS

FEBRUARY 2026

ARIZONA

L36	Marc L.	L390	Jack R.
L60	Sue V.	L432	Patrick P.
L61	Ralph V.	L453	Bennett S.
L211	Jim L.	L461	Lisa W.
L221	Janat G.	L480	Ezra B.
L287	James S.	L496	Guy H.
L396	Pam K.	L561	Pilar L.
L546	Mo M.	L580	Curtis G.
L692	Doug G.	L593	Grant M.
L1005	Patricia B.	L601	David L.
L1008	Roxanne W.	L609	Kathie S.

CALIFORNIA

L1	Bob W.	L617	Mike Z.
L4	Tom M.	L623	Lucille T.
L6	Bill/ Kathy S.	L648	Ed K.
L8	Dan B.	L701	David L.
L21	Ed E.	L772	Ara H.
L31	Russell H.	L834	Candice B.
L70	Keith B.	L836	Albert Y.
L73	Karen H.	L871	Greg D.
L87	Mike S.	L907	Joseph G.
L100	Mazi S.	L908	Jordan K.
L116	Rob D.	L920	Jane J.
L117	Steve F.	L959	Nicole P.
L120	Phil C.	L965	Brandon S.
L151	Murray F.	L1000	Willie F.
L209	Jose C.	L1027	Jay L.
L219	Leonard K.	L1049	Alan O.
L273	Victor S.	L1055	Tina S.
L298	Cathy F.		
L301	Steve K.		
L314	Alan S.		
L367	Jerry L.		
L384	Alvin F.		

COLORADO

L147	Lou W.
------	--------

CONNECTICUT

L581	Paul S.
------	---------

FLORIDA

L54	Ray T.
L81	Paulette T.

FLORIDA (cont)

L97 Chuck R.
 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.
 L688 David N.
 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.
 L1056 Stephen C.
 L1060 Ed H.

INDIANA

L880 Fred B.

KANSAS

L918 Nancy W.

KENTUCKY

L115 Laura S.
 L195 Steve B.
 L697 Bruce H.

LOUISIANA

L27 Betty S.
 L354 Kathy S.
 L1051 Bill N.

MARYLAND

L162 Jim D.
 L997 Tijuana M-T.

MASSACHUSETTS

L598 Vinny S.

MICHIGAN

L272 Joann D.

MINNESOTA

L803 Renee G.

NEVADA

L55 Laura G.
 L75 KC B.
 L325 Terry D.
 L439 Ira K.
 L486 Zeny K.

NEVADA (cont)

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.
 L1045 Mark M.

NEW JERSEY

L174 Mike D.
 L183 Robin D.
 L223 Fred D.
 L266 Kivey G.
 L311 Andy D.
 L349 George L.
 L433 Joseph F.
 L438 Matthew C.
 L497 Dave S.
 L547 John P. X2
 L699 Craig H.
 L863 Kathleen P.
 L961 Tom C.
 L985 Tristan D.
 L1019 James G.
 L1044 Ellen D.

NEW MEXICO

L662 Joel K.
 L906 Mary F.

NEW YORK

L269 Nick S.
 L303 Alan J.
 L449 Stanley C.
 L756 Bruce W.

L852 Norberto B.
 L882 Joe B.
 L887 Pierre C. X3
 L919 Carl D.
 L1035 Michael S. X4
 L1047 Joe P.

OHIO

L948 Edward G.
 L986 Anthony K.

OKLAHOMA

L543 James G.

OREGON

L584 Anonymous
 L881 Pam B.
 L912 David U.

PENNSYLVANIA

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

SOUTH CAROLINA

L460 Louis M.

WASHINGTON

L425 Terry D.
 L659 Connie M.

WEST VIRGINIA

L1063 Kelly M.

WISCONSIN

L443 Constance T.
 L988 Jeffrey R.
 L1031 Charles R.

AUSTRALIA

L1048 Matt P.

ARGENTINA

L1058 Elena L.

INDIVIDUAL LIFELINER DONATIONS FEBRUARY 2026

ARIZONA (11)	328.00	NEVADA (16)	450.00
CALIFORNIA (50)	2418.00	NEW JERSEY (16)	228.00
COLORADO (1)	25.00	NEW MEXICO (2)	35.00
CONNECTICUT (1)	20.00	NEW YORK (10)	871.16
FLORIDA (34)	888.00	OHIO (2)	70.00
GEORGIA (1)	80.00	OKLAHOMA (1)	15.00
HAWAII (2)	130.00	OREGON (3)	95.00
ILLINOIS (10)	159.00	PENNSYLVANIA (5)	130.00
INDIANA (1)	15.00	SOUTH CAROLINA (1)	500.00
KANSAS (1)	50.00	WASHINGTON (2)	30.00
KENTUCKY (3)	93.00	WEST VIRGINIA (1)	20.00
LOUISIANA (3)	70.00	WISCONSIN (3)	85.00
MARYLAND (2)	25.00	AUSTRALIA (1)	10.00
MASSACHUSETTS (1)	21.00	ARGENTINA (1)	10.00
MICHIGAN (1)	5.00		
MINNESOTA (1)	10.00	TOTAL (187)	6886.16

ANNIVERSARIES

47 YEARS	JIM C.	3/26	Maitland, FL
46 YEARS	DAN B.	3/28	Downey, CA
44 YEARS	RICH J.	3/31	Plantation, FL
42 YEARS	NEIL S.	1/25	Plantation, FL
	AL B.	3/28	Downey, CA
38 YEARS	ALFREDO M.	2/21	Las Vegas, NV
35 YEARS	ANDY G. #1	3/31	Voorhees, NJ
33 YEARS	GLEN S.	3/2	Reno/Sparks, NV
32 YEARS	PAUL S.	3/17	Voorhees, NJ
	QUENT	3/20	Reno/Sparks, NV
29 YEARS	CARLOS F.	3/16	Burbank, CA
28 YEARS	TAMMY B.	3/2	Medicine Hat, ALB
	SIHEUNG L.	3/19	Korea
27 YEARS	TERRY A.	3/7	Calgary, ALB
25 YEARS	RICK S.	2/5	Henderson, NV
	GARY G.	2/11	Gaithersburg, MD

24 YEARS	KAREN L.	3/8	Las Vegas, NV
23 YEARS	BRENDA J.	2/15	Las Vegas, NV
22 YEARS	ALEJANDRO B.	3/28	Downey, CA
21 YEARS	LARRY F.	2/9	Las Vegas, NV
	BLAIR T.	3/6	Calgary, ALB
20 YEARS	RAY T.	1/4	Delray Beach Crossroads, FL
	NED G.	2/28	Carlton, VIC
	JAN M.	3/7	Las Vegas, NV
	DONGCHUN S.	3/19	Korea
19 YEARS	SCOT H.	2/13	Henderson, NV
18 YEARS	BOB F.	3/18	Holbrook, MA
17 YEARS	DEBBIE F.	1/15	Plantation, FL
	CHRISTINE K.	2/9	Las Vegas, NV
	PETE S.	3/10	Voorhees, NJ
	RON L.	3/14	North Andover, MA
	NEAL G.	3/16	Plantation, FL
	RANDY S.	3/16	Medicine Hat, ALB
16 YEARS	PAT P.	1/28	Plantation, FL
	RON C.	3/11	Malden, MA
	MANUEL	3/23	Reno/Sparks, NV
15 YEARS	TAMI R.	2/21	Henderson, NV
14 YEARS	FRANK F.	1/22	Collegeville/Trappe, PA
	JOHN C.	2/28	Las Vegas, NV
	CATHY B.	3/8	Worcester, MA
	DAVE B.	3/12	Reno/Sparks, NV
	KIM J.	3/18	Las Vegas, NV
13 YEARS	JUSTIN P.	2/14	Las Vegas, NV
	SHELLEY L.	2/23	Las Vegas, NV
	JOE M.	3/3	Voorhees, NJ
	STEPHANIE C.	3/24	Plainville, MA
12 YEARS	DEL H.	3/11	Gardena Zoom, CA
	BOBBY B.	3/14	Reno/Sparks, NV
	DAVID H.	3/16	Las Vegas, NV
	GAIL B.	3/16	Las Vegas, NV
11 YEARS	CORY K.	2/11	Las Vegas, NV
	JOANNA C.	2/21	Las Vegas, NV
	IGOR K.	2/23	Las Vegas, NV
	AL S.	2/24	Las Vegas, NV
	BRAD B.	3/23	Las Vegas, NV

10 YEARS	ALLISON S.	1/7	Plantation Zoom, FL
	KELLY M.	1/12	Florida Zoom, FL
	LOUIS L.	3/23	Pawtucket, RI
	ROB Z.	3/24	Boca Raton, FL
	BONGDAM N.	3/31	Korea
9 YEARS	VAL M.	1/1	Plantation, FL
	PAULINE F.	1/14	Plantation Zoom, FL
	RICH S.	3/1	Las Vegas, NV
	CHRIS S.	3/5	Calgary, ALB
	NICK A.	3/10	Plymouth, MA
	PATTY S.	3/13	Las Vegas, NV
	RON H.	3/15	Reno/Sparks, NV
	WONJONG J.	3/22	Korea
8 YEARS	JOHN Z.	3/25	Santa Monica, CA
	GURO K.	3/7	Korea
	MARTY S.	3/19	Charlotte, NC
	PAUL K.	3/27	Calgary, ALB
7 YEARS	BRENDA L.	1/3	Plantation Zoom, FL
	PAIGE H.	2/26	Dayton, OH
	SEAN U.	3/25	Gardena, CA
	JORDAN K.	3/28	LA/Hollywood, CA
6 YEARS	TERI H.	1/5	Ft. Lauderdale, FL
	CHARLIE S.	1/14	Plantation Zoom, FL
	CHUCK J.	2/14	Las Vegas, NV
	BILL S.	3/8	Reno/Sparks, NV
5 YEARS	JIM W.	3/13	Charlotte, NC
	FRANCINE V.	3/24	Las Vegas, NV
4 YEARS	MARY H.	1/18	Delray Beach Crossroads, FL
	ARNOLD	1/25	Albert Park, VIC
	ANGELA N.	3/4	Washington, DC
	JEFF F.	3/7	Griffith Park, CA
	SHAWN W.	3/11	Washington, DC
	GARRETT H.	3/20	Santa Monica, CA
	BRANDON S.	3/25	Burbank, CA
	BARB B.	2/27	Crivitz, WI
3 YEARS	JOHN V.	3/10	Plantation, FL
	GIANNA	3/13	Calgary, ALB
	BRUCE G.	3/17	Voorhees, NJ
	ANSEO C.	3/26	Korea

3 YEARS (cont)	ROCKY C.	3/28	Downey, CA
	GENE C.	3/29	Ventura, CA
2 YEARS	SHERI A.	1/14	Plantation Zoom, FL
	JACKIE R.	2/19	Henderson, NV
	BONNIE R.	2/21	Las Vegas, NV
	SALLY ROSE C.	2/28	Las Vegas, NV
	THOMAS Y.	2/28	Henderson, NV
	SHEILA B.	3/2	Washington, DC
	MATT J.	3/4	Las Vegas, NV
	IKE P.	3/4	Henderson, NV
	RICHARD L.	3/7	Rancho Cucamonga, CA
	JANGGI L.	3/13	Korea
	TONY S.	3/22	Las Vegas, NV
	SANNAM L.	3/23	Korea
	YEHUDA L.	3/25	Santa Monica, CA
	JANGAN K.	3/26	Korea
	SEONGHWAN L.	3/26	Korea
	JONATHAN A.	3/27	Santa Monica, CA
	JIGOK B.	3/31	Korea
1 YEAR	LU	1/6	Oakleigh, VIC
	BARBARA M.	1/12	Ft. Lauderdale, FL
	DERRICK Y.	2/5	Las Vegas, NV
	PAM M.	2/18	Washington, DC
	TOM HU	2/26	Henderson, NV
	DON W.	3/1	Ventura Zoom, CA
	BRYAN T.	3/3	Charlotte, NC
	FRAN	3/3	Calgary, ALB
	JACK S.	3/3	Easton, MA
	JOSEPH Z.	3/4	Worcester, MA
	JOHN P.	3/5	Worcester, MA
	MIKE G.	3/7	Griffith Park, CA
	SEONGSEONG K.	3/8	Korea
	SINBU L.	3/8	Korea
	GINA D.	3/10	Plantation, FL
	DEREK	3/12	Dover, NH
	JOE P.	3/15	Beit t'Shuvah, CA
	BRANDEN M.	3/16	Las Vegas, NV
	WUHYUN L.	3/16	Korea
	BIHA J.	3/17	Korea

1 YEAR (cont)	DANGU L.	3/17		Korea
	VARON V.	3/17		Sierra Madre, CA
	JANGGI H.	3/18		Korea
	ROBIN	3/18		Calgary, ALB
	SANDEUL H.	3/18		Korea
	CANDICE G.	3/22		Henderson, NV
	RANDY F.	3/22		Canton, MA
	NATE G.	3/23		Reno/Sparks, NV
	UNJEONG K.	3/23		Korea
	CHRIS P.	3/24		Voorhees, NJ
	BRIAN	3/25		Rancho Cucamonga, CA
	JANGJAE L.	3/26		Korea
	HAGYE O.	3/27		Korea

**I.S.O. CAN CONTRIBUTIONS
FEBRUARY 2026**

CALIFORNIA

C5	Montrose Thursday	60.00	C1002 Burbank Monday	75.00
C49	Orange County Intergroup	357.50	C1017 Simi Valley Thursday	40.74
C77	San Diego Intergroup	280.00	C1105 Sacramento Stop & Grow	
C184	Sacramento Tuesday AM	94.40	Saturday AM	75.00
C185	Sacramento Thursday	40.00	C1302 Roseville Friday	65.00
C188	Sacramento Tuesday PM	48.00	C1397 Rancho Cucamonga	
C189	Sacramento Wednesday	79.00	Tuesday	6.00
C190	Oroville Thursday Noon	89.00	C1411 Rancho Cucamonga	
C639	Cameron Park/Rescue		Monday Noon	26.00
	Thursday	54.00	C1694 Auburn Wednesday	14.00
C765	Fair Oaks Thursday AM	23.00	C1724 Inland Empire Intergroup	5.00
C894	Indio Friday	120.92		

FLORIDA

C123	Singer Island	100.00	C263 Plantation Wednesday PM	10.00
C260	Plantation Tuesday	100.00	C1619 Ft. Lauderdale Monday @	
C262	Plantation Friday PM	18.00	Sanctuary	50.00

GEORGIA

C1539	Norcross Sunday	10.00		
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ILLINOIS

C62	Burbank Thursday	119.00	C368	Oak Park Wednesday	20.00
C85	Kankakee	20.00	C659	Aurora Provena Monday	60.00
C100	Oaklawn Monday – St. Linus Church	70.00	C799	St. Charles-Hosanna Lutheran Thursday	57.00
C146	Elgin Sherman Oaks Hospital Sunday	23.00	C991	Orland Park Thursday	50.00
			C1569	Wheaton Wednesday	50.00

INDIANA

C429	Indianapolis Saturday AM	50.00
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MASSACHUSETTS

C792	Halifax Thursday PM	51.00	C1126	Holbrook Sunday Noon	40.00
C830	West Bridgewater Saturday AM	44.00			

NEVADA

C42	G.A. of Southern Nevada	1,125.00	C957	Northern Nevada Intergrroup	345.50
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OREGON

C1054	Grants Pass	10.00
C1480	Oregon City Friday	27.00

WASHINGTON

C383	Spokane Valley	10.00
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**GROUP CONTRIBUTIONS
FEBRUARY 2026**

ARIZONA

Glendale Thursday-Mission Bells	30.00
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CALIFORNIA

Burbank Monday	203.53
Burbank Friday	39.00
Burbank Zoom	129.00
Downey Saturday PM	54.00
L.A. Griffith Park Saturday - Pride In Recovery	58.00

Lakewood/Paramount

Thursday	56.00
Lincoln Wednesday	27.00
Lincoln Friday AM	11.00
Lincoln Sunday	22.00
Palm Springs Sunday A.M.	50.00

COLORADO

Colorado Springs Monday/ Saturday	100.00
Grand Junction Tuesday	100.00

CONNECTICUT		Sayrewoods	50.00
Stamford Monday	9.31	Toms River Sunday	50.00
DELAWARE		Westwood Monday	25.00
Wilmington Meetings	30.00	NEW MEXICO	
FLORIDA		Las Cruces Friday PM	10.00
Boca Raton Thursday	50.00	NEW YORK	
Boynton Beach Tuesday	55.00	Bowmansville Monday	50.00
Daytona Beach Tuesday	37.50	Forest Hills Thursday	50.00
Daytona Beach Thursday	37.50	Howard Beach Tuesday PM	24.00
Delray Beach Saturday -		Pomona Tuesday	250.00
Crossroads	105.00	Staten Island Thursday-	
Delray Beach Sunday –		St. Patrick’s	10.00
Crossroads	85.00	Woodbury Monday	50.00
Florida Zoom Mtg.	10.00	Yonkers Saturday AM	10.00
Fort Myers Thursday	25.00	NORTH CAROLINA	
Holiday Monday	75.00	Raleigh Thursday	50.00
Kendall Saturday	20.00	Wendell Friday	50.00
Lakeland Tuesday	60.00	OHIO	
Lakeland Tuesday Zoom	25.00	Geneva Wednesday	15.00
Naples Monday	100.00	Hamilton Thursday	25.00
North Miami Beach	61.00	OKLAHOMA	
Port St. Lucie	10.00	Midwest City	150.00
Sarasota Wednesday	100.00	OREGON	
Windmere Tuesday	25.00	Gold Hill Monday	65.00
GEORGIA		Tigard Tuesday	100.00
Norcross Sunday Korean	10.00	PENNSYLVANIA	
ILLINOIS		Broomall	20.00
Belleville Monday/Thursday	100.00	Harrisburg Monday	40.00
LOUISIANA		Havertown Monday	100.00
Baton Rouge Monday	25.00	Media Wednesday	100.00
Baton Rouge Tuesday Night	25.00	NE Philadelphia Wednesday	25.00
Baton Rouge Wednesday PM/		NE Philadelphia Friday –	
Friday Noon	92.00	Nazareth	25.00
MICHIGAN		Plymouth Meeting Monday	25.00
Roseville Wednesday	50.00	Roxborough Tuesday	30.00
MINNESOTA		South Philadelphia Tuesday	50.00
Bloomington Monday		TEXAS	
Women’s	30.00	Fort Worth Monday	50.00
NEW JERSEY		AUSTRALIA	
Hasbrouck Heights Saturday	25.00	City Sunrise Group-Brisbane	10.00
Metuchen Tuesday	50.00	KOREA	
Old Bridge	20.00	Seoul, Korea	60.00

**INTERGROUP CONTRIBUTIONS
FEBRUARY 2026**

Chicagoland	78.00	L.A. Intergroup	300.00
Detroit/Toledo	200.00	Long Island	500.00
Greater Sacramento	50.00	Orange County.	85.13
Inland Empire	25.00	Shreveport/Bossier.	25.00
Intergroup of the Carolinas	100.00	South Florida	200.00

**NATIONAL HOTLINE DONATIONS
FEBRUARY 2026**

L.A. Intergroup	60.00
South Florida	20.00

**BULLETIN SUBSCRIPTIONS
FEBRUARY 2026**

One Bulletin Subscription for a total of \$ 48.00

**ONE TIME DONATIONS
FEBRUARY 2026**

One-Time Donation in memory of Isamu T.,
who passed away two days before his 34th anniversary.
Tom M., Millbrae, California

One-Time Donation from Area 8's Twigs and Twine Conference.
Chicagoland, Illinois

One-Time Donation from our quarterly potluck.
Greater Sacramento Intergroup, California

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

One-Time Donation in memory of Al M. from Rathdrum, ID.
RIP, my brother.
Anonymous

One-Time Donation in memory of Gene S., of Tuesday Nooners.
Paula W., Pilesgrove, New Jersey

February Monthly BOR Meeting
Board of Regents, California

One-Time Donation from the Sunday A.M. phone meeting.
Miscellaneous Areas

One-Time Donation celebrating Jim A.'s 30 year celebration.
Rochester Friday, New York

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

One-Time Donation
Guy G.

One-Time Donation
Jerry P.

One-Time Donation
Dylan K.

One-Time Donation
Silver H.

One-Time Donation
Dinesh M., Georgia

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

CASH IN OPERATING ACCOUNT FEBRUARY 1, 2026 \$81,193.40

INCOME FOR FEBRUARY 2026

Group Contributions	3,795.84
Intergroup Contributions	1,563.13
ISO Can Contributions	4,012.06
Lifeliners Contributions	6,886.16
Literature Shipping	2,328.00
Sale of Literature	28,989.12
Sales Tax Collected	436.90
National Hotline Donations	80.00
One-Time Donation	1,295.26
Interest from Checking Account	0.44
E-Reader	0.00
Pay Pal Literature Process Fees	965.83
Bulletin Subscriptions	48.00

TOTAL \$50,400.74

CASH AVAILABLE FOR FEBRUARY 2026 \$131,594.14

EXPENSES FOR FEBRUARY 2026

Rent & Cam Fees	4,850.88
Payroll	15,931.84
Payroll Taxes (Federal & State)	1,369.31
Payroll Processing Fee	331.88
Office Expenses	570.42
Health Insurance	2,588.53
Electric Bill	159.87
Telephone/Internet Bill	460.17
Gas Bill	51.78
ADT Alarm	53.74
Monthly Air Conditioning/Heater Maintenance	30.00
Match for Employees Simple IRA	399.36
Literature	17,844.46
Pay Pal Literature Processing Fees	965.83
Postage	3,500.00
Lifeline Bulletins	770.00
Visa/MC Service Fee	60.77
D & o Liability insurance	6,603.00
I.E.S. Spring 2026 B.O.T. Mtg. Expense	1,457.80
Computer/Internet/ App Expense	35.88

TOTAL EXPENSES \$58,035.52

MONTHLY NET INCOME (NET LOSS) (\$7,634.78)

CASH IN OPERATING ACCOUNT AS OF FEBRUARY 28, 2026 . . . \$73,558.62

**FISCAL YEAR STARTING JULY 1ST TO DATE NET INCOME
(NET LOSS) (\$34,491.68)**

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!!