



BULLETIN

April 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 MARCH 21, 2026**

Call to order: The Chair, Wendy W., called the meeting to order at 9:30 A.M.

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

Roll call was taken by the Secretary, Richard C.

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

Present by Zoom: Jackie C., Jo Jo B., Richard C., KC B., International Executive and Secretary, Cindi., 2nd Co- Chairperson of Board of Trustees

Present by Telephone: Ted

A. Minutes for February 21st, 2026.

A motion was made to approve the February 21, 2026, minutes as written.

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

B. Operating Statement for February 2026.

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**

WV – 1

- **Cans - 0**
- **Group Information Request Forms Received - 0**
- **Group Information Request Forms Received Prior to Sending Starter Kits - 4**
- **Four Starter Kits was sent out as follows after receiving the Group Information Request Forms for the month of February:**

Prescott, AZ Chicago, IL Courtenay, BC Toronto, ON
- **Prison Starter Kits Sent: 1**

Medina, OH
- **Venmo and Zelle donations totaled \$3,084.69: Lifeliners (33) \$878.16, ISO Cans (6) \$396.74, Groups (26) \$1,320.53, 1x Donations (8) \$489.26.**

B. International Executive Secretary Report – KC B.

- Completed February bulletin. Working on March bulletin.
- On-going projects include writing SOP on duties and obtaining digital copies of all literature.
- Preparing all materials needed for B.O.T meetings in Houston.

C. 2ND Co-Chairperson of the Board of Trustee Report – Cindi M.

No report

D. Discuss Making Bar Pins in Another Medium and Discontinue Current Gold-Plated Pins.

- Israel will order a small order of pins in a different medium from a local supplier. Wendy will bring some to the Trustee Meeting to show the Trustees if they arrive in time.

NEW BUSINESS

- A. Discuss Purchasing the Awareness Pamphlet In Quantity Of 10K The Next Time It Needs To Be Ordered.**

Discussion only.

- B. Discuss Literature Pricing.**

- As members did not have sufficient information about the proposed price changes, except for the Gold-Plated pins, discussion will take place next month.

Motion to Increase The Cost of Gold-Plated Pins From \$25.00 to \$35.00 .

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

- C. Discuss Establishing Procedures Regarding Changing Bank Account Signers and Renewing CD Accounts. (Tabled until next meeting).**
- D. Motion To Increase Domestic Shipping Charge From \$8.00 to \$10.00.**

**MOTION SECONDED AND PASSED
FOR – 8 AGAINST – 1 ABSTAINED – 0**

ROLL Call

FOR AGAINST

Ara Bob

Jackie

James

Jo Jo

Joe

Richard

Ted

Wendy

Motion To Increase International Shipping Charge From \$40.00 to \$60.00.

MOTION SECONDED AND PASSED
FOR – 8 AGAINST – 0 ABSTAINED – 1

ROLL Call

FOR ABSTAIN

Ara Richard

Bob

Jackie

James

Jo Jo

Joe

Richard

Ted

Wendy

E. Board of Regents Meeting Date Changes

Motion to Change the May Board of Regents Meeting from Saturday May 16th to Saturday May 23rd at 9:30 A.M.

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

Motion to Change the June Board of Regents Meeting from Saturday June 20th to Saturday June 27th at 9:30 A.M.

MOTION SECONDED AND PASSED
FOR – 8 AGAINST – 1 ABSTAINED – 0

FOR AGAINST

Ara Jackie

Bob

James

Jo Jo

Joe

Richard

Ted

Wendy

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

Collected: \$70.00

The meeting ended with the Serenity Prayer at 10:30 A.M.

The next meeting will be April 18, 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 4 – Each Group should be self-governing except in matters affecting other groups or Gamblers Anonymous as a whole.

Each Gamblers Anonymous group has great latitude to conduct its affairs within the framework of the Fellowship. This preserves the freedom of choice that is so important to the group conscience. The conduct of each group is limited only to the extent that its actions would conflict with the Guidance Code of Gamblers Anonymous.

What type of meeting, how long the meeting lasts, break or no break, etc. affects no one but those at that meeting. However, breaking of anonymity is something that affects others and is not a group choice.

- a. Define/discuss the following words or phrases: self-governing, “each group should be self-governing except in matters affecting other groups or Gamblers Anonymous as a whole.”
- b. How do I respect the self-governing of my group, even if it isn’t what I like or want?
- c. Discuss: how is using non-approved Gamblers Anonymous literature at a meeting harmful to Gamblers Anonymous as a whole?
- d. What role(s) do Unity Step 4 play in service work in my group or in Gamblers Anonymous as a whole?
- e. How does reading the Combo Book, “A Day at a Time” or other literature at every meeting support Gamblers Anonymous?
- f. As a member of Gamblers Anonymous, what actions might I take if I believe that the Unity Steps are not being followed?
- g. Now that I am secretary, I’m making changes to this meeting. Elaborate on the relation to Unity Step 4.
- h. Discuss – why is it important to have a group?
- i. What are the guidelines that each group must follow to be called a Gamblers Anonymous meeting?
- j. How do you go about starting a new meeting? Who governs the format of the meeting?

k. There are several principles that may apply to this step. Elaborate on how each of the following applies to Unity Step 4: independence, responsibility, autonomy, anonymity, unity.

From the desk of your International Executive Secretary.

As the April 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 4, have you ever studied the Unity Steps in detail? What did you learn?

In May, your trustees will be heading to Houston, TX to do some business and discuss literature changes for the fellowship. The agenda is out now, so be sure to ask your trustee about it and then give them your ideas and/or opinion on the items so they know how to vote during the meetings.

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

Yours in recovery and gratitude, KC B.

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

Instructions for Kindle purchase:

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

1. To create an Amazon account, log on to Amazon.com and follow instructions.

2. Download a Kindle app for iPhone, Android, iPad, tablet, PC or Mac computer.

3. Log on to Amazon.com

A) Scroll down and tap or click on Kindle E-readers & Books. Then tap or left click on Kindle Books. In the search box enter Combo Book.

B) Scroll down to locate the book and tap or left click on Combo Book.

C) Tap or left click on Purchase. The book will automatically download to your device in the Kindle App.

D) Tap or left click on Kindle App to locate Combo Book.

LITERATURE – SUGGESTIONS

If you just started your recovery with Gamblers Anonymous:

- Combo Book (small or large print).
- Suggestions for coping with Urges to gamble.
- Towards 90 days booklet (small or large print).
- Red Book - A New Beginning.
- Pressure relief Group meeting flyer.
- 20 Questions booklet.
- Your First meeting.
- Questions and Answers about Gambling.
- A Newcomer asks?
- Stop and Think card.
- Young gamblers in recovery.

If you have joined a little while ago:

- Beyond 90 Days booklet (small or large print).
- Sponsorship booklet.
- Sponsor/Sponsee relationship – HOW it works.
- Pressure relief Group Meeting Handbook.
- Pressure relief workbook.
- Information packet.
- A Day at a Time meditation book.
- Big Book – Sharing Recovery through GA.
- Have I quit the Fellowship?

If you are working the Steps:

- Working the Steps booklet.
- Step meeting handbook, Booklet.
- Daily inventory of my behavior (sheet).
- Fourth Step Inventory Moral Book.
- Step One recovery Workbook.
- Writing the Steps.
- 12 Steps Unity booklet.
- Group study book on the Unity Steps.

If you are interested to know more about GA, its structure, and its groups:

- Group Handbook Guide booklet.
- Guidance Code (trusteewebsite.com).
- Short term Group sponsorship.
- Suggestions for a Successful 90-day room.
- Suggestions for New Member Retention.
- Treasury Guideline Example.
- A Guide to Regional Service Offices.
- Intergroup Handbook.
- Public Relations flyer.
- Towards Recovery in Prison.
- Handbook for Judiciary, Lawyers, Counselors etc.
- The Stock market, Retirement accounts, and Gamblers Anonymous.
- The First 40 years.
- Let's Host a Mini-Conference pamphlet.
- Hosting an International Conference pamphlet.

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

GROUP NEWS

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

Dear I.S.O.,

I hope all is well. Thank you for all you do at the I.S.O.,

Thank you again, Frank M., Daytona Beach, Florida

Dear I.S.O.,

Thank you for all you do.

Matt E., Durham, North Carolina

Dear I.S.O.,

Thank you for everything. I am so very grateful.

Scherry H., Durham, North Carolina

Dear I.S.O.,

Thank you G.A. I'm grateful for you.

Sandra M., Durham, North Carolina

Dear I.S.O.,

Thank you for everything.

George N., Durham, North Carolina

Dear I.S.O.,

Thank you for this life saving program.

G., Durham, North Carolina

Dear I.S.O.,

Thank you so much. You are appreciated.

Kim J., Durham, North Carolina

Dear I.S.O.,

Thank you Gamblers Anonymous.

Durham/Chapel Hill, North Carolina

Dear I.S.O.,

Enclosed is a donation from the San Bruno GA Wednesday group.

Thank you for doing so much.

Sincerely, San Bruno GA Wednesday Group, California

Dear I.S.O.,

Thank you.

Collegeville/Trappe, Pennsylvania

Dear I.S.O.,

Enclosed is the can donation from the Ft. Lauderdale Monday Night meeting.

Thank you for all you do, Neal G., Plantation, Florida

Dear I.S.O.,

Enclosed is the March 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.,

Have a great day.

Ocean Monday

Dear I.S.O.,

Enclosed is our donation to the I.S.O.

Thank you for all you do.

John B., Tuesday Cary, North Carolina

Dear I.S.O.,

Thank you for your service and support.

Steve P., Treasurer, Gamblers Anonymous of Southern Nevada

Dear G.A.,

Thank you for all you do.

GA Metuchen Tuesday, New Jersey

Dear I.S.O.,

On behalf of Paul D. from the Plantation Tuesday night room, he would like you to have this donation to help with expenses.

We all appreciate the work you do to keep the room around the world open and stocked with the material we need to have a successful fellowship.

Thank you, Neal G., Plantation, Florida

Dear I.S.O.,

Enclosed is a contribution from the San Francisco Thursday Noon Zoom meeting.

Thank you for all your work, John T., San Francisco, California

Dear I.S.O.,

On behalf of the Plantation Wednesday night room, we would like this donation to help support meeting all expenses of the I.S.O.

We are self-supporting and in turn we need to help I.S.O. along the way.

Thank you for all you do, Neal G., Plantation, Florida

Dear I.S.O.,

Enclosed is my annual donation to our great fellowship. I am grateful for each of you and the wonderful jobs that you folks do to keep our fellowship strong and available for any person who walks through the door.

Thank you, Dennis B., Toledo, Ohio

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.

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
MARCH 2026**

ARIZONA

L36	Marc L.	L314	Alan S.
L221	Janat G.	L367	Jerry L.
L287	James S.	L384	Alvin F.
L396	Pam K.	L390	Jack R.
L546	Mo M.	L432	Patrick P.
L692	Doug G.	L453	Bennett S.
L1005	Patricia B.	L461	Lisa W.
L1008	Roxanne W.	L480	Ezra B.

CALIFORNIA

L1	Bob W.	L544	Harold A.
L4	Tom M.	L561	Pilar L.
L6	Bill S./Kathy S	L580	Curtis G.
L8	Dan B.	L593	Grant M.
L18	Chris G.	L601	David L.
L19	Wendy B.	L609	Kathie S.
L21	Ed E.	L617	Mike Z.
L70	Keith B.	L623	Lucille T.
L73	Karen H.	L648	Edward K.
L87	Mike S.	L678	Lynell B. X2
L100	Mazi S.	L701	David L.
L116	Rob D.	L772	Ara H.
L117	Steve F.	L834	Candice B.
L120	Phil C.	L871	Greg D.
L129	Sharon E.	L907	Joseph G.
L151	Murray F.	L908	Jordan K.
L209	Jose C.	L920	Jane J.
L219	Leonard K.	L963	Eric F.
L273	Victor S.	L965	Brandon S.
L298	Cathy F.	L966	Jason G.
L301	Steve K.	L968	Butch G.
		L1000	Willie F.

CALIFORNIA (cont)

L1027 Jay L.
 L1033 Jeffrey P.
 L1040 Sharon F.
 L1046 JoJo B.
 L1049 Alan O.
 L1055 Tina S. X2

COLORADO

L147 Lou W.

CONNECTICUT

L581 Paul S.

FLORIDA

L2 Bill B.
 L81 Paulette T.
 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.
 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.
 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.
 L1060 Ed H.

INDIANA

L880 Fred B.

KANSAS

L918 Nancy W.

KENTUCKY

L115 Laura S.
 L195 Steve B.

LOUISIANA

L27 Betty S.
 L354 Kathy S.
 L1064 Stacey S.
 L1066 Brad L.

MARYLAND

L162 Jim D.
 L997 Tijuanna T.

MASSACHUSETTS

L598 Vinny S.

MICHIGAN

L272 Joann D.

MINNESOTA

L803 Renee G.

NEVADA

L75 KC B.
 L325 Terry D.
 L439 Ira K.
 L486 Zeny K.
 L507 Mark S.
 L596 Leslie F.
 L599 Igor K.
 L612 Dan M.
 L669 Terri R.
 L690 Lenore D.
 L830 Jackie C.
 L846 Bobby B.
 L975 Larry S.
 L1026 Michael C.
 L1045 Mark M.
 L1065 Sandy C.

NEW JERSEY

L174 Mike D.
 L183 Robin D.
 L223 Fred D.
 L266 Kivey G.
 L311 Andy D.
 L349 George L.
 L358 Walter G.
 L433 Joseph F.
 L438 Matthew C.
 L497 Dave S.
 L547 John P.
 L699 Craig H.
 L718 Phil S.
 L961 Tomm C.
 L985 Tristan D.
 L1019 James G.
 L1044 Ellen D.

NEW MEXICO

L662 Joel K.
 L906 Mary F.

NEW YORK

L303 Alan J.
 L516 Susan W.
 L852 Norberto B.
 L882 Joe B.
 L1035 Michael S. X5
 L1036 Robert S.
 L1047 Joe P.

OHIO

L330 Dennison B.
 L948 Ed 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.
 L923 Mary M.

PUERTO RICO

L192 Dora H.

SOUTH CAROLINA

L981 Michael A.

WASHINGTON

L425 Terry D.
 L659 Connie M.

WISCONSIN

L443 Constance T.
 L988 Jeffrey R.

AUSTRALIA

L1048 Matt P.

CANADA

L719 David C.

INDIVIDUAL LIFELINER DONATIONS MARCH 2026

ARIZONA (9)	158.00	NEVADA (15)	445.00
CALIFORNIA (58)	2,911.00	NEW JERSEY (17)	333.00
COLORADO (1)	25.00	NEW MEXICO (2)	35.00
CONNECTICUT (1)	20.00	NEW YORK (7)	711.16
FLORIDA (32)	949.00	OHIO (3)	114.00
GEORGIA (1)	80.00	OKLAHOMA (1)	15.00
HAWAII (2)	130.00	OREGON (3)	70.00
ILLINOIS (9)	129.00	PENNSYLVANIA (4)	80.00
INDIANA (1)	15.00	PUERTO RICO (1)	20.00
KANSAS (1)	50.00	SOUTH CAROLINA (1)	324.00
KENTUCKY (2)	60.00	WASHINGTON (2)	30.00
LOUISIANA (4)	65.00	WISCONSIN (2)	35.00
MARYLAND (2)	25.00	AUSTRALIA (1)	10.00
MASSACHUSETTS (1)	21.00	BRITISH COLUMBIA (1)	180.00
MICHIGAN (1)	5.00		
MINNESOTA (1)	10.00	TOTAL (186)	\$7,055.16

ANNIVERSARIES

46 YEARS	BOB K.	4/7	Pomona, NY
	JERRY C.	4/14	Douglaston, NY
43 YEARS	BOB W.	4/18	Rancho Cucamonga, CA
40 YEARS	FRANK D.	4/20	Yorke, ME
37 YEARS	ELAINE S.	4/24	Las Vegas, NV
35 YEARS	RON K.	4/21	Pomona, NY
34 YEARS	CONCETTA B.	4/12	Washington, DC
33 YEARS	DARRYL M.	3/2	Park Ridge, IL
32 YEARS	WENDY B.	3/18	Rancho Cucamonga, CA
27 YEARS	MIKE S.	4/18	Rancho Cucamonga, CA
26 YEARS	TERRY B2.	3/8	Naperville, IL
25 YEARS	NORBERTO B.	4/14	East 31st Street, NY
23 YEARS	RICH A.	4/1	Newton, MA
	JIM L.	4/18	Santee, CA
22 YEARS	CATHY F.	4/5	Ventura, CA
	JOE B.	4/16	White Plains, NY
	SCOTT T.	4/17	Henderson, NV
	ALVIN F.	4/19	Griffith Park, CA

22 YEARS (<i>cont</i>)	PHILAYNE K.	4/22	Las Vegas, NV
21 YEARS	GREG M.	4/7	Voorhees, NJ
	TOM P.	4/13	Encinitas, CA
	ELIOT J.	4/15	Natick, MA
	JOHN O.	4/20	Las Vegas, NV
19 YEARS	RAUL F.	4/18	San Diego, CA
	DOROTHY S.	4/20	Las Vegas, NV
	DENISE R.	4/26	Santa Monica, CA
	TAMI W.	4/27	Las Vegas, NV
18 YEARS	MIKE T.	4/3	Natick, MA
	JACK P.	4/9	Congers, NY
	BLAIZE H.	4/16	Las Vegas, NV
	BILL A.	4/28	Pomona, NY
17 YEARS	CHRIS S.	4/3	Dover, NH
	RON Y.	4/6	Boca Raton, FL
	COLETTE A.	4/7	Burbank, CA
	TOM E.	4/21	Voorhees, NJ
	DENISE D.	4/29	Las Vegas, NV
16 YEARS	VINCE S.	2/9	Wheeler's Hill, VIC
	ROBIN B.	4/1	Boca Raton, FL
	PATRICK P.	4/3	Murrieta/Temecula, CA
	VERONICA W.	4/8	Rancho Bernardo, CA
	ROB G.	4/17	Forest Hills, NY
15 YEARS	TREVOR W.	2/4	Mitcham, VIC
	NAISON K.	4/17	Korea
14 YEARS	HUGO V.	4/1	Santee, CA
	DOREEN N.	4/2	Arbutus, MD
13 YEARS	JIM G.	4/14	Tulsa, OK
12 YEARS	DAVE M.	4/2	Montrose, CA
	TRISH P.	4/8	Murrieta/Temecula, CA
	PETER B.	4/24	West 48th Street, NY
	CARMINE L.	4/30	Congers, NY
11 YEARS	JOANNA S.	4/7	Henderson, NV
	HOWARD R.	4/18	Rancho Bernardo, CA
	ASAN B.	4/23	Korea
	AMY D.	4/28	Las Vegas, NV
10 YEARS	GENE M.	4/1	East 89th Street, NY
	GERALD K.	4/4	LA/Hollywood Zoom, CA
	JEN I.	4/4	Henderson, NV
	DAVID K.	4/9	San Diego, CA
	WILL H.	4/10	Laurel, MD
	JEFF W.	4/12	Mt. Soledad, CA

10 YEARS (cont)	KATHLEEN P.	4/18	Washington, DC
	FRANK C.	4/21	Charlotte, NC
9 YEARS	TERRY H.	2/1	Hobart, TAS
	MIKE O.	3/28	Schaumburg, IL
	GREG C.	4/2	Las Vegas, NV
	PUNGAM G.	4/9	Korea
	MATT B.	4/21	East 31st Street, NY
	CHESKY W.	4/30	Forest Hills, NY
8 YEARS	CHRISTEN D.	3/19	Joliet, IL
	BAIKSEOK C.	4/15	Korea
	DAVE M.	4/15	Solana Beach, CA
	RYAN K.	4/17	Las Vegas, NV
	MIKE T.	4/17	West 48th Street, NY
7 YEARS	ISABEL N.	4/3	La Mesa, CA
	JOHN K.	4/4	San Diego, CA
	SVEN M.	4/12	Charlotte, NC
	SHERRI P.	4/26	Wausau, WI
6 YEARS	MILES T.	4/15	Solana Beach, CA
	STAVROS P.	4/24	Santa Monica, CA
5 YEARS	CORY K.	4/2	Ventura Zoom, CA
	AMANDA A.	4/27	Washington, DC
	JORDAN F.	4/27	Washington, DC
4 YEARS	ALICE LP	4/2	Las Vegas, NV
	ROBERT M.	4/6	Plantation, FL
	JOE B.	4/13	Vista, CA
	ZACH S.	4/29	East 89th Street, NY
3 YEARS	JORDAN	2/1	Wheeler's Hill, VIC
	BOB C.	4/1	York, ME
	GILIO P.	4/6	White Plains, NY
	YEQUI K.	4/6	Korea
	SPENCER S.	4/7	East 31st Street, NY
	SARA H.	4/13	Burbank, CA
	CHRIS R.	4/27	Staten Island, NY
2 YEARS	DYLAN K.	4/28	East 31st Street, NY
	ANGELO M.	2/8	Carlton, VIC
	JOANNIE R.	2/13	Algonquin, IL
	JAMES L.	4/2	Canton, MA
	DENNIS S.	4/8	Plantation, FL
	WONDANG J.	4/10	Korea
	LORRYN S.	4/12	Santee, CA
	TODD D.	4/13	Poughkeepsie, NY
DAIHWANG J.	4/15	Korea	

2 YEARS (cont)	GAIL K.	4/15	Forest Hills, NY	
	JIM P.	4/18	Canton, MA	
	JOHN T.	4/18	El Cajon, CA	
	SOSA J.	4/19	Korea	
	YONGDAM M.	4/21	Korea	
	ELIE D.	4/23	White Plains, NY	
	PETE D.	4/23	Congers, NY	
	DARCY C.	4/24	Natick, MA	
	GOBUK K.	4/24	Korea	
	THOMAS M.	4/24	Santee, CA	
	ROSEANNE B.	4/25	Howard Beach, NY	
	MIKE G.	4/26	Santa Monica, CA	
	DYLAN K.	4/28	East 31st Street, NY	
	TIM K.	4/30	Las Vegas, NV	
	1 YEAR	BRYAN M.	1/14	Algonquin, IL
		JOHN O.	2/11	Wheaton, IL
		TYLER G.	2/16	Lisle, IL
MIKE D.		3/3	Joliet, IL	
APRIL B.		3/5	Park Ridge, IL	
JOHN S.		3/9	Lisle, IL	
BONGCHEON L.		4/1	Korea	
SEONGBUK K.		4/1	Korea	
BARRY B.		4/2	St. Albans, NY	
BONGSAN K.		4/2	Korea	
MOKPO L.		4/2	Korea	
DAVID I.		4/3	Forest Hills, NY	
JANIE M.		4/3	Canton, MA	
JEFF J.		4/3	West 48th Street, NY	
GACHISAN K.		4/4	Korea	
ROBERT V.		4/5	Las Vegas, NV	
SINWOAL B.		4/6	Korea	
YONGHAI K.		4/6	Korea	
RYAN P.		4/8	East 89th Street, NY	
SASU K.		4/8	Korea	
MICHAEL D.		4/10	West 48th Street, NY	
TODD D.		4/10	Forest Hills, NY	
HARRY C.		4/13	Canton, MA	
KATHY S.	4/14	Voorhees, NJ		
DENNIS L.	4/15	East 89th Street, NY		
JEREMY R.	4/15	Washington, DC		
JOHN L.	4/16	Congers, NY		

1 YEAR (cont)	NADINE H.	4/17	Allied Gardens, CA
	KATHY B.	4/18	Washington, DC
	ROBERT B.	4/18	Boca Raton, FL
	TINA C.	4/21	Howard Beach, NY
	TUCKER R.	4/21	Culver City, CA
	DAVE L.	4/22	East 89th Street, NY
	MATT S.	4/22	Washington, DC
	MUNJEONG K.	4/23	Korea
	JIM M.	4/24	Henderson, NV
	BRIAN S.	4/27	Charlotte, NC
	YEONSU H.	4/29	Korea

I.S.O. CAN CONTRIBUTIONS MARCH 2026

CALIFORNIA

C5	Montrose Thursday	59.00	C970 Folsom Monday	87.55
C47	Culver City Tuesday	64.00	C1017 Simi Valley Thursday	25.00
C49	Orange County Intergroup	245.55	C1105 Sacramento Stop & Grow	
C77	San Diego Intergroup	357.00	Saturday AM	69.00
C152	Riverside Saturday	35.00	C1285 Rancho Cucamonga	
C184	Sacramento Tuesday AM	84.00	Saturday PM	134.00
C185	Sacramento Thursday	36.00	C1397 Rancho Cucamonga	
C187	Sacramento/Fair Oaks		Tuesday	108.00
	Saturday PM	48.51	C1403 Rancho Cucamonga	
C188	Sacramento Tuesday PM	49.00	Wednesday PM	23.00
C413	Rancho Cucamonga		C1411 Rancho Cucamonga	
	Monday	12.00	Monday Noon	54.00
C588	Burbank Friday PM	37.00	C1442 Burbank Tuesday AM	28.00
C765	Fair Oaks Thursday AM	25.00	C1694 Auburn Wednesday	15.00
C863	Rancho Cucamonga		C1724 Inland Empire Intergroup	20.00
	Thursday PM	7.00		

FLORIDA

C251	Clearwater/Windmoor		C1059 Windmoor/Clearwater	
	Thursday	31.00	Saturday	51.00
C260	Plantation Tuesday	50.00	C1619 Ft. Lauderdale Monday @	
C262	Plantation Friday PM	36.00	Sanctuary	30.00
C263	Plantation Wednesday PM	61.00		

GEORGIA

C1539 Norcross Sunday 10.00

ILLINOIS

C85	Kankakee	40.00	C528	Bolingbrook	120.00
C368	Oak Park Wednesday	30.00	C659	Naperville Monday	52.00
C423	Naperville	20.00	C799	St. Charles-Hosanna	
C424	Schaumburg/Palatine	54.00		Lutheran Thursday	25.00
C425	Elk Grove Village		C1104	Downers Grove Saturday	62.00
	Thursday	100.00	C1571	Ottawa Friday	136.00

LOUISIANA

C849 Slidell Sunday 33.00

NEVADA

C42 G.A. Of Southern Nevada 772.00

OREGON

C1054 Grants Pass 10.00 C1480 Oregon City Friday 7.00

RHODE ISLAND

C501 Rumford Tuesday PM 108.00

WASHINGTON

C383 Spokane Valley 22.00

**GROUP CONTRIBUTIONS
MARCH 2026**

ARIZONA

Glendale Thursday-Mission		L.A. /Hollywood Saturday	
Bells	53.00	Zoom	21.00
		Lakewood/Paramount	

CALIFORNIA

Burbank Monday PM	78.00	Thursday	60.00
Burlingame Monday	200.00	Lincoln Wednesday	16.00
Downey Saturday	68.00	Lincoln Friday AM	15.00
L.A. Griffith Park Saturday-		Lincoln Sunday	15.00
Pride In Recovery	112.00	Monterey Monday PM	25.00
		Palm Springs Sunday AM	50.00

CALIFORNIA (cont)

San Bruno Wednesday	300.00
San Diego Saturday Zoom	50.00
San Francisco Thursday Noon-	
Brown Baggers Zoom	83.00
San Jose Monday Beginners	134.00
Santa Monica Friday PM	79.00
Sierra Madre Tuesday	60.00

DELAWARE

Wilmington Meetings	30.00
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FLORIDA

Boynton Beach Tuesday	30.00
Bradenton/Lakewood Ranch	
Friday	100.00
Coral Springs Saturday AM	50.00
Daytona Beach Tuesday	42.50
Daytona Beach Thursday	42.50
Delray Beach Tuesday	
Crossroads	50.00
Delray Beach Wednesday	
Crossroads	10.00
Delray Beach Thursday	
Crossroads	125.00
Delray Beach Friday	
Crossroads	25.00
Fort Myers Thursday	50.00
Holiday Monday	50.00
Plantation Wednesday PM	60.00
Pompano Beach Wednesday	75.00
Port St. Lucie Wednesday	10.00

GEORGIA

Gwinnet Monday Spanish	100.00
Norcross Sunday Korean	10.00

ILLINOIS

Arlington Heights Monday PM	50.00
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MASSACHUSETTS

North Andover Tuesday	98.00
North Easton Monday	55.00

MINNESOTA

Buffalo Tuesday PM	60.00
South Metro	15.00

NEW JERSEY

Basking Ridge Saturday	100.00
Freehold Friday	50.00
Hamilton/Mercerville Thursday	50.00
Hasbrouck Heights Saturday	25.00
Marlton Thursday	20.00
Metuchen Tuesday	50.00
Ocean Monday	150.00
Old Bridge	10.00
Sayrewoods Wednesday	50.00
Somers Point Friday Morning	40.00
Toms River Sunday	25.00
Voorhees Tuesday Nooners	25.00
Voorhees Saturday	75.00
Westwood Monday	50.00

NEW MEXICO

Espanola Thursday Noon	20.00
Las Cruces Friday PM	10.00

NEW YORK

Bellmore Monday	50.00
Mt. Vernon Monday/	
New Rochelle	100.00
Rochester Monday PM/	
Tuesday Afternoon	45.00
Staten Island Thursday -	
St. Patrick's	10.00

NORTH CAROLINA

Cary Tuesday	50.00
Durham/Chapel Hill	100.00

OHIO

Cincinnati Saturday @ Clifton	25.00
Cincinnati Sunday @ New City	23.00
Geneva Wednesday	16.00

OKLAHOMA

Tulsa Monday PM	100.00
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OREGON

Tigard Tuesday 300.00

PENNSYLVANIA

Bethlehem Saturday 50.00

Broomall 20.00

Harrisburg Monday 40.00

NE Philadelphia Wednesday 25.00

NE Philadelphia Friday-
Nazareth 25.00NE Philadelphia Sunday –
Nazareth 25.00

Roxborough Tuesday 30.00

Trappe/Collegeville Thursday
PM 30.00

Willow Grove Wednesday 50.00

TEXAS

Dallas Pathways Sunday 80.00

Fort Worth Monday 50.00

You Are Fort Worth It Online 135.00

WASHINGTONArlington/Smokey Point
Monday PM 50.00

Bellevue Saturday AM 25.00

Des Moines Monday PM 40.00

Everett Thursday 20.00

Issaquah Wednesday 10.00

Marysville Tulalip 25.00

Marysville Tulalip Thursday
Noon 40.00

Mount Vernon Tuesday 10.00

Snohomish Friday PM 10.00

Tacoma Monday 25.00

Tacoma Thursday 55.00

Tacoma Thursday Noon 30.00

Vancouver Monday 20.00

AUSTRALIA

City Sunrise Group-Brisbane 10.00

KOREA

Seoul, Korea 60.00

INTERGROUP CONTRIBUTIONS MARCH 2026

Chicagoland 38.00

Delaware Valley 150.00

Detroit/Toledo 178.63

Greater Sacramento 50.00

Houston/Gulf Coast 150.00

Inland Empire 50.00

L.A. Intergroup 150.00

New England 100.00

Orange County 49.10

Pittsburgh/Wheeling 600.00

Puerto Rico 285.08

Shreveport/Bossier 41.00

South Florida 200.00

South Jersey 100.00

Western Washington 40.00

**NATIONAL HOTLINE DONATIONS
MARCH 2026**

L.A. Intergroup	30.00
Pittsburgh/Wheeling Intergroup	100.00
South Florida Intergroup	20.00
Southern Alberta Intergroup	302.95

**BULLETIN SUBSCRIPTIONS
MARCH 2026**

Three Bulletin Subscriptions for a total of \$ 144.00

**ONE TIME INDIVIDUAL MEMBER
DONATIONS FROM GRATITUDE WEEK
MARCH 2026**

CANADA

L719

David C.

**ONE TIME DONATIONS
MARCH 2026**

One-Time Donation in memory of my father,

James S., of Nebraska.

Jim S., Tempe, Arizona

One-Time Donation to help with expenses.

Paul D., Sunrise, Florida

One-Time Donation
Lafayette Saturday Morning Sunrise Group, Louisiana

One-Time Donation
Sunday Morning Phone Meeting, Miscellaneous Areas

One-Time Donation towards digital literature.
Walter G., East Hanover, New Jersey

One-Time Donation to congratulate
Larry B. of New York on 58 years.
Anonymous, Oregon

One-Time Donation to congratulate
Sue S. of Oregon on 24 years.
Anonymous, Oregon

One-Time Donation to congratulate
Gary M. of Washington on 19 years.
Anonymous, Oregon

One-Time Donation to congratulate
Lori L. of Oregon on 12 years.
Anonymous, Oregon

One-Time Donation to congratulate
Jason T. of Oregon on 10 years
Anonymous, Oregon

March Meeting Donation
Board of Regents, California

One-Time Donation
Harry K., Studio City, California

One-Time Donation in memory of
Eunice S., James M., Erv “Big E.” R.,
and all our sisters and brothers
who made their transitions this past year.
Gone from our presence, but never from our hearts.
Dennison B., Maumee, Ohio

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

One-Time Donation
Barbara S.

One-Time Donation
Dinesh M., Lawrenceville, Georgia

One-Time Donation
Guy G.

One-Time Donation
Dylan K.

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

CASH IN OPERATING ACCOUNT MARCH 1, 2026 \$ 73,558.62

INCOME FOR MARCH 2026

Group Contributions	5,116.00
Intergroup Contributions	2,181.81
ISO Can Contributions	3,482.61
Lifeliners Contributions	7,055.16
Literature Shipping	2,546.00
Sale of Literature	25,238.58
Sales Tax Collected	306.09
National Hotline Donations	452.95
One-Time Donation	695.33
Interest from Checking Account	0.44
E-Reader	20.96
Pay Pal Literature Process Fees	1,115.27
Bulletin Subscriptions	144.00
Gratitude Week Donations	70.00

TOTAL \$ 48,425.20

CASH AVAILABLE FOR MARCH 2026 \$121,983.82

EXPENSES FOR MARCH 2026

Rent & Cam Fees	4,850.88
Payroll	15,931.84
Payroll Taxes (Federal & State)	1,281.95
Payroll Processing Fee	238.13
Office Expenses	1,585.49
Health Insurance	2,749.01
Electric Bill	169.05
Telephone/Internet Bill	460.03
Gas Bill	63.20
ADT Alarm	54.61
Monthly Air Conditioning/Heater Maintenance	30.00
Match for Employees Simple IRA	399.36
Literature	14,636.06
Pay Pal Literature Processing Fees	1,115.27
Postage	3,000.00
Lifeline Bulletins	526.53
Visa/MC Service Fee	55.05
Lease/Maint Postage Meter Scale	449.27
Maintenance/Repair	57.00

TOTAL EXPENSES \$ 47,652.73

MONTHLY NET INCOME (NET LOSS) \$ 772.47

CASH IN OPERATING ACCOUNT AS OF MARCH 31, 2026 \$ 74,331.09

**FISCAL YEAR STARTING JULY 1ST TO DATE NET INCOME
(NET LOSS) (\$33,719.21)**

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!!