

Getting Involved and Giving Back *From the first day to the last day*

Abstinence time

Involvement/Activity

1 to 90 days

Go to as many different meetings as possible.
Schedule a pressure relief group meeting.
Choose a sponsor.
Volunteer to help set-up, clean up, and make the coffee.
Use the phone list.
Receive welcome, 30 and 60 day key chains
Encourage loved ones to attend Gam-Anon meetings.

Benefit to you and the program

By attending as different meetings you will hear many several therapies for to relate to. Also, this will help you to choose a meeting that you will feel the most comfortable attending on a weekly basis, sometimes referred to as your home meeting. Members with more time than you will hear your story and it will remind them of their past problems while gambling.

A pressure group relief meeting will help set up a budget. This may also help with legal, financial, employment and personal pressures.

A sponsor provides someone for you to ask questions [at or away from the meeting]. You should develop an open dialog to discuss your concerns and questions about the program or other issues. This is the person to talk to when things are troubling you or things are going well.

Volunteering for these activities helps you develop a feeling of belonging to the group. When you need to talk, call someone it will help you and the person you call as well.

Receiving a keychain is a positive reward for taking appropriate action and going to meetings.

By attending Gam-Anon meetings loved ones will learn how to support you during recovery.

90 days to 6 months

Arrive early and/or stay late at the meeting.
Talk to newcomers
Receive 90 day key chain.

Rather than just going to a meeting and leaving early, this helps to create relationships and friendships with people that really understand what you have been thru and are still going thru. The discussions before and after the meetings are a valuable part of your recovery and make you feel part of the program. This also helps to fill the time you were spending while gambling. Other members will benefit by seeing growth in your recovery.

By talking to newcomers and sharing your recovery they will see that they too can start to feel better in a short time [remember when you thought members with 90 days or more were veterans]. Newcomers will see your success and want to do the same.

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6 months to 1 year

Volunteer to chair a meeting.
Run for secretary of your meeting.
Receive 6 month and 9 month key chains.

By chairing a meeting, you begin to take the meeting and what goes on more seriously. Becoming secretary allows you to be more responsible to the program and take a leadership roll. Secretaries attend Intergroup, meet their Trustees and secretaries from other areas. You will see how information and ideas are exchanged. You can participate in activities related to your Intergroup area. You also may bring new ideas and suggestions to this meeting. By attending and bringing back literature and other information your meeting will benefit.

1 year to 2 years

Celebrate one year birthday.
Become a Lifeliner [if you are not already]
Continue 90 days to 1 year activities.

By celebrating your birthday and receiving positive feedback you will realize success and satisfaction *without gambling*. Members with less time will try hard to reach the one year milestone so that they too can celebrate.

By becoming a Lifeliner you can give back to the program [consider increasing donation if already a member] that saved your life. The Gamblers Anonymous International Service Office is located in Los Angeles, CA. The funds received pays the office staff salaries, rent and other office expenses. The staff purchases and distributes literature, key chains, pins, medallions, DVD'S, videos, etc with the donated funds as well. New meetings are started with starter kits supplied by the G.A.I.S.O. at no cost. A website [Gamblersanonymous.org] is also maintained for purchasing materials and provides meeting information.

2 years and beyond Continue to celebrate birthdays. Run for Trustee or Board of Regents..

Trustees are responsible for literature and procedure changes. You can participate by bringing fresh ideas from you and your area members.

The Board of Regents controls the finances for Gamblers Anonymous. This includes the annual budget, salaries, rental/lease agreements, literature cost, insurance and employee issues.

Most gamblers are energetic, talented and intelligent people. By becoming either a Trustee or a member of the Board of Regents your assets will be put to work in a positive manner. Many members contributed to the success of Gamblers Anonymous before we arrived. Now it is possible for you contribute your time and talent.

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Suggested ways to be involved at any time

Participate in step study workshops
Bring a treat to your meeting [cookies, brownies, cakes, etc]
Go to birthday meetings of other members
Attend mini-conferences
Attend national conferences
Join or become a committee member for a conference
Put on or assist in a workshop for a conference
Start meetings where needed in your area
Volunteer for fundraisers, social events in your area, walk-a-thons,
Golf outings, dinners or round robins.
Put your name on the phone list.
Add your name to the hot line.
Be a sponsor when asked.
Assist at a pressure relief group meeting.
Help others get to and from meetings.
Write letters to be published for your Intergroup,
I.S.O. and Conventions
Arrange or go to social functions—BBQ'S, dinners, softball games, golf or fishing trips

Financial methods of giving back

Become a Lifeliner [if not already]: see previous comments.
Increase donations at your birthdays.

Bonus or one time donations: major birthdays [5,10,15, 20 etc.], home sale,
inheritance, or in memory of a G.A. member.

Your Will: Instruct someone on how much you wish to donate in your memory. Example—I give and
bequeath to the Gamblers Anonymous I.S.O. the sum
of \$ _____ [one time or annually].

Living Trust: Direct trustee to donate from trust proceeds the amount you wish. This could be a
one-time donation or annually in your memory.
Example: The Trustee shall distribute to the Gamblers Anonymous I.S.O. the
sum of: \$ _____ [one time or annually].

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Life Insurance or Annuity: Change your beneficiary to leave a portion of your life insurance or annuity to Gamblers Anonymous I.S.O. in your memory. Attached are examples and instructions.

New life insurance or annuity policy you could use the example as shown below.

Should you wish to change a existing life or annuity policy ask your agent or the insurance company for a change of beneficiary form and complete as shown below. After completion return to the insurance company and retain a copy for your records. If you need assistance contact your agent or the insurance company's customer service.

SECTION 4. BENEFICIARY INFORMATION *(Include percentage shares. If shares are not given, they will be equal.)*

If not specified, all beneficiaries will be Primary.	Name	Social Security Number or Taxpayer ID	Relationship	Date of	Phone Number	Email	% of Share (Must total 100%)
Primary	Jane Sample		Spouse				100
Contingent	John Sample		Son				45 per stirpes
Contingent	Mary Sample		Daughter				45 per stirpes
Contingent	Gamblers Anonymous		Non-profit		626-960-3500	Gamblersanonymous.org	10
Primary • Contingent							
Primary Contingent							

Signature of
Primary Insured or
Owner:

Spouse: _____

Signature of Witness (non-related): _____ Date _____

Using this method will ensure your wishes are carried out and there is no conflict regarding receiving outside contributions.

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Sample letter to be completed and kept with other legal documents (Trust, safe deposit box, life insurance policies, etc.)

Letter would be mailed to the I.S.O. office along with the donation after your passing. Checks are to be made payable and mailed to:

Gamblers Anonymous International Service Office

4981 Irwindale Ave., Ste. 700, Irwindale, CA 91706-2183

Date: _____

In my memory please accept donation of \$_____ to the program that Saved my life. Without the help of many individuals and the guidance of the program, I would not have my spouse, our children, and grandchildren. My spouse and I will be eternally grateful that this program was there when I needed it most _____. (Date of abstinence)

May God bless our program today and always.

Sign your name _____

Area_____ City_____ State_____

Witness_____

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Support Gamblers Anonymous

Become a Lifeliner Today!

A Lifeliner is a member of the GA fellowship who cares enough about the financial well being of GA to make a monthly donation. This donation helps to insure that GA 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., P.O. BOX 17173, LOS ANGELES, CA 90017

THANK YOU FOR YOUR SUPPORT!!!